

# Sports Academy Football 2012

## Summary

|         |   |
|---------|---|
| Centres | Lancing, Dicker and Windlesham              |
| Hours   | 6 hours per week<br>(4 x 1.5 hour sessions) |
| Days    | Monday, Tuesday, Thursday and Friday.       |
| Ages    | 10-18                                       |
| Levels  | Beginner, Low & Intermediate                |
| Coach   | 1 coach per 10 students                     |
| Price   | £135 per week                               |

## Objectives

- To offer professional, relevant instruction from a qualified coach.
- To increase every student's skills and competencies in football.
- To encourage teamwork and develop communication skills in a match setting.

## Venue

Sports Academy Football instruction takes place at any of the following locations:

Lancing – Football pitch or Sports Hall.

Dicker – Football pitch, Astro turf or Sports Hall.

Windlesham – Football pitch, Astro turf or Sports Hall.

## Typical Skills Developed

| Ability             | Week 1   | Week 2   | Week 3  |
|---------------------|--|--|---|
| <b>Beginner</b>     | <ul style="list-style-type: none"> <li>• Basic ball control.</li> <li>• Passing techniques.</li> </ul>   | <ul style="list-style-type: none"> <li>• Movement with the ball.</li> <li>• Decision making.</li> </ul>  | <ul style="list-style-type: none"> <li>• Shooting.</li> <li>• Teamwork.</li> <li>• Off the ball positional awareness.</li> </ul>  |
| <b>Low</b>          | <ul style="list-style-type: none"> <li>• Movement with the ball and off the ball.</li> <li>• Positional awareness.</li> </ul>                                | <ul style="list-style-type: none"> <li>• Shooting on the move – technique and decision making.</li> </ul>  | <ul style="list-style-type: none"> <li>• Working in a tight space.</li> <li>• Looking up from the ball and passing and receiving.</li> </ul>  |
| <b>Intermediate</b> | <ul style="list-style-type: none"> <li>• Position-specific awareness.</li> <li>• Passing and moving.</li> <li>• Positional and spatial awareness.</li> </ul> | <ul style="list-style-type: none"> <li>• Working in a tight space.</li> <li>• Enhancing communication and encouraging passing and moving.</li> </ul> | <ul style="list-style-type: none"> <li>• Improving touch and decision making.</li> <li>• Position-specific control and movement.</li> <li>• Enhancing shooting techniques.</li> </ul> |

## Student Quotes

"I like Academy Football because we have fun, but we also learn, and I think it's a good combination to learn English."

Luis – 12, Intermediate, Germany

"I like Sports Academy Football because I get to meet the other students and learn. It's practical and fun."

Alexey – 14, Beginner, Russia

"I feel as though my English vocabulary has improved and it's really good to see the other nationalities play football."

Adrian – 14, Intermediate, Germany



Accredited by the



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