



FOOTBALL ACADEMY

Liddington

9 – 17 years

See centre information on pages 36

The Ardmore Football Academy, has been carefully planned to ensure the correct balance of intense training, education and recreation. Football coaching and briefing sessions will be conducted by qualified football coaches.

The coaching sessions are interspersed with practice matches, technical tests and daily briefings to complete an all round fully interactive course. The programme will include:

- Individual techniques
- Technical circuits
- Goal keeping
- Free kicks and corners
- Dribbling and dummies
- Fair play





WHO CAN TAKE PART

Students from all over the world return each year to improve their English as well as their football skills. Individuals as well as organised groups are welcome.

For those coaches from overseas who bring a team of young players with them, there is the opportunity to observe coaching techniques and exchange ideas with the AFA coaches (all FA charter standard coaches).

INCLUDED

- 1 Half Day Excursion (per week)
- 1 Full Day Excursion (per week)
- 12 Hours per week of football tuition by qualified Football Association Coaches
- Football Kit Including Ardmore Football shirt, shorts and socks
- Visit to Chelsea Football stadium

SELLING POINTS

- The programme is run by qualified football coaches
- The programme includes a balance of coaching sessions and practise matches
- Daily briefings will be held
- Students will learn English while practising their favourite sport, learning key football phrases, terminology and useful tips for the game.

MISCELLANEOUS

The framework for the Ardmore Football Academy has been created by professionals.

We are sure that this coaching will help bring out the best in every student that will attend the Academy!

LIDDINGTON FOOTBALL ACADEMY



2 WEEKS

SAMPLE SUMMER PROGRAMME 2019*

| | MORNING | AFTERNOON | EVENING |
|-----------|--|---|--------------------------|
| Sunday | WELCOME TO ARDMORE | | |
| Monday | Lessons | Football Academy | Welcome Icebreaker Games |
| Tuesday | Lessons | Football Academy | Egg Protector |
| Wednesday | Lessons | Half Day Excursion to Bath Walking Tour | Talent Show |
| Thursday | Lessons | Football Academy | Casino Night |
| Friday | Lessons | Football Academy | Disco |
| Saturday | Full Day Excursion to Windsor, Windsor Castle and Eton Walking Tour | | Sports Tournament |
| Sunday | Sports and Leisure Activities on Campus/ Optional Excursion | | Movie Night |
| Monday | Football Academy | Lessons | Capture the Flag |
| Tuesday | Football Academy | Lessons | Find Dr Ardmore |
| Wednesday | Half Day Excursion to Oxford Universities Walking Tour | Lessons | Karaoke |
| Thursday | Football Academy | Lessons | Rounders |
| Friday | Football Academy | Lessons | Disco |
| Saturday | Full Day Excursion to London, Professional Football Stadium and Westminster Walking Tour | | Mini Olympics |
| Sunday | GOODBYE ARDMORE | | |

ENGLISH LESSONS:

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

* The Programme may vary due to operational reasons