



IHL ELLESMERE

IH FOOTBALL ACADEMY

IH Football Academy offers students the opportunity to experience what it's like to be a professional footballer and take their game to the next level.

This course is ideal for anyone who aspires to be a future football star. The course takes place at Ellesmere College using both their indoor and outdoor facilities as well as the school PE classrooms.

Location: Ellesmere College

Language level: A1-C2

Age range: 12-17

Course length: 2 weeks minimum

Start dates: 8th July, 22nd July
(Wednesday to Wednesday)

Max class size: 15

Cena: 1960€ / 2 týždne





Course content

Over the two week course players will get to experience what it's like to be a professional footballer. They will have practical coaching sessions led by experienced and qualified coaches to develop their skills and take them to the next level.

As well as practical sessions students will have classroom based sessions to give them information on diet and lifestyle as well as match analysis and target setting.

During the course, a professional football scout will attend training sessions and assess each player's ability. The coaches delivering the sessions have had players offered trials by the likes of Manchester United, Manchester City and Everton.

At the end of the two week course players will take part in a full match to show off the skills they have learned along with a trophy ceremony. During the course, a professional football scout will attend training and assess players. At the end of the course students will take part in a full match.

Learning outcomes

- Practical sessions will enable each individual player to achieve their full potential, looking at techniques and skills, along with team play.
- All coaches are UEFA qualified. Lead coach level A, others A or B.
- Each player will get a full playing kit including a strip, shorts and socks.
- Once, during every two week cycle of the football academy, professional football scouts will attend to observe the group.
- At the end of the course a small-sided in-house mini-tournament, when possible with a local football team.
- Every student will get a medal and certificate at the end of the course.
- Football related workshop sessions focusing on player's knowledge and understanding of the football industry including The Business of Football, Football Coaching, The Role of Match Officials, Nutrition in Sport, Psychology in Football, Match Analysis or Target Setting and Self-Motivation workshops.

Sample timetables

Week 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
13.45	Arrivals day	Half day excursion to Llangollen	Afternoon assembly		Full day excursion to Manchester and Old Trafford	Afternoon assembly	
14.00 - 15.30			Welcome to the Football Academy Workshop on playing, philosophy and terminology	Technical based session – leading to small sided games		Sport psychology The impact of personality and motivation on sport performance	Technical based session – leading to small sided games
15.30 - 16.00			Afternoon break			Afternoon break	
16.00 - 17.30			Initial fitness-testing session: sprint test and multi-stage fitness and training session	Technical based session – leading to small sided games		Technical based session – leading to small sided games	Match play
17.30 - 18.00			Evening break	Evening break		Evening break	

Week 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	
13.45	Afternoon assembly	Half day excursion to Chester Zoo	Afternoon assembly		Full day excursion to Liverpool and Cruise	Afternoon assembly		
14.00 - 15.30	Onsite activities or optional excursion		Match analysis	Technical based session – leading to small sided games		Being a professional player - what does it take?	Technical based session – leading to small sided games	
15.30 - 16.00	Afternoon break		Afternoon break					
16.00 - 17.30	Technical based session – leading to small sided games		Technical based session – leading to small sided games			Technical based session – leading to small sided games	In-house football tournament	
17.30 - 18.00	Evening break		Evening break			Evening break		