

## English Plus

Our English Plus courses provide students with an opportunity to engage in exciting new activities and classes or to develop existing interests and skills. Each weekly course is six hours in total, replacing the Multi-Activity Programme on two days per week.



# Football

Football training, coaching, skill workshops and matches for those that love football. Led by UEFA Licensed Football coaches, students will work on many wide-ranging aspects of the game; from shooting and decision making to tactical awareness and technical skills.

This course aims to develop our students':

- ◆ Fitness, speed & agility
- ◆ Ball skills such as passing and receiving
- ◆ Positional play - Shooting & defending
- ◆ Tactical play
- ◆ Teamwork & communication



### At A Glance

**Location:** SBC Canford School Football Pitches

**Hours:** 6 hours per week

**Levels:** All abilities

**Fee:** £150 per week

**Dates:** Weeks beginning 8th, 15th, 22nd, and 29th July

**Ages:** 11-15



### Who will lead the course?

Qualified Football coaches

### What do students need to bring?

Comfortable exercise clothes such as shorts and t-shirt. Football boots are not essential, but may be brought if desired. All football training equipment will be provided.