

English
THROUGH

Football

We are proud to offer Football in association with Arsenal Football Development Coaching.

The Arsenal Football Development coaching philosophy matches our own - to bring out the best in every individual.

The Programme offers boys and girls of all abilities the opportunity to enhance their football skills while learning to “Play the Arsenal Way”.

Arsenal Football Development has designed a philosophy and training programme that recreates the experiences of the Arsenal Academy players.



FOOTBALL DEVELOPMENT
— ENGLISH LANGUAGE —

The programme, designed by the Arsenal Development Lead Coach, focuses on a range of skills and drills, tactics and match play as well as other elements including sport science, nutrition, physical conditioning and building confidence.

We have developed a standardised skills test enabling players to identify their own performance goals and areas for improvement.

The skills test is age group specific and all players - boys and girls - will have the opportunity to take the test and compare themselves to every player attending the same course. Each player will receive an official Arsenal Football Development end-of-course certificate.



HAVE YOU GOT WHAT IT TAKES?

All players will get the opportunity to check their level of skill against their age group peers in the Arsenal Football Development Skills Test.





In 2019 Arsenal FC re-branded Arsenal Soccer Schools to Arsenal Football Development

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Exsportise has worked with Arsenal for many years and were the first to provide unique English Language programmes alongside specialised Arsenal coaching.

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www.arsenal.com/english-language



COURSE CONTENT

- Learn to ‘Play the Arsenal Way’
- Designed by Arsenal Football Development and delivered by an Arsenal Football Development Lead Coach supported by Assistant Coaches
- Suitable for all levels of ability
- Available for boys aged up to 17 and girls aged up to 16
- Skills and drills aimed at improving physical agility, dribbling, turning, passing and receiving, defending, shooting and finishing
- Tactical sessions on patterns of play, phases of play, team shape, counter attacking and pressing
- Arsenal Football Development shirt and a drink bottle

- Excursion to the Emirates Stadium- home of Arsenal Football Club (if staying for two or more weeks)

MATCH PLAY

- Opportunity to be selected to play against a local development team

NEW FOR 2020 GIRLS’ FOOTBALL WEEKS

Girls continue to be welcome to attend any of our football weeks available. However reflecting the growing popularity of womens’ football we are also offering dedicated weeks for girls.

These weeks are lead by a female coach from the Arsenal Football Development.



15 HOURS COACHING
per week
7.5 hours if doing Intensive English

Average Coaching Ratio

1:10



Available at:

OUNDLÉ • CLAYESMORE • SEAFORD • WORTH

