

# Sample English Language Skills Plus Football Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mornings</b>		Breakfast & Morning Meeting					
<b>Lesson 1</b>		Warm-up Skill assessment	Warm-up Agility drills without ball Agility drills with ball	Warm-up Warming up with ball Dribbling Fundamentals	Warm-up Tricks, step overs & feints	Warm-up Timed dribbling course	
<b>Lesson 2</b>		Group placement  Getting to know players	Passing & moving Drills Close control drills Shooting drills	Passing & moving Small possession plays Defending drills	Goal scoring & finishing 3 v 1 & 6 v 2 plays Tactical awareness	Penalty shoot - out Football tennis competition	
<b>Lesson 3</b>	 <b>Arrival</b>	5-a-side possession Warm-down	7-a-side possession play Warm-down	7-a-side with goals Warm-down	Conditioned close control & game Warm-down	5-a-side Competition Warm-down Awards	<b>Departure</b> 
<b>Afternoons</b>		Lunch, Afternoon Meeting & Free Time					
<b>Lesson 1</b>		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
<b>Lesson 2</b>		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
<b>Lesson 3</b>		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					

**Please note:**  
English lessons can take place in the mornings or the afternoons

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PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17