



Sample Language 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
Mornings	<div></div> <div>Arrival</div>	Breakfast & Morning Meeting					<div>Departure</div> <div></div>
Lesson 1		Warm-up Soccer 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	
Lesson 2		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	
Lesson 3		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	
Afternoons		Lunch, Afternoon Meeting & Free Time					
Lesson 1		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
Lesson 2		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)	
Lesson 3		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
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in the mornings
or the afternoons

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