



## **Football Summer Camp in Manchester City**



Our football summer camp in Manchester City offers players aged between 14-17 years the unique experience of developing their game to the highest standard.

Players will improve their understanding in both practical and theoretical environments, focusing on human and football performance.

With the support of Manchester City coaches and specialists, they will learn how to incorporate individual strategies to enhance their own performance.

### **Training sessions, workshops and performance tests**

Players on our programme gain a unique insight into the demands of being a professional player; both physical and psychological, and the techniques they use to improve their performance.

Specific topics covered in our practical training sessions and interactive workshops include:

- Developing technical skills
- Understanding tactics and game situations
- Match analysis and playing techniques
- Video analysis
- Developing athletic performance
- Strength and conditioning
- Prevention of injuries
- Rest and recovery techniques
- Understanding mental focus

## Schedule

You'll have 15 hours of practical football training and 15 hours of football workshops.

In addition to sports activities, evening time is devoted to fun and social activities to create a bond with the participants of the program. The young people will then be able to enjoy friendly and pleasant times. It can be movie nights, quizzes, dance and many others!

## Why Join?

- Develop your football skills with demanding coaches and training sessions.
- Improve both your techniques and tactical knowledge.
- Immerse yourself in an environment that allows you to practice English in real-life situations.
- Enjoy a rich sports, cultural, and international experience full of discoveries, learning, and connections!

## Your accommodation

Participants will be accommodated in residences with individual rooms equipped with private bathrooms

- Communal lounge with pool tables, TV's and games
- Study areas
- Free laundry provided for training kit (laundry facilities available for personal items at extra cost)

## Meals

**All meals are included.** 3 meals per day. Continental breakfast and two course lunch options provided including vegetarian and gluten-free

## Supervision

Our team members all receive formal safeguarding training, and students are supervised around the clock by friendly, experienced residential chaperones.

The campus has a dedicated, first-aid trained security team available 24 hours a day, seven days a week.

## Transportation

Private daily return coach transfer to and from the City Football Academy

**Duration:** 5 nights

## Requirements

- Ages **14-17 years old**
- Copy of passport or ID card
- B1 English level