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## Total Football Summer Soccer Camp

Leppävaara Football Arena

1<sup>st</sup> – 5<sup>th</sup> August 2011

09.00 - 15.00

Head Coach: Mike Warner

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## The Total Football Concept

The aim of Total football is to coach children to improve their sporting technique and to develop their personality as an individual. Courses also focus on basic tuition of the English language.

This will be achieved through a series of fun and active courses which will bring real enjoyment into the process of learning. Courses are organized by Mike Warner who is a UEFA B qualified Coach and all Total Football Coaches have experience with working with Children.

Total Football will have a core focus upon several key elements;

- Promote the benefits of an active lifestyle
- Improve each child's self confidence
- Develop each individual's football technique
- Install basic discipline and an understanding of team sport
- Teach English to young people who are keen to learn/ develop a new language

## Soccer Camp Schedule

We ask that all children arrive on time at 09.00 each day. The registration will take place at Leppävaara Football Arena on Monday 1<sup>st</sup> August for children born 1996 – 2000 at 08.30 and at 08.45 for children born 2001 – 2004.

All participants should bring their own ball or for an additional 15 EUR Total Football will provide a new football. Please indicate if you require a ball on your booking form.

As soon as registration is complete, we will begin the first English Language session until 10.00 when we will start the football training. Parents are very welcome to stay and watch but please refrain from shouting from the sidelines and we ask that you let the coaches do their jobs. The Summer Camp is focused on individual technique, team competitions and team games. All participants will be playing between 10.00-12.00 and 13.00-15.00 on all days. These are the best times to watch your child, with the team games taking place in the afternoon.



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All participants will receive a signed certificate of attendance, a Total Football gift and have the opportunity to win prizes for each of the different exercises.

There will be quizzes and fun games in English so that all participants can practice and develop their knowledge of the English language. Total Football prizes will also be awarded for those who have made real progress with their language skills.

On Friday 5<sup>th</sup> August at 14.30 there is a presentation of certificates, gifts and medals, which we welcome all parents to attend with their children.

## Goalkeeper Camp

The goalkeeper Camp will follow the same daily schedule as listed below, including all English language sessions. The goalkeepers will work separately in their own group for specific trainings, but will also join the main camp for relevant shot stopping exercises and the actual games in the afternoon.

The Goalkeeper Camp is run by Sabatino Ventre, who is a qualified FA Level One goalkeeper Coach.

## Programme for the day

09.00 – 10.00	English Exercises, fun games, quizzes in groups (Classroom)
10.00 – 11.00	Team Competitions
11.00 – 12.00	Coaching Individual Technique
12.00 – 12.30	Lunch (Canteen)
12.30 – 13.00	Skills and Technique Video (Classroom)
13.00 – 14.00	Coaching and Practice: Individual Tests (Pitch)
14.00 – 15.00	Team games – Mini World Cup, Champions League (Pitch)
	Debrief of that day's key coaching points

## Guidelines for Parents

- **Children should bring their own Lunch and fruit snack. Lunch will be eaten together with the Coaches at 12.00 in the Canteen. There is a fridge to store food on Level One next to the Canteen.**
- Children should arrive on time, or inform the coach that they will be late.
- Total Football can take no responsibility for children outside of the camp hours.
- Please take note of the registration times on Monday 1<sup>st</sup> August for different age groups.
  - Children born 1996 – 2000 : 08.30
  - Children born. 2001 – 2004 : 08.45
- Children should bring their own ball and or request a ball on the booking form, which will be provided at an additional cost of 15 EUR.
- Children require suitable training kit and they should wear shin pads while playing. They also require a tracksuit or warm clothing to wear at lunch time and during English sessions.
- The pitch is artificial grass therefore children will require appropriate footwear. (Football trainers or Football boots with moulded studs).
- There will be water available at all times, but please bring a water bottle for your child's own use.
- On the final day there will be a presentation at 14.30 where the certificates, TF Gift and trophies will be presented.