



Elective: Football

Learning Outcomes

Students will have:

- improved their football skills in the areas of dribbling, passing, shooting and defending.
- learned how to work together in a team and the importance of respect and communication.

Language Outcomes:

Students will:

- be able to name the different positions on a football pitch and describe the role of each position. e.g. striker, midfielder, goal keeper etc.
- be able to use common football phrases to instruct, encourage and warn teammates.

Sample Content

SESSION 1	SESSION 3
<ul style="list-style-type: none">• Introduction to the course and skills assessment• Skills development: dribbling• ball mastery drills rotation• futsal practise games• warm-down	<p>Warm-up: skills review</p> <p>Skills development: shooting</p> <ul style="list-style-type: none">• pass and shoot drill• crossing and heading drill• practice match• penalty shoot-out competition
SESSION 2	SESSION 4
<ul style="list-style-type: none">• Warm-up: skills review• Skills development: passing• Short passing drills• two touch 5-a-side practice game• Long passing• Practice match	<ul style="list-style-type: none">• Warm-up: skills review• Skills development: defending• One vs one drill• Recovery runs• 'World cup' mini-tournament

FAQs.

What surfaces do the students play on?

All out schools have a mix of grass and artificial grass (astro turf) pitches. If the weather is very bad some sessions may take place indoors in a sports hall.

What footwear do students need?



Students should bring football boots or trainers suitable for artificial grass surfaces (boot without studs/cleats are safer). Students can bring standard football boots with studs, but these can only be used on grass and are not necessary. Flip-flops or any other open toed shoes are not allowed. Playing barefoot is also not permitted.

What should students wear?

Students should have shorts and t-shirts. Students should bring their own shin-pads, if they have them.

HOURS BREAKDOWN PER 2 WEEK COURSE	
TUITION HOURS	PROGRAMME CONTENT
English Tuition: 30 hours	Project work in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen elective . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
TOTAL: 48	
ACTIVITY HOURS	
Evening Events: 20 hours	Evening events . The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	Activity time These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
TOTAL: 26	
STUDY TOURS	
Study Tours: 3 days (9am-6pm)	Study Tours: Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.