



TARGET

Sports Coaching Ltd

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Saturday Football Coaching Academy


TIME: Session 1: 9 am – 10 am Groups 1/ 2 & 3
Session 2: 10:15 am – 11:15 am Groups 4 to 8


WHERE: Raynes Park Sports Ground, Taunton Ave, Raynes Park, SW20 0BH.

WHEN: 26th Sept – 28th Nov '20

COST: £80.00 pre-paid block of 10 weekly sessions/ Pay as you play £10 per session

 We have a regular team of CRB checked coaches who are qualified and experienced to help progress children of all abilities through our 'group development stages' (see below).

 A 'Player of the Day' award is given out weekly to a child from each group, which includes their photo and a 'Coach Feedback Report' being uploaded on to our website; to help encourage and reward all areas of their personal progression (technical, physical, psychological & social).

 Due to current regulations and Government advice, children will be split into groups of a maximum of 5, working with one coach. These groups will be organised by both age and ability.

Groups 1 & 2: 'FUNDamentals' [stage 1] (age 4 – 6 approx)

Sessions aimed at teaching **beginners** the basic rules and skills of football. Focuses on the fundamental movements such as agility, balance, co-ordination and flexibility whilst, encouraging an individual's self-esteem & confidence with fun & inclusive sessions.

Groups 3 & 4: 'FUNDamentals' [stage 2] (age 6 – 8 approx)

Sessions aimed at **improving** and progressing the fundamental core skills & techniques. Focuses on team-work and team positioning, using creative drills & small-sided games.

Groups 5 - 8: 'LEARNING to train' (age 8 – 12 approx)

Sessions aimed at **advancing** an individual's skill & technical ability, whilst enhancing match fitness and their understanding of team-play structures and key game principles.

Saturday Football Academy: Booking Form

(C -57)

Childs Name:

Age:

Telephone:

Group: 1 2 3 4 5 6
(Please circle)

Email:

Parents Name:

Medical Conditions:

Parent s Signature:

Payment Method: Cash / BACS
(please circle)

Course Amount: £80.00

(BACS Details: Target Sports Coaching Ltd. Account No. 20186914. Sort Code: 09-01-28)

All cheques should be made payable to: 'Target Sports Coaching Ltd' & sent to: 5 Coppard Gardens, Chessington. KT9 2GE