



**STUDY VACATIONS**

Accredited by the  
**BRITISH COUNCIL**  
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YOUNG  
LEARNERS  
**ENGLISH UK**

## **FOOTBALL AT ARDINGLY COLLEGE & CHRIST'S HOSPITAL SCHOOL**

### **SPECIALIST PROGRAMME**

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The football programme at Ardingly College and Christ's Hospital School is aimed at 11-17 year olds and is open to players of all ability levels.

The programmes are delivered by qualified football coaches with experience working with teens and younger players. The players enjoy 20 hours per two-week course of coaching in small groups to develop their individual skills and improve their team play. They will also have the opportunity to play in some practice matches.

In our Specialist Football programmes we include 8 sessions over a two-week period, a total of 20 hours, which include both technical and tactical exercises:

#### **Technical exercises:**

Practices aimed at teaching skill and precision with constant use of the ball; technical drills and competitions, which aim to guarantee everyone the opportunity to improve their technical background.

#### **Tactical exercises:**

Exercises aimed at team play with games and matches specifically designed to give everyone the opportunity to understand each position and how it contributes to the team objectives.

Summer 2021 price: **£600 per student**

(included: all training with experienced and qualified coaches, all necessary equipment and access to suitable facilities)

To get an idea of what a 2-week residential Elac course at Ardingly College and Christ's Hospital School + the specialist Football programmes add-on look like this summer, see our sample programmes below.

You can find lots of information about our Ardingly College and Christ's Hospital School courses at

[www.elac.co.uk/ardingly-college/](http://www.elac.co.uk/ardingly-college/)

[www.elac.co.uk/christs-hospital-school/](http://www.elac.co.uk/christs-hospital-school/)

For more information, or to sign up to an Elac course call  
**+44 1225 443261** or email [info@elac.co.uk](mailto:info@elac.co.uk)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
7:45 – 9:00	Breakfast							
9:00 – 9:10	Red group activity meeting & news update					Full Day  Cultural Visit London  (inc. Museum Visit)	Full Day  Optional Visit or  Activity Day	Departure Day
9:15 – 10:30								
10:30 – 11:00	Football Training session 4	Football Training session 5	Football Training session 6	Football Training session 7	Football Training session 8			
11:00 – 12:15								
12:15 – 13:50	Lunch							
13:50 – 14:50	Core Lessons	Core Lessons	Core Lessons	Pathway Lessons	Core Lessons			
14:50 – 15:50	Core Lessons	Core Lessons	Core Lessons	Pathway Lessons	Core Lessons			
15:50 – 16:20	Break							
16:20 – 17:40	Core Lessons	Core Lessons	Cultural Visit Lesson 3	Pathway Lessons	Core Lessons			
17:45 – 19:15	Dinner							
19:15 – 19:30	Evening activity meeting							
19:30 – 21:30	A choice of interactive & fun activities inc. discos, karaoke, murder mysteries, quizzes, sports competitions, casino night, mini olympics and much, much more!							

Week 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	
7:45 – 9:00	Arrival Day	Breakfast						
9:00 – 10:00		Testing & Induction	Core Lessons			Pathway Lessons	Core Lessons	
10:00 – 11:00		Campus Tour	Core Lessons			Pathway Lessons	Core Lessons	
11:00 – 11:30		Break				Full Day	Full Day	Break
11:30 – 12:50		Induction Lesson	Cultural Visit Lesson 1	Cultural Visit	Cultural Visit	Pathway Lessons	Cultural Visit Lesson 2	
12:50 – 14:00		Lunch		London	Cambridge	Lunch		
14:00 – 14:10		Red group activity meeting & news update		(inc. Sightseeing walking tour)	(inc. Sightseeing walking tour)	Red group activity meeting & news update		
14:15 - 15:30		Football Training session 1	Local Cultural Visit				Football Training session 2	Football Training session 3
15:30 - 16:00			Horsham					
16:00 – 17:15			(inc. Town tour)					
17:45 – 19:15	Dinner							
19:15 – 19:30	Evening activity meeting							
19:30 – 21:30	A choice of interactive & fun activities inc. discos, karaoke, murder mysteries, quizzes, sports competitions, casino night, mini olympics and much, much more!							

Week 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday		
7:45 – 9:00	Breakfast									
9:00 – 9:10	Red group activity meeting & news update					Red group activity meeting & news update		Departure Day		
9:15 – 10:30	Football Training session 4	Football Training session 5	Football Training session 6			Full Day	Full Day		Football Training session 7	Football Training session 8
10:30 – 11:00										
11:00 – 12:15										
12:15 – 13:50	Lunch					Brighton	or		Lunch	
13:50 – 14:50	Core Lessons	Core Lessons	Core Lessons	(inc. Royal Pavilion visit)	Activity Day	Pathway Lessons	Core Lessons			
14:50 – 15:50	Core Lessons	Core Lessons	Core Lessons			Pathway Lessons	Core Lessons			
15:50 – 16:20	Break					Break				
16:20 – 17:40	Core Lessons	Core Lessons	Cultural Visit Lesson 3			Pathway Lessons	Core Lessons			
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