

# Hailsham Football 2020

2 semanas: del domingo 5 al sábado 18 de julio

- Aeropuerto de Heathrow: 1h30
- Aeropuerto de Gatwick: 50 minutos



## Campamento de fútbol 2020 Swerve Soccer

<b>Duración</b>	<b>2 semanas: del domingo 5 de julio al sábado 18 de julio</b>
<b>Alumnos</b>	<b>54 alumnos de 12 a 17 años</b> <b>Nivel de inglés requerido: A1 - A2</b> <b>Nivel de fútbol requerido: Intermedio</b> <b>Mínimo 25% de alumnado es inglés nativo</b>

### Course Focus

#### Week 1 (Individual development)

- Build confidence through unopposed scenarios
- Ball manipulation
- Performance training
- Small-sided games
- 1v1s, 2v2s, 3v3s, 4x4s

#### Week 2 (Team development)

- Positional and transitional scenarios
- Overloads
- Patterns of play
- Tactical awareness
- 9v9 and 11v11

#### Programa: "Pro-Football"

**17h de fútbol**

**12h30 de clase de inglés**

**Actividades de ocio y excursiones**

**( incluida visita a un estadio de la Premier League )**

**NIKE training Kit**

- Training delivered in groups of up to 18 players, according to their age (12-13 yrs / 14-15 yrs / 16-17 yrs) and technical ability
- Coaching from ex-U21 England International and Southampton FC player, Dan Harding
- Guest masterclasses from current/ex-professional players
- 27 hours of technical football training
- 10 hours of specialised goalkeeper-specific training
- High-performance training (strength and conditioning, speed and agility, balance and coordination)
- Video analysis
- Player feedback
- Football training integrated with 25% native English students



## Alojamiento

En el colegio en habitaciones compartidas ( 2 - 4 camas ) y baños compartidos

2 lavadoras semanales

Wi-Fi

Ratio Staff:Student 1:5



### Sample Breakfast Menu

Cereals	A selection of cereals with toppings and fresh milk
Breads	Toasted breads with butter and preserves
Breakfast Special	Pastries, cold meats, muffins or pancakes
English Breakfast	A selection of eggs, sausages, bacon, beans or potatoes served once or twice per week
Yoghurts	Various flavours are available
Fruit	A selection of fresh fruit
Drinks	Tea, Coffee, Orange and Apple Juice

These are example menus for illustrative purposes only.

### Sample Lunch/Dinner Menu

Soup of the day	Carrot and coriander soup
Breads	Selection of home-baked breads
Main option	Pan roasted chicken with tarragon crème fraîche
Alternative option	Spaghetti bolognese
Vegetarian option	Courgette and red onion tart
On the side...	Roasted new potatoes and steamed carrots
Salad bar	Lettuce, green leaves, tomatoes, cucumber, sweetcorn, couscous, tuna, parma ham and sliced peppers
Dessert	Baked mango cheesecake
Drinks	Water/orange squash

### Meat Dishes

Beef bourguignon
Roast turkey with cranberry sauce
Pan roasted chicken with tarragon crème fraîche
Grilled pork chop with apple sauce
Lemon and paprika chicken
Chicken curry with poppadums
Chilli Con Carne
Chicken kebabs with pittas
Gammon and leek pie
Roast lamb with mint sauce

### Fish Dishes

Battered cod with lemon and herb mayonnaise
Mackerel, potato and pepper bake
Seafood paella
Battered haddock fillet
Classic fish pie

### Pasta Dishes

Spaghetti bolognese
Beef lasagne
Penne pasta with a choice of 3 sauces
Macaroni cheese

### Vegetarian Dishes

Mushroom and red pepper paella
Courgette and red onion tart
Cheese and tomato omelette bake
Vegetable nachos with sour cream
Stir-fry vegetables with plum sauce
Stuffed aubergines
Broccoli and pea risotto
Spicy tomato and bean casserole
Spinach, feta and mushroom frittata
Vegetable and soya pie

### Desserts

Fruits of the forest cheesecake
Banoffee pie
Chocolate brownie
Apple and blackberry crumble with custard
Fresh fruit salad with cream
Lattice apple pie
Steamed syrup sponge
Arctic roll with fresh fruit
Cherry shortbread
Fruit and yoghurts

# Hailsham, Swerve Soccer



## Hailsham Swerve Soccer Sample Timetable 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Lie-in
07.45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
08.30	Student Meeting	Student Meeting	Student Meeting	Student Meeting	Student Meeting	Student Meeting	Wake up
08.45	<b>ENGLISH SKILLS 1</b> <b>SOCIALISING</b> Grammar: Different types of questions, question tags, pronouns <b>Vocabulary:</b> Disappointing, upsetting, frustrating, breaking the ice, to recognise somebody, to join in. Quiz and group discussion	<b>ENGLISH SKILLS 1</b> <b>CHALLENGES</b> Grammar: Present Perfect and Past Simple, linking words, prepositions <b>Vocabulary:</b> Sports, countries, geographical features <b>Class Survey:</b> Extreme sports	<b>ENGLISH SKILLS 1</b> <b>CELEBRATIONS</b> Grammar: Comparative and superlative adjectives, should, ought to verb+prep+gerund <b>Vocabulary:</b> Festivals, Carnivals, adjectives, music, town facilities. Watching sketches about Carnivals	<b>ENGLISH SKILLS 1</b> <b>TECHNOLOGY</b> Grammar: Giving opinions, asking for opinions, Future Perfect <b>Vocabulary:</b> Gadgets, computer games, technology Questionnaire about technology: True or false	<b>ENGLISH SKILLS 1</b> <b>Reading:</b> "Invention: a new computer game". <b>Writing:</b> an article: pros and cons <b>Discussion:</b> The best computer game and why	<b>EXCURSION OPTION 1</b> <b>London Bridge Experience &amp; Tombs or Tower of London</b> Students will either visit the London Bridge Experience & Tombs for a historical adventure or enjoy a cultural exploration of the Tower of London.	
10.00	Break + Snack	Break + Snack	Break + Snack	Break + Snack	Break + Snack		09.00 Breakfast
10.15	<b>ENGLISH SKILLS 2</b> <b>Listening:</b> Keeping a conversation going <b>Reading:</b> Starting a new conversation techniques: Practice in pairs. Act out for the class. <b>Dramatisation:</b> In the swimming gala	<b>ENGLISH SKILLS 2</b> <b>Reading:</b> an article about "A backpacking trip" sharing our own experience with our partner <b>Writing:</b> an entry in a blog about my personal experience	<b>ENGLISH SKILLS 2</b> <b>Festivals in my country:</b> What we should and shouldn't do <b>Group Work:</b> Festivals in England: Halloween, Bonfire Night, Remembrance Day. Research and present	<b>ENGLISH SKILLS 2</b> <b>IN THE DINING HALL</b> <b>Vocabulary:</b> Cabbage, fry-up, scones, beetroot <b>Expressions:</b> I wonder what's on the menu today? I'd better give this seat up. I'm (stuffed/starving)	<b>ENGLISH SKILLS 2</b> <b>Progress Test</b>	<b>EXCURSION</b> <b>Eastbourne Airbourne</b> Students will experience Eastbourne's International Airshow voted Tourism Event of the Year 2015/16.  Attractions include: • 2 mile flying display line • Best military and civilian aviation display teams including the Red Arrows, Typhoon and the Battle of Britain Memorial Flight • Military exhibitions, simulators, Zipwires, Climbing Wall • Live music on the beach	
11.30	Break	Break	Break	Break	Break		
12.00	<b>CAMP BRIEFING</b> Introduction of coaches, programme timetable and outline of objectives.	<b>TECHNICAL TRAINING</b> <b>Attacking theme:</b> 2v2s with individual focus, ball mastery and playing in tight areas.	<b>TECHNICAL TRAINING</b> <b>Defending theme:</b> 3v3s with individual focus, ball mastery and defending in tight areas. <b>Goalkeeper training:</b> positioning, footwork and coordination	<b>TECHNICAL TRAINING</b> <b>Defending theme:</b> 4v4s with individual focus, ball mastery and body positioning <b>Goalkeeper training:</b> distribution, kicking technique and control	<b>TECHNICAL TRAINING</b> <b>Light training session:</b> fun challenges	<b>Tower of London</b> • The Crown Jewels • The White Tower • Fortress • Henry VIII's Armour  In the afternoon students will walk along the South Bank and have the opportunity for free time shopping in one of London's biggest shopping complexes.	
12.45	Lunch	Lunch	Lunch	Lunch	Lunch		
13.30	<b>TECHNICAL TRAINING</b> <b>Midfield theme:</b> 1v1s with individual focus, ball mastery and playing in tight areas.	<b>PERFORMANCE TRAINING</b> <b>Performance testing:</b> Strength, reflexes, speed, agility and stamina.	<b>Premier League Stadium Tour</b> Players will either visit the Amex (Brighton & Hove Albion FC) or another Premier League Club for a behind-the-scenes stadium tour.	<b>TECHNICAL TRAINING</b> <b>Defending theme:</b> Small-sided games with an emphasis on defending 1v1 and overload scenarios.	<b>TOURNAMENT DAY</b> An in-house tournament in preparation of our Showcase Game to Premier League Scouts the following week.	<b>EXCURSION OPTION 2</b> A full day of sightseeing in London which may include a walking or bus tour to see the following buildings/locations:  • Big Ben • Buckingham Palace • Changing of the Guard • Covent Garden • 10 Downing Street • Harrods • Houses of Parliament • Oxford Street • Piccadilly Circus • Regents Street • South Bank • Trafalgar Square	
14.30	<b>Goalkeeper training:</b> handwork, reflexes, close shot stopping	<b>TECHNICAL TRAINING</b> <b>Attacking theme:</b> building confidence in the final third to beat a defender in 1v1 scenario, creating overloads and finishing. <b>Goalkeeper training:</b> awareness, balance and 1v1s	<b>Footgolf</b> After our Stadium tour players will have time to hit the "footgolf" course. We will be providing a competition with runner-up and winner prizes.  <b>Brighton Pier &amp; City Visit</b> Once our footgolf competition has been completed we will venture into Brighton Town to visit their iconic Pier.				Students eat a picnic lunch on the beach and will have the opportunity to visit the pier and shopping.
15.30	Break	Break		Break	Break		
16.00	<b>TECHNICAL TRAINING</b> <b>Midfield theme:</b> small-sided games with an emphasis on the first touch, protecting the ball and switching play.	<b>FUTSAL MASTERCLASS</b> <b>History:</b> understanding where Futsal originated from and rules of the sport. <b>Training:</b> to learn the best ways to control, manipulate and distribute the ball. <b>Matches:</b> play 5-a-side matches regulated by our UEFA qualified coaches.		<b>INJURY PREVENTION WORKSHOP</b> Useful tips on how to prevent common football injuries through stretching, rolling and selecting the correct footwear.	<b>BUBBLE SOCCER</b> Players will immerse themselves in a giant inflatable ball for a fun team-bonding session.		
17.30	Free Time	Free Time		Free Time	<b>Tutorials</b>		Register
17.55	Register	Register		Register			Dinner
18.00	Dinner	Dinner		Dinner			
19.00	Student Meeting	Student Meeting		Student Meeting	Student Meeting	Dinner	Student Meeting
19.15	<b>SOCIAL EVENTS</b> Karaoke Night or Soft Ball Sports (Handball, Benchball, Dodgeball)	<b>SOCIAL EVENTS</b> Pool Party or Musical Workshop		<b>SOCIAL EVENTS</b> Quiz or Tennis	<b>SOCIAL EVENTS</b> Leavers' Ceremony followed by Disco or Five-a-Side Tournament		<b>SOCIAL EVENTS</b> Welcome Games and Activities
21.00	Free Time + Snack	Free Time + Snack	Free Time + Snack	Free Time + Snack	Free Time + Snack	20.00 Free Time	Free Time
21.45	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
22.00	House Time	House Time	House Time	House Time	House Time	House Time	House Time
22.30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

This is an example timetable for illustrative purposes only.

