

Sports Activities Courses for Summer Holidays 2009

FOOTBALL

For players of all abilities to improve confidence, enjoyment, individual skills and team skills.

- Dribbling/Turning
- Control/Heading
- Passing
- Shooting
- Goalkeeping
- Running with the Ball

Including FUTSAL
(small sided football recognised by FIFA, UEFA, and The FA) is introduced at the Learning to Train stage (8 to 12 years) to encourage skilful and creative play.

SIX - SPORTS

A variety of sports for **8 to 12 year olds**.

- High 5 Netball
- Futsal
- Tag Rugby
- KWIK Cricket
- Volleyball
- Tri-Golf

MULTI - SKILLS

Fun, challenging and structured - develops basic sports skills and fundamental movement skills.

- Agility
- Speed/Running
- Balance
- Throwing/Catching
- Co - ordination
- Jumping/Striking ball

MULTI - ACTIVITIES

A mixture of games and activities put together to offer a fun-packed course for all.

- Circus skills
- Multi - Skills
- Playground games
- Tri - Golf
- Parachute games
- Jump Rope (Skipping)

CODE OF CONDUCT

We are committed to providing a positive and safe environment in which young players are able to enjoy sporting activities. So please:-
NEVER - Criticise, use bad language or violence
ALWAYS - Show respect for everyone involved

For participants' safety we have to insist on:-
 No photography or recording
 No jewellery or chewing gum on the course
 Long hair tied back before arrival
 Shin pads worn for football activities


For further details please visit www.soccercoaching2000.co.uk
 Telephone/Fax 01902 822989 Mobile 07803 902950/07803 908410 enquiries@soccercoaching2000.co.uk

Soccer Coaching 2000 Limited. Registered Office: 16 Sabrina Road, Wightwick, Wolverhampton WV6 8BP.
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All courses run from 10.00 am to 3.00 pm daily

Wear comfortable sportswear and trainers.
 Bring warm clothing for outdoor use, a cap if sunny and football boots for football if you have them (not for Aldersley).
 Please note that shin pads are required for football activities. Shin pads and football socks are available to purchase on arrival @ £4.50 (shin pads) and £2.50 (socks).

Please bring a packed lunch (if required) and drinks.
 Hot lunches can be ordered daily from Wolverhampton Grammar School and Aldersley Leisure Village.



Soccer Coaching 2000 - EVERY CHILD MATTERS

OUR COACHES CRB screened and F. A. qualified, our coaches are full-time employees who work in local schools throughout the year. They receive regular training and have many varied coaching qualifications to ensure that we follow latest guidelines and provide coaching of exceptional quality.

OUR APPROACH In line with current recommendations we have adopted the Long Term Athlete Development (LTAD) approach in all our coaching. LTAD is intended to produce a long-term approach to maximising individual potential and involvement in sport. A central theme of LTAD is the importance of having high-quality coaches working with children during the early stages of their involvement. We recognise that some children who attend our courses may go on to become elite performers in their chosen sport, though at this stage in their young lives our aim is to create a positive, dynamic and rewarding environment in order to encourage participation and develop an early love of sport.

Wolverhampton Grammar School Courses Compton Road, WV3 9RB		Sports Hall & Grass	
ACTIVITY	DATES	COST	✓
FOOTBALL	Monday 20th to Wednesday 22nd July	£25.50 (3 days)	
	Monday 27th to Wednesday 29th July	£25.50 (3 days)	
	Monday 3rd to Wednesday 5th August	£25.50 (3 days)	
	Monday 10th to Wednesday 12th August	£25.50 (3 days)	
SIX - SPORTS 8 to 12 years	Thursday 23rd & Friday 24th July	£17 (2 days)	
	Thursday 30th & Friday 31st July	£17 (2 days)	
	Thursday 6th & Friday 7th August	£17 (2 days)	
	Thursday 13th & Friday 14th August	£17 (2 days)	
MULTI - SKILLS	Thursday 23rd & Friday 24th July	£17 (2 days)	
	Thursday 30th & Friday 31st July	£17 (2 days)	
	Thursday 6th & Friday 7th August	£17 (2 days)	
	Thursday 13th & Friday 14th August	£17 (2 days)	
MULTI - ACTIVITIES	Monday 20th to Wednesday 22nd July	£25.50 (3 days)	
	Monday 27th to Wednesday 29th July	£25.50 (3 days)	
	Monday 3rd to Wednesday 5th August	£25.50 (3 days)	
	Monday 10th to Wednesday 12th August	£25.50 (3 days)	

APPLICATION FORM

Aldersley Leisure Village Courses Aldersley Road, Tettenhall, WV6 9NW		Sports Hall & Astro	
ACTIVITY	DATES	COST	✓
FOOTBALL	Thursday 23rd & Friday 24th July	£17 (2 days)	
	Thursday 30th & Friday 31st July	£17 (2 days)	
	Thursday 6th & Friday 7th August	£17 (2 days)	
	Thursday 13th & Friday 14th August	£17 (2 days)	

Courses are for girls and boys and will be divided according to age, in line with the LTAD model (see above). Please tick relevant box.

FUNDamental Course (4 to 7 years)
 Basic movement skills will be developed (Agility, Balance, Co - ordination and Speed) alongside basic sports skills, using a range of fun games and challenges.

Learning to Train Course (8 to 12 years)
 A continuing development of movement skills (Agility, Balance, Co - ordination and Speed) with a progression in skill activities and games. Discovery learning used to improve players' knowledge.

How to book

Please book early to avoid disappointment as we always follow ideal coach : player ratios. Bookings can only be taken for a complete course.

Please complete this form, keep a record of your details, make cheques payable to Soccer Coaching 2000 Limited and post to Soccer Coaching 2000 Limited, 16 Sabrina Road, Wightwick, Wolverhampton, WV6 8BP.
For confirmation please enclose a stamped addressed envelope.

Player's Name.....M/F.....

Age **Please tick relevant box** 4-7 8-12

School Attended

Medical Conditions.....

Address.....

.....Post Code.....

Contact Numbers.....

Contact Names.....

Parent's/Guardian's Signature.....