

INFORMATION PACK



f o o t t o b a l l

fun, enjoyable, football coaching





Dear Parent / Guardian,

Welcome to the first ever Foot To Ball, Football Funweek in Warsaw, Poland. The purpose of the funweek, is to help develop young children within the area of football through encouragement, and enjoyment.

The training is enjoyable, yet challenging enough that your child will develop high levels of technical skills within the areas of:

- Control - (Various surfaces, cushioning).
- Passing - (Types of passes, surfaces, height, weight of passes)
- Dribbling - (Speeds, acceleration, deception, feints)
- Shooting - (Spin, height, power, surfaces of foot)

The 4 day funweek begins on Saturday 8th November @ 10am. You will be greeted at the front gate of the school, where you can then follow your child into the main building towards the PE department (Old Hall).

A brief introduction will begin, and the days itinerary will follow. There will be two groups. An 'older group' and a slightly more 'junior group'.

You are encouraged to stay and observe, and are welcome to depart at any time, on your own discretion.

Please remember the following:

- Warm Clothes / Waterproof clothing.
- A possible change of clothes.
- Football boots, or appropriate outside footwear.
- Appropriate indoor footwear.
- Shinpads highly recommended.
- Packed Lunch.
- Drinking Water.
- Towel if needed.

You are able to contact me directly on 889216490 (Mobile), or through the school (except Sunday).

I'm sure you are aware of the schools facilities, but just to recap, we have the use of the Field, Indoor Hall, and changing rooms.

I am a trained pediatric first aider, as well as both coaches completing the compulsory Polish Health & Safety training, including First Aid.

The school has the equivalent of the British 'Public Liability Insurance', and will be fully insured as per the Polish legal requirements.

Please ensure payment reaches Mathew Brown by the 24th October 2008. Thank you.



The British School, Field Facilities.

Saturday 8th Nov

Dribbling

- 10:00am - Register + Learning Objectives of the day.
- 10:30am - Warm up related to theme.
- Superskills of the day.
- 11:00am - Dribbling Training / Styles / Skills.
- 12:00noon - Lunch.
- 1:00pm - Dribbling Training / Conditioned Games / Tests.
- 2:00pm - Football Competition League (5 Teams).
- 3:00pm - Results collected - Plenary.

Sunday 9th Nov

Defending

- 10:00am - Register + Learning Objectives of the day.
- 10:30am - Warm up related to theme.
- Superskills of the day.
- 11:00am - Defending Training / Tackling / Positioning.
- 12:00noon - Lunch.
- 1:00pm - Defending Training / 1v1 - 2v2 - Ladder.
- 2:00pm - Continue Football Competition League.
(5 Teams)
- 3:00pm - Results collected - Plenary.

Monday 10th Nov

Passing

- 10:00am - Register + Learning Objectives of the day.
- 10:30am - Warm up related to theme.
- Superskills of the day.
- 11:00am - Passing Training / Control + Surfaces / Two Feet.
- 12:00noon - Lunch.
- 1:00pm - Passing Training / Lengths / Accuracy.
- 2:00pm - Continue Football Competition League.
- 3:00pm - Results collected - Plenary.

Tuesday 11th Nov

Shooting/GK

- 10:00am - Register + Learning Objectives of the day.
- 10:30am - Warm up related to theme.
- Superskills of the day.
- 11:00am - Shooting Training / Surfaces / Two Feet.
Goalkeeping skills / Handling / Agility..
- 12:00noon - Lunch.
- 1:00pm - Shooting Training / American Penalties /
Penalties Knock out Competition.
- 2:00pm - Finish Football Competition League.
- 3:00pm - Presentation (30 mins approx).

SHIRT DETAILS



Please tell us your childs T-Shirt details: (Tear off, and return to Mathew Brown ASAP.

Shirt Size:

Small - Medium - Large - Extra Large (Circle as appropriate)

Preferred name on the back (in CAPITALS)

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FOOTBALL

WARSAW

football
funweek

School Holidays

2008

NOVEMBER

8th - 11th

10am - 3pm / Sat to Tue

Fun, Enjoyable Football Funweeks

Qualified FA Coaches

Structured **Coaching**

30 Places Available



400zł

The British School
Limanowskiego

[www.footto**t**ball.co.uk](http://www.foottotball.co.uk)



foot to ball
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***CAS Hours Available**