

LIVE ARGYLL FOOTBALL DEVELOPMENT

summer

RESIDENTIAL CAMP

Mon 22nd - Fri 26th July



TRAIN PLAY STAY



5 DAY INTENSIVE RESIDENTIAL CAMP

A Player's typical day -

WEDNESDAY

8.00am	Breakfast
8.30am	Team Meeting
9.30am	Coaching Session - Individual Technique
12.30pm	Lunch
2.00pm	Coaching Session - Small Sided Games
3.00pm	Coaching Session - Patterns of Play
4.00pm	Coaching Session
5.00pm	Rest and Relaxation Time
5.30pm	Dinner
6.30pm	Diet and Nutrition Workshop
7.00pm	AJAX Tournament
9.00pm	Evening Activity
10.00pm	Rest
10.30pm	Lights Out

PLEASE NOTE: this is a typical example of a day during the week-long programme and may be subject to change.



Live the life of a professional footballer and take your skills to the next level at the LiveArgyll Football Development Summer Camp!

You will be immersed in our Beautiful Game, with the total soccer experience, and be based at Oban High School's Glencruitten Hostel, with the use of the Oban 3G AWP and the nearby Mossfield and Glen Grass Pitches.

LiveArgyll and the Scottish Football Association's team of highly qualified, experienced coaches will encourage players to maximise their abilities while developing techniques using training methods similar to

those favoured by many First Teams, U19 and Youth Teams; not just in Scotland but worldwide.

The camp is open to all aspiring players aged 9 to 15 years. The camp will not only work on the improvement of the player's football ability, but will include -

- an introduction to sports science
- fitness testing
- nutritional and hydration advice
- sports psychology
- lifestyle management

- in addition to the day to day role expected of a full-time youth player.

www.liveargyll.co.uk/sports/football

RESIDENTIAL:

£230 FOR WEEK

Course Code - 19FD00271OBA

Includes all meals, excursions to swimming, kit, etc. (The cost for an additional child from the same family and on the same course: £155). Players will receive 24hrs supervision.

BOOKINGS

OPEN:

Tuesday 5th
March 2019

CLOSE:

Monday 1st
July 2019

(Earlier if the course is full)

PAYMENT OPTIONS

Monthly, weekly or in full when booking.

Course places are on a first come, first served basis and require a £50 deposit; **the remaining balance to be paid by Monday 1st July 2019.**

Full payment for the course to be received by Monday 1st July 2019. For further details email: football@liveargyll.co.uk or phone 01369 708664

NON-RESIDENTIAL:

£180 FOR WEEK

Course Code - 19FD00272OBA

Includes all meals, excursion to swimming, kit, etc. Non-Residential players to arrive by 9.00am each morning and be collected at 9.00pm each night. (The cost for an additional child from the same family and on the same course: £120).

If you have any queries or wish to request a booking form, please contact Football Development on 01631 572194 or email football@liveargyll.co.uk



For further information football@liveargyll.co.uk

Visit liveArgyll.co.uk