

LIVE ARGYLL FOOTBALL DEVELOPMENT

# summer RESIDENTIAL CAMP

Mon 25th - Fri 29th July

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 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 and 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](http://www.liveargyll.co.uk/sports/football)

## RESIDENTIAL:

Includes all meals, excursions to swimming, kit, etc. Players will receive 24hrs supervision.

£250  
FOR WEEK

\*Junior Concession cost £200

## NON-RESIDENTIAL:

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.

£200  
FOR WEEK

\*Junior Concession cost £160

## BOOKINGS

OPEN: Monday 10th January 2022  
CLOSE: Monday 27th June 2022

(Earlier if the course is full)

## PAYMENT

\*Junior Concession Cost – if you are in receipt of benefits or on a low income, you may be eligible for a discount on the cost of the course. A Number of places will be held for players who are wanting to go on the course, however need time to secure the finances for the course. These spaces will only be open until the week before the closing date for bookings. Please contact us for information on any of these matters Tel: 01631 572194 or Email: [Football@liveargyll.co.uk](mailto:Football@liveargyll.co.uk)

To book, download a copy of our consent form from our website, fill it in fully and email it to [corrnhalls@liveargyll.co.uk](mailto:corrnhalls@liveargyll.co.uk)

Please ensure that you include Activity Name, Activity Date and Activity Venue.

Once your consent form is received, you will be contacted in order to obtain payment. A £50 deposit is required with the remaining balance to be paid by Monday 27th June 2022. The course can also be paid as one.

Spaces are limited and will be allocated in the order that applications are received.

Should you not get a place, your name will be added to a waiting list.



# 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.



To request an application form or for more information please contact:  
[football@liveargyll.co.uk](mailto:football@liveargyll.co.uk) 01631 572194

Visit [liveArgyll.co.uk](http://liveArgyll.co.uk)