



OXFORD CITY FOOTBALL CLUB

FOOTBALL ACADEMY

*Encompassing professional coaching,
environment and pathway*



Educational partners with



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The Academy is the product of a partnership between Oxford City Football Club, City of Oxford College and Ignite Sport UK.

Oxford City FC play in step 2 of the English Football System in the National League South.

Zac McEachran

Zac is a talented midfielder who was selected and featured in Jamie Vardy's V9 Academy. Progressing with the college and club, he is now a regular and key member of the Oxford City first team.





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OXFORD CITY FC ACADEMY OVERVIEW

Oxford City Football Club, City of Oxford College and Ignite Sport UK have been delivering football and education programmes together for over 10 years.

The Football Academy provides a professional structure and offers the aspiring football player a comprehensive education, training and playing schedule.

The aim of the Academy is to deliver a high quality football education programme and to nurture the players' talent to maximum potential. Players will receive action plans, targets, support and expert input to assist in developing their game.

An expert team of specialists support the players' needs including physiotherapists, sports scientists, strength & conditioning coaches and sports psychologists.

Oxford City FC have in excess of 40 teams competing for them and Academy players have the opportunity to represent the club throughout the programme.

The Academy is available to UK players and overseas players with flexible education programmes to suit individual needs.

“

We aim to produce adaptable players who are able to cope with the Technical, Tactical, Physical and Psychological demands of the modern game”

Mark Jones, Head coach



The Football Academy Experience

- Full time Football Academy for players aged 16-19
- Accommodation with Host Family if required
- Excellent training & playing facilities including 3G full size pitch, FIFA quality pro 3G Stadium pitch and excellent learning suites for education.
- UEFA A Licenced Coaches and Specialist Support Staff
Competitive football opportunities
- Trial opportunities at professional clubs in the UK and overseas
1 or 2 yr duration with higher education progression available
- Programme duration July - May (36 Teaching Weeks)
Education options - dependent on previous qualifications
Level 2 BTEC diploma in Sport - 1 year
- Level 3 BTEC Diploma/Extended Diploma in Sport -2 year
programme (development, coaching & fitness)
- A Level Programmes available
- FA Coaching Qualification & NGB coaching awards
- Optional English Language programme 15 hours per week for
overseas players
- New Higher Education Qualification for 2019/20 for 19-23 yr olds
- Open to UK & overseas students

FOOTBALL PLAYING EXPERIENCE

Each week consists of daily training in a professional environment. The focus is on developing the technical, physical, tactical and psychological abilities of the player.

You will be coached by UEFA A licence Coaches with experience of full time professional football at academy and senior level. A full time Physiotherapist is also present at all sessions to support injury prevention, the treatment of injury and injury rehabilitation.

Throughout your Academy life you will have the opportunity to play competitive football at the right level for your development.

Playing opportunities include but aren't limited to:

- Youth Conference League
- Development Matches against professional teams
- U23 development squads
- FA Cup
- FA Trophy
- FA Cup
- National League South
- JPL League

Analysis, feedback and evaluation are all key components of the football programme with two written assessments provided each year and 6 weekly meetings where individual targets are set.

Also included in the football programme are specialist sessions delivered by guest coaches, sports scientists and motivational speakers. Visits to professional matches and training sessions all play a part in offering a brilliant professional experience for young talented footballers.

If you feel you/your son has the talent, determination and desire to reach their maximum potential, then the Football Academy is the place to be.

We believe learning needs to be in the right environment and adopt the following principles:

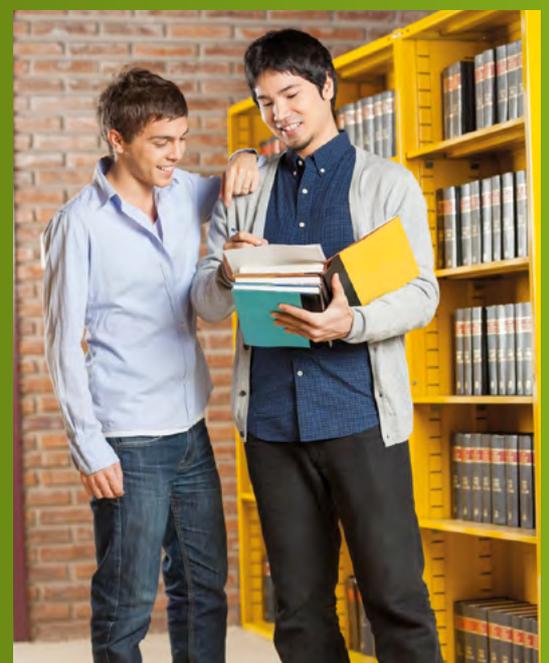
- Our players have to feel safe and valued in their environment each and every time they attend the Academy.
- All players and individuals have to be treated equally and fairly at all times.
- Players need to feel positive in their learning which will ensure they grow as players and individuals.
- Staff must listen to players and value their opinions.
- Players need to feel empowered by what they do in training and in games, knowing that help from staff is of value and can make a difference.
- Respect must be shown to all.
- Players need to be encouraged to take risks and to feel free to make mistakes.
- Players must be accepted for who they are with coaching staff understanding that each player is unique.
- Players must have the freedom to express themselves without fear of failure in our games programme, with positive influences from all members of staff.



FACILITIES

The Football Academy is based at Oxford City Football Club, 2 miles from the beautiful city of Oxford, England. The facility consists of a state-of-the-art 3G full- size floodlit artificial grass training pitch. The playing surface is of equal standard to that used at the training facilities of Manchester United, Arsenal and Reading. Classrooms are fully equipped with smart board technology, meeting rooms and clubhouse. The site also holds 6 spacious changing rooms and a purpose built Physiotherapy suite and a large coach/car park.

The main stadium is located next to the training facilities and has a 3,600 capacity. The stadium has a FIFA quality pro 3G pitch allowing for increased training and match day experience. This facility is utilised by Oxford City, Oxford United, Oxford University and the local community.



The facilities are good and everything is set up for a great experience”

Ikechi Anya - Scottish National Team, Derby County FC & Ignite Academy Ambassador

WELCOME TO THE CITY OF OXFORD



Oxford is a city in South East England and the county town of Oxfordshire. It is 50 miles (80 km) North West of London with a regular train and bus service to the capital.

With a population of 150,200 it is the 52nd largest city in the United Kingdom, and one of the fastest growing and most ethnically diverse.

Oxford is the 7th most visited UK city. Renowned throughout the world as a centre of learning, and latterly as the home of Inspector Morse, Oxford blends medieval charm with the buzz of a modern city. Oxford is known as the “city of dreaming spires”, a term coined by poet Matthew Arnold.

Oxfordshire has become known across the world for its regular appearances on screen in films and dramas, which include attractions from Harry Potter such as Christ Church, Downton Abbey filming locations in Bampton and across the Cotswolds, as well as Sherlock Holmes in various locations including Oxford’s Radcliffe Square.

The city may have given her name to everything from a prestigious dictionary to a bitter orange marmalade, but it is the university that most people associate with the town. Over the past eight centuries eminent scientists, philosophers, authors, archbishops, explorers and politicians have emerged from its ivory towers.

Top attractions in the city include Christ Church College, Pitt Rivers Museum, Radcliffe Square, Botanic Gardens, Ashmolean Museum, Blenheim Palace, open air cinema experiences in the museum gardens and the old prison courtyard.

Oxford is a UK destination that everyone should visit and has a number of must-do experiences.

Newly opened in 2017 is Oxford’s stunning shopping mall, Westgate, with over 125 new stores, restaurants & cafés in the heart of the city centre. Westgate is also home to a retro cinema, rooftop terrace with many bars and open public spaces, ideal to enjoy a drink and snack with friends. Westgate also houses a funky indoor golf course that is neon lit and fun for all ages!

A short distance from Oxford is Bicester Designer Outlet Village, home to more than 160 fashion and lifestyle boutiques, each offering savings of up to 60%, all year round - from iconic Prada bags to eye-catching Gucci accessories.

Sporting-wise, Oxford was the venue for the famous breaking of the 4-minute mile - 3 minutes 59.4 seconds to be exact! Medical student and physiologist, Roger Bannister, broke through the ‘cement wall’ on 6th May 1954, completing the mile race in a world record time. This athletics track is a short walk from the centre of Oxford and is still used daily by athletes competing locally.

Oxford is also home to two large football clubs, Oxford United (League One) and us at Oxford City FC (National League South).

A more recently famous sport to Oxford is Quidditch, made famous by the Harry Potter films. Quidditch has since become a recognised sport with many leagues across the UK, Oxford leading the way with the university competing in top leagues. You can take a picnic to the University parks and spectate a game, a very lovely Oxford experience!

Oxford boasts 2 large train stations that offer journeys into London in just 34 minutes. The same train lines also offer trips to iconic Wembley Stadium. Stadium tours are available most week days and are an ideal way to experience the facility at first hand and to view its showcase of events.

ACADEMY EDUCATION

The education programme has been carefully selected to provide exit routes, industry recognised qualifications and technical content to underpin the players' practical football learning experience. There is flexibility to meet the needs of all learners through our flexible provision allowing players to learn at the correct level. Our programmes range from level 2 to Level 3 with A levels available also.

Our core qualifications include BTEC, VTCT and Activtech level 2 & 3 courses. Students can also complete additional coaching awards or specialist qualifications in sports massage and personal training as examples.

English & Maths is also delivered for students needing to complete these essential elements and for overseas players, we can provide English Language programmes.

Level 2 & 3 Diploma in Sport

Level 2 Diploma in Sport

Level 3 Diploma in Sport (Development, Coaching and Fitness). 120 credits

Level 3 Advanced Diploma in Sport (Development, Coaching and Fitness). 180 credits

Course Information

BTEC Level 2 Diploma in Sport is a 1 year programme and is our entry level qualification.

The BTEC Level 3 Diploma is a two year course requiring 15 hours of study per week and is the equivalent to 2 A levels.

Take additional units to complete the **Advanced Diploma** which is the equivalent of 3 A levels and access higher education as an exit route

These qualifications are designed to meet the needs of those looking for a career in sport as well as continue into higher education and university. Throughout the qualification delivery players will complete projects and receive lectures as well as study visits. This will provide a variety of experiences and the opportunity to acquire knowledge across a diverse range of subjects.

EXAMPLE UNITS INCLUDE:

Unit 1: Principles of Anatomy and Physiology in Sport

Unit 2: The Physiology of Fitness

Unit 3: Assessing Risk in Sport

Unit 4: Fitness Training and Programming

Unit 5: Sports Coaching

Unit 6: Sports Development

Unit 7: Fitness Testing for Sport and Exercise

Unit 8: Practical Team Sports

Unit 9: Practical Individual Sports

Unit 13: Leadership in Sport

Unit 14: Exercise, Health and Lifestyle

ACCOMMODATION

(overseas and out of area students)

Players will be housed with host families and breakfast and evening meals will be provided. Lunch will be provided by Ignite Football Academy at our training centre.

All of our host families have been subjected to a Criminal Records Bureau Check and have experienced hosting students in and around the Oxford area for many years.

Homestays welcome you as a guest and are there to help you. Homestays come from a variety of backgrounds. They might have been born here or

moved to Britain many years ago, be single people or married, retired or working. All homestays are English-speaking. Some of our homestays offer private home accommodation, which means they may have more guests in the house, which will give you an opportunity to mix with people from a number of different countries.

We also have some of the best student residence accommodation in Oxford!

- Huge rooms with double beds
- En-suite bathrooms
- Huge shared kitchen
- 2 studio rooms with kitchenette
- Super-fast Wi-Fi
- Laundry room
- Bicycle store
- 24-hour security
- Located in popular student area
- 40m from shops and restaurants
- 5 minutes by bus to city centre

Alternative Accommodation

Of course, homestay and residential accommodation are not the perfect choice for everyone! If you would prefer to stay in a hotel or a serviced apartment, we are also able to supply university halls accommodation through our partner universities.

Please contact Ignite Football Academy directly and we will help you find something to suit your needs.



“

The way that the coaches work here at the academy really helps player development”

Ikechi Anya
Scottish National Team, Derby County FC
& Ignite Academy Ambassador



APPLICATION INFO:

To register your interest and to arrange a trial:

email **Jack.Self@ActivateLearning.ac.uk**

Call **01869 220890**

WhatsApp **07880 190595**



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