

# SUMMER 2020

## GAME TECH | QUALIFICATION

Develop your technique and take your football education to the next level.

This 2 day course is designed to provide players with high level coaching content and develop game understanding. It comprises of four key units within player development; technical, physical, psychological and social. Players are challenged to improve their individual skills and techniques through practical sessions / games and classroom workshops as well as guest speaker master-classes and sessions linking to different systems of the game.

This programme has been nationally accredited with players receiving a recognised certificate for completing all units.

**Game Tech 1: Ages 12 - 13**

**Game Tech 2: Ages 14 - 16**

Venue: Oxford City FC - OX3 0NQ

Dates/times: [www.ignitesportuk.com](http://www.ignitesportuk.com)

**\*This is a pilot course and is available at the discounted price of:**

**£40**

**9AM TO 3PM**



**IGNITESPORT<sup>UK</sup>**

THE OXFORD ENGLISH  
FOOTBALL PROGRAMME

**VELOCITY**  
FOOTBALL.CO.UK



# FITZONE

Strength and conditioning to improve movement, health, physical fitness with a focus on match stamina.

## Could you benefit from increased fitness to help your game?

The physical corner is one of the most important areas for development of the footballer. Increased physical fitness can have the greatest impact on playing performance. Our football strength and conditioning coaches will provide fun, engaging sessions using ladders, hurdles, parachutes, 1-1 sessions and football specific practices.

Sessions will help develop agility, balance, strength, aerobic endurance and power through football specific practices. Players also will receive advice, guidance and a tailored programme to work on.

## Ages 12 - 16

Sessions are delivered as:

1 to 1 £25 (45 minutes) - Block of 5 sessions £100

1 to 3 £15 (45 minutes) - Block of 5 sessions £60

Group sessions (2 hours) - £10 per player.

# 121 COACHING

**Pure focus on your development with our inspirational coaches on a 3G pitch.**

Our 121 Coaching sessions offer player development in an individual session or a group of 2 or 3.

## Ages: 8 to adult

Sessions are delivered as:

1 to 1 £25 (45 minutes) - Block of 5 sessions £100

1 to 3 £15 (45 minutes) - Block of 5 sessions £60

**Further info & booking:**

[www.ignitesportuk.com](http://www.ignitesportuk.com)

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