

# CHELSEA FC FOUNDATION

## High-Performance Week

*Choices*  
International



**FOUNDATION**

Chelsea FC Foundation Soccer Schools  
A unique soccer experience

## CHELSEA FC FOUNDATION HIGH-PERFORMANCE WEEK

Under the direction of the Chelsea Foundation Academy coaching team, the Chelsea High-Performance week is an opportunity for you to experience the training methods of a leading soccer club.

All participants will be granted scholarships for Choices Academic Football Academic Year programme and a place on Choices Football Showcase week.

Technical sessions are led by the Academy coaches and apply the same rigorous standards applied to the professional teams. They are designed to highlight areas for development and enable each player to develop to the best of their ability. Programmes typically cover skills in areas including:

- Passing & receiving laying under pressure
- Reactive movement off the ball.
- Defending when Balanced & when Unbalanced
- Defending 1 v 1
- Defending 2 v 2
- Psychological Testing possession
- Decision making in the final third
- Combination play in and around the box
- Support play
- Small sided , conditioned games 4 v 4 , 6 v 6 , 8 v 8
- Crossing & finishing
- Playing through the middle third
- Creating scoring opportunities

This is a great coaching experience for players looking for an insight into the needs and demands of the professional game; whilst providing an opportunity to showcase your talents in a world-class soccer environment.

You will receive a coaching programme based around our Club's philosophy. We aim to develop every player to their maximum potential and offer coaching in all aspects of the game; promoting Discipline, Team work, Respect, Communication, Professionalism and Empathy.

### KEY FACTS

#### LOCATION

London

#### TRAINING GROUNDS

Cobham, Surrey

#### DURATION

1 week

#### START DATE

29<sup>th</sup> July

#### AGE RANGE

14-16

## WHAT IS YOUR LEVEL OF SOCCER?

This programme is aimed at advanced players who may be currently playing for a club and are already highly skilled.

## RESIDENTIAL ACCOMMODATION

Accommodation is at the prestigious Roehampton university Residence.

## THE 1-WEEK PROGRAMME INCLUDES:

- Training at Chelsea FC Facilities (Cobham) very own world-class training facility (20 hours soccer training )
- Full-board residential accommodation.
- Evening activities.
- 1 half-day (visit to Chelsea FC Stadium)
- Free, supervised internet access.
- Closing presentation & certificate award.

## PROGRAMME FEES

1 week high-performance programme	£1,450
REGISTRATION FEE	£100
RESIDENTIAL ACCOMMODATION DEPOSIT PAID ON ARRIVAL - mandatory	£150 (reimbursable)

- OPTIONAL FEES:**
- Medical insurance **£15** per week.
  - Extra night **£90**.

\* Arrivals are on the Sunday prior to the course start date. Departures are on the Saturday.

\*\* It is compulsory to pay the residential deposit in cash on arrival.

\*\*\* It is compulsory to bring the original passport to the camp. The document will be kept by Choices staff.

## AIRPORT TRANSFERS



Choices International Car Transfer Services offer a personal meet and greet service from any airport in Great Britain at any time. Your son/daughter will be driven directly and comfortably to the residence. **Prices per person based on one way transfer.**

PRICE EACH WAY

£65

HEATHROW	LUTON/STANSTED	GATWICK	ST. PANCRAS
£90	£150	£105	£100

\* Supplement for flight arrivals and departures before 9 a.m. and after 9 p.m. each way: **£50**.

\*\* The first hour of waiting time is free of charge. Extra waiting time charge per 30 minutes.

\*\*\* Flight information must be provided **20 days prior to arrival**.

\*\*\*\* Transfer fees **won't be refunded**: last minute changes will incur an extra cost.

## UNACCOMPANIED MINOR SERVICE (mandatory when requested by the airline company)



If your child is under 16 years of age and travelling alone (without an adult) we will ensure that a member of our team takes your child to the check-in counter and checks him/her in for the flight and accompany him/her to security. If you have pre-arranged Unaccompanied Minor services with the airline, our team member will hand your child over to the airline representative. Unless we are notified otherwise, this service will automatically be supplied and invoiced.

PRICE EACH WAY

£65