

FOOTBALL ACADEMY IN MANCHESTER 2014

The football academy study abroad is aimed for **students between 16 - 21 years old** who wish to study English or an Academic Year and to train and practice in our football academy in Manchester.



Football Programme

This programme provides integrated specialization in soccer for students from 16 to 21 years old, in order to improve their ability in English and soccer skills. All the coaching sessions at the academy will focus on technical and tactical player development. Our aim is to improve players individual and team performances.

Each player that comes to the academy will be individually assessed within the first week of training. From there the coach will decide whether the player will be suitable for either group 1 which is for more advanced players or group 2 which is for players that are at a more intermediate level. If players show significant improvement or decline, the player is then able to switch groups.



Training

This is a professional training programme so there is a 5 day training schedule with an activity on each of those 5 days. There will be at least 3 training sessions per week, with other sessions providing recovery training or after a match. This will be decided by coaches on a weekly basis.

Training sessions have a duration of 1.5 hours each. Matches can be up to 2/3 hours as they include warm up and half time. There will be an activity of at least 1.5 hours each day Monday to Friday.



There are 4 general types of *activities*:

- i. **Football training session** - Involving skills training, drills etc.
- ii. **Fitness sessions** – which may be inside or outside, players will work on their physical fitness.
- iii. **Matches**
- iv. **Recovery sessions** - On days after matches the coaches run a recovery sessions rather than full training – usually held in the fitness suite and/or swimming pool, steam rooms, sauna etc.

Facilities

Excellent facilities such as:

- Sports Centre
- Gym (with access to another 7) in Manchester
- Four fully enclosed five-a-side astroturf pitches
- Six mini soccer grass pitches
- One full size third generation astroturf pitch
- One seven-a-side third generation astroturf pitch with shock pad
- Three nine-a-side grass pitches
- Library
- Changing rooms and shower facilities
- Free parking
- Cafe (serving hot beverages and a small selection of snacks)



Exercise programmes held throughout the facilities include:

- Spinning
- Circuits
- BoxFit
- X-Biking
- Aerobics
- Kettle Bell
- Body Conditioning
- 50/50 Core and Bike



Moreover players will be able to enjoy the sports centre facilities, gym and swimming pool on weekends as they are opened.

Accommodation & other services

We aim to ensure participants to have the smoothest possible integration into your studies in the UK and adapt to a new lifestyle as quickly as possible. As such, we provide a range of services to assist you.

Social Activities.

We offer a varied and exciting social schedule organized by our Social Activities Co-Ordinator to complement your study programme. These activities provide an opportunity to meet other students and to explore Manchester's exciting social scene and sporting culture. We really want our students to immerse themselves in English life!

Accommodation

Choices International has a dedicated Accommodation & Welfare Officer to arrange your accommodation requirements. We offer the following types of accommodation:

– **Homestay**

This is where you live with an English-speaking host and is an invaluable way to learn about the UK way of life. It is ideal when you are looking for a friendly and homely living environment. We arrange single rooms only and students are provided with both Breakfast and Evening meals, Monday – Friday and breakfast, lunch and dinner at weekends.

– **Student Residence**

Student residence is available for those seeking a more independent lifestyle and looking to meet other international students. We offer standard, individual rooms or ensuite. Please note that availability for this option is in high demand in Manchester.

Airport Transfer

We can arrange a private transfer from Manchester International Airport to your accommodation. Simply request this additional service when making your reservation.

Welfare

Our Accommodation & Welfare Officer is available to help you with any problems you may experience while studying at Berlitz Manchester. They can assist with doctors, dental or other essential medical appointments.

Visas

We can provide letters and certificates of acceptance to assist you with visa applications where required.

Start dates

Beginning of each month. Our academy is open throughout the year, only closing for a few days over the Christmas period.

Arrival & Departure information: arrivals on Sunday before course start date and departures on Saturday following course finish date.

Extra - Fees

- Registration fee: £100.
- Express courier service: £50 per delivery.
- Airport transfers: Manchester Airport: £60 per transfer; Liverpool Airport: £100 per transfer.
- Extra charge for arrivals and departures before 9 a.m. and after 9 p.m. £50.

NET Prices Berlitz Manchester Football Academy

Football + English Classes (15 hours per week) + Accommodation

	3 months	6 months	9 months
Homestay	£4,895	£9,790	£14,685
Residence	£4,715	£9,430	£14,145

*Note 1: homestay accommodation is mandatory for students up to 17 years old.

*Note 2: a summer supplement of £10 per week is applicable over July and August.

*Note 3: additional English lessons, one-to-one tuition, available on request.

NET Group Prices Berlitz Manchester Football Academy

Age Range: 13 - 21

Football + English Classes (15 hours per week)

	2 weeks	3 weeks	4 weeks
5 – 10	£840	£1,260	£1,680
10 +	£795	£1,195	£1,590
20 +	£750	£1,125	£1,500

*Note 1: groups - please check options and availability for accommodation.

*Note 2: a summer supplement of £10 per week is applicable over July and August.

*Note 3: additional English lessons, one-to-one tuition, available on request.



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