



FOUNDATION

NIKE GIRLS FOOTBALL CAMPS UK SUMMER 2020



LEARN TO LIVE THE CHELSEA LIFE

Residential 6- or 13-night camps at a leading private school in England.

Players will be coached by Chelsea FC Foundation in a training programme inspired by the Girls' Centre of Excellence curriculum at Chelsea FC Women, 2018 Super League and Women's FA Cup champions. Alongside their football training, players can choose to improve their English language skills with a dedicated team of professional English teachers.

FOOTBALL + ENGLISH

AGE 12-17 year old girls
LOCATION Charterhouse School, Surrey
FOOTBALL LEVEL All abilities
ENGLISH LEVEL All abilities except native speakers
SPECIAL FEATURES Goalkeeper training

TOTAL FOOTBALL

AGE 12-17 year old girls
LOCATION Charterhouse School, Surrey
FOOTBALL LEVEL All abilities except total beginners
ENGLISH LEVEL Intermediate and above
SPECIAL FEATURES Goalkeeper training



IN ADDITION...

Players experience the best of Chelsea FC with a full day at their Cobham Training Centre with coaching, games and a fascinating insight into the support teams at a professional football club. Each week concludes with a trip to Stamford Bridge, Chelsea's home ground, for a prize-giving celebration and a tour of the museum and stadium.

WHAT'S INCLUDED



Up to 31 hours a week of coaching, games and workshops with Chelsea FC Foundation



Full board accommodation



12-13 hours a week of English language lessons on Football + English camps



Progress report and completion certificates from football and English to take home



Football development workshops



24/7 on-site male and female player welfare support staff



Evening activities programme and players' lounge



Exclusive Nike/Chelsea FC training kit and gift pack



Football and cultural excursions including a day at Chelsea FC's Training Centre in Cobham



Student medical insurance



THE COACHING

The coaching curriculum is designed and delivered by Chelsea FC Foundation, one of the world's leading football, education and community programmes. The camps provide an insight into life as a young player at Chelsea FC and are tailored to challenge players at their age and ability level. All players get to experience a training day at Chelsea's Cobham Training Centre where the Academy and First Team train, giving a real taste of life as a Chelsea FC professional.



FOUNDATION

ON THE PITCH

Expect high-intensity training that challenges players' understanding of tactics for every position on the field. Players improve through a combination of coaching, skills challenges and small-sided games. Tailoring the training to the players' individual level, coaches encourage self-reflection and analysis to identify strengths and areas for improvement.

OFF THE PITCH

Players get a realistic insight into life as a Chelsea player. Workshops look at the lifestyle choices of young players and focus on professional approaches to training and games, including physical and psychological preparation. Players learn constructive self-evaluation, which forms part of their individual coaching report.



“ At Chelsea we try to produce the best young players to perform at the highest level within the women's game. The Nike Football Camps with the Chelsea FC Foundation are a great chance for young female players from around the world to experience this approach to player development. We look forward to seeing you in the UK in 2020.”



Emma Hayes | Chelsea FC Women Manager

GOALKEEPERS (AGED 12-17 YEARS)

Girls can join the boys' goalkeeping sessions. These focus on specific goalkeeping skills in one technical session each day. Goalkeepers join outfield girls for other sessions to further understand gameplay situations.

WHAT YOU GET



FOOTBALL + ENGLISH CAMPS 18hrs a week
TOTAL FOOTBALL CAMPS 31hrs a week



COACH TO PLAYER RATIO 1:16 (maximum)



PROGRESS REPORT + COMPLETION CERTIFICATE

BEST WORKSHOPS IN 2019...



MATCH ANALYSIS

with the Performance Analyst at Chelsea FC



TALENT IDENTIFICATION

with the Academy Integration Manager at Chelsea FC



DEVELOPMENT PATHWAY

with the Academy Integration Manager at Chelsea FC



OVERSEAS SCOUTING

with the Chief International Scout at Chelsea FC

ENGLISH

12-13 hours a week of classroom-based lessons

Suitable for all English levels, except for native speakers

The English curriculum is based on the CLIL approach used in top schools worldwide and is designed to enhance students' use of English in football and the wider world. Teachers live on-site and all our staff create an immersive English environment by ensuring students communicate in English throughout the camp.

On the first day, students take an English test and are divided into CEFR level classes within their age group, ranging from A1 to C2 (beginner to advanced). The curriculum is specially designed for these Chelsea FC Foundation camps. Teachers cover both general English and topics relating to Chelsea FC. Using the topic of sport engages students with a common interest in the classroom and equips them with useful vocabulary for their coaching sessions. Our lessons are fun and interactive, using a combination of traditional classroom techniques, active participation and project work.

At the end of each week, students get an English progress report and completion certificate, along with advice from their teacher on how to continue improving their English at home.

WHAT YOU GET



FOOTBALL + ENGLISH CAMPS

12-13hrs of English lessons per week



TEACHER TO STUDENT RATIO

1:12 (average)



ENGLISH REPORT + COMPLETION CERTIFICATE



GOALKEEPER

- Start position
- Shot stopping
- Decision making



DEFENDER

- 1v1 defending
- Tackling
- Regaining possession



MIDFIELDER

- Receiving under pressure
- Range of passing
- Dribbling skills



STRIKER

- 1v1 skills
- Finishing
- Creating & exploiting space



SENIOR CAMP LOCATION CHARTERHOUSE SCHOOL SURREY

The school was originally founded in London in the 1600s and has been on its current 68-acre site in Surrey since 1847. Charterhouse has a rich sporting history. Several Charterhouse pupils went on to play football for England, and the school's first team captain was present when the rules of the modern game were originally defined at the first meeting of the Football Association in 1863. Charterhouse's historic Gothic Revival buildings create an inspiring environment for learning, whilst extensive sports facilities offer players a wealth of sports options.

CAMP SUITABLE FOR...

12-17 year-old girls

FACILITIES

- 12 grass football pitches
- Astro football pitch
- Tartan athletics track
- Indoor swimming pool
- Indoor sports centre
- Players' lounge with TV, table football and games consoles
- Free WIFI
- On-site camp shop
- Laundry facilities

Accommodation

Mostly single bedrooms, some twin rooms. Mostly en-suite bathrooms, some shared.

Meals

3 nutritionally balanced meals a day and an evening snack, including vegetarian options. Specific dietary requirements can be catered for.

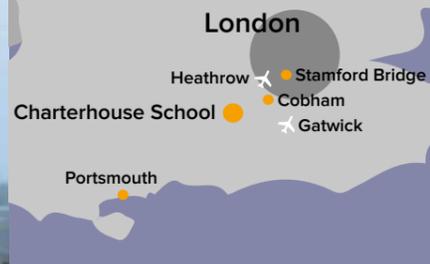
Transport links

Airport transfers are available from Heathrow and Gatwick airports.

London Heathrow Airport (LHR): 45 km

London Gatwick Airport (LGW): 64 km

Closest Train Station: Godalming



EXCURSIONS



Chelsea FC Training Centre (every week)

Players spend the day training with their coaches at Chelsea FC's Training Centre in Cobham. The trip is enhanced with workshops, and question and answer sessions.



Stamford Bridge (everyone visits once)

The trip to Chelsea FC's iconic stadium in London includes a behind-the-scenes tour and a visit to the museum as well as an end-of-camp celebration and prize-giving at the stadium.



London Experience (13-night camps)

A visit to Nike town on Oxford street starts the tour. Players will then discover London's iconic landmarks such as Big Ben and Buckingham Palace.



Portsmouth Shopping and Historic Dockyard (13-night camps)

Players enjoy an interactive tour of HMS Victory, the impressive flagship of Lord Nelson in the Battle of Trafalgar, before heading to Gunwharf Quays, the south coast's leading designer outlet shopping centre.

CAMP SCHEDULE

A TYPICAL DAY

08:30		Breakfast
09:00	 	English lesson / Football session
12:30		Lunch
14:00		Football session (games and matches)
17:30		Dinner
19:00		Evening activities
20:30		Players' Lounge
22:00		Bed

2020 CAMP DATES

Arrival day: Monday. Departure day: Sunday

CHARTERHOUSE SCHOOL

6-Night Camps

06 July – 12 July
13 July – 19 July
20 July - 26 July
27 July - 02 August

13-Night Camp

06 July – 19 July
13 July – 26 July
20 July - 02 August

Authorised agent

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EUROSPORTSCAMPS

Euro Sports Camps is a trading division of CMT Learning, specialising in residential camps that combine high quality English language teaching with sports coaching to accelerate learning, sporting development and self-belief. CMT Learning works with some of the world's top clubs, coaches and sports scientists.