

# BOOKING FORM

If you would like your son/daughter to register and attend the Elite Football Residential please complete the application form below

COURSE DETAILS:	COURSE CODE:
Players Name	
Date of Birth	Age
Address	
Town	Postcode
Tel	Mobile
Email	

## TEAM REGISTRATON FORM

Name of Club	
Age group (i.e U9's)	
League affiliation	
How many players will be attending?	
Please tick this box if you would like us to send you out the player registration forms <input type="checkbox"/>	
Name of manager	
Address and postcode	
Tel	Mobile
Email	

Please note that you can download the Residential Booking forms for your players by visiting [www.planetsportfootball.co.uk/residential](http://www.planetsportfootball.co.uk/residential)

## PAYMENT

Please confirm that this booking is for an individual player  or team   
Telephone and online Booking: Please note tha you can book online by visiting [www.planetsport.co.uk](http://www.planetsport.co.uk) or calling 08456 589800

Cheque Payment I enclose a cheque for £

I agree to be bound by term and conditions (available on request)

Signature of parents/guardian:

Title: Forename: Surname:

Upon booking you will be sent an Elite Football Residential Pack which will provide you all the information you will need for your son/daughter or team prior to them taking part in this unique elite programme.

[WWW.PLANETSPORT.CO.UK/FOOTBALL](http://WWW.PLANETSPORT.CO.UK/FOOTBALL)

# TESTIMONIALS



"PS Football football development programmes and the quality of their coaching delivery is top class. Players that attend their schemes enjoy the experience as well as develop their confidence with using the ball. They find a good balance in developing technique with young players make their own decisions in the game. The guys are fun, energetic and professional."

**Jamie Redknapp – Ex-England & Liverpool F.C.**



"PS Football are an extremely professional grass roots coaching organisation who do a fantastic job helping develop young players and local clubs. I have worked personally with them within a coaching capacity in Italy as they assisted me with designing and implementing a specialist coaching workshop. The quality of their sessions and programmes are excellently structured to improve children's confidence, technique and decision making."

**Graeme Le Saux – Ex-England & Chelsea F.C.**



"The coaching support and opportunities that PS Football provide in football is crucial to a player's overall development at grassroots level. Their team offer a valuable and high quality service to clubs & schools for the young players that want to learn, improve and ultimately enjoy their football. The coaches are fun, organised and professional."

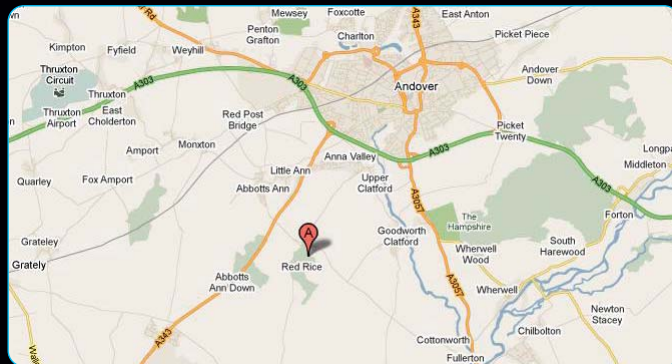
**Andy Johnson – England International & Fulham F.C.**



"The coaching programmes which are delivered by the guys at PS Football are devised perfectly for the needs of young players as they develop in the game. Extremely organised, professional and efficient at keeping the children engaged throughout their sessions, the team maintain that fun is the key to learning. I like their ethos of introducing a ball each in warm ups and allowing players to express themselves."

**Scott Parker – England International & West Ham F.C**

## Planet Sport Football Elite Residential – Directions



### Red Rice, Andover, Hampshire, SP11 7PW

Please visit [www.planetsportfootball.co.uk/residential](http://www.planetsportfootball.co.uk/residential) to see photos of the facility and directions of how to get to the fantastic facility in Hampshire.

If you would like to find out any more information on the residential programme including directions and programme details please visit address shown beneath

[WWW.PLANETSPORT.CO.UK/FOOTBALL](http://WWW.PLANETSPORT.CO.UK/FOOTBALL)



## ELITE PROFESSIONAL FOOTBALL RESIDENTIAL

**1ST - 5TH AUGUST 2011  
AT FARLEIGH SCHOOL, HAMPSHIRE**

**PLAYERS, TEAMS AND GOALKEEPERS  
FROM U8 – U15'S**



**TRAIN AND PLAY LIKE A PRO...**



Part of the Planet Sport Group

# PS FOOTBALL DEVELOPMENT PHILOSOPHY

- **Introduction to the Elite programme** – PS Football have created an academy level experience for players to 'feel what it is like' to train at the highest level. The Elite residential programme will achieve the following;
  - Maintain the highest possible football education/experience in a fun and friendly environment.
  - Develop technical and tactical components.
  - Highlight how these aspects are applied in the 'real game'.
  - Offer opportunities for players to show understanding of the components in 'real' friendly games.
  - Players shown how to assess team and personal performance.
- **Who will be coaching my son or my team?** –
  - PS Football Academy full time coaches.
  - Our team have vast experience working at professional clubs.
  - The coaching staff have a background in Sports Science.
  - Expertise in monitoring, evaluating and assessing players.
  - Academy staff are a minimum UEFA Licence and FA Youth Award qualified.
  - Coaching staff supported by physiotherapist, psychologist and conditioning expert.
- **Approach** – The academy residential experience will follow the holistic approach utilised within the majority of professional academies. There will be a focus on developing the physical, technical/tactical, psychological and social skills of each player. Our aim is to introduce these aspects to players through practical and classroom activities such as goal setting, match analysis, speed and agility assessment.
- **Team Programmes** –
  - 5 x day programme will be specific to each teams needs
  - Our coaches are able to focus on key details and suggestions provided by the team managers
  - We can adapt our programme to support *groups* of players from a team if the entire team are unable to attend (Half team package)
  - Other outfield players of equal ability can be integrated into the team concept
  - Teams and players involved in team building exercises during sessions and evening activities



# PLAYER TRAINING SCHEDULE – SAMPLE ITINERARY

Goalkeeping specific coaching schedule is available by visiting [www.planetsportfootball.co.uk/residential](http://www.planetsportfootball.co.uk/residential)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.00	Arrival & opening ceremony	Breakfast	Breakfast	Breakfast	Breakfast
09.30	Developing 1st touch under pressure	Improving decision making within the game	Finishing session in/around the box	Developing defensive aspects	Developing the creative player
11.30	Lunch	Lunch	Lunch	Lunch	Lunch
13.00	Movement and counter attack in SSG	Defensive shape in SSG	Creating and exploiting width in SSG	Shooting and attitude to shoot in SSG	Champions League tournament
14.00	5v5 games	4v4 games	4v4 games	6v6 games	7v7 games
15.00	Activity time Swimming	Activity time Swimming	Activity time Swimming	Activity time Swimming	Closing ceremony montage video & collection
17.00	Dinner	Dinner	Dinner	Dinner	
18.30	Goal setting/imagery	Match Analysis	Agility/speed testing	Injury prevention session	
19.00	Tournament	Friendly Game	7 v 7 Games	Friendly Game	

## PLAYER PACKAGE – £320.00 PER PLAYER – (Only £299 if payment is made before 30th April)

- Minimum 3 field sessions per day
- 1 - 2 Friendly Games inc match analysis
- 1 - 4 Psychological session's inc injury prevention
- Natural advice
- Player assesment and evaluation

## DISCOUNT PACKAGES

- **Player (U8 – U15)** – 10% Discount offered to each player within a group booking of 4x players
- **Team 1 (Mini Soccer)** – 15% Discount offered to U8 – U10 teams with 7-10 players
- **Team 2 (Full Soccer)** – 20% Discount offered to U11 – U15's teams with 11+ players
- Booking discount – Price £299 for bookings received before 30th April 2011

## WHAT DO PLAYERS NEED TO BRING

- 2 - 3 x sets of playing kit including socks, shirts, shorts, rain jackets
- Trainers
- Football Boots
- Shin Pads
- Goal Keeping Gloves (If applicable)
- Baseball cap and suncream
- Track suit
- Leisure wear
- Evening wear
- Toiletries

**For more information on above packages please contact [scott.rimmer@planetsport.co.uk](mailto:scott.rimmer@planetsport.co.uk)**

