



English plus Football with



and Twin Summer Centres



Programme Content

The Tottenham Hotspur Player Development programme has been uniquely designed by Foundation staff, who are also Tottenham Hotspur Football Club Academy Coaches. Each module is based on the Tottenham Hotspur Academy philosophy and works around the following themes:

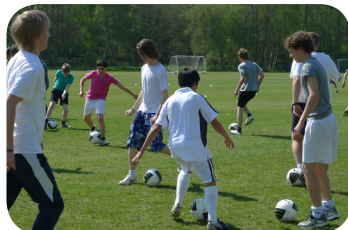
- Individual ball mastery
- Advanced core techniques
- Passing and receiving
- 1 v 1 domination
- Overload (2 v 1, 3 v 2 and 4 v 3)
- Transition and counter attacking
- Goal scoring
- Small-sided 4 v 4 themed games

Plus, players in the Tottenham Hotspur Player Development programme receive:

- Tottenham Hotspur Foundation Certificate
- Tottenham Hotspur Foundation Medal
- Possible surprise visit to the centre by a first team player
- Tottenham Hotspur 'goody bag' prizes

The Football Development Programme

The programme improves players' ability and understanding of the game in a fun environment. Players learn (and improve upon) techniques: dribbling, passing, turning, finishing, defending and goal scoring.



Tottenham Hotspur Experience Day

- Morning training session at White Hart Lane Community Sports Centre, includes coaching, matches, competitions, football freestyling and inflatable activities
- Lunch in White Hart Lane's Goalmouth Lounge overlooking Tottenham's pitch
- Two activity workshops in the Spurs Learning Zone and Press Auditorium
- Stadium tour
- Pitch-side presentation of certificates & prizes
- Special demonstration by the Football Freestylers
- Spurs Megastore visit



Featuring...

World Famous Football Freestylers!

Tottenham Hotspur's very own Billy Wingrove has choreographed and worked as a body double on TV adverts with stars such as Messi, Ronaldo, Ronaldinho and Torres.

He and/or his team perform and teach extra special skills and tricks on our Football programme. Find out more at billywingrove.com.

New for 2012...

Football coaching for girls!

Women's football is one of the fastest growing sports in the world. The Tottenham Hotspur Foundation programme is exactly the same for girls and for boys. However, for girls, top female coaches guide all levels of the development.

Available in the Twin Saffron Walden centre (subject to minimum numbers).

Sample Football Programme 2012					Arrivals/Departures on Sunday		
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.45 - 09.00	Assembly	Assembly	Assembly	Assembly	Assembly	Tottenham Hotspur Experience Day	Optional excursion or Team Sports Competition
09.00 - 10.30	Testing	Lessons	Lessons	Lessons	Lessons		
10.30 - 11.00	Break	Break	Break	Break	Break		
11.00 - 12.30	Induction	Lessons	Lessons	Lessons	Lessons		
12.30 - 13.30	Lunch	Lunch	Lunch	Lunch	Lunch		
Afternoon Activities 13.30 - 17.00	Football Coaching	Football Coaching	Football Coaching	Half day excursion to Cambridge	Football Coaching		
Evening Activities	Welcome party & Disco	Crazy Games	Fashion Show	DISC-IOKE	Mr & Mrs Twin Competition	TV Quiz Night	Film Night
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.45 - 09.00	Assembly	Assembly	Assembly	Assembly	Assembly	Full day excursion to London	Optional excursion or Drama Workshops
Morning Activities 09.00 - 12.30	Football Coaching	Football Coaching	Football Coaching	Half day excursion to Ely	Football Coaching		
12.30 - 13.30	Lunch	Lunch	Lunch	Lunch	Lunch		
13.30 - 15.00	Lessons	Lessons	Lessons	Lessons	Lessons		
15.00 - 15.30	Break	Break	Break	Break	Break		
15.30 - 17.00	Lessons	Lessons	Lessons	Lessons	Lessons		
Evening Activities	Themed Disco	The Twin X Factor	Talent Show	Team Competition	Blind Date	Games Night	Film Night

Twin Group

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