



# Ellesmere

Co-ed 7-18 day and boarding

# FOOTBALL Academy



# Ellesmere College Football Academy

Ellesmere has long been associated with sporting excellence - and the school currently also hosts established academies for rugby, swimming, tennis, golf, cricket and shooting. The Football Academy has been designed to emulate their success. The Football Academy employs a full-time UEFA qualified coach and aims to focus on individual player development at Ellesmere. The philosophy of the academy is one that focuses on individual development and seeks to get the best out of each and every player.



## What can the Football Academy offer players?

- Year round football development
- Regular fitness testing
- Structured conditioning programmes
- One to one reviews
- Generic skill development
- Tactical and technical skill development
- Access to nutritional advice
- Access to cross training sessions
- Game analysis work

## Players that attend the Football Academy benefit from:

- First class facilities
- High level coaching
- Regular competitive football
- Academic support
- Regular structured training
- Talent identification in front of scouts, pro club coaches and academy personnel
- Pathways to football related professions via Higher Education

“The school here have done a fantastic thing and agreed a coaching deal with some top coaches that allow the lads here to get some proper training as well as focus on their school work which is important too, it’s a fantastic set-up.”

**Gareth Barry,**  
Patron of the Ellesmere College Academy



The Ellesmere Football season is structured as follows:

## September to December:

- 11 a-side competitive league match play
- Guest coaching sessions by visiting professional club academy coaches/ ex-players or experts in their field
- Education/career trips looking at careers in football
- Coaching sessions by prominent professional footballers via the Professional Footballers Association Coach Development programme
- Visits to local professional clubs

## January to April:

- Open Football Trials to showcase talent in front of professional scouts
- Team football allowing all players to be selected to represent the school against other independent schools
- Academy coaches working with the school teams
- Support and guidance from Academy coaches whilst playing with the school teams
- Regular “Academy Only” coaching sessions each day, in addition to school team training, to develop the players

## May to July:

- 11 a-side competitive league match play
- Guest coaching sessions by visiting professional club academy coaches/ ex-players or experts in their field
- Visits to local professional clubs
- Coaching sessions by prominent professional players via the Professional Footballers Association Coach Development programme
- Educate/career trips which preview careers in football or football related fields

## Facilities

Members of the Ellesmere Football Academy are able to make full use of the School’s outstanding facilities which include:

- 4x full size, 2x junior 9-a-side and 4x 6-a-side football pitches
- A brand new all-weather pitch
- Indoor swimming pool
- State of the art cardio gym
- Free weight performance gym
- Indoor sports hall
- Squash and tennis courts
- Tailored Strength and Conditioning Sessions

# Training Schedule

The Football Academy training timetable is designed around developing each and every player in the programme. The typical training schedules for each age group are below.

## Week to Week Training Schedule

	Senior Boarders Yrs 9 - 13	Senior Day Students Yrs 9 - 13	Juniors (Yrs 7 - 8)
Monday	17:00 - 18:45	—	16:15 - 17:15
Tuesday	16:15 - 18:45	16:15 - 17:15	16:15 - 17:15
Wednesday	14:15 - 17:15	14:15 - 17:15	15:00 - 17:00
Thursday	14:30 - 17:00	14:30 - 17:00	—
Friday	16:15 - 18:45	16:15 - 17:15	16:15 - 17:15

League fixtures and cup matches will take place on most Wednesday afternoons throughout the calendar year.



**Ellesmere**  
Co-ed 7-18 Day and Boarding

Ellesmere College, Ellesmere, Shropshire, SY12 9AB

**Email:** registrar@ellesmere.com **Tel:** 01691 622 321

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