



# NIKE FOOTBALL CAMPS

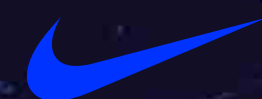


FOUNDATION

SUMMER 2023







# TRAIN LIKE A CHELSEA PLAYER

Residential 1- or 2-week camps in July and August for girls aged 9-17 with Chelsea FC Foundation at two leading English private schools near London.

Players will be coached by Chelsea FC Foundation in a training programme inspired by the Girls' Centre of Excellence curriculum at Chelsea FC Women, 2022 Super League champions. Players can choose to focus entirely on developing their game on and off the pitch with the Total Football programme, or improve their English language skills alongside their football on the Football + English camp.

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- **FOOTBALL WORKSHOPS**
- **ENGLISH TEACHING**
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# CAMP OPTIONS

Players can choose from either **TOTAL FOOTBALL** or **FOOTBALL+ENGLISH**.

Both options are available as either a 6- or 13-night camp, and both include:



**CHELSEA FC COACHING**



**FOOTBALL DEVELOPMENT WORKSHOPS**



**24/7 SUPPORT STAFF**



**3 MEALS A DAY**



**ON-SITE ACCOMMODATION**



**EXCURSIONS TO CITIES + STAMFORD BRIDGE**



**EXCLUSIVE NIKE GIFT PACK**



**COACHING REVIEW + CERTIFICATE**

## OPTION 1

### TOTAL FOOTBALL

- An intensive programme that is not suitable for complete beginners
- Suitable for all English language abilities except beginners
- Up to 26 hours a week of coaching, games and workshops with Chelsea FC Foundation

## OPTION 2

### FOOTBALL +ENGLISH

- Suitable for all English language levels
- 13-14 hours a week of English Language lessons using an accelerated model of English learning
- Up to 22 hours a week of coaching, games and workshops with Chelsea FC Foundation







# 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.

SENIOR CAMP (AGES 13-17)

**CHARTERHOUSE  
SCHOOL  
SURREY**

JUNIOR CAMP (AGES 9-13)

**LANCING  
COLLEGE  
BRIGHTON**

## FIVE FACTORS OF DEVELOPMENT



TECHNICAL



TACTICAL



PHYSICAL



PSYCHOLOGICAL



SOCIAL







# THE COACHING > SENIOR CAMP

## TRAIN LIKE A PRO

Players should expect high intensity training that challenges their understanding of football 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.

## RAISE YOUR GAME

Coaches share insights into what it takes to raise your game and play at the highest level. Players leave with a better understanding of how to improve while gaining confidence from an international football environment.

## FOR GOALKEEPERS

Goalkeeper coaches focus on specific goalkeeping skills in one technical session each day. Goalkeepers join outfield players for other sessions to further understand gameplay situations.







# THE COACHING > JUNIOR CAMP

## TRAIN LIKE A PRO

Focusing on Chelsea's fast, attacking style of football and each day is themed on a different Chelsea First Team player, looking at the skills and strengths that they bring to the team. Coaches create a fun and engaging environment that focuses on supporting player development with challenges, drills and small sided games. Junior girls may have a mixture of girls-only training and training with the junior boys groups.\*



## RAISE YOUR GAME

Coaches encourage players to apply new skills and techniques, in an environment built on trust giving them the confidence to develop. Players experience a truly international football environment and leave having met friends from around the world.

\*dependent on participant numbers across both groups







“

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 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 2023.”

**EMMA HAYES,  
CHELSEA FC MANAGER**





# FOOTBALL WORKSHOPS

## OFF THE PITCH

Specialist staff and coaches from Chelsea FC deliver workshops to expose players to a broader view of the game. Coaches use fun discussions to introduce junior players to topics that explore how Chelsea players succeed on and off the pitch, whilst senior players follow a series of more in-depth workshops giving them a broader view of the game. Here are some examples of previous workshops...

### TALENT IDENTIFICATION

"What are the key attributes that Chelsea FC look for in young players?"

**WITH THE ACADEMY  
INTEGRATION MANAGER AT  
CHELSEA FC**

### DEVELOPMENT PATHWAY

"How do players in the UK progress through the Chelsea FC youth development system?"

**WITH THE ACADEMY  
INTEGRATION MANAGER AT  
CHELSEA FC**

### OVERSEAS SCOUTING

"How do Chelsea FC identify and recruit players from overseas?"

**WITH THE CHIEF  
INTERNATIONAL SCOUT AT  
CHELSEA FC**

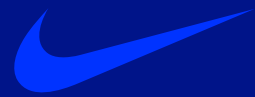
### MATCH ANALYSIS

"How to analyse a match and understand how you can influence the game more"

**WITH A FOOTBALL  
PERFORMANCE ANALYST**







# CHELSEA FC TRAINING CENTRE

**TRAIN LIKE A CHELSEA FC PLAYER**

**AT THE OFFICIAL TRAINING CENTRE**

Every week, players experience a day training at the Chelsea FC Training Centre. The facility provides an inspirational setting for players and gives a real taste of life as a Chelsea FC professional.

Sessions focus mainly on game play situations and encourage everyone to put into practice the skills they have learned throughout the week. During the day, Chelsea FC's expert staff, together with occasional special guest speakers, offer young players knowledge and insight into the professional game.







“

They're doing everything that a young, elite male or female football player would be doing. They play like professional footballers, study like professional footballers, live like professional footballers.”

**CHELSEA FC  
FOUNDATION  
HEAD COACH 2022**







# ENGLISH TEACHING

## LEARN IN CLASS AND ON THE PITCH

Our carefully designed English syllabus is based on the CLIL approach, which is used in prestigious English teaching schools worldwide. The focus is on sport, while also gaining a broader understanding of English in the wider world. Teachers live on campus and take a student-centred approach in the classroom. They ensure students communicate in English throughout the camp in order to create a unique and immersive English environment.

## WHAT YOU GET



**13-14 HOURS OF ENGLISH LESSONS PER WEEK**

**1:12**

**1:12 TEACHER TO STUDENT RATIO (AVERAGE)**



**INDIVIDUAL REPORT TO TAKE HOME**



## HOW IT WORKS

Before the course starts, students take an online English grammar and vocabulary test. On the first day of camp, a speaking assessment with their teacher further helps determine their level.

Classes are engineered to focus on general English and sports-related English. Using the topic of sport engages students with a common interest in the classroom and equips them with useful vocabulary for their coaching sessions. Lessons are fun and interactive, using a combination of traditional classroom techniques, active participation and project work.

At the end of each week, students will receive an English progress report, along with some advice from their teacher on how to continue improving their English at home.







# THE VENUE CHARTERHOUSE SCHOOL SENIOR CAMP (AGES 13-17)

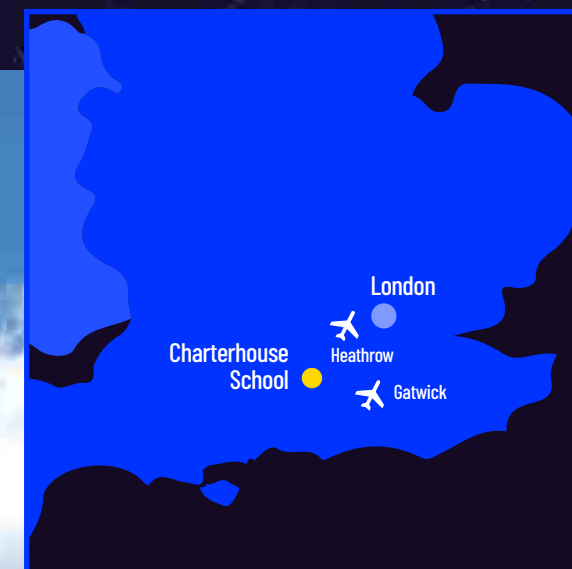
## AN INTERNATIONALLY RENOWNED UK PRIVATE SCHOOL

Founded in the 1600s, Charterhouse is one of the most historic schools in the UK. The school has been on its current site in Surrey, near London, since 1847, with 240 acres of grounds and a breath-taking main school building surrounded by many more modern additions. Charterhouse's rich footballing history includes being involved in defining the rules of the modern game at the first meeting of the Football Association in 1863. The Old Carthusians, a team of former Charterhouse pupils, also famously won the 1881 FA Cup.

With 12 immaculate natural grass football pitches spread across the idyllic campus, the school provides an inspiring and historic environment for players on the camp.

### SUITABLE FOR

- Girls aged 13-17
- All football abilities except complete beginners







# CHARTERHOUSE SCHOOL

## THE DETAILS

### ACCOMMODATION

Mix of single and shared bedrooms

### FACILITIES

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

### CATERING

3 nutritionally balanced meals a day and an evening snack, including vegetarian options

### TRANSFERS

We offer an airport transfer service from the follow airports:

- London Heathrow Airport (LHR) 45km
- London Gatwick Airport (LGW) 64km

### EXCURSIONS

#### All camps

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum

#### 13-night camps only

- London Experience
- Theme Park



### 2023 CAMP DATES

#### 6-night camps

Monday – Sunday

- 03 Jul – 09 Jul
- 10 Jul – 16 Jul
- 17 Jul – 23 Jul
- 24 Jul – 30 Jul
- 31 Jul – 06 Aug
- 7 Aug – 13 Aug

#### 13-night camps

Monday – Sunday

- 03 Jul – 16 Jul
- 10 Jul – 23 Jul
- 17 Jul – 30 Jul
- 24 Jul – 6 Aug
- 31 Jul – 13 Aug





# THE VENUE

## LANCING COLLEGE

### JUNIOR CAMP

#### (AGES 9-13)

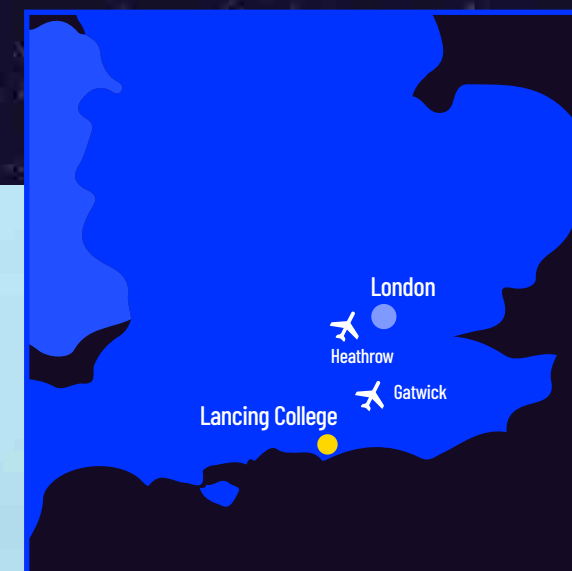
#### HISTORIC PRIVATE SCHOOL WITH EXTENSIVE FOOTBALL FACILITIES

Spectacularly situated on the South Coast overlooking the sea, Lancing College is one of Britain's great private schools. The college is just 15 minutes from the historic seaside town of Brighton, in East Sussex. Founded in 1848, Lancing College has developed an international reputation for academic and sporting achievement.

Within an enclosed secure campus, the school has 8 immaculate grass football pitches, an all-weather pitch and an indoor sports hall, making it the perfect home for the junior camp.

#### SUITABLE FOR

- Girls aged 9-13
- All football abilities except complete beginners







# LANCING COLLEGE

## THE DETAILS

### ACCOMMODATION

Mix of single and shared bedrooms

### FACILITIES

- 8 grass football pitches
- All-weather pitch
- Indoor sports hall
- Indoor swimming pool
- Players' lounge with TV, table football and games consoles
- Free Wi-Fi
- On-site camp shop
- Laundry facilities

### CATERING

3 nutritionally balanced meals a day and an evening snack, including vegetarian options

### TRANSFERS

We offer an airport transfer service from the follow airports:

- London Heathrow Airport (LHR) 107km
- London Gatwick Airport (LGW) 49km

### EXCURSIONS

#### All camps

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum

#### 13-night camps only

- London Experience
- Theme Park



### 2023 CAMP DATES

#### 6-night camps

##### Monday – Sunday

- 03 Jul – 09 Jul
- 10 Jul – 16 Jul
- 17 Jul – 23 Jul
- 24 Jul – 30 Jul
- 31 Jul – 06 Aug
- 7 Aug – 13 Aug
- 14 Aug – 20 Aug

#### 13-night camps

##### Monday – Sunday

- 03 Jul – 16 Jul
- 10 Jul – 23 Jul
- 17 Jul – 30 Jul
- 24 Jul – 6 Aug
- 31 Jul – 13 Aug
- 07 Aug – 20 Aug







“

“It’s been a tough year for her at school with a lack of friends and limited football for girls in this city. The football camp has been brilliant for her football and self-esteem, and she has made many friends in a week – I cannot thank you enough for providing this experience.”

**MRS ANGELINE,  
UNITED KINGDOM**







# CAMP EXCURSIONS

All camps include exciting  
excursions, giving players a taste  
of some of the UK's top attractions...

## LONDON EXPERIENCE

13-NIGHT CAMPS ONLY

Players experience the famous  
sights of the capital up-  
close including Big Ben and  
Buckingham Palace as well as  
enjoying a shopping experience.



## 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 football  
workshops, and question  
and answer sessions.



## STAMFORD BRIDGE

EVERY WEEK

The trip to Chelsea FC's  
iconic stadium in West  
London includes a behind-  
the-scenes tour and a visit  
to the museum, where  
players will learn about the  
evolution of the club and  
the secrets to their long-  
term success.



## THEME PARK

13-NIGHT CAMPS ONLY

There's something to suit everyone at  
England's top theme parks. Adrenaline  
junkies can ride rollercoasters that go  
from 0-80mph in under two seconds, while  
those who prefer to keep their feet near  
the ground can enjoy smaller rides and  
traditional fairground activities.







# DATES+DETAILS AT A GLANCE

## VENUE CHARTERHOUSE SCHOOL

### AVAILABLE CAMPS

- **TOTAL FOOTBALL:** up to 26 hrs of football a week
- **FOOTBALL+ENGLISH:** up to 22 hrs of football a week + 13-14 hrs of English a week

### DESIGNED FOR

- Girls aged 13-17
- All football abilities except complete beginners

### EXCURSIONS

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum
- London Experience (13-night camps only)
- Theme Park (13-night camps only)

### 2023 CAMP DATES

#### 6-night camps

- 03 Jul - 09 Jul
- 10 Jul - 16 Jul
- 17 Jul - 23 Jul
- 24 Jul - 30 Jul
- 31 Jul - 06 Aug
- 7 Aug - 13 Aug

#### 13-night camps

- 03 Jul - 16 Jul
- 10 Jul - 23 Jul
- 17 Jul - 30 Jul
- 24 Jul - 06 Aug
- 31 Jul - 13 Aug

## VENUE LANCING COLLEGE

### AVAILABLE CAMPS

- **TOTAL FOOTBALL:** up to 26 hrs of football a week
- **FOOTBALL+ENGLISH:** up to 21 hrs of football a week + 13-14 hrs of English a week

### DESIGNED FOR

- Girls aged 9-13
- All football abilities except complete beginners

### EXCURSIONS

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum
- London Experience (13-night camps only)
- Theme Park (13-night camps only)

### 2023 CAMP DATES

#### 6-night camps

- 03 Jul - 09 Jul
- 10 Jul - 16 Jul
- 17 Jul - 23 Jul
- 24 Jul - 30 Jul
- 31 Jul - 06 Aug
- 7 Aug - 13 Aug

#### 13-night camps

- 03 Jul - 16 Jul
- 10 Jul - 23 Jul
- 17 Jul - 30 Jul
- 24 Jul - 06 Aug
- 31 Jul - 13 Aug

“

My daughter attended the Chelsea camp at Charterhouse School. The grounds and school were really nice. She had a single room in a house with other girls on the camp. She said the coaches were really friendly and the training was challenging, but she could cope with the pace. Thanks for giving her an amazing experience, I would highly recommend it!”

**MR PORETTI, ITALY**



## A TYPICAL DAY > JUNIOR CAMP

-  **08:00**  
Breakfast
-  **09:00**  
Morning meeting
-   **09:30**  
Football or English
-  **12:30**  
Lunch
-  **13:15**  
Free time
-   **14:00**  
Football or English
-  **18:00**  
Dinner
-  **19:30**  
Activities /  
Players' Lounge
-  **22:00**  
Lights out

## A TYPICAL DAY > SENIOR CAMP

-  **08:00**  
Breakfast
-  **09:00**  
Morning meeting
-  **09:30**  
Football training
-  **12:30**  
Lunch
-   **14:00**  
English or Football  
workshops /Activity
-  **18:00**  
Dinner
-  **19:00**  
Football training
-  **21:00**  
Players' Lounge
-  **22:00**  
Lights out

# BOOK A FOOTBALL CAMP TODAY.

## SPEAK TO YOUR AUTHORISED AGENT.



# LEARN. TRAIN. PLAY.



## 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 the world's top clubs, federations and coaches, together with advice from sports scientists and English language specialists.

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