

English THROUGH™

+ Football

“it’s fun and I am learning a lot with soccer and just about other peoples cultures.”

GIRL FOOTBALLER, AGED 15



We are proud to offer Football in association with Arsenal Football Development coaching.



The Arsenal Football Development coaching philosophy matches our own to bring out the best in every individual.

Exsportise is the official exclusive English language learning partner to Arsenal Football Development. Our programme offers boys and girls the opportunity to enhance their football skills through learning to ‘Play the Arsenal Way’.

Arsenal Football Development has designed a philosophy and training programme that recreates the experiences of the Arsenal Academy players.

Available at:
ALL SCHOOLS



“Arsenal Football Development has worked closely with Exsportise for over 25 years and we are pleased and excited that they are now our exclusive Language Partner.”

Marc Thorogood, Arsenal Football Development Business and Operations Manager

> HAVE YOU GOT WHAT IT TAKES?

All players get the opportunity to check their level of skill against their age group peers in the Arsenal inspired Football Ability Test.

The programme, designed by the Arsenal Development Lead Coach, focuses on a range of skills and drills, tactics and match play as well as other elements including sport science, nutrition, physical conditioning and building confidence.

We have developed a standardised skills test in partnership with Arsenal Football Development enabling players to identify their own performance goals and areas for improvement.

The skills test is age group specific and all players - boys and girls - have the opportunity to take the test and compare themselves to every player attending the same course. Each player will receive an official Arsenal Football Development end-of course certificate.

We coach and train boys and girls together based on their skill level and motivation. We have seen how this builds confidence, creates a mutually beneficial atmosphere, breaks down age and cultural barriers whilst enhancing performance and enjoyment levels for everyone involved.

GIRLS-ONLY FOOTBALL WEEKS

Reflecting the growing popularity and rapid development of women’s football, we run four Girls-only football weeks in partnership with Arsenal Football Development at our Arsenal Development Football School (Teikyo venue). We organise these weeks to encourage more girls to participate and experience the Exsportise and Arsenal Football Development collaborative approach to football.



COURSE DETAILS

- 15 hours of coaching per week
- Learn to ‘Play the Arsenal Way’
- Designed by Arsenal Football Development and delivered by an Arsenal Football Development Lead Coach supported by Assistant Coaches
- Suitable for all levels of ability with a minimum of one year’s experience
- Skills and drills aimed at improving physical agility, dribbling, turning, passing and receiving, defending, shooting and finishing
- Tactical sessions on patterns of play, phases of play, team shape, counter attacking and pressing
- Drinks bottle and an Arsenal Development shirt
- Excursion to the Emirates Stadium home of Arsenal Football Club (if staying for two or more weeks)
- Goalkeeper sessions are run at all centres

MATCH PLAY

- Opportunity to be selected to play against local development sides

Average Coaching Ratio

1:10 🧑🏫🧑🏻🧑🏼🧑🏽🧑🏾🧑🏿🧑🏿🧑🏿🧑🏿🧑🏿