

Official West Ham United October Soccer Schools 2013

Dear Player,

Our holiday programme courses consists of warm up drills, with and without a ball, with examples of SAQ (Speed, Agility and Quickness) drills and pre match stretching techniques. Sessions progress onto ball manipulation and first touch drills, followed by training games with emphasis on the three A's which are agility, acceleration and awareness. All these outcomes are achieved through passing receiving exercises, individual attacking and defending exercises, goal scoring and finishing drills and group combination play. All sessions are tailored to develop each individual's natural ability, awareness and decision making.

Courses are open for children of all abilities aged 5-15 years and provide a safe and friendly environment for players to improve their football skills.

All children need to bring a packed lunch and plenty to drink. All children should bring appropriate footwear, shin pads and suitable clothing in case of bad weather. All coaching staff are FA qualified, CRB checked and trained in emergency first aid and child protection. Each participant will receive a West Ham United certificate plus various other prizes.

3 Day Courses (28th October – 30th October 2013)

BEC – WHU Community Sports Trust, 60a Albatross Close, Off Woolwich Manor Way, Beckton, E6 5NX

UPM – Gaynes School, Brackendale Gardens, Upminster, Essex, RM14 3UX

EPP – St John's School, Tower Road, Epping, Essex CM16 5EN

2 Day Courses: (31st October – 1st November 2013)

CHE – Broomfield Football Club, Angel Meadow, Main Road, Broomfield, Chelmsford, Essex, CM1 7AH

THU – William Edwards School, Stifford Clays Road, Grays RM16 3NJ

ROM – Royal Liberty School, Upper Brentwood Road, Gidea Park, Romford, RM2 6HJ

Please note there will be no Advanced Goalkeeping or Mini Dribbler Courses for this half term.

3 Day Courses: £43

2 Day Courses: £33

Player Development Courses are 10.00am to 3.00pm

To Book your place, please complete the application form overleaf or contact us

Tel: 020 7473 7720, Email: community@westhamunited.co.uk or visit www.whufc.com to book online

