

Football

Age: 4 to 6 years old **Day:** Wednesdays **Time:** 3.30pm to 5.00pm

Football requires a lot of skill, balance, technique, communication and self-belief. In these fun lessons we give the kids a great deal of support, self confidence and advice. They learn first to perform the very basic skills to an extremely high standard before we start progressing through the stages. Our football programme is structured but fun. The children can't wait for the next lesson!

Content;

- Improvement of balance and co-ordination, as well as posture
- Development of cognitive skills
- Improved social skills
- Enhanced muscle and bone development
- Body awareness and understanding of the benefits of exercise
- Recognition of team-spirit, team-play, fair-play and most importantly, respect. *Following the Respect Campaign introduced in England this season*

We are building the children's knowledge of football up in order that they are able to fully participate in a game, being able to hold their positions on the pitch, learning the different sides of tactics and formations and performing training pitch skills.

Our teachers are honestly football-crazy! If you are interested in a programme that incorporates a wider variety of ball games and skills, why not try our super cool 'Ball Games' programme, on Mondays. Please ask for further details.