



FOOTBALL DEVELOPMENT EDUCATION COURSE (9-13 YEARS)

09:00-10:00

10:30-12:00

13:00-14:30

15:00-16:30

16:30-18:00

19:30-21:30

SUNDAY

ARRIVALS, REGISTRATION & INDUCTION

MONDAY

OFF PITCH

NUTRITION FOCUS

ON PITCH

THE OUFC PLAY MODEL

OFF PITCH

CREATIVE PLAY

ON PITCH

GAME PLAY

VISIT

OXFORD CITY TOUR

TUESDAY

OFF PITCH

HOW OUFC PLAY

ON PITCH

ACHIEVE YOUR GOAL

OFF PITCH

MATCH ANALYSIS

ON PITCH

1 V 1 PLAY

VISIT

THE UNIVERSITY OF OXFORD VISIT

WEDNESDAY

OFF PITCH

PLAYER DEVELOPMENT

ON PITCH

PLAY WITH STYLE

OFF PITCH

UNDERSTANDING YOUR POSITION

ON PITCH

TECHNIQUE

VISIT

THE UNIVERSITY OF OXFORD FOOTBALL CLUB VISIT

THURSDAY

OFF PITCH

SKILLS CHALLENGES & TESTING

ON PITCH

TOURNAMENT PLAY

OFF PITCH

THE PLAYER 'GAME-CHANGING MOMENTS'

ON PITCH

SKILL

VISIT

ACCESS ALL AREAS STADIUM TOUR

FRIDAY

OFF PITCH

RECOVERY & RELAXATION

ON PITCH

RECOVERY & SMALL SIDED GAMES

OFF PITCH

THE PLAYER 'GAME-CHANGING MOMENTS'

OXFORD UNITED STADIUM TOUR & CLOSING CEREMONY

DEPARTURES

BREAK

LUNCH

BREAK

DINNER

EVENING ACTIVITY

HIGHLIGHTS...

RESIDENTIAL FOOTBALL TRAINING

A 5-NIGHT RESIDENTIAL COURSE, FOR BOYS & GIRLS AGES 9-17 BASED IN OXFORD

- **OFF PITCH:** Football learning with Oxford United's Academy coaches
- **ON PITCH:** Football Training with Oxford United's Academy coaches
- 5-nights full-board residential accommodation at either St Edward's School (spring course) or Summer Fields School (summer course)
- Separate courses for boys and girls
- Oxford visits including: The University (including the University Football Club), The Stadium & The Training Ground