



FOOTBALL PERFORMANCE EDUCATION COURSE (14 - 17 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

HUMAN PERFORMANCE

ON PITCH

PLAY WITH CREATIVITY

OFF PITCH

SPORTS SCIENCE

ON PITCH

COMBINATION PLAY

VISIT

OXFORD CITY TOUR

TUESDAY

OFF PITCH

FOOTBALL PERFORMANCE

ON PITCH

PLAY WITH STYLE

OFF PITCH

INDIVIDUAL PLAYER DEVELOPMENT

ON PITCH

DOMINATE THE GAME

VISIT

THE UNIVERSITY OF OXFORD VISIT

DINNER

EVENING ACTIVITY

- **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

WEDNESDAY

OFF PITCH

TALENT DEVELOPMENT

ON PITCH

ACHIEVE YOUR GOAL

OFF PITCH

UNDERSTANDING YOUR POSITION

ON PITCH

GAME PREPARATION

VISIT

THE UNIVERSITY OF OXFORD FOOTBALL CLUB VISIT

THURSDAY

OFF PITCH

PHYSICAL TESTING

ON PITCH

TOURNAMENT PLAY

OFF PITCH

NUTRITION

ON PITCH

SMALL SIDED GAMES

VISIT

ACCESS ALL AREAS STADIUM TOUR

FRIDAY

OFF PITCH

SPORTS PSYCHOLOGY

ON PITCH

RECOVERY & SMALL SIDED GAMES

OFF PITCH

THE PLAYER 'GAME-CHANGING MOMENTS'

OXFORD UNITED STADIUM TOUR & CLOSING CEREMONY

DEPARTURES