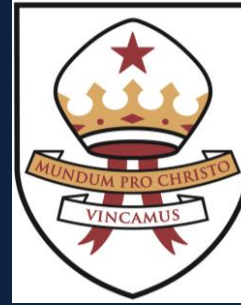


St David's High School School of Football Programme



Person 1st... Player 2nd

An introduction to the school of Football



@stdavidshsSoF



What is the School of Football?



- The School of Football is a project aimed at developing the social and academic skills of young people during their time at high school.
- We work on the basis that many skills developed whilst working in a football environment are transferable to school work and social situations.
- Some of the core skills that are developed are:
 - Communication
 - Following instructions
 - Being creative
 - Problem solving

How does it work?



- 4 sessions per week (timetabled classes)
- Each session will have a different focus selected from the following heading:

Technical

Creative Play

Team Play

Fitness Sessions

Attacking and Defending

Athletic Movement

Recovery

Swimming

S1 Pupils will also work through a SOF theory programme in which they will gain a Dynamic Youth Award.





What does it involve?



We are looking for pupils who can cope with the demanding programme and who:

- are passionate about football
- have a reasonable ability level
- behave appropriately in class and during sessions
- treat others with respect

You will be required to arrive prepared for all your sessions bringing with you SFA issued training gear.



How do I get involved?



If you would like to register interest for the School of Football please send the following information to b.Maxwell@mgfl.net by **Friday 29 May**;

Child's name, Date of birth, Address, Ethnicity, Contact number & Name of primary

Once I have received this information I will add these details to the database and be in touch when I have more information about trials and interviews.

I look forward to hearing from you.

Kind regards

Ben Maxwell PT Pastoral Support -School of Football