

ENGLISH + FOOTBALL

Residential or Homestay
Ages 14*-17

The English + Football course is part of the Cambridge Juniors Course. Students join in with the classes on the Cambridge Juniors course and stay in the same accommodation. In the afternoons and on Sundays students follow an intensive football course with our English FA qualified coaches.



“ It’s professional, well organised and useful. ”

Michal Sawicki, Poland
Cambridge Juniors
(5th summer at Select English!)

KEY INFO

- Ages:** 14* to 17
- Class size:** Maximum 12 students per class
- Classes:** 20 hours per week
Elementary to Advanced
- Accommodation:** Residential in single, twin, triple rooms
Homestay in twin rooms
- Location:** Cambridge
- Transfers:** Free from Heathrow and Stansted (see page 26)
- Course Dates:** 09 - 22 July
23 July - 5 August

*Students aged 13 travelling with a group leader may be accepted in residential accommodation

ACCOMMODATION

Homestay

- Twin rooms

Private Home

Students aged over 16 may also be placed in private homes (see page 14)

Residential: Stay in one of our supervised residence buildings, near the school

- Single or shared rooms (two or three students per shared room)

THE PROGRAMME

The **English+ Football** course is open to boys and girls of all ability levels and incorporates technical and tactical player development, nutritional advice to increase fitness levels and small sided matches in high intensity tournaments to improve passing, speed of movement, technique and game understanding.

The sessions focus on improving the following skills: coordination, balance, agility, teamwork, confidence and listening & communication.



An example two-week activity schedule for English + Football

	Morning	Afternoon activity	Evening Activity
Monday	Testing and English lessons	Walking Tour of Cambridge	Welcome Party
Tuesday	English lessons	Football training	Evening Punting
Wednesday	English lessons	King's College Visit	Disco (£) or Garden Games
Thursday	English lessons	Football training	Free Evening
Friday	English lessons	Football training	Film Night or Sports
Saturday	Full-day excursion to London		Free Evening
Sunday	Free morning	Football training	Free Evening
Monday	English lessons	Punting	Football training
Tuesday	English lessons	Football training	Cupcake Decorating or Football
Wednesday	English lessons	Football training	Disco (£) or Garden Games
Thursday	English lessons	Half-day Excursion to Bury St. Edmunds	Free Evening
Friday	English lessons	Select's Got Talent	Farewell Party