



### **All Saints Benhilton Clubs – Autumn 2018**

<b>Club</b>	<b>Day/Time</b>	<b>Cost</b>	<b>No. of Sessions</b>	<b>Start</b>	<b>End</b>
Y1&2 Football	Monday 3.15pm – 4.30pm	£112.00	14	10 <sup>th</sup> Sept	17 <sup>th</sup> Dec
Y3&4 Football	Tuesday 3.15pm – 4.30pm	£112.00	14	11 <sup>th</sup> Sept	18 <sup>th</sup> Dec

### **All Saints Benhilton Club Descriptions – Autumn 2018**

#### **Football Clubs**

AM Sports Academy's football club aims to improve participants technically by working on control, passing, movement, turning, shooting, attacking, defending and creating space. These are the key attributes which are worked on over a fun and exciting syllabus. The sessions are inclusive for all abilities and we have a real focus on participation and enjoyment.

Each session starts with a fun warm up before moving into skills work, which follows the AM Sports Academy syllabus to aid progression, and finishes with small sided matches to give children the opportunity to put their newly learned skills into match situations.

There are prizes available every week for the 'Player of the Week'. Footballers who show encouraging progression will get the opportunity to join the Friday Night Football Club".