

2024 HOLIDAY PROGRAMMES

AT THE CITY FOOTBALL ACADEMY



LANGUAGE • DEVELOPMENT • PERFORMANCE



“We look forward to welcoming young players from all over the world to the City Football Academy to experience how City players train and play.”

Pep Guardiola
Manager, Manchester City

WHO COULD YOU BECOME?

INSPIRING FACILITIES



Train at the City Football Academy, in the heart of the Etihad Campus

AUTHENTIC EXPERIENCE



Gain exclusive insight behind the scenes at the Club

BEAUTIFUL FOOTBALL

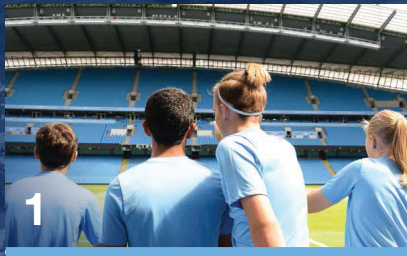


Play like a City player, following the Club’s training philosophy and methodology

CONTENTS	
EXPERIENCE THE ETIHAD CAMPUS	4
OUR COURSES	7
WHAT’S INCLUDED	8
City Football Language	10
City Football Development	16
City Football Performance	22
ACCOMMODATION	28
SAFETY AND WELFARE	29

EXPERIENCE THE ETIHAD CAMPUS

Sessions will be based at the City Football Academy, Manchester City's world-class training facility, shared by the Men's First Team, Women's First Team and Academy Teams alike.



Etihad Stadium



Indoor Pitch



Academy Pitches



Connell College



Manchester Institute of Health & Performance (MIHP)

MANCHESTER CITY BRINGS YOU CLOSER TO BEAUTIFUL FOOTBALL

Learn and train and the home of the Premier League Champions.

Manchester City players, in their pursuit of both individual excellence and team success, strive to play exciting and beautiful football. Our Clubs philosophy enables players to be creative and expressive in all environments.

Players will not only get an exclusive insight into how Manchester City players train, but will also learn and develop key interpersonal skills whilst playing alongside players from all over the world.



OUR PROGRAMMES



**CITY FOOTBALL
LANGUAGE**
LEARN ENGLISH PLAYING
BEAUTIFUL FOOTBALL

- ⚽ Football training plus football-themed English sessions
- ⚽ 5 or 12 nights
- ⚽ Boys and girls
- ⚽ Ages 9-17



**CITY FOOTBALL
DEVELOPMENT**
DEVELOP YOUR
GAME

- ⚽ Football training and workshops
- ⚽ 1 week (5 nights)
- ⚽ Boys and girls
- ⚽ Ages 9-13



**CITY FOOTBALL
PERFORMANCE**
TAKE YOUR GAME TO
THE NEXT LEVEL

- ⚽ Football training and performance insights
- ⚽ 1 week (5 nights)
- ⚽ Boys and girls
- ⚽ Ages 14-17

Please see price list for details on how to combine programmes

WHAT'S INCLUDED?

All our programmes include



15 Hours Per Week
of Football Training



Training Wear



Club Content



Certificate & Report



Closing Celebration



Etihad Stadium Tour



Evening Activities



Full-Board Meals



Accommodation

Our Language programme also includes:



15 Hours Per Week
of English Language



Weekend Excursions



Digital Self-Study

Our Development & Performance
programmes also include:



15 Hours Per Week
of Football Workshops



Individual
Development Plan



CITY FOOTBALL LANGUAGE

LEARN ENGLISH PLAYING BEAUTIFUL FOOTBALL

An exciting football and English course designed to help players develop essential communication skills in authentic contexts, both on and off the pitch.



Discover life in football as a player, manager, analyst and journalist





Develop language skills with our qualified teaching team



Learn from a unique syllabus taught through digital activities

Please see price list for details on how this programme can be combined with other programmes

		AGE	DURATION	ARRIVE	DEPART
 BOYS	Boys-only training and accommodation; mixed language sessions and activities.	14-17	2 weeks (12 nights)	Sunday	Friday
 GIRLS	Girls-only training and accommodation; mixed language sessions and activities.	14-17	2 weeks (12 nights)	Sunday	Friday
 JUNIOR BOYS	A course designed and delivered to suit the needs of younger players.	9-13	1 week (5 or 12 nights)	Sunday	Friday

OUR LEARNING PRINCIPLES

We promote the principle of ‘learning through activity’; in the mornings, players will learn about key elements of the profession, and in the afternoon they will experience the profession through role play. We encourage players to:

- experience authentic football activities to improve communication
- use and understand specific and accurate football words and phrases
- work collaboratively and reflectively to reach their individual potential
- be inspired to learn through fun and motivating tasks

Accredited by the
BRITISH COUNCIL
for the teaching
of English



DEVELOP YOUR ENGLISH SKILLS

Delivered by qualified teachers with a passion for football. Our English language sessions draw on interactive technology to make learning an enjoyable and memorable experience.

In 15 hours per week of off-pitch learning, players will improve English communication skills by completing a dedicated journey through the world of Manchester City, discovering life as a player, a manager, an analyst and a journalist. Each morning they will learn about key elements of the profession, and each afternoon they will put these skills into practice in real-life activities, such as:

- ⚽ Press conference and media interviews
- ⚽ Football analysis and punditry
- ⚽ Match commentating and discussion
- ⚽ Video and written journalism projects



PLAY BEAUTIFUL FOOTBALL

Delivered by City Football Schools coaches who are experienced in Manchester City's philosophy and methodology, football training sessions will provide an authentic insight into how Manchester City players train on a daily basis.

Players will receive 15 hours per week of football coaching throughout the programme, where coaches will continually integrate and reinforce learning both on and off the pitch. Football coaching will focus on key areas such as:

- ⚽ Development of individual techniques and skills
- ⚽ Realistic game scenarios
- ⚽ Improving Team Play
- ⚽ Gaining a better understanding of how City Play



SAMPLE SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
	THE PLAYER	THE MANAGER	THE ANALYST	THE JOURNALIST	THE REVIEW	Alton Towers	Visit to the National Football Museum in Manchester
08:45	Team Talk: Daily Kick-off						
09:00 - 10:15	PLAYER INTERVIEWS	YOUR TEAM	PUNDITRY	INNOVATION IN FOOTBALL	AWARDS		
10:15 - 10:30	BREAK						
10:30 - 12:00	INTRODUCTION TO MASTER THE BALL	PLAY WITH STYLE	DOMINATE THE GAME	ACHIEVE YOUR GOAL	PLAYERS SESSION		
12:00 - 13:00	LUNCH						
13:00 - 14:30	PLAYER INTERVIEWS	SELECT YOUR DREAM TEAM	THE PUNDITRY SOFA	YOUR FOOTBALL INNOVATION	ETIHAD STADIUM TOUR		
14:30 - 14:45	BREAK						
14:45 - 16:30	MASTER THE BALL	PLAY WITH STYLE	DOMINATE THE GAME	ACHIEVE YOUR GOAL	THE AWARD CEREMONY		
16:30 - 17:00	EXTRA TIME DAILY QUIZ / REFLECTIVE DIARY / PRE-LEARNING QUIZ						
17:00 - 19:30	DINNER						
19:30 - 21:30	EVENING WORKSHOPS						WELCOME EVENING

Please note this is an example timetable and sessions may vary from that stated above.

- Daily theme
- Breaks and meal-times
- Weekend activities
- On-pitch:
- Off-pitch: English language sessions
- Evening activities



YOUR FOOTBALL LANGUAGE JOURNEY

PRE-COURSE



Before arrival, players will receive:

- An online pre-test
- Exclusive access to digital learning activities

PLAYER



Example language activities:

- Player interview techniques
- Iconic moments presentations

MANAGER



Example language activities:

- Dream team creation
- Press conference video project

ANALYST



Example language activities:

- Commentary box
- Punditry sofa

JOURNALIST



Example language activities:

- Football innovation project
- Your digital football story

POST-COURSE



At the end of the course, players will receive:

- Certificate of completion
- Personal academic report

CITY FOOTBALL DEVELOPMENT

WHO COULD YOU BECOME?

A fun and exciting 5-night training course for players aged 9-13 years who want to develop their skills and football understanding by training like a young City player.



Please see price list for details on how this programme can be combined with other programmes



Boys-only training and accommodation; mixed workshops.

AGE	DURATION	ARRIVE	DEPART
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9-13	1 week (5 nights)	Sunday	Friday
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Girls-only training and accommodation; mixed workshops.

9-13	1 weeks (5 nights)	Sunday	Friday
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“I’ve enjoyed meeting lots of new friends, being a grown up and having more responsibility. This will help me in the future, thank you all!”

Adrian, UK

CORE FOCUS AREAS

PLAY BEAUTIFUL FOOTBALL

Training sessions will focus on developing key areas within the *Play For Fun* and *Play To Learn* curriculum:



FUN PRACTICAL TRAINING

Designed to give confidence to young players through the enjoyment of playing football and having a passion for the game.

The key focus of the programme delivery is to provide a unique insight into how Manchester City develop the skills of young players and how this is then transferred into games.

By creating a fun learning environment in which to train and play, City Football Schools provide participants with the authentic experience of training like a City player on the City Football Academy pitches.

With sessions taken from the City Play Model, practical training sessions focus on the technical aspects of the Play to Learn curriculum and how these techniques and skills can be transferred into more tactical situations in the Play To Learn curriculum (exact content to be adapted to specific ages and abilities).



PLAYER PROFILE

This is a great opportunity for young football players from all over the world to develop their skills through playing the game in an inspiring environment.

To fully benefit from the programme, we recommend that participants:

- ⚽ are enthusiastic and enjoy playing
- ⚽ want to learn new skills or build on their existing ability
- ⚽ want to learn about how young City players train and play
- ⚽ are keen to make friends and work together
- ⚽ speak and understand English to a level high enough to benefit from on/off-field instruction
- ⚽ min level of English to be B1/Intermediate



SAMPLE SCHEDULE

	SUN	MON	TUE	WED	THUR	FRI
09:00 - 10:00		NUTRITION FOCUS <i>What do you eat?</i>	HOW MAN CITY PLAYS <i>Team set-up</i>	PLAYER DEVELOPMENT	INTRODUCTION TO SKILLS CHALLENGES AND TESTING	RECOVERY OVERVIEW AND IMPORTANCE OF RELAXATION
10:00 - 10:30		BREAK				
10:30 - 12:00		INTRODUCTION TO THE <i>CITY PLAY</i> MODEL	PLAY WITH STYLE	ACHIEVE YOUR GOAL	TOURNAMENT PLAY <i>7v7, 9v9</i>	RECOVERY SESSION <i>Small-sided games</i>
12:00 - 13:00		LUNCH				
13:00 - 14:30	Arrivals, registration and welcome	CREATIVE PLAY <i>Thinking about the game</i>	INTRODUCTION TO VIDEO ANALYSIS	POSITION ANALYSIS AND HOW IT RELATES TO YOU	INNOVATION AND INTERACTIVE PLAY	ETIHAD STADIUM TOUR
14:30 - 15:00		BREAK				
15:00 - 16:30	Welcome induction and Football Squad Introduction	MASTER THE BALL	DOMINATE THE GAME	GAME PLAY AND POSSESSION	INTRODUCTION TO FUTSAL	THE AWARD CEREMONY
16:30 - 17:00		RECOVERY AND REVIEW				DEPARTURES
17:00 - 19:30		DINNER				
19:30 - 21:30		EVENING ACTIVITIES AT THE RESIDENCE				

Please note this is an example timetable and sessions may vary from that stated above.

- Departures
- Breaks and meal-times
- Weekend activities
- On-pitch
- Off-pitch
- Evening activities



INTERACTIVE FOOTBALL WORKSHOPS

- With the emphasis on developing more complete footballers, players will also take part in a series of interactive workshops in between practical training sessions. These sessions will provide further insights into how the game is played, looking at themes from 1v1 situations up to 9v9 games.
- By the end of the course, players will have had the opportunity to play, learn, analyse and review, and will be provided with feedback and an individual player report from the City coaching team.

TOURNAMENT ACTIVITY

- Through tournament activity and games, players will be challenged to play with speed and flair in a healthy competitive environment. Players are encouraged to play positively and with the courage to showcase their skills.
- These competitive games not only allow players to transfer their technical and tactical skills into match situations, but also create a platform for players to develop their teamwork skills by playing with other young players from all over the world.



CITY FOOTBALL PERFORMANCE

TAKE YOUR GAME TO THE NEXT LEVEL

An intensive 5-night training course for players who are committed to improving their individual game in a professional environment.



Please see price list for details on how this programme can be combined with other programmes



BOYS

Boys-only training and accommodation; mixed workshops.

AGE

DURATION

ARRIVE

DEPART

14-17

1 week
(5 nights)

Sunday

Friday



GIRLS

Girls-only training and accommodation; mixed workshops.

14-17

1 weeks
(5 nights)

Sunday

Friday

“I’ve had such a great time training at Manchester City’s facilities, learning from the coaches and making new friends.”

Annie, UK

CORE FOCUS AREAS

FOOTBALL PERFORMANCE

Football Performance focuses on encouraging players to adopt a greater analytical and strategic approach to their personal game preparation. Both on and off the pitch, players will work on increasing tactical and position-specific awareness, enhancing individual performance levels, and ultimately, reflecting the Club’s goal to play an attractive, technically-skilled, forward-playing game.



- Development of technical skills
- Understanding of tactics and game situations
- Match analysis and playing strategies
- Video analysis of Manchester City players and matches
- Experience City’s playing philosophy and methodology
- Position-specific analysis and comparison of individual player qualities



IMPROVE YOUR INDIVIDUAL GAME

Delivered by City Football Schools coaches and specialists, the City Football Performance course gives players the opportunity to experience how City's teams strive to play beautiful football, and how professional players optimise their training sessions to earn a competitive edge.

At the end of the programme, players will take away a personal evaluation with valuable insight into their current performance, and a development plan to improve their individual game as they return to their school or club.



PLAYER PROFILE

This is a unique opportunity for enthusiastic football players from all over the world to take their game to the next level.

To fully benefit from the programme, we recommend that participants:

- ⚽ are committed to improving their individual game
- ⚽ play regularly for a local club
- ⚽ want to develop alongside players from other countries
- ⚽ speak and understand English to a level high enough to benefit from on/off field instruction
- ⚽ are prepared to develop strategies to improve their all-round performance
- ⚽ min level of English to be B1/Intermediate



SAMPLE SCHEDULE

	SUN	MON	TUE	WED	THUR	FRI
09:00 - 10:00		HUMAN PERFORMANCE <i>Strength and conditioning for footballers Injury prevention Nutrition and hydration requirements</i>	FOOTBALL PERFORMANCE <i>Video analysis City's team play and tactics</i>	DEVELOPMENT OF TALENT <i>PLAYER PROFILING</i>	HUMAN PERFORMANCE <i>Physical testing</i>	HUMAN PERFORMANCE <i>Hydrotherapy session in the MIHP</i>
10:00 - 10:30		BREAK				
10:30 - 12:00		CREATIVITY <i>MASTER THE BALL</i>	GAME PLAY <i>DOMINATE THE GAME</i>	GAME PREPARATION <i>STRUCTURE AND TACTICS</i>	PHYSICAL TESTING <i>Endurance, speed, acceleration, agility and power</i>	RECOVERY <i>Recovery session and review</i>
12:00 - 13:00		LUNCH				
13:00 - 14:30	Arrivals, registration and welcome	HUMAN PERFORMANCE <i>Introduction to psychology Understanding personality traits and reaching for success</i>	FOOTBALL PERFORMANCE <i>INDIVIDUAL DEVELOPMENT</i>	DEVELOPMENT OF TALENT <i>SELF-PROFILING POSITIONAL UNDERSTANDING</i>	HUMAN PERFORMANCE <i>Climate testing in the Environmental Chamber (MIHP)</i>	ETIHAD STADIUM TOUR
14:30 - 15:00		BREAK				
15:00 - 16:30	Welcome induction and Football Squad Introduction	TECHNICAL SESSION <i>PLAY WITH STYLE</i>	SMALL-SIDED GAMES <i>ACHIEVE YOUR GOAL</i>	GAME PLAY <i>11V11 CONCEPTS</i>	SMALL-SIDED GAMES	THE AWARD CEREMONY
16:30 - 17:00		RECOVERY AND REVIEW				
17:00 - 19:30		DINNER				
19:30 - 21:30		EVENING ACTIVITIES AT THE RESIDENCE				DEPARTURES

Please note this is an example timetable and sessions may vary from that stated above.

- Departures
- Breaks and meal-times
- Weekend activities
- On-pitch
- Off-pitch
- Evening activities



HUMAN PERFORMANCE

Human Performance focuses on providing players with an authentic insight into how City players sharpen the body and mind to achieve peak condition and cope with the physical and psychological demands of professional football at the highest level. Embracing the latest in Sports Science from preparation to recovery, players will take on intensive challenges to test their tenacity.



- ⚽

 Development of athletic performance
- ⚽

 Strength and conditioning
- ⚽

 Prevention of injuries
- ⚽

 Recovery techniques
- ⚽

 Understanding mental focus

DEVELOPMENT OF TALENT

Development of Talent focuses on close support from the coaching team to evaluate current performance levels of each individual player, recognising specific development areas to work on after completing the course. Players will also gain a deeper understanding of how the Club identifies and nurtures talent, by assessing the desired playing attributes and personality traits required to meet City player standards.





ACCOMMODATION

All players on our summer courses* will stay in modern, high-quality university accommodation, including:

- Private en-suite bedrooms with study desk and Wi-Fi
- Full-board meals (breakfast and dinner at the residence; lunch at Connell College; packed-lunches at the weekend)
- Private daily coach transfer to and from the City Football Academy
- 24-hour security
- Excellent sports and swimming facilities, as well as communal lounges with Sky TV, games consoles, pool tables, study areas, a cinema room
- Free laundry provided for training kit; laundry facilities available for personal items at extra cost

*Players on the Spring course will share twin bedrooms in a nearby hotel accommodation



SAFETY & WELFARE

The safety and welfare of our players is our number one priority. Our trained teams are on site at all times and have a wide range of experience in working with young people.

We also have a dedicated Welfare Manager, to support our players with any worries or concerns they may have.

- Dedicated on-site team
- 24-hour supervision
- Staff to student ratios (16:1 English language and coaching sessions; 10:1 residence)
- Trained first-aiders on-site
- Airport meet and greet available
- Unaccompanied minor service available
- Police background checks on all staff
- Secure training facilities
- Female staff available on girls programme



FAQs

How long can my child come for?

It depends on the course. The Development and Performance courses last 5 nights, and the Language course lasts 5 or 12 nights for 9 to 13 year olds and 2 weeks (12 nights) for 14 to 17 year olds. Boys can also combine the 5 night Language course for 9 to 13 year olds with Development, for a total of 12 nights, or the 12 night Language course for 14 to 17 year olds with Performance, for a total of 19 nights. Additional nights are available at extra cost.

What level of English should my child have?

The City Football Language Programme caters for players with an English level of A2-B2. The Development and Performance courses are delivered in English, therefore we recommend a minimum level of B1 in order to keep up with the pace of the course.

Can I watch my child play?

Access to the City Football Academy to watch training sessions is not permitted unfortunately, so that participants can focus on playing without distractions. We do however, invite parents to attend the Closing Ceremony on the final Friday of the course.

Is the kit included in the cost?

Yes, we provide every player with a set of kit that is washed daily. The kit includes: 2 shirts, 2 pairs of shorts, 2 pairs of socks, 1 pair of tracksuit bottoms and 1 rain-jacket. Players will also be given a water bottle and a drawstring bag.

Who are the coaches?

All training sessions are led by City Football Schools coaches who are experienced in Manchester City's philosophy and methodology. The Coaches work with all players to help them develop their football skills, on an individual and group level.

Does my child have to stay at the residence?

Yes, all players stay together at the residence for a fully immersive experience. The residence is located a short private coach-ride away from the City Football Academy.

Can you accommodate special dietary requirements?

Most dietary requirements can be catered for, please advise us of any requirements at the time of booking. Please note there may be a supplementary charge.

How can I contact my child/the centre?

You will be provided with a Centre phone number and an emergency number, which is available on your booking confirmation letter. Your child will have access to WiFi at the residence, and you may contact their mobile number when they are at the residence in the evenings.

Are airport transfers included?

Airport transfers are not included in the total price however we offer an airport transfer service for a supplementary charge. Please ask us at the time of booking if you would like to book an airport transfer.



For more information go to:
bsc-holidayprograms.mancity.com



FOOTBALL
SCHOOL



WHO COULD YOU BECOME?



**FOOTBALL
SCHOOL**



**YOUNG
LEARNERS**

 bsc-holidayprograms.mancity.com

 info@bscyounglearners.com