



**blc** international  
school of english in partnership with



**FOUNDATION**

# 2024

**Football Course Guide**

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# The American Express Elite Football Performance Centre

Your training facility



# Brighton & Hove Albion Foundation

## Who we are

Learn English and train in the home city of Premier League football club, Brighton & Hove Albion. Brighton & Hove Albion Foundation is the official charity of Brighton & Hove Albion FC and has teamed up with Brighton Language College International to create a unique, high-quality football and English language course.

For more than 30 years Brighton & Hove Albion Foundation has been using the power of football to engage and inspire people to make good life choices and help reduce inequalities in our local communities across Sussex.

BHAFC Foundation's award-winning educational and outreach programmes improve people's wellbeing, supports learning and offers inclusive opportunities for everyone to get active and play football.

Please learn more about BHAFC Foundation [here](#).

## The programme

The football programme is designed around a 2-week course to help players develop essential communication skills both on and off the field in an authentic football environment. The course is available for boys and girls aged 13-17 years old.

The program focuses on a wide range of skills, drills, and tactics while the aim is to challenge the techniques essential to a player's development.

In addition, there are two STEM (science, technology, engineering, mathematics) seminars which blend football and robotics to create fun, interactive sessions. Using educational devices such as Sphero Robots and GPS technology, players will get to explore the ways in which football and science work together

All of the activities and coaching are conducted in English in a multinational environment meaning that students will primarily communicate in English throughout their stay.

The course is a complete package with football sessions every day (Mon - Fri) which take place on the Community Pitch at the American Express Elite Football Performance Centre in Lancing and 15 hours of English classes at BLCI (BHA20) or Activities with BLCI (BHA00)

Players are exposed to BHAFC Foundation's authentic training methodologies with a focus on creating the 'complete footballer' through tactical, technical, physical sessions and workshops. Supporting this is a whole range of advanced high-performance training through STEM sessions and the FA qualified trainers themselves.

All players receive the official training kit of BHAFC Foundation and will also have the opportunity to visit the American Express Community Stadium, home of Brighton and Hove Albion FC for a VIP tour.

Football training takes place at the American Express Elite Football Performance Centre, a new state-of-the-art facility that opened in September 2021 in addition to the Y-shaped building which accommodates the club's professional and academy teams on separate wings.

The new facility houses the women's first-team, academy and staff, as well as providing a changing facility for BHAFC Foundation's community pitch.

Albion were awarded Category One status in July 2014, under the Premier League's Elite Player Performance Plan, which highlighted the club as one of the best in the country in terms of facilities, staff and opportunities for young players.



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# English + Football

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
1703 - 31.03 / 30.06 - 28.07	Pre-Intermediate (B1)	18 (14 average)	1 - 2 / 1 - 4 weeks	13 - 17 (15 average)



### Contents

- » Full board homestay accommodation
- » Weekly bus pass (Monday - Sunday)
- » On-line entry test
- » Saturday full day excursion
- » 7 night accommodation/week
- » Certificate of Completion
- » English tuition every afternoon
- » Lunch served at University of Brighton
- » Football training with BHAFC Foundation
- » Training kit provided

Course Dates:	1703 - 31.03 / 30.06 - 28.07
Football Training:	10 hours/week
English lessons:	15 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training/PM English lessons
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 - 17
Course Code:	BHA20



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Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 - 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	General English	General English	General English	General English	General English		
Evening	Homestay	Brighton Pier	Student Party	Beach BBQ	Homestay		

Activities are an example only, schedules are confirmed each week and published on site

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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Football Training	Passing & Receiving	Ball Mastery	STEM* Session	Finishing	Games Day
	Technical Practices	Brighton Ball Work	Digital Skills	Inside the box	Tournaments
	Passing Patterns	Turns & Tricks	Sphero Robots	Outside box	Small Sided Games
	Tight Area Possession	Opposed & Unopposed	Block Coding	Crosses	Conditioned Games
			Goal Scoring & Obstacles		Amex Stadium Tour

\*Science, technology, engineering & mathematics

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Football Training	Defending	Transitions	STEM* Session	Creating Options	Games Day
	1v1s	Transition to defend	Aerobic Capacity	Inside the box	Tournaments
	Pressing	Transition to attack	Change of Direction	Outside box	Small Sided Games
	Compactness	Keep or Counter	Acceleration	Crosses	Conditioned Games
			Speed / Power		

\*Science, technology, engineering & mathematics

### July football camp content

On football training days all students arrive at BLC International for 8:00 every morning ready for the coach departure to the American Express Elite Football Performance Centre.

The table above shows the football training content delivered by BHAFC Foundation staff each day.

Once football training has finished all students shower and change at the training centre ready to take the bus back to BLC International by 12:15 and have lunch at the University of Brighton canteen.

After lunch the students join their afternoon lessons / activities depending on their course of english+ or vacation+.

Students can enrol for 1 week, 2 weeks, 3 weeks or 4 weeks.

### Spring football camp content

Our spring football camp operates the same as above with some seasonal changes. Football training takes place in the mornings, students can enrol for 1 week or 2 weeks, packed lunches are provided daily and students blend with our Spring Vacation students for class, activities and excursions.

### Goalkeeping

Specific skills are covered for aspiring goalkeepers and who are taken through key elements such as :

- Goalkeepers sprint
- Side-to-side positioning
- Diving
- High balls
- Duelling

### Safeguarding

The BHAFC Foundation is committed to safeguarding and ensuring the protection of all children, young people and adults. They view their responsibility for ensuring the welfare and wellbeing of all children, young people and adults who engage in our activities as our highest priority.

Please read BHAFC Foundation's safeguarding policy [here](#).

### BHAFC Foundation & BLCI Video

Please take a look at our YouTube video channel to see more of what we do [here](#).

### BLC International U18 Course Guide

Please refer to our young learners' course guide for further information on homestays, airport transfers, safeguarding, social activities, canteen lunches and more [here](#).



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# Vacation + Football

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
30.06 - 28.07	Pre-Intermediate (B1)	NA	1 - 2 / 1 - 4 weeks	13 - 17 (15 average)



### Contents

- » Full board homestay accommodation
- » Weekly bus pass (Monday - Sunday)
- » On-line entry test
- » Saturday full day excursion
- » 7 night accommodation/week
- » Certificate of Completion
- » Activities / excursions every afternoon
- » Lunch served at University of Brighton
- » Football training with BHAFC Foundation
- » Training kit provided

Course Dates:	30.06 - 28.07
Football Training	10 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training/PM Activities
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 - 17
Course Code:	BHA00



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Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 - 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	City Tour	Royal Pavilion Visit	Indoor Climbing	Excursion - Lewes	Sea Kayaking		
Evening	Homestay	Brighton Pier	Student Party	Beach BBQ	Homestay		

Activities are an example only, schedules are confirmed each week and published on site

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## Closed Group Football Training

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
Year Round	Pre-Intermediate (B1)	18 (14 average)	1 - 2 weeks	13 - 17 (15 average)

BHAFC Foundation welcomes school groups and junior football clubs year round for football training at the American Express Elite Football Performance Centre.

BLC International works with groups to provide accommodation and additional services tailor made to provide an exceptional experience of football training combined with English classes or cultural activities.

Contact BLC International for more information and further details of a unique football training experience with the Brighton & Hove Albion Foundation.

### Contents

- » Full board homestay accommodation
- » Weekly bus pass (Monday - Sunday)
- » On-line entry test
- » Saturday full day excursion
- » 7 night accommodation/week
- » Certificate of Completion
- » Activities / excursions every afternoon
- » Packed lunches
- » Football training with BHAFC Foundation
- » Training kit provided

Course Dates:	Open
Football Training	10 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training/PM Choice
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 - 17
Course Code:	BHA20 / BHA00



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Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 - 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	Lessons or Activities	Lessons or Activities	Lessons or Activities	Lessons or Activities	Lessons or Activities		
Evening	Homestay	Homestay	Homestay	Homestay	Homestay		

Activities are an example only, schedules are confirmed each week and published on site

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