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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**
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 - » 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 | | |

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