



FOOTBALL SCHOOL



MANCHESTER CITY FOOTBALL PERFORMANCE WORKSHOPS

Manchester City Football Performance is an intensive 5-night football education programme with training sessions, workshops and performance tests. Players will improve football performance, develop individual talent and their understanding of the game in practical and theoretical environments. Here is an outline of the main workshop and performance tests:

PERFORMANCE TESTING

Players undergo a series of tests for athletic ability to evaluate their aerobic fitness, acceleration, agility and stamina and then compare against a City academy player.

NUTRITION

Looking at how best to eat and hydrate so players perform at their optimal level. Understanding food groups, portion sizes, hydration methods and different meal plans for training days, match days and rest days.

STRENGTH AND CONDITIONING

Educating players so they can implement basic strength and conditioning principles into training routines. The importance of warm ups and recovery strategy, and how it differs for each person. How to develop physical competencies when warming up.

HUMAN SCIENCE

Showing how performance can be altered by different emotional states. Learning to spot the triggers and channel emotions through awareness, acceptance and action. Learning how to think differently and refocus on the task in hand.





ENVIRONMENTAL CHAMBER

Using this room to test the effects of different conditions on a player and how their body reacts to the changing environment. This room can alter the temperature, altitude and humidity so players can prepare for the conditions they will play in. It benefits recovery, acclimatisation and performance.

HYDROTHERAPY

Looking at how a 90 minute game stresses the body and how best to cope. Using hot and cold water techniques to reduce muscle tension, relieve pain and maintain a player's condition over the season.



VIDEO ANALYSIS

Players use video analysis to provide insight on how to set up a team in different situations. Looking at attack and defence formations, players set their team up against an opposition focusing on how to negate an opponent's attack and what threats to pose.

INDIVIDUAL ANALYSIS

Players observe themselves to see how they can improve. They learn what the benefits are for players by using this analysis, how 1st team players use this and the insights they gain.



PLAYER PROFILING

Looking at the different characteristics players have and how they can improve performance using the technical, tactical, physical and psychological factors taught by the City Academy.

SELF-PROFILING

Players learn to recognise their own strengths and areas for development by looking at four performance factors (technical, tactical, physical and psychological) and how suitable they are for defence, midfield and attack.

COURSE TIMETABLE

Here is a schedule overview of the Performance course:

Technical	Human Performance	Football Performance	Development of Talent	Recovery
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Human Performance <ul style="list-style-type: none"> Strength and conditioning for footballers Injury prevention Nutrition and hydration requirements 	Football Performance <ul style="list-style-type: none"> Video Analysis City's team play and tactics 	Development of Talent <ul style="list-style-type: none"> Player profiling 	Human Performance <ul style="list-style-type: none"> Physical testing 	Human Performance <ul style="list-style-type: none"> Hydrotherapy session in the MIHP
Creativity <ul style="list-style-type: none"> Master the ball 	Game Play <ul style="list-style-type: none"> Dominate the game 	Game preparation <ul style="list-style-type: none"> Structure and tactics 	Physical Testing <ul style="list-style-type: none"> Endurance, speed, acceleration, agility and power 	Recovery <ul style="list-style-type: none"> Recovery session and review
Human Performance <ul style="list-style-type: none"> Introduction to psychology Understanding personality traits and reaching for success 	Football Performance <ul style="list-style-type: none"> Individual development 	Development of Talent <ul style="list-style-type: none"> Self-profiling Positional understanding 	Human Performance <ul style="list-style-type: none"> Climate testing in the Environmental Chamber (MIHP) 	Stadium Tour (Etihad Stadium)
Technical session <ul style="list-style-type: none"> Play with style 	Small-sided games <ul style="list-style-type: none"> Achieve your goal 	Game play <ul style="list-style-type: none"> 11v11 concepts 	Small-sided games	Presentation (Etihad Stadium)

By the end of the course, players will have gained insights into the demands of a professional player; both physical and psychological, and the techniques they use to improve their performance, their understanding of the game and the best ways to keep themselves fit and healthy.