

SUMMER
2025



NIKE FOOTBALL CAMPS.





TRAIN LIKE A CHELSEA PLAYER.

Residential 1- or 2-week summer camps for girls aged 12-17 with Chelsea Football Club at a leading English private school near London.

Players are coached by Chelsea FC in a training programme inspired by the Girls' Centre of Excellence curriculum at Chelsea FC Women, 7-times Super League champions. These camps are designed for girls who play football regularly for school or at club level. Players can choose to focus entirely on developing their game on and off the pitch with the Total Football option or improve their English language skills alongside their football with the Football + English option.





CONTENTS



CAMP OPTIONS	07
COACHING	11
COACHING PROGRAMMES	13
MATCHES	15
CHELSEA FC TRAINING CENTRE	17
ENGLISH TEACHING	21
WORKSHOPS	23
VENUE	25
CAMP EXCURSIONS	31
LIFE ON CAMP	33
DATES & DETAILS	35





CAMP OPTIONS

Choose from either TOTAL FOOTBALL or FOOTBALL + ENGLISH.
Both options are available as a 6- or 13-night camp.

OPTION 1

TOTAL FOOTBALL

- Up to 24 hours a week of coaching and games with Chelsea FC
- Up to 8 hours a week of football-related workshops
- Suitable for all English language abilities except beginners

OPTION 2

FOOTBALL + ENGLISH

- Up to 24 hours a week of coaching and games with Chelsea FC
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities

ALL CAMPS INCLUDE



COACHING WITH
CHELSEA FC



24/7
SUPPORT STAFF



ON-SITE
ACCOMMODATION



EXCLUSIVE NIKE
GIFT PACK



FOOTBALL WORKSHOPS
OR ENGLISH LESSONS



3 NUTRITIONALLY
BALANCED MEALS A DAY



EXCURSIONS TO CITIES
+ STAMFORD BRIDGE



COACHING REVIEW
+ CERTIFICATE



**AT CHELSEA WE TRY TO
PRODUCE THE BEST YOUNG
PLAYERS TO PERFORM AT
THE HIGHEST LEVEL WITHIN
THE WOMEN'S GAME.**

**THE CAMPS ARE A GREAT
CHANCE FOR YOUNG FEMALE
PLAYERS TO EXPERIENCE
THIS APPROACH TO PLAYER
DEVELOPMENT.**

SONIA BOMPASTOR
CHELSEA FCW MANAGER





COACHING



RAISE YOUR GAME

The coaching curriculums are designed and delivered by Chelsea FC Football Development, one of the world's leading football education programmes. Players discover what it takes to become 7-times Women's Super League Champions like Chelsea FC Women and gain an insight into the life and conduct of a young Chelsea FC player.

Coaches challenge players at every level and educate them on what it takes to succeed at the top of the game. A weekly awards night on Friday celebrates success with prizes for performance, progress and mindset throughout the week.





COACHING PROGRAMME

TRAIN LIKE A PRO

Set within a world-famous English boarding school, this popular programme challenges players to improve at every level. Twice-daily training sessions focus on playing as a team in the Chelsea FCW style whilst preparing to play competitive matches later in the week. Players are also challenged on an individual level to improve technically and tactically through a series of pro-style drills, skills challenges and small-sided games. Goalkeepers train in one technical session each day, then join outfield players for the second session to develop their skills in gameplay situations.



IMPROVE YOUR SKILLS

Players leave with a better understanding of the game and what it takes for a team to be successful at the highest level. Showcasing their newfound skills in game scenarios, they understand how coaching drills and challenges throughout the week translate to match performance. As well as progressing on the pitch, players make new friends from around the world and develop maturity, confidence and an understanding of different cultures.





MATCHES

PLAY TO WIN

Each week Chelsea FC organises evening matches against local opposition*, giving players a chance to represent the club whilst they are on camp. The matches are high-intensity and provide an opportunity for players to play under pressure and test themselves in a competitive environment.

*matches may not be possible on all weeks depending on opposition availability.

RULE
THE
GAME





CHELSEA FC TRAINING CENTRE

WHAT TO EXPECT

Every week, players experience what it's like to be a professional Chelsea FC player with a day of training at their Chelsea FC Training Centre.

Sessions focus on gameplay situations and encourage players to put the skills they've gained throughout the week into practice. During the day, Chelsea FC's expert staff team, together with occasional special guest speakers, inspire young players with knowledge and insight into the professional game.





**WE GIVE PLAYERS
THE TOOLS AND INSIGHT
TO IMPROVE,
AND TO UNDERSTAND
WHAT IT TAKES TO PLAY
AT A HIGHER LEVEL.**

HEAD COACH
CHELSEA FC CAMPS





TAKING PASSION FOR FOOTBALL INTO THE CLASSROOM



ENGLISH TEACHING

WHAT TO EXPECT




Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary players, interviewing coaches, or writing and speaking their own match commentary. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

HOW IT WORKS

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each player receives a written report and advice on how to continue their learning at home.

WHAT'S INCLUDED

-  UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK
-  1:12 TEACHER TO STUDENT RATIO (AVERAGE)
-  INDIVIDUAL REPORT



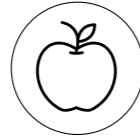


WORKSHOPS

OFF THE PITCH

Players taking the Total Football option follow a series of workshops and recovery activities throughout the camp. Specialist staff and coaches deliver in-depth workshops to players, giving them an insight into how Chelsea FCW players excel on the pitch, and what it takes to succeed at the highest level. Outside the classroom, recovery exercises, such as yoga, help players manage the workload of training twice a day.

WORKSHOP EXAMPLES



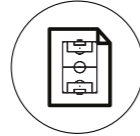
NUTRITION
WHY WHAT YOU EAT
AND DRINK MATTERS



TALENT IDENTIFICATION
WHAT DO CHELSEA FC
LOOK FOR IN YOUNG PLAYERS?



DREAM TEAM
WHICH PLAYERS
MAKE YOUR WORLD XI?



MATCH ANALYSIS
HOW CAN YOU INFLUENCE
THE GAME MORE?



RESILIENCE
HOW TO BOUNCE BACK FROM
DIFFICULT SITUATIONS



ELEVATE YOUR
GAME OFF
THE PITCH





CHARTERHOUSE SCHOOL, SURREY

AN INTERNATIONALLY RENOWNED UK PRIVATE SCHOOL

Founded in the 1600s, Charterhouse has been home to Nike Football Camps with Chelsea FC since 2019. The school has been on its current site in Surrey, near London, since 1847, with 240 acres of grounds and a breathtaking main school building surrounded by many more modern additions. Considered one of the leading schools in the UK, Charterhouse's rich footballing history includes being involved in defining the rules of the modern game at the first meeting of the Football Association in 1863.

With 12 immaculate natural grass football pitches spread across the idyllic campus, the school provides an inspiring environment for players to develop their skills.

SUITABLE FOR:

- **GIRLS AGED 12-17**
- **PLAYERS WHO PLAY REGULARLY**





CHARTERHOUSE SCHOOL THE DETAILS

ACCOMMODATION

Mostly singles, some shared bedrooms

TRANSFERS

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR)
27 miles / 43 km
- London Gatwick Airport (LGW)
38 miles / 61 km

FACILITIES

- 12 grass football pitches
- Tartan athletics track
- Indoor swimming pool
- Indoor sports centre
- Players' lounge with TV, table football and games consoles
- Free Wi-Fi
- On-site camp shop
- Laundry facilities

EXCURSIONS

ALL CAMPS

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum

13-NIGHT CAMPS ONLY

- London Experience
- Theme Park



2025 CAMP DATES

6-NIGHT CAMPS MONDAY - SUNDAY

- 30 Jun - 06 Jul
- 07 Jul - 13 Jul
- 14 Jul - 20 Jul
- 21 Jul - 27 Jul
- 28 Jul - 03 Aug
- 04 Aug - 10 Aug

13-NIGHT CAMPS MONDAY - SUNDAY

- 30 Jun - 13 Jul
- 07 Jul - 20 Jul
- 14 Jul - 27 Jul
- 21 Jul - 03 Aug
- 28 Jul - 10 Aug





**MY DAUGHTER HAS BEEN
TO CHELSEA FC CAMPS
FOR THREE SUMMERS.
SHE LOVES THE EXPERIENCE,
GAINING SO MUCH SELF-CONFIDENCE
AND IMPROVING HER FOOTBALL.**

PARENT
CHELSEA FC CAMP 2024





CAMP EXCURSIONS

All camps include exciting excursions, giving players a taste of some of the UK's top attractions.



CHELSEA FC TRAINING CENTRE

EVERY WEEK

Players spend the day training with their coaches at Chelsea FC's inspirational Training Centre and learning more about the club from Chelsea FC's staff and guest speakers.



STAMFORD BRIDGE

EVERY WEEK

The trip to Chelsea FC's iconic stadium in West London includes a behind-the-scenes tour and a visit to the museum where players can learn about the evolution of the club and the secrets to their long-term success.



LONDON EXPERIENCE

13-NIGHT CAMPS ONLY

Players experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.



THEME PARK

13-NIGHT CAMPS ONLY

There's something for everyone at England's top theme park. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.





LIFE ON CAMP

Camps are action-packed with sport, learning, and meeting friends from around the world. Player welfare is at the heart of what we do, and camp life is designed to provide a fun and supportive environment for players to grow in skills and confidence.

ACCOMMODATION

Players stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime.

Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

WELFARE STAFF

There is a dedicated camp management and welfare team on-site all day and night. They are trained to look after players' wellbeing and are always on hand to help, support and guide campers to reach their full potential.

DIET, NUTRITION AND HYDRATION

Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water during training sessions.




MEDICAL AND INJURY

Medical staff are available on-site each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.






A TYPICAL DAY

MORNING

-  BREAKFAST
-  MORNING MEETING
-  FOOTBALL COACHING

AFTERNOON

-  LUNCH
-  ENGLISH OR WORKSHOPS
-  RECOVERY + WELLNESS

EVENING

-  DINNER
-  FOOTBALL COACHING
-  RELAX + LIGHTS OUT





DATES & DETAILS

**CHARTERHOUSE SCHOOL
GIRLS AGED 12-17**

Players who play regularly for school or club

FOOTBALL

UP TO 24 HRS OF FOOTBALL A WEEK

Choose from either option:

TOTAL FOOTBALL

UP TO 8 HRS OF WORKSHOPS A WEEK

FOOTBALL + ENGLISH

UP TO 13 HRS OF ENGLISH A WEEK

**6 NIGHT CAMPS
DATES**

- 30 Jun - 6 Jul
- 7 Jul - 13 Jul
- 14 Jul - 20 Jul
- 21 Jul - 27 Jul
- 28 Jul - 3 Aug
- 4 Aug - 10 Aug

**13 NIGHT CAMPS
DATES**

- 30 Jun - 13 Jul
- 7 Jul - 20 Jul
- 14 Jul - 27 Jul
- 21 Jul - 3 Aug
- 28 Jul - 10 Aug

**ALL CAMPS
EXCURSIONS**

**STAMFORD BRIDGE &
CHELSEA FC TRAINING CENTRE**

**13 NIGHT CAMPS
EXCURSIONS**

**LONDON EXPERIENCE &
THEME PARK**

