RESIDENTIAL SUMMER CAMP PARTNER

Footballers | **Suitable for native speakers** | **Tottenham Hotspur**

TRAINING PROGRAMME

The course is designed and delivered in partnership with Tottenham Hotspur Football Development, and delivered by Tottenham Hotspur football coaches with a maximum ratio of 1 coach per 15 players.

SPORTS SCIENCE WORKSHOPS

These sessions, delivered by British Summer School staff, are designed to improve and expand knowledge and understanding of some key elements that affect playing football and sports at an advanced level and competing. Workshops include projects on the following subjects:

- Anatomy & Injury Prevention
- English for competitive sport
- Match Play Strategies
- Nutrition
- Personal Responsibility
- Resilience
- Sport Psychology
- Player development within the game environment

STRENGTH & CONDITIONING

These sessions, delivered by British Summer School staff, are designed to improve students' overall fitness, agility and speed to help them play better football:

- Understand the principles of athletic training
- Develop self-discipline and professional training habits
- Enhance physical performance
- Increase aerobic and anaerobic capacity
- Improve core stability & functional movement
- Develop agility, balance and coordination (ABC)

TECHNICAL TRAINING

These sessions, delivered by Tottenham Hotspur Football Development coaches, enable players to develop their technical skills and abilities and practise advanced match play strategies:

- Develop advanced football skills and techniques including dribbling, ball control, passing, shooting and 1v1 domination
- Practise advanced defensive and attacking tactics
- Participate in position-specific training
- Enhance tactical game play including play formations, spatial awareness and positioning
- Improve communication and teamwork through tactical briefings, team discussions, peer collaboration and match reviews
- Apply the rules and ethics of professional football

TOTTENHAM HOTSPUR FOOTBALL DEVELOPMENT

CLUB HIGHLIGHTS

- Tottenham Hotspur Football Development is present in 20 countries around the world
- The Club's Global Football Development programmes combined welcome 90k participants annually
- The club plays in a league that is bigger than F1 and the NBA combined
- Tottenham Hotspur has 612m supporters globally
- The club has 123m social media followers

VISION

To be one of the world's leading football Clubs renowned for a strong association with its community and a long tradition of developing young talent.

VALUES

- Team Spirit
- Friendship
- Excellence
- Co-operation
- Effort
- Persistence
- Respect



TIMETABLE
A TYPICAL WEEK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	***New students*** **ARRIVAL DAY** Students can arrive at any time, but preferably in the afternoon. ***Continuing students*** **ALL DAY EXCURSION** **City / Seaside Town Visit** Visit a local city or seaside town to explore the town / city, visit any local attractions, have a walk along the promenade, go to a café or go shopping.	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	***Departing students*** **DEPARTURE DAY** Departing students should depart in the morning and cannot attend the excursion. ***Continuing students*** **ALL DAY EXCURSION** **Tottenham Hotspur Stadium Tour*** Visit the Tottenham Hotspur Stadium located in Tottenham, north London, and have an exclusive behind the scenes guided tour. **or** **London** Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square. * Arranged in line with the Club's summer availability.
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
08:45		**Meeting**	**Meeting**	**Meeting**	**Meeting**	**Meeting**	
09:00		**Option 1 Players** Sports Science Workshop 1 **Option 2 Players** Sports Science Workshop 1 **(1¼ hrs)**	**Option 1 Players** Sports Science Workshop 1 **Option 2 Players** Strength & Conditioning **(1¼ hrs)**	**Option 1 Players** Sports Science Workshop 1 **Option 2 Players** Sports Science Workshop 1 **(1¼ hrs)**	**Option 1 Players** Sports Science Workshop 1 **Option 2 Players** Strength & Conditioning **(1¼ hrs)**	**Option 1 Players** Sports Science Workshop 1 **Option 2 Players** Sports Science Workshop 1 **(1¼ hrs)**	
10:15		Break	Break	Break	Break	Break	
10:30		**Option 1 Players** Sports Science Workshop 2 **Option 2 Players** Introduction & Skills Assessment **(1½ hrs)**	**Option 1 Players** Sports Science Workshop 2 **Option 2 Players** Theme 1: 1v1 Domination cont. **(1½ hrs)**	**Option 1 Players** Sports Science Workshop 2 **Option 2 Players** Theme 2: 1v1 Domination cont. **(1½ hrs)**	**Option 1 Players** Sports Science Workshop 2 **Option 2 Players** Theme 3: Brilliant Basics cont. **(1½ hrs)**	**Option 1 Players** Sports Science Workshop 2 **Option 2 Players** Theme 4: Overloads cont. **(1½ hrs)**	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		**All players** Theme 1: 1v1 Domination **(1½ hrs)**	**All players** Theme 2: 1v1 Domination **(1½ hrs)**	**All players** Theme 3: Brilliant Basics **(1½ hrs)**	**All players** Theme 4: Overloads **(1½ hrs)**	**All players** Theme 5: Finishing **(1½ hrs)**	
14:30		Break	Break	Break	Break	Break	
15:00		**All players** Tactical Game Play **(1½ hrs)**	**All players** Tactical Game Play **(1½ hrs)**	**All players** Tactical Game Play **(1½ hrs)**	**All players** Tactical Game Play **(1½ hrs)**	**All players** Tactical Game Play **(1½ hrs)**	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	**BSS Experience (1½ hrs)** **Mission: Integration!** Team games, icebreaker activities and challenges to encourage Friendship, have fun and get to know your setting.	**BSS Experience (1½ hrs)** **The Cube** Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	**BSS Experience (1½ hrs)** **Capture the Flag** Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	**BSS Experience (1½ hrs)** **Task Master** Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	**BSS Experience (1½ hrs)** **Lanterns** Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	**BSS Experience (1½ hrs)** **Let's Celebrate** Showcase the projects you have been working on, receive awards and join the disco with friend.	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
21:00	**House Meeting**	**House Meeting**	**House Meeting**	**House Meeting**	**House Meeting**	**House Meeting**	**House Meeting**
22:00	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs

For illustrative purposes only; actual activities and timings may be different.

"It's pretty amazing. The pitches are so good and the coaches and staff are amazing"

JOSE TOMAS, STUDENT, CHILE, 2026