



U.K. ELITE TECHNICAL TRAINING PROGRAMS

5 different focuses for individual players to improve specific parts of their game. 6-8 week programs delivered by our professional coaching staff. Available at select locations.

ELITE FEET

Focus: Breaking down complex moves into simple easy to follow steps using the 'whole - part - whole' methodology

GOALKEEPING

Focus: Footwork, handling, distribution, shot-stopping, dealing with crosses and game situations (Including Free Kicks and Corners)

GOALSCORING

Focus: Become a match winner! Learn to strike the ball correctly and improve your all round finishing with power and accuracy

PACE (Power, Acceleration, Co-Ordination & Explosiveness)

Focus: Improving speed, strength, stamina and sharpness with a soccer ball!

BRAZILIAN TECHNICAL

Focus: Improving your all-round game using the same methodology as the Brazilian national team!



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