

Valencia CF

The Next Generation
Summer Soccer Camp

inspiresport™



Cardiff & Glasgow
July/August 2010

Boys & Girls
8–16 Years



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During the summer of 2010, Valencia Club de Futbol will return to the UK and will once again be sending their experienced Academy coaches from Spain to Glasgow and Cardiff to present 'Football Training Camps' in conjunction with the UK's leading football development company inspiresport.

This will only be the second time British youngsters will have had the opportunity to be coached by one of Europe's Top Clubs on home soil. The success of Valencia's training methods is shown by its outstanding record of 12 Spanish league and cup titles.

Valencia CF wants you to experience the best soccer coaching this summer. You will be able to experience a feast of Spanish style football, make new friends, develop your soccer skills and learn new ones.

The highly qualified coaches from Spain will be sharing the ethos and spirit that makes Valencia such a special club. Training sessions will be based on technical and tactical work which will be applied in game situations. Players are assigned in small groups to get the best one on one approach with the coaches. The camp size is limited to give the opportunity for each player to have a better individual coaching session.

Soccer Camp for the Serious Player

This official Valencia Football Club Soccer Programme is only for players who play regular soccer to a reasonably good standard in school or with an outside club, and will be an intensive course. For those youngsters who do not play in school or for an outside club, we strongly recommend a more recreational sport camp instead.



Camp Venues

The high quality venues selected by Valencia Football Club are perfect to 'inspire' all budding young footballers. Excellent playing surfaces offering easy access for drop off and pick-up are complimented with excellent on-site facilities.

Cardiff, Wales – University of Glamorgan

Located just outside of Cardiff, this magnificent football facility is the training complex for the Welsh National football squads at all age groups and is the preferred training HQ for many international touring teams playing in Wales. The facility is also home to the Cardiff City Academy.



Glasgow, Scotland – Glasgow Green

Located in Glasgow city centre this top class specialist soccer venue has six 11-a-side natural grass pitches and eight 7-a-side astro-turf pitches. The facility is used regularly by professional academy teams for training and competitive matches.



“In Partnership with *inspiresport*, our professional Academy coaching staff have enjoyed working with over 3000 young footballers from the UK at our training facilities in Spain.

Due to the huge success of last years camps our coaching team will be returning to Wales and Scotland to offer young players a unique Spanish football coaching experience. I am positive those players who attend the camps will learn a great deal and become better players.”

Carlos de Lera, Youth Development Director, Valencia Club de Fútbol

Camp Daily Activities

All courses take place between 9:30am and 3:30pm each day.

The course will be very comprehensive, covering all elements of the game including techniques, skills, phases of play and small sided games. All participants will be expected to take an active role in this element, so it is advised that participants have a good level of fitness before they attend.

- On the first day, groups are established based on age and ability
- Upon request any groups/teams registering of 15 or more have the option to stay together for all sessions during the course (ideal for pre-season programme)
- Groups of 15 will work throughout the course with a dedicated Valencia CF coach
- Each day will consist of 4 hours of football coaching plus a fun lunchtime activity

The coaches are all highly qualified staff from Valencia CF and are, therefore, specialists in sport formation. They will teach participants how to improve their individual style and skill, but most important they will teach them how to work and play as a team.

During the camp, you will have technical preparation drills (ball control, ball recuperation, defence, attack, shot, passes etc.), tactical preparation drills (one on one, defence vs offense, game system, style of play etc.) and physical preparation (injury prevention, development of basic physical qualities through specific training etc.).

Included in the Price

- High quality pre-season training and development programme
- 4 hours tuition each day by full time professional coaches from Valencia Football Club
- Fantastic venues
- Intensive coaching and small sided games
- Fun lunchtime activity
- Full supervision by **inspiresport** staff
- Camp t-shirt
- Specialist goalkeeper coaching
- All equipment provided by Valencia Football Club
- Tournament on final day
- Commemorative medal
- Evaluation form highlighting strengths and improvement areas
- Discounts for a booking of a group/team of 12 or more players (only applies to 5 day camp)
- One participant on each course will win a signed shirt by Valencia Football Club
- Emergency first aid qualified staff in attendance throughout
- Fully comprehensive public liability insurance



Dates and Prices

| Glasgow | | | |
|---------|--------|-------------------|---------|
| Camp 1 | 2 Days | 24 July – 25 July | £55.00 |
| Camp 2 | 5 Days | 26 July – 30 July | £125.00 |
| Cardiff | | | |
| Camp 3 | 5 Days | 2 Aug – 6 Aug | £125.00 |
| Camp 4 | 2 Days | 7 Aug – 8 Aug | £55.00 |

About inspiresport

inspiresport has established itself as the UK's leading specialist and respected authority in football development programmes for young people – boys and girls – of all backgrounds and abilities.

As a team, the experience of the **inspiresport** staff is wide-ranging, combining youth development and elite sport with travel and industry backgrounds.

In partnership with the professional clubs we take care of every detail providing a service of unrivalled quality.

In addition to the Valencia Football club coaches, a team of representatives from **inspiresport** will be on-hand throughout the course to provide help and assistance and to ensure the smooth running of our operations.

inspiresport™

The Next Generation in Team Sports Travel

Head Office:

14 Cathedral Road,
Telephone: 029 20 390747
Fax: 029 20 390767

Email: info@inspiresport.com
www.inspiresport.com



Application Form

If you wish to attend the Valencia Football Club Summer Camp, please complete this form and return it to us with a deposit payment of **£25.00**.

All applications must be returned as soon as possible

as all places will be offered on a first come first served basis.

Name: _____ Age: _____

Address: _____

Postcode: _____

School/Club: _____ School Year: _____

Telephone: _____

Emergency Telephone: _____

Please state any medical conditions:

Choice of Camp

☐ Camp 1 - Glasgow

☐ Camp 3 - Cardiff

☐ Camp 2 - Glasgow

☐ Camp 4 - Cardiff

Payment and Selection Process

Please make cheques payable to “**inspiresport**” and include participant's name on the back of the cheque.

Places for all players who attended last year is guaranteed, subject to receiving your deposit before **16th February 2010**.

Selected players should bring:

- **KIT:** Shirt/Shorts/Socks/Suitable boots for grass and Astro turf
- Packed Lunch
- Waterproof
- Towel

Post Applications to:

Glasgow Camps

inspiresport Scottish Office,

Embroidery Mill, Abbey Mill Business Centre, Seedhill, Paisley, Scotland PA1 1TJ

Cardiff Camps

inspiresport Head Office,

14 Cathedral Road, Cardiff Wales CF11 9LJ