

Holiday Courses - Every School Holiday

The Holiday Courses are two days of fun filled football for 4 - 14 year olds. 6 Skill Zones make up the two days, with Shooting, Games, Skills, Goalkeeping, Passing, Dribbling/ Turning and SAQ making up the zones.

Prizes are awarded throughout the Holiday Course for Player of the Day, Improvement, Attitude, Captains Award and Skill of the Course, plus the afternoon of the second day is a World Cup where all children play for the Trophy.

The WCFDC Holiday Course was the first Holiday Course in Cornwall to achieve the Charter Standard Award for Good Practice.



**CHARTER
STANDARD
HOLIDAY
COURSES**

West Cornwall Football Development Centre

www.WCFDC.co.uk



Programme Handbook

Skills Programme - Tuesdays

The Skills Programme is all about developing confidence to experiment and encourage young players to express themselves on the football pitch, like players like Ronaldo, Rooney, Joe Cole, Ronaldinho and Kaka.

The sessions focus on tricks, turns, flicks and ball juggling. With points awarded for each skill and prizes for achieving skills.

The coaches on the Skill Programme are all gifted players with an array of tricks which they can encourage the children to learn and master.



Mini Soccer Programme - Saturdays

The Mini Soccer Programme is designed for any players aged 4 - 12 to play no pressure Mini Soccer. Whether the child has never played football or is part of a team and wants more game practice, the Mini Soccer Programme is a fun filled, pressure free place to play.

The sessions begin with different types of 4 v 4 football, where every player plays outfield and the players referee their own games. The sessions move on to Mini Soccer 7 v 7 again with the players refereeing their own games.

The Mini Soccer Programme is an excellent introduction to football or additional games for local clubs to play any players who may not be involved in the Sunday league fixture.



To play you can either come alone, bring a friend or bring your team!!

Futsal Programme - Schools & Fridays

Futsal is a Brazilian form of Five-A-Side, dominated by skill, technique and trickery. All secondary schools have the option to take part in Futsal lessons for P.E. and develop staff to be able to run Futsal sessions as well as competing in the Cornwall College Schools Futsal Competition.

Futsal is also available to anyone over 14 years old on a Friday evening, either bring a team or become part of one.



Schools Programme - Any Day

The Schools Programme delivers a high quality coaching curriculum into local schools from nursery, developing motor skills and balance and co-ordination, to secondary schools coaching for matches and development of techniques.

All schools are welcome to apply for the coaching and our team of qualified coaches will provide all equipment necessary to give either a one off session or a series of sessions depending on the requirements of the school

