



Copyright Brighton and Hove Albion



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Football + English

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
29.06.25 - 27.07.25	B1	18 (14 average)	1 - 4 weeks	13 - 17 (15 average)



FOUNDATION

Contents

- » Full board homestay accommodation
- » Weekly bus pass (Monday - Sunday)
- » On-line entry test
- » Saturday full day excursion
- » 7 night accommodation/week
- » Certificate of Completion
- » English tuition every afternoon
- » Lunch served at University of Brighton
- » Football training with BHAFC Foundation
- » Training kit provided

Course Dates:	29.06.25 - 27.07.25
Football Training	10 hours/week
English lessons:	15 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training / PM English lessons
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 - 17
Course Code:	BHA20



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Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 - 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	General English	General English	General English	General English	General English		
Evening	Homestay	Brighton Pier	Student Party	Beach BBQ	Homestay		

Activities are an example only, schedules are confirmed each week and published on site

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Football Training	Passing & Receiving	Ball Mastery	Strength & Conditioning	Finishing	Games Day
	Technical Practices	Brighton Ball Work	Speed	Inside the box	Tournaments
	Passing Patterns	Turns & Tricks	Agility	Outside box	Small Sided Games
	Tight Area Possession	Opposed & Unopposed	Power	Crosses	Conditioned Games
					Amex Stadium Tour

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Football Training	Defending	Transitions	Create a Goal	Creating Options	Games Day
	1v1s	Transition to defend	Creativity in the final 3rd	Inside the box	Tournaments
	Pressing	Transition to attack	Decision Making	Outside box	Small Sided Games
	Compactness	Keep or Counter	Penetrative Passes	Crosses	Conditioned Games

Football camp content

On football training days all students arrive at BLC International for 8:00 every morning ready for the coach departure to the American Express Elite Football Performance Centre.

The table above shows the football training content delivered by BHAFC Foundation staff each day.

Once football training has finished all students shower and change at the training centre ready to take the bus and arrive at BLC International by 12:15 to have lunch at the University of Brighton canteen.

After lunch the students join their afternoon lessons / activities depending on their course of english or activities.

Students can enrol for 1 week, 2 weeks, 3 weeks or 4 weeks.

Goalkeeping

Specific skills are covered for aspiring goalkeepers and who are taken through key elements such as :

- Goalkeepers sprint
- Side-to-side positioning
- Diving
- High balls
- Duelling

Safeguarding

The BHAFC Foundation is committed to safeguarding and ensuring the protection of all children, young people and adults. They view their responsibility for ensuring the welfare and wellbeing of all children, young people and adults who engage in our activities as our highest priority.

Please read BHAFC Foundation's safeguarding policy [here](#).



BHAFC Foundation & BLCI Video

Please take a look at our YouTube video channel to see more of what we do [here](#).

BLC International U18 Course Guide

Please refer to our teenagers course guide for further information on homestays, airport transfers, safeguarding, social activities, canteen lunches and more [here](#).

Football + Activities

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- » Activities / excursions every afternoon
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Football Training	10 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training/PM Activities
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 - 17
Course Code:	BHA00



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12:15 - 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	City Tour	Royal Pavilion Visit	Indoor Climbing	Excursion - Lewes	Sea Kayaking		
Evening	Homestay	Brighton Pier	Student Party	Beach BBQ	Homestay		

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