

INDEPENDENT FOOTBALL ACADEMY (IFA) TARIFF

Tariff 1					
	Price per month	Hours	Price per hour	No of sessions per month	Coaching day
	£38.00 (with review)	2.25 = 9 hours a month	£4.22	4	Friday
	£25.00 (no review)	1.25 = 5 hours a month	£5.00	4	Thursday
	£25.00 (no review)	1.25 = 5 hours a month	£5.00	4	Sunday

Tariff 2					
	Price per month	Hours	Price per hour	No of sessions per month	Coaching days
	£48.00 (with review)	2.25 (Fri) + 1.25 (Thurs or Sun) = 3.5 hours a week = 14 hours a month	£3.43	8	Friday & either Thursday or Sunday
	£42.00 (with review)	2.5 hours per week = 10 hours a month	£4.20	8	Thursday & Sunday

Tariff 3					
	Price per month	Hours	Price per hour	No of sessions per month	Coaching days
	£55.00 (with review)	2.25 (Fri), 1.25 (Thurs) & 1.25 (Sun) = 4.75 hours per week = 19 hours a month	£2.89	12	Thursday, Friday & Sunday

Sunday Sessions – Crown Football

For those players that attend all three sessions, the Sunday's are heavily subsidised by Crown Football and the IFA.

Discount for Partnership Clubs

If a particular team i.e. under 8's, under 9's, under 10's etc. send 30% or more of their squad each player from that team will receive a 15% reduction on the tariff they choose.

Bursaries/Subsidiaries

In exceptional circumstances discretionary bursaries and subsidiaries could be provided to players. Please contact Stuart Henderson, Academy Manager, for further details.

Description of Sessions

The Independent Football Academy (IFA) provides a diverse and distinctive coaching syllabus designed to challenge players in a variety of ways. Over the course of a week, each player can expect to receive three different programmes with the aim of providing a bespoke and holistic development pathway.

These programmes include:

Thursday - Physical Literacy Programme

Functional movement is of paramount importance in order to develop players who are mobile and adaptive in all situations.

The concepts will include:

- 1) Reactive agility with opposition / audio stimulus
- 2) Multi-directional principles that incorporates decision-making and adaptation.
- 3) Gymnastics and Parkour based movements with and without the ball.
- 4) Game based activities designed to afford creative solutions in a dynamic environment.
- 5) Integration of “isolated” conditioning to enhance Contextual Interference (transfer to games) promoting a dynamic environment.

All Age Groups (outfield players)	
4:45pm-6:00pm	
GK U6-9	GK U10-15
4:40-5:20pm	5:20-6:00pm

Friday - Coaching Through Games

This programme is designed to offer players the opportunities to be curious and creative within a game format enabling the transfer of learning to be more seamless, thus promoting experiences synonymous to what players receive on game day. Players are exposed to Game States to help broaden their experience and knowledge of how to adapt to certain situations when playing a match. The ultimate aim is to create players who are adaptive and highly skilled to make effective decisions under full pressure within a game context.

These games can range between 11v11 down to 2v2.

Under 7/8/9 (inc GK)	Under 10/11/12 (inc GK)	Under 13/14/15 (inc GK)
5:00pm – 6:00pm	6:00pm – 7:30pm	7:30pm – 9:00pm

Friday - Strength and Conditioning (S&C)

The programme offers players the opportunity to develop their athleticism to enhance their physical capacity to play the game. Activities include a range of reactive agility practices, a hip mobility programme as well as a number of explosive and cutting exercises designed to test and challenge every individual each week.

Under 10/11/12	Under 7/8/9	Under 13/14/15/16
5:15 – 6:00	6:00 – 6:45	6:45 – 7:30

Sunday - Technical Development Pyramid

This programme exposes players to the fundamentals of ball mastery with the intention to create 1v1 specialists. In addition, players are taught how to deal with opposition pressure from all angles of the pitch thus helping to develop 1v1 domination. Whether the intention is to stay on the ball as an attacker or to win the ball as a defender, both aspects provide opportunities to learn both elements of the game.

This focuses on 4 levels:

- 1) *Laying the Foundations* (Unopposed technical development)
- 2) *Testing the Foundations* (Pressured technical development - 1v1)
- 3) *Applying the Foundations* (Opposed technical development - 1v1)
- 4) *Assessing the Foundations* (Applied technical development - Game format)

Under 7/8/9/10/11	Under 12/13/14/15
4:30pm – 5:45pm	5:45pm – 7:00pm
GK U6-19	GK U10-15
4:30pm – 5:45pm	5:45pm- 7:00pm

Tuesday - Additional Strength & Conditioning (S&C) Training

Day: Tuesday

Time: 7:00pm – 8:00pm

Location: Mount Tamar School, Row Lane, Plymouth, PL5 2EF

Sports Specific Strength and Conditioning Syllabus in conjunction with the IFA Programme:

Strength and Conditioning (S&C) is a method of gym-based training utilized across a multitude of various amateur and professional sports. S&C in essence is using strength-based techniques to improve athletic performance and aptitude. S&C is already at the forefront of most top-level professional football clubs and academies across the country.

In association football, lower body strength is required for kicking, jumping, tackling, twisting and turning and also forms the foundation for explosive speed. Upper body strength is required for shielding the ball, holding off opponents, throw-ins and also contributes to overall power and explosiveness.

This phase of training will cover a rotational pattern varying from SAQ (Speed, Agility and Quickness) to explosive plyometric workouts. Classes will be delivered by a degree level coach with many years of strength and fitness experience as well as being a former semi professional player himself.

The cost of these sessions are £20.00 per month.