

SWERVE SOCCER



# EVENING TRAINING PROGRAMME

IN PARTNERSHIP WITH

**BEDE'S**



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**SWERVE SOCCER'S EVENING TRAINING PROGRAMME SHOULD BE USED AS AN ADDITIONAL TOOL THAT COMPLIMENTS EACH CHILD'S ALREADY ESTABLISHED PLAYING PATH VIA THEIR SCHOOLS, CLUBS AND ACADEMIES. WE BASE OURSELVES IN-BETWEEN GRASSROOTS FOOTBALL AND PROFESSIONAL ACADEMIES.**

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**Oliver Davies**

Swerve Soccer Director

# INTRODUCTION

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## Welcome to Swerve Soccer's Evening Training Programme in partnership with Bede's School.

Our evening training programme offers advanced coaching sessions for players in school years 2-9 (ages 5-14) with classes operating every Thursday evening between 5.30pm-8pm. The programme is led by former Southampton and England U21 professional Dan Harding. Dan is joined by a team of UEFA qualified coaches and high-performance trainers who have a wealth of experience within youth football.

Your child will train at Bede's School, Upper Dicker with access to an all-weather training pitch, a state-of-the-art gym and a modern sports hall which all form part of a multi-million-pound complex.

Swerve Soccer looks to develop each student into the 'complete player'. This will be achieved through a progressive training format specific to each team's characteristics. Teams are segregated into playing abilities throughout the season and we tend to merge two-year groups to maximise playing levels.

Swerve Soccer offer ad-hoc termly fixtures against local clubs along with higher playing opportunities to professionally linked academies.

Players that are successful in their trial with Swerve Soccer will have access to a vast array of training tools developing technical, tactical, physiological and psychological attributes.

Our Evening Training Programme is an extension service alongside programmes your child may already attend, such as a their club, school or academy team. We do not wish to provide an environment whereby we take your child away from their playing commitments.

Swerve Soccer regularly monitor players performance with the outlook of providing higher playing opportunities where possible.

# OVERVIEW

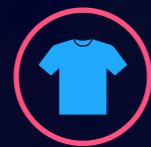
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DAY	YEAR GROUPS	TIME	PRICE
THU	Y1-Y2	17:30-18:45	£10 P/S
	Y3-Y4		
	Y3-Y4 (GOALKEEPERS)		
	Y5-Y6	18:45-20:00	
	Y7-Y8		
	Y5-Y6 (GOALKEEPERS)		



## Location

Bede's Senior School, Upper Dicker, East Sussex, BN27 3QH



## Kit

Players must wear full training kit (t-shirt, jumper, shorts and socks).  
Kit can be purchased online



## Gender

Mixed training



## Footwear Required

Astro/ running trainers & football boots



## Playing Level

Groups are split in accordance to age and level



## Perks

Discount on holidays clubs and programmes

# LOCATION

Players will train at one of the top independent footballing schools in the country.

Bede's Senior School provides the perfect training environment:

- ▶ **1x** floodlit artificial football pitch
- ▶ **5x** eleven a-side grass pitches
- ▶ **1x** multi-purpose sports complex
- ▶ **1x** state-of-the-art gym

Players will have the opportunity to utilise the above facilities during their progressive training programme.



# TYPICAL TRAINING SESSION

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- ▶ Arrival SAQ/ball mastery warm-up
- ▶ Light performance enhancement training (SAQ/S&C) or workshop
- ▶ Technical session with themed topic
- ▶ Small sided game with emphasis on themed topic
- ▶ Cool down and de-brief

## TERM ONE



# BOLT-ONS

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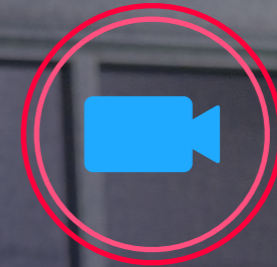
## UEFA & FA LICENCE COACHES

Training is conducted by coaches who have an extensive knowledge within youth football.



## BALL MASTERY

Learn Swerve Soccer's fundamental ball mastery skills via our YouTube channel.



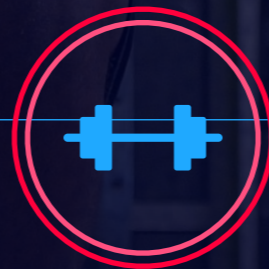
## VIDEO ANALYSIS

Video recordings will be provided for self-analysis post fixtures.



## PRO COACHING

Regular training from former professional player Dan Harding



## STRENGTH & CONDITIONING

Age appropriate strength and conditioning classes will be integrated within the programme.



## SPORTS SCIENCE

Injury prevention workshops that cover osgood schlatters, sever's disease and stretching and rolling.

# 360° PROCESS

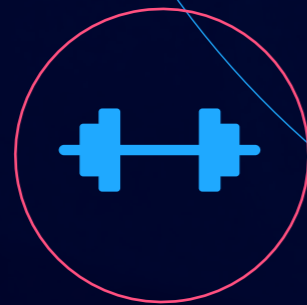
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Creating the 'Complete Player' through a 360° training process.



## OPPORTUNITY

- ▶ Pathways
- ▶ Guest masterclasses



## PHYSICAL

- ▶ Co-ordination
- ▶ Conditioning
- ▶ Challenge



## TECHNICAL

- ▶ Ball mastery
- ▶ Practice
- ▶ Group-play



## PSYCHOLOGICAL

- ▶ Understanding
- ▶ Decision making
- ▶ Confidence



## SOCIAL

- ▶ Communication
- ▶ Self-esteem
- ▶ Teamwork



# METHODOLOGY

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1. Training will be adapted to the players and their individual and collective characteristics.
2. Sessions are structured, progressive and gradual.
3. Training environment will be approached in a holistic and integral manner.
4. Our classes is focused on the players having a good deal with the ball (both dominant and non dominant feet).
5. We ensure players are in permanent contact with the ball for an adequate amount of time each session
6. All aspects to make the complete player are covered (Technical, Tactical, Physical and Psychological).
7. We ensure players understanding the perception of the game (tactical area)
8. Players will have the same opportunities (in the training and during competitions).
9. Leave aside the “win over all”, but use the competition as a fundamental part of the training process.
10. Our main goal: to enjoy playing football

# DAN HARDING

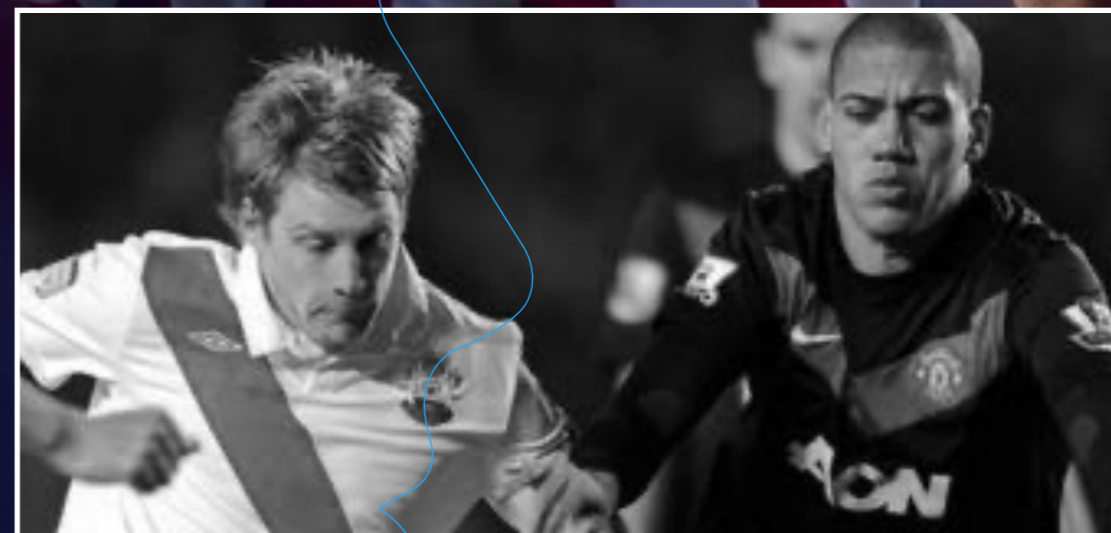
## FORMER PROFESSIONAL PLAYER

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Dan began his professional career with Brighton and Hove Albion. He played for Leeds, Ipswich, Reading, Southampton and Nottingham Forest. Dan's career spanned over 16 years, playing in excess of 350 professional league matches for some of the UK's biggest soccer clubs demanding over £1 million in transfer fees. Dan also has caps at international level, playing four times for England U21's while helping them qualify for the European championships.

Dan has four promotion medals to his name and his biggest achievement is being an integral part of the Southampton back-to-back promotions to the Premier League. Dan has played alongside world-class players such as Adam Lallana (Liverpool and England), Alex Chamberlain (Liverpool and England), Morgan Schneiderlain (Everton and France), Ricky Lambert and Jose Fonte (West Ham and current European champion with Portugal).

Dan earned his coaching badges while working at the Southampton FC Academy, which has produced players such as Gareth Bale, Adam Lallana and Alex Chamberlain.



# TONY MORRISS

## ADVANCED STRENGTH & CONDITIONING COACH

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Tony is an advanced high-performance strength & conditioning coach and advanced first aider with over 20 years experience.

Tony has worked with Premier League Player Solly March (pictured). Tony will lead our performance training sessions. These include:

- ▶ Strength & conditioning
- ▶ SAQ training
- ▶ Injury Prevention workshops



**SWERVE SOCCER**



**SWERVE SOCCER, 28 WILTON ROAD, BEXHILL-ON-SEA, TN40 1EZ**

**[WWW.SWERVESOCCERCAMPS.COM](http://WWW.SWERVESOCCERCAMPS.COM)**

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