

The Tettenhall College International Football Academy

INFORMATION FOR THE:

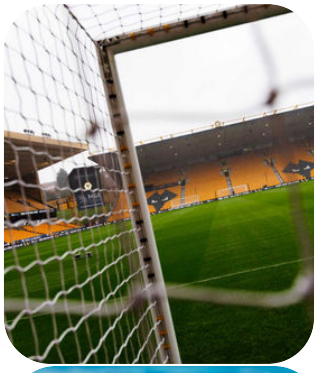
ELITE PATHWAY: YEARS 11 - 13 (AGES 15 - 19)

Membership of the Tettenhall College International Football Academy is subject to being an enrolled day or boarding pupil at the school.

From Year 11 at Tettenhall College, pupils step up into the Elite Pathway and begin a three-year journey that combines high-level football development with outstanding education.



Each player follows a personalised training schedule, averaging 12 hours of high intensity coaching, training and fitness development each week. Along side this, there is a comprehensive schedule of league and friendly fixtures, all designed to challenge, elevate and prepare an athlete for the next level of performance.



- High Intensity Technical Sessions with Wolves FC & All Stars coaches each week - focused on individual development, typically leading up to a game
- Tactical sessions with Wolves FC and All Stars coaches each week - the day before a match centred on squad preparation and game plans
- Recovery sessions - lighter, low-intensity work the day after a game
- Selected training sessions at Wolves Training Ground, Compton Park
- One to two Match Days per week - a combination of league competitions and arranged friendlies:
  - Game Days: Wednesday and Saturday
  - There will be additional match opportunities through the season against professional academy sides across the region and international touring teams.
- Opportunities to attend Wolves FC fixtures during the season
- Personalised strength & conditioning sessions
- Professional sports psychology visualisation and goal setting
- Wider exposure to football and the business of football through sessions with Wolves FC representatives
- Wear the International Football Academy kit (football strip included)
- Option to be selected to attend the Gothia Youth World Cup



PERFORMANCE SUPPORT

Performance analysis sits at the heart of what we do. When it is paired with a personalised action plan, it becomes a really powerful tool - helping players pinpoint the specific areas of their game, that, when improved, make a tangible difference to their contribution within the team. In order to support the development process, each match will be filmed and reviewed, in order to support each players Individual Action Plan. In support of this, players have access to:

- PHYSIOTHERAPY
- SPORTS THERAPY
- STRENGTH & CONDITIONING
- SPORTS PSYCHOLOGY
- PERFORMANCE ANALYSIS
- SPECIAL PLAYER MENU Nutrition for body & mind



PRICE: £1,199 per term (inc. VAT)

(In addition to the standard termly school fees)