



COLCHESTER UNITED FC

Football in the Community

REDUCED
PRICES FOR
OUR HOLIDAY
ACTIVITIES

AUTUMN 2018

ACTIVITIES FOR CHILDREN



Supported by
Premier League



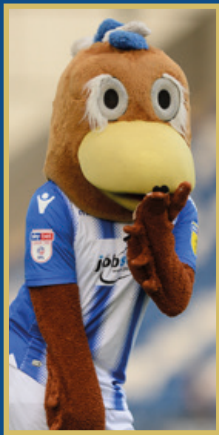
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#UniteOurCommunities

ACTIVITIES FOR CHILDREN

INTRODUCTION

Another year at school has begun which means our Colchester United Football in the Community courses are now up and running for the Autumn Term! As well as this we have our Holiday Activities for both the October Half Term and Christmas Period.



Over the years I have been lucky enough to attend plenty of FITC Courses both in Term Time and Holiday periods and I must say I always have such a fantastic time joining in with you all. I am sure to be attending loads of courses over the coming weeks and months so make sure you come and say hello if you see me.

As things are going well on the pitch for the U's at the moment its great to have so many young U's fan starting out their journey in football and who knows, YOU could be the next Sammie Szmodics!

Up the U's!
Eddie the Eagle

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MAKE A BOOKING

Book your courses online at the click of a button with our online service!



Simply visit

www.officialsoccerschools.co.uk/colchesterunited and follow the instructions.



COLCHESTER UNITED FC

Football in the Community

ABOUT US

Colchester United's Football in the Community is a registered charity that provides high quality sports and education programmes to children, young people and adults from across the region. In August 2014 Colchester United Football in the Community was awarded charitable status, enabling us as an organisation to be supported by the Charities Commission and Football League Trust. This also ensures that all the funding and income received is re-invested back into the improvement and development of the organisation.

When you book an activity with us, you can be confident that your child will have a great experience and make new friends:

- At an affordable price
- In a safe learning environment
- At superb venues with great facilities

Working in the heart of your local community, parents can rest assured that all activities will be delivered by highly qualified coaches with a wealth of experience in developing young people of all abilities.

FOOTBALL IN THE COMMUNITY COACHES

Key to your child's safety and enjoyment is a high level of guidance provided by our staff who are:

- Enthusiastic and experienced at working with children
- FA qualified coaches
- Trained in Emergency Aid
- CRB checked
- Safeguarding trained

HOW TO FIND US

Directions: www.cu-fc.com/club/directions

Satnav: Shrub End, CO2 9BQ;

JobServe Community Stadium (JCS), CO4 5ZD

COLCHESTER UNITED SKILLS CENTRE

SOCCER MINIS/EARLY EAGLES

For children aged four or in Reception/school years 1 or 2. It offers football coaching for the youngest players in two age groups. Sessions include skills coaching, fun games to reinforce the coaching points and small-sided games to give players a basic understanding of the rules of football.

SOCCER KIDS

For children in school years 3, 4, 5 and 6. Coaching is split into two age groups. Sessions include a warm up, enabling children to re-visit and refine techniques whilst building confidence in game situations.

SOCCER 4S

For children in school years 5 and 6. Soccer 4s includes lots of 4 v 4 games to develop technique, football insight and communication. Each session includes a conditioned small-sided game.

SKILLS SCHOOL

For secondary school players wishing to receive further coaching on ways to be skilful with the ball at their feet. A popular session for players that have progressed through Soccer Kids.

TINY U'S

Sessions designed specifically for children aged between two to three years old. Working on the basic fundamental movements, agility, balance and coordination alongside ball control, familiarity and mastery.

MONDAYS

Dates	School Yr	Time		Venue	Code	Price
10 September - 17 December 2018	Rec	16:00 – 17:00	Soccer Minis	Shrub End	SE1	£56.00
	1 & 2	16:00 – 17:00	Soccer Minis	Shrub End	SE2	£56.00

TUESDAYS

Dates	School Yr	Time		Venue	Code	Price
4 September - 18 December 2018	Rec, 1 & 2	16:00 – 17:00	Soccer Minis	JCS	JCS1	£60.00
	3 – 6	17:00 – 18:00	Soccer Kids	JCS	JCS2	£60.00

THURSDAYS

Dates	School Yr	Time		Venue	Code	Price
6 September - 13 December 2018	3 & 4	17:00 – 18:00	Soccer Kids	Shrub End	SE3	£56.00
	5 & 6	17:00 – 18:00	Soccer 4s	Shrub End	SE4	£56.00
	7 – 9	17:00 – 18:00	Skills School	Shrub End	SE5	£56.00
	3 – 9	17:00 – 18:00	Technical Goalkeeping Programme	Shrub End	SE7	£56.00

FRIDAYS

Dates	School Yr	Time		Venue	Code	Price
7 September - 14 December 2018	Rec	16:00 – 17:00	Soccer Minis	Shrub End	SE10	£56.00
	1 & 2	16:00 – 17:00	Soccer Minis	Shrub End	SE11	£56.00
	3 & 4	16:00 – 17:00	Soccer Kids	Shrub End	SE12	£56.00
	5 & 6	16:00 – 17:00	Soccer 4s	Shrub End	SE13	£56.00
2 Nov - 14 Dec 2018	2 – 3 yrs	16:15 – 17:00	Tiny U's	Shrub End	SE8	£5.00

SATURDAYS

Dates	School Yr	Time		Venue	Code	Price
8 September - 15 December 2018	Rec & 1	09:30 – 10:30	Early Eagles	JCS	JCS3	£56.00
	2	09:30 – 10:30	Early Eagles	JCS	JCS4	£56.00

Please note there will be no sessions week commencing 22nd October 2017 due to October half-term.



TECHNICAL GOALKEEPING PROGRAMME

The Technical Goalkeeping Programme (TGP) is designed to support the development of goalkeepers of all abilities whether at the beginning of their journey or those looking at accessing additional professional goalkeeping coaching. Goalkeepers who attend these sessions may have the opportunity to attend our invitation only sessions within the Development Centre.

HOLIDAY ACTIVITIES

For camps with two or more days duration, attendees will receive a free gift, a certificate of attendance as well as the chance to compete in competitions, tournaments and for 'Player of the Camp' prizes.

SOCGER CAMPS

Our Soccer camps offer coaching for both boys and girls of all abilities from School Years 2-6. Delivered by our FA Qualified FITC coaches, each attendee will receive a certificate of attendance and a free gift, and will have the opportunity to compete for trophies and medals as well as opportunities to be selected for our CUFC Development Centres. Depending on availability, CUFC player and Eddie the Eagle mascot appearances are also arranged to provide an enriching and memorable experience!

GOALKEEPERS CAMP

This position-specific course will cover all aspects of the CUFC Development Centre Goalkeeping syllabus, suitably challenging young and enthusiastic goalkeepers of all abilities. Components include handling technical practices, shot stopping, footwork drills, distribution techniques from both hands and feet, communication and fun games. This camp often runs concurrently with our soccer camps, allowing the opportunity to implement everything practiced into a match environment.

MINI KICKERS

This is an introductory course for children in School Years Reception – Year 2. With a great emphasis on fun and enjoyment, our enthusiastic coaches will deliver sessions that will improve and develop your child's fundamental movements and basic listening, social and football skills through the means of play and light competition.

STRIKERS CAMP

Goals, goals, goals! From basic shooting technique to game play situations against tough defenders, this camp is guaranteed to give any young goal-scoring enthusiast some tips to become a better striker, regardless of ability.

TRAIN LIKE A PRO

Ever wondered what it's like to train like a professional footballer? Now you can! This camp is aimed at secondary school aged footballers that wish to experience a professional training environment. Specifically, this involves more advanced coaching sessions designed to test and improve both technical and tactical game understanding. Match preparation guidance in the form of nutritional advice also provided.

TOURNAMENT DAYS

Age group specific Tournament Days for School Years 2-6 and School Years 7-11.



Our tournament days offer a whole day of playing small-sided matches to both boys and girls of all abilities. All attendees will have the opportunity to win competition winners' medals as well as MVP awards!

GIRLS ONLY FOOTBALL FUN DAYS

Our Girls Only Football Fun Days give female players the opportunity to refine their techniques in a safe and enjoyable environment. Activities are designed to improve individual skillset through technical practices whilst providing the opportunity to meet and make new friends. Players who demonstrate a high skill level on this camp can be recommended to Essex FA's Female PDC or Centre of Excellence programmes.

SPORTY TOTS

This is an elementary course for 2-4 year olds.

Sporty Tots is a fun introduction to sport, focusing on developing balance, co-ordination, sending, receiving and striking skills. During the sessions, staff will use a variety of fun-filled games and activities, with the assistance of parents (if necessary), to engage and interact with the children.



OCTOBER HALF TERM

Date(s)	School Yr	Time	Venue	Code	Full Price	Price p/Day
SOCCER CAMP						
22, 23, 24 October 2018	2 – 6	9.30 – 15.00	Shrub End ●	SE14	£35.00	£15.00
GOALKEEPERS CAMP						
22, 23, 24 October 2018	2 – 6	9.30 – 15.00	Shrub End ●	SE15	£35.00	£15.00
GIRLS ONLY SOCCER CAMP						
22, 23, 24 October 2018	2 – 6	9.30 – 15.00	Shrub End ●	SE16	£35.00	£15.00
MINI KICKERS						
22, 23, 24 October 2018	Rec – 2	10.00 – 12.00	Shrub End ●	SE17	£15.00	£6.50
25, 26 October 2018	Rec – 2	10.00 – 12.00	JCS ●	JCS5	£12.50	£8.00
TRAIN LIKE A PRO						
22, 23, 24 October 2018	7 – 11	9.30 – 15.00	Shrub End ●	SE18	£35.00	£15.00
SPORTY TOTS						
23 October 2018	2 – 4 yrs	10.00 – 11.00	Shrub End ●	SE19	£5.00	n/a
STRIKERS CAMP						
25, 26 October 2018	2 – 6	9.30 – 15.00	JCS ●	JCS6	£25.00	£15.00



CAN'T ATTEND EVERY DAY OF A CAMP? YOU CAN NOW BOOK INDIVIDUAL DAYS ON ALL OUR COURSES!

CHRISTMAS HOLIDAYS

Date(s)	School Yr	Time	Venue	Code	Full Price	Price p/Day
SOCCER CAMP						
20, 21 December 2018	2 – 6	9.30 – 15.00	Shrub End ●	SE20	£25.00	£15.00
MINI KICKERS						
20, 21 December 2018	Rec – 2	10.00 – 12.00	Shrub End ●	SE21	£12.50	£8.00
TRAIN LIKE A PRO						
20, 21 December 2018	7 – 11	9.30 – 15.00	Shrub End ●	SE22	£25.00	£15.00
STRIKERS CAMP						
27, 28 December 2018	2 – 6	9.30 – 15.00	JCS ●	JCS7	£25.00	£15.00

- Early drop off service available for an additional cost of £5.00 per day at Shrub End and JCS only from 08.15 – 9.30.

TEAM & 1-2-1 COACHING

Colchester United Football in the Community is offering a programme specifically designed for grass roots football teams and individual players.

We are offering your club the chance to choose from a range of unique coaching experiences where one of our coaches will come and coach your team or individual players.

PREMIER PACKAGE

£50 1 hour of coaching at JCS Astroturf pitches

CHAMPIONSHIP PACKAGE

£25 1 hour of coaching at a venue of your choice.

LEAGUE ONE PACKAGE

£35 1 hour of facility hire at JCS or Shrub End astro turf pitches

ONE-TO-ONE COACHING

£25 per hour of one-to-one coaching for individual players



BOOK YOUR COURSES ONLINE!

Colchester United's Football in the Community courses can be booked at the click of a button with our online booking service.

Using Official Soccer Schools, you are able to book all term time and holiday activities online - making it even easier than ever to get involved with Colchester United Football in the Community!

To book online please visit www.officialsoccerschools.co.uk/colchesterunited

Colchester United's Football in the Community programme provides high quality sporting provision for schools and groups across the region, strengthening the bond between the club and the community. In September 2015 Colchester United Football in the Community was awarded challenge status, enabling us to act as an organisation to be supported by the Football Foundation and the Football League Trust. This also ensures that all funding and income received is re-invested back into the improvement and development of the organisation.

The scheme provides high quality sports and education programmes to children, young people and adults from across the region. Currently delivering sport to over 5,500 participants a week through activities delivered in schools, and local venues whilst also offering a extensive holiday activity programme.

Being in the heart of your local community, you can rest assured that all activities will be led by highly qualified coaches with a wealth of experience in developing young players.

COLCHESTER UNITED FOOTBALL IN THE COMMUNITY COURSES

OFFICIAL SOCCER SCHOOLS
A FOOTBALL LEAGUE TRUST WEBSITE