COLCHESTER UNITED FC

Football in the Community

SPRING 2022

ACTIVITIES FOR CHILDREN

EFL TRUST

Professional Footballers' Association

Supported by Premier League

ClassForKids

Registered Charity Number: 1159381

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#UniteOurCommunities

ACTIVITIES FOR CHILDREN

INTRODUCTION

Colchester United Football in the Community are pleased to confirm that our courses are now up and running for the 2022 Spring Term!

As always we also have our new School Holidays programme for the upcoming February and Easter Half-Term periods too!

Eddie x

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MAKE A BOOKING

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

ClassForKids.

COLCHESTER UNITED FC

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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 Charites 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 5UP

COLCHESTER UNITED SKILLS CENTRE

Our Skills Centre is an Open To All programme for the ages of 4 – 14 and focuses on developing those that attend in basic to advanced skill practices and match environments

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.

SKILLS CENTRE

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.

SKILLS SKOOL

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.

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.

WILDCATS

Wildcats Girls Football Clubs are a new initiative supported by The FA for girls to come and enjoy the game in a fun relaxed environment while developing their skills. The sessions are ideal for girls new to football who would like to meet new friends, develop fundamental skills, learn new things and create the foundation for a lifelong love of football. The girls will be engaged through mini games and having the freedom to be creative when playing.

TUESDAYS

DATES	SCHOOL YR	TIME		VENUE	CODE	PRICE
4 January - 29 March 2022	SY 3 – 6	17:00 – 18:00	Skills Centre	JCS	JCS1	£60.00

THURSDAYS

DATES	SCHOOL YR	TIME		VENUE	CODE	PRICE
6 January - 31 March 2022	SY 7 – 10	17:00 – 18:00	Skills Skool	Shrub End	SE1	£60.00
	SY 3 – 6	17:00 – 18:00	Skills Centre	Shrub End	SE2	£60.00
	SY 2 – 9	17:00 – 18:00	Technical Goalkeeping Programme	Shrub End	SE3	£60.00
	SY Rec – 6	17:00 – 18:00	Wildcats (Girls Only)	Shrub End	SE5	£60.00

FRIDAYS

DATES	SCHOOL YR	TIME		VENUE	CODE	PRICE
7 January - 1 April 2022	SY Rec	16:00 – 17:00	Soccer Minis	Shrub End	SE6	£60.00
	SY 1	16:00 – 17:00	Skills Centre	Shrub End	SE7	£60.00
	SY 2	16:00 – 17:00	Skills Centre	Shrub End	SE7	£60.00
	SY 3 – 4	16:00 – 17:00	Skills Centre	Shrub End	SE8	£60.00
	SY 5 – 6	16:00 – 17:00	Skills Centre	Shrub End	SE9	£60.00
	Age 2 – 4	16:15 – 17:00	Tiny U's	Shrub End	SE10	£30.00

SATURDAYS

DATES	SCHOOL YR	TIME		VENUE	CODE	PRICE
8 January - 2 April 2022	SY Rec – 2	09:30 – 10:30	Early Eagles	JCS	JCS2	£60.00
	SY 3 – 4	10:30 – 11:30	Skills Centre	JCS	JCS3	£60.00

INTERESTED IN A TASTER SESSION? VISIT CLASS4KIDS TO FIND OUT MORE!

VENUES: Shrub End Community Sports Centre – CO2 9BG, JobServe Community Stadium – CO4 5UP

Please note there is no session WC 15th February 2021 due to February Half Term

HOLIDAY ACTIVITIES

WHEN YOU BOOK ON A CUFITC HOLIDAY COURSE YOU WILL:

- Have the chance to meet Colchester United first team players and Eddie the Eagle
- Possibility to be recommended to our boys and girls Development Centres

GUARANTEES

- Receive a free gift if you attend two days or more
- Meet new friends
- Compete in challenges to receive prizes
- A fun, challenging and disciplined environment

SOCCER 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.

GIRLS ONLY CAMPS

Our Girls Only Soccer Camps 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.

FEBRUARY HALF-TERM

DATE(S)	SCHOOL YR	TIME	VENUE	CODE	EARLY BIRD	FULL PRICE	EARLY BIRD P/D	FULL PRICE P/D
EDDIE'S MINI KICKERS								
14, 15, 16 February 2022	SY Rec – 2	10.00 – 12.00	Shrub End ●	SE11	£18.00	£20.00	£8.00	£10.00
SOCCER CAMP								
14, 15, 16 February 2022	SY 3 – 6	9.30 – 15.00	Shrub End ●	SE12	£45.00	£50.00	£18.50	£20.00
TRAIN LIKE A PRO								
14, 15, 16 February 2022	SY 7 – 11	9.30 – 15.00	Shrub End ●	SE13	£45.00	£50.00	£18.50	£20.00
GIRLS ONLY SOCCER CAMP								
14, 15, 16 February 2022	SY 3 – 6	9.30 – 15.00	Shrub End ●	SE14	£45.00	£50.00	£18.50	£20.00
GOALKEEPERS CAMP								
14, 15, 16 February 2022	SY 3 – 6	9.30 – 15.00	Shrub End ●	SE15	£45.00	£50.00	£18.50	£20.00
STRIKERS CAMP								
17, 18 February 2022	SY 3 – 6	9.30 – 15.00	JCS ●	JCS4	£30.00	£35.00	£18.50	£20.00

Book before 17th January to receive the Early Bird Prices for February Half Term

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

ClassForKids
BOOK YOUR COURSES ONLINE!

EASTER HALF-TERM

DATE(S)	SCHOOL YR	TIME	VENUE	CODE	EARLY BIRD	FULL PRICE	EARLY BIRD P/D	FULL PRICE P/D
EDDIE'S MINI KICKERS								
4, 5, 6 April 2022	SY Rec – 2	10.00 – 12.00	Shrub End ●	SE16	£18.00	£20.00	£8.00	£10.00
SOCCER CAMP								
4, 5, 6 April 2022	SY 3 – 6	9.30 – 15.00	Shrub End ●	SE17	£45.00	£50.00	£18.50	£20.00
TRAIN LIKE A PRO								
4, 5, 6 April 2022	SY 7 – 11	9.30 – 15.00	Shrub End ●	SE18	£45.00	£50.00	£18.50	£20.00
GIRLS ONLY SOCCER CAMP								
4, 5, 6 April 2022	SY 3 – 6	9.30 – 15.00	Shrub End ●	SE19	£45.00	£50.00	£18.50	£20.00
GOALKEEPERS CAMP								
4, 5, 6 April 2022	SY 3 – 6	9.30 – 15.00	Shrub End ●	SE20	£45.00	£50.00	£18.50	£20.00
STRIKERS CAMP								
13, 14 April 2022	SY 3 – 6	9.30 – 15.00	JCS ●	JCS5	£30.00	£35.00	£18.50	£20.00

Book before 7th March to receive the Early Bird Prices for Easter Half Term

● **Early drop off service available for an additional cost of £5.00 per day at Shrub End and JCS only from 08.30 – 9.30.**

VENUES: Shrub End Community Sports Centre – CO2 9BG
JobServe Community Stadium – CO4 5UP

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 *ClassForKids*, you are able to book all Skills Centre and holiday activities online - making it even easier than ever to get involved with Colchester United Football in the Community!

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