

## **GIRLS' FOOTBALL CAMP**

14th - 16th April | 9am - 12noon | Aged 5-14 Add-ons: Holiday Club from 12 -7pm, prices vary **Venue: Ardingly College** 

Our qualified football coaches will deliver a programme designed to engage and unleash the potential in all young players, through technical, tactical and physical aspects of football.



1st XI Head Coach at Crawley Wasps Woman's in the FA Women's National League Southern Premier



Head Coach - ISFA U15 South Girls



Ardingly College Football Development Officer

To book Sports Camps, Click Here To book Holiday & Sports, Click Here





## TIMETABLE & INFORMATION

## **MONDAY - FRIDAY**

09:00 – 09:15 : Arrival & Registration (Ardingly Active Hub)

09:15 – 09:45: Fun sport specific warm up and team building exercises

09:45 - 10:30: Technical & skill sport specific practices aligning with topic of

the day

10:30 - 10:45 : Break

10:45 - 11:55 : Tournament

12:00 : Departure

## WHAT TO BRING

Water Bottle | Shin Pads | Football Boots | Trainers | A Snack

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(ardinglyactive)

Did you know that **Ardingly Active also runs:** 

Hockey, Netball, Girls' Football, Cricket, Holiday Club & Swim School camps throughout the year.