

Arsenal

ARSENAL FOOTBALL CLUB
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To whom it may concern,

Our Arsenal Football Development Language Programmes, delivered in partnership with Exsportise Summer Schools, are the perfect experience for young, aspiring footballers who want to learn what it takes to be an Arsenal Player.

Our ethos at Arsenal FC focuses on developing the person first and then the player. We mirror this ethos in our language programmes. These provide opportunities to learn language and other skills that will be useful in everyday life, whilst developing the child's footballing abilities; and an understanding of what it means to be an academy player at Arsenal.

Off the field there are a series of workshops that develop the students' knowledge and understanding of what it takes to be a professional footballer. Our workshops include the latest advice on nutrition, injury prevention, tactical analysis and sport psychology for optimising performance.

Our coaches replicate a training week that our academy players go through in the season using the same topics, learning outcomes and coaching styles that have been successful in developing some of the best young talent in the world. Leah Williamson has been with our girl's Player Development Performance (PDP) programme since the age of nine and now represents Arsenal WFC and the England Lionesses. Additionally, we currently have seven academy graduates in our men's first team squad, led by Bukayo Saka's emergence as one of the Premier League's most promising young talents.

We tailor the loading, intensity and complexity of the sessions to the individual needs of the players on our camp in order to prioritize their enjoyment and wellbeing. Training history is one of the key factors when determining the appropriate intensity in a session and we are constantly mindful of limiting injury risk.

Our coaches are trained to observe, identify and coach players individually within a group setting, ensuring each player receives the attention they deserve. We mix boys and girls together to provide a competitive element to every session as well as positive, new social challenges.

Kind Regards

A handwritten signature in black ink, appearing to read 'Simon McManus'.

Simon McManus
Football Development Lead Coach
Arsenal Football Club

note: this is not a Talent ID or Recruitment programme for Arsenal FC



**VISIT
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