





# IH Manchester Football Academy

## Introduction

Established in 2006, the IH Manchester football academy offers a full range of football education and coaching programmes, showcase days, professional player assessments and trial opportunities. Our programmes combine professional football training, academic learning and trial/exposure opportunities, putting you in the best position to develop your game and showcase your talent to professional club scouts and coaches and start your career in football. Our UEFA trained professional football coaches work with our squads on all aspects of their game including; fitness training, stamina, endurance training and both technical and tactical match play skills.

## Showcase Opportunities

Our academy players regularly compete in friendly matches against youth teams from pro and semi pro clubs, academies and local college teams. IH Manchester academy players also benefit from regular guest coaching sessions led by prominent coaches (many of which are accomplished ex-professional players) from professional clubs from the north west of England. A formal Show Case Day is arranged twice per year allowing our players to demonstrate their skills in front of invited pro-club scouts representing clubs from Premier League to semi-pro. Finally, our players also visit local professional football club academies for coaching days throughout the year.

## Match Play

As well as playing friendly matches, as we are an FA affiliated academy our teams also play in local leagues. Competitive fixtures give the players an opportunity to showcase their talent to the coaches and visiting scouts/club coaches and to put into practice the skills learnt during training. Throughout the football programme we offer a variety of excursions and opportunities depending on your time of stay, all participants on the programme have the option to sign up. Events include; trips to professional football clubs for coaching sessions, show case and trial days, visiting guest speakers and attending live games in the northwest of England.



## Training Ground

Our training facilities are located at Ten Acres Lane Sports Complex.

The facilities include:

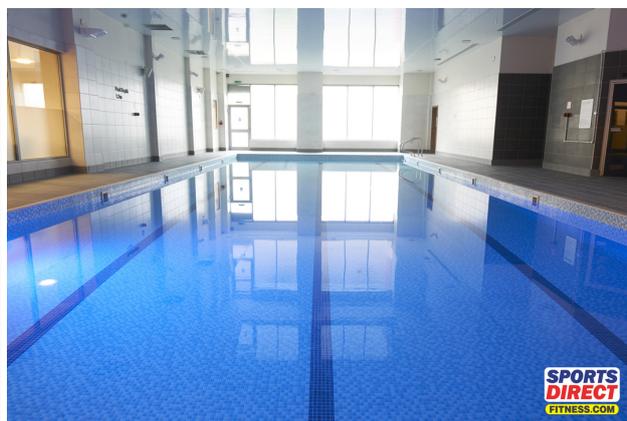
- Modern 3G football pitch accommodating 5, 7, 9 and 11-a-side games
- Multi sports hall
- Changing rooms
- Ten Acres Lane Sports Complex is also the proud home of the National Taekwondo Centre and multi-medal winning Team GB Taekwondo.

## Gym

The facilities at the city centre gym include: sauna, steam room, swimming pool, large free weights area, cardio & resistance equipment, functional training, group exercise studio & spin studio.



Typical Sports Direct gym pictured.



## City Centre School

Our city centre school is just a five minute walk from Piccadilly Gardens.

# Course Options

Course	Age	Location	Dates
<b>Football + English</b>	16+	Manchester School	Start any Monday all year round (during term time)
<b>Football + BTEC</b>	16+	Manchester School	September, January or July start dates
<b>Football + A Levels Football + International Foundation Programme</b>	16+	Abbey College	September - July, academic year
<b>Boarding School academic school year</b>  <b>GCSEs A Levels International Baccalaureate</b>	11-18	Ellesmere College	September - July, academic year
<b>Football Only</b>	16+	Ten Acres Lane Training Ground/ Manchester School	Start any Monday during term time
<b>Football Showcase Event</b>	11+	Ten Acres Lane Training Ground	April and October



# Coaching Staff



Frank Sinclair

## Course Information:

Educational options	<p>English Language Lessons 16+</p> <p>BTEC NQF Level 3 Diploma and Sub diploma in sports performance and excellence 16+</p> <p>Football only 16+</p>
Students per class	maximum 15
Hours of lessons per weeks	<p>English - 15 hours</p> <p>BTEC - 18 hours</p>
Football Training and transport	<p>10 hours per week at our training ground.</p> <p>Students will be transported from the city centre school to the training ground each day and back again after training.</p>
Course Duration	1 week taster course - 22 weeks

### Additional Benefits

- Training led by UEFA qualified coaches
- Visits to pro-club academies and club representatives
- Match play + post-match video analysis

**John Macken**



**Richie Wellens**



<p>Accommodation</p>	<p>Standard Homestay half board Mon - Fri, full board at the weekend, sharing twin room with another student, bathroom shared with host.</p> <p>Self Catering Student Residence - over 18 only Single en-suite bedroom, kitchen and living area shared with other students. Residence is subject to availability, supplement payable.</p>
<p>Kit Included - 1-4 weeks Kit Included 12 + weeks</p>	<p>2 training kits, 2 tracksuits, 2 polos 3 training kits, 2 tracksuits, 1 bench jacket, 1 rain jacket, 1 bag, 2 polos</p>
<p>Insurance</p>	<p>GuardMe Travel Insurance (Full details available on request)</p>
<p>Airport transfers</p>	<p>On arrival and departure, Manchester airport only</p>
<p>Term Dates</p> <p style="text-align: right;">2019</p>	<p>Monday 14th January 2019 - Friday 14th June 2019 Monday 15th July 2019 - Friday 13th December 2019 Monday 9 September 2019 - Friday 13th December 2019</p>

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| <ul style="list-style-type: none"> <li>- Free gym membership</li> <li>- Talks by guest speakers</li> <li>- Showcase events with scouts</li> </ul> | <ul style="list-style-type: none"> <li>- Coaching sessions with ex professionals</li> <li>- Training and match kit provided</li> <li>- Access to large network of pro-club coach and scout contacts</li> </ul> |
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Our course is selective, we only accept applications from players who demonstrate the right character as well as an academic motivation and commitment to their education. We will only enrol those players who have already reached a high level of playing ability and are regularly playing club, school or college football.

We are accredited by Pearson Education for the delivery of the Level 3 BTEC in Sport Performance.

Our football academy is affiliated to the FA (Football Association).

## 10 Reasons Should IHM Football

We communicate regularly and effectively with players and parents: We provide 6 week reviews to reflect upon and discuss each of our individual player's progress during the course of the season.

We offer a choice of campus locations; city centre Manchester (homestay or residence) or Boarding School (Ellesmere College, Shropshire).

Educational achievement is as equally important as football: players have a choice of academic courses; English language, Level 3 BTEC, A levels~ or University Foundation~

Our staff deliver all the football coaching, the education and the welfare. We do not outsource. We employ professional football coaches with experience of playing at a very high level and with UEFA A or B qualifications. Eg. Frank Sinclair - UEFA A qualified (Chelsea FC 1991-97).

## Why YOU Choose All Academy

We are accredited by the British Council for the teaching of English.

Our Showcase Events. Twice a year, in front of invited professional football club scouts and coaches, allow our players exposure to some of the top football clubs in the UK. Many young players earn trials with pro clubs as a result.

We have great connections with many professional and semi-professional football clubs in Manchester and the UK. This provides a great professional network for our players looking to break into professional football. It also allows our players to visit clubs and academies for "train and play" sessions whilst also hosting club guest coaching sessions on our training ground. These are excellent exposure opportunities allowing young players to show their skills to club staff who make recruitment decisions.



## BTEC Diploma - Sport Performance and Excellence

### Year 1 - BTEC Diploma Sport Performance and Excellence

Course Duration	22 or 35 weeks
Level of qualification	NQF Level 3 - Broadly equivalent to 2 A levels
Entry requirements	5 GCSEs A*-C to include English language and maths. A BTEC First Diploma - Level 2 qualification in Sports Studies or a related discipline (merit/distinction profile). Level 2 NVQ in Sports, or a related subject. Applicants will be invited to attend a free trial day where our coaches will assess their ability and suitability for the course.
Academic progression	Level 3 BTEC Extended Diploma in Sports Performance and Excellence (Year 2) Foundation programme in Sport and Exercise Science, Coaching, Business or Marketing leading to entry to a UK university undergraduate degree course in related subjects.
Career prospects	Job opportunities include: professional football, sports/football coach, PE teacher, sports development, fitness professional, sports media.



## Year 2 - BTEC Extended Diploma Sport Performance and Excellence

Course Duration	22 or 35 weeks
Level of qualification	NQF Level 3 - Broadly equivalent to three A Levels
Entry requirements	Students are required to have passed the year 1 diploma to progress to the extended diploma.
Course Information	BTEC Level 3 Extended Diploma prepares students for employment in the vocational sector. Students can also progress to a foundation degree, HND or other professional development programmes.
Academic progression	Direct entry to 1st year UK university undergraduate degree course in Sport, Exercise Science, Coaching, Business or Marketing.
Career prospects	Job opportunities include: professional football, sports/football coach, PE teacher, sports development, fitness professional, sports media.



## Football Showcase Events

### **Showcase your Football Skills to Pro-Club Scouts & Representatives**

Our showcase events offer players the opportunity to train and play in front of official scouts and club representatives from a range of football clubs from the north west of England. All levels of club will be represented; from Premier League down to semi-professional and non-league clubs. In addition, representatives from established scouting organisations, working for clubs across the UK and overseas, will also be in attendance and looking for talented players.

#### **How is a Showcase Event different from a Trial?**

A showcase is either a full or half day event where players can play and train in front of invited scouts and club representatives from clubs of all levels. Should you perform at a high enough level you may be invited to the club training ground for a trial.

#### **What if I get chosen?**

Any player whose details are requested by a pro or semi-professional club will be invited to a trial. Players will be contacted as soon as possible by a member of our team.

#### **What happens at a club trial?**

A club trial gives a player a more extended opportunity to showcase their skill directly to a club's coaching personnel, on their premises to see if the opinion of the scout concurs with that of the club. A club trial can take many different formats and will vary from club to club.



## What can I expect from the day?

### Timetable of the Day (subject to change)

**10.45 hrs** Arrive at Ten Acres Lane Sports Complex for registration.

**11.00 hrs** Welcome from Head Coach & Lead coaches, Split into groups and numbered bib issued (please ensure you keep the numbered bib on at all times, with number showing, this identifies you)

**11.10 hrs** Warm up in groups and Fitness/SAQ work

**11.25 hrs** Coaching Session begins

**12.00 hrs** Short break (please ensure you have a water bottle with you on the day)

**12.10 hrs** Coaching session continues with small sided games

**12.45 hrs** Lunch Break (please bring a packed lunch)

**13.15 hrs** Afternoon coaching session begins

**14.00 hrs** Small Sided Games begin for U14's (older age groups continue session)

**15.00 hrs** 11 V 11 games for older age groups (younger age groups sessions on grass or sports hall)

**16.00 hrs** Finish with group feedback

Showcase events are held twice a year.





## **IHM Football Academy Welcomes Registrations from Female Footballers**

Young male and female players can safely train alongside each other. However, match play and Showcase events are prohibited as these are activities where interaction between boys and girls is not permitted.

IHM FA has made several good working partnerships with FA affiliated women's and girl's football clubs in the Manchester area. These clubs are happy to welcome young visiting players to train with them and compete for match play time. These clubs train on weekday evenings and so, whenever possible, players will be introduced to a club close to their accommodation.

NB - any transport costs involved in attending this extra training would be at a player's own expense.

IHM FA also has close links with some elite level Girls and Women's squads in the north west of England. Players of an appropriate level may also be directed here for training and assessment. Those girls or young women who particularly impress the coaching team may be invited to continue to train with the club whilst they assess their interest in the player.

IHM FA offers girls and young women the chance to improve their football and continue their education. In short, just as we do with our male players, we encourage young women with a passion for football, to be the best that they can be.



## Goalkeepers are Welcome

At IHM FA we can deliver specific goalkeeping coaching as follows:

- Our Head Coach has had direct experience of working with goalkeepers at a Category 1 academy in England. Focusing on all the key elements in order to become an elite level goalkeeper.
- Goalkeepers are given specific direction and goals during full squad drills e.g. guidance on box organisation during corner practice drills.
- Goalkeeper specific drills included daily including- shot stopping, distribution, footwork, communication, handling, agility and speed, ball work and playing out from the back.
- We are able to offer 1-on-1 goalkeeping sessions, which will allow our goalkeepers to have specific training relevant to their position
- We follow The FA “Plan, Do, Review” coaching model, helping us construct appropriate practice and sessions for our goalkeepers.
- During our classroom based sessions and pre match meetings, we discuss the development of young goalkeepers, performance analysis of the goalkeeper and specific goalkeeping psychology.





## Football Only (age 16+)

The programme offers an opportunity to train daily with our International Academy and be part of the fixture schedule without taking part in the study programme in the school.

The programme runs between 10.00am – 4.00pm Monday to Friday. Players on the football only option will take part in technical, fitness and recovery sessions in the mornings, as well as having one class-based development session per week, which helps players to progress within the industry by, for example, creating, improving and distributing their football CV and video portfolio.





	Monday	Tuesday	Wednesday	Thursday	Friday
10.00pm - 12.00pm	Technical session	Fitness session	Rest for match (unaccompanied)	Recovery in the pool/gym (unaccompanied)	development session
12.00pm	Lunch break	Lunch break	Match Play (either full match against local teams or in house 5/7 a side)	Lunch break	Lunch break
1.10pm	Transport leaves school for training ground	Transport leaves school for training ground		Transport leaves school for training ground	Transport leaves school for training ground
1.30pm - 2.00pm	Gym session	Gym session		Gym session	Gym session
2.00pm - 4.00pm	Professional football training	Professional football training		Professional football training	Professional football training
4.15pm	transport leaves training ground to return to school	transport leaves training ground to return to school		transport leaves training ground to return to school	transport leaves training ground to return to school

Timetable is subject to change.





## A Levels or Foundation + Football(16+)

### With Abbey College, Manchester

The course offers the chance to study A-levels or the International Foundation Programme whilst attending football training on weekday afternoons with us at IH Manchester Football Academy. This is a unique opportunity for students to gain qualifications for entry to university alongside intensive IH Manchester Football Academy training which could lead to playing professional or semi-professional football in the future. Football training is added to students' timetables without impacting on the core study requirements to gain their qualification.

Students will have academic classes each weekday from 9.00am until 12.40pm at the Abbey College Manchester campus on their chosen academic programme. Two hour football training sessions will be delivered each afternoon by professional and experienced coaches. Students will have the option to undertake fitness programmes during the late afternoon or alternatively will be able to attend study/booster classes in the college.

### One or Two Term Programmes

Students who wish to only access a course for a shorter period of time should contact us below to find out what subject options are available.





### **A-levels** (two or three years)

**Options:**

- Biology, Chemistry and Mathematics
- Business Studies, Economics and Mathematics

**Entry Requirements:**

Students must:

- Have successfully completed GCSEs or IGCSEs, or the equivalent qualification in their home country if not from the UK, and have gained good pass grades in at least five subjects, including those to be studied at A-Level
- Be at least 16 years of age by the start of the academic year, i.e. 1st September
- Have achieved an IELTS for UKVI band score of at least 5.5 if a GCSE or IGCSE in English Language has not been gained

### **International Foundation Programme**

(international students only,  
2 or 3 years)

**Options:**

- Business Pathway  
(Business, Economics)
- Science Pathway  
(Biology and Chemistry)

**Entry Requirements:**

Students must:

- Have successfully completed GCSEs or IGCSEs, or the equivalent qualification in their home country, and have gained good pass grades
- Be at least 16 years of age by the start of the academic year, i.e. 1st September
- Have achieved an IELTS for UKVI band score of at least 4.5 for the Business or Science Pathways if a GCSE or IGCSE in English Language has not been gained



# Boarding School Football Programme

## Ellesmere College

### **First Class Education**

The School enjoys outstanding inspection reports from bodies such as the Independent Schools Inspectorate and OFSTED, the most recent of which can be found on the School website. Academic results are excellent. Ellesmere offers the International Baccalaureate Programme alongside A Levels in the Sixth Form, and the average score for the International Baccalaureate is in a range equivalent to A\*, A\*, A\* at A Level. In overall terms the School's Sixth Form leavers average the equivalent in A Level grades of A, B, B. Recently one of the school's International Baccalaureate Diploma candidates achieved 45 points (the top mark), formally equivalent to 6 ½ A grades at A Level, and was one of only 100 candidates in the world to achieve that level. Given that the School continues to require only 5 GCSEs at grade C to enter the Sixth Form, the results are quite exceptional.

### **Those that attend the Football Academy experience:**

- First class facilities
- High level professional football coaching – Regular structured training sessions
- Regular competitive football match play
- Academic and pastoral support
- Talent identification in front of scouts, pro-club coaches and academy staff
- Pathways to football related professions via Higher Education



Ellesmere College has long been associated with sporting excellence. The football academy, delivered by IH Manchester, employs a full-time UEFA qualified coach. The academy offers year long programmes for students aged 11 to 18 and combines academic learning with professional football training.

## **Stages of Development**

At the football academy we recognise and identify the needs of each player and the specific age groups in development. All players mature and develop at different rates, something which the coaches at the academy are experienced in dealing with and adapting to. We look to break the phases into the three age brackets.

### **Lower School (aged 11 - 13)**

Players will concentrate upon individual skill development and ball skills' mastery. During this time some fitness work will be introduced and help to understanding the importance of team shape. Gym and strength work will be limited in this period and any core strength work programmes set dependent upon the physical maturity of each player.

### **Middle School (aged 13 - 16)**

A player's technical ability, during a match situation, will be developed. Phases of play and in depth sessions will focus on match play and will be the focal point of all training. An increased fitness programme will begin towards the end of middle school with a core stability programme set out. Target fixtures and match analysis will become important in this phase.

### **Sixth Form (16+)**

Fitness, strength and stamina will be key in this phase, with a set fitness programme compulsory for all players. Coaching sessions will be focused on team and game improvement, looking at achievement on the field in competition. The coaching programme and analysis will become more intensive during this phase. Competition for squad places will also feature.

# Accommodation and Social Activities



## Homestay

Half board from Monday to Friday, full board at the weekend.

Share the home of our carefully selected homestay hosts (single people, couples, families with children) Your host will provide you with breakfast and an evening meal from Monday to Friday, with all three meals at the weekend.

Improve your English and learn about typical English culture and lifestyle.

Single or twin rooms available. You can also request an “Executive Host” and enjoy your own private bathroom.

Wi-fi internet access

20-40 minute total travel time from the school

## Student Residence 18+ (self-catering):

Independent living for adult students

Share with other international students

The residence is not managed by nor owned by IH Manchester.

However, we can check availability and book this accommodation for our students.

Single room with private en-suite bathroom. Communal kitchen and living area (up to six people per apartment). Located in Salford – a popular student area of Manchester. Situated close to shops, bars, cafés and restaurants. Wi-fi internet access. A short walk from the school and the city centre (10- 20 minutes).

**All arrivals and departures take place on Sundays.**



## Social Activities

Every week, different afternoon and evening activities are organised for you in Manchester. Regular activities include visits to museums, city tours, afternoon tea, karaoke, international food parties, pub nights, cinema evenings, concerts and more. This will give you the opportunity to meet friends, practise your English and see more of England.

Throughout the year we also have visits every Saturday to places like Liverpool, Chester, York, Blackpool and the Lake District. Manchester is known around the world for sport, particularly football! You can play badminton, squash, football, volleyball and also go climbing, ice-skating, bowling and swimming.

You can always see our current Social Programme on our website with full details of the various social events.





ENGLISHUK 

Accredited by the  
 **BRITISH COUNCIL**  
for the teaching  
of English

**edexcel**   
Approved Centre



**International  
House**  
Manchester



**FOR ALL**

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