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ABBNEY COLLEGE MANCHESTER



INTERNATIONAL
PROFESSIONAL
SCOUTING
ORGANISATION



For ALL



Abbey College Manchester is part of the Alpha Plus Group Ltd.

ACADEMIC STUDIES WITH FOOTBALL TRAINING

2022/23



PROFESSIONAL FOOTBALL TRAINING WITH ACADEMIC STUDIES

This is an exciting course aimed at male and female students who are 14 years of age and over who have a passion for football.

The successful programme offers students the chance to study A Levels, GCSEs or our International Foundation Programme as well as receiving timetabled professional football development coaching.

It provides a unique opportunity for students to gain qualifications for entry to university alongside intensive football training which could lead to playing semi-professional, or a similar standard of football in the future.

Football training is added to students' timetables without impacting on the core study requirements to gain their qualification.

This course is available for day and boarding students. Students who require accommodation will live either in our boarding house, Clydesdale House, or with a host family.



New from September 2022

We are introducing two streams for this course to match students' level of ability and football aspirations:

1. Elite Football Course

This course is suited for a serious footballer who has the drive and commitment to train 5 afternoons a week and is showing true football talent and wishes to progress to a football related career. This package includes gym membership, full kit pack, access to game analysis via Veo, player progression assistance, support and advice, regular one-to-one development sessions with the coaches, and representation of the college in league matches.

2. Development Football Course

This course is suited to someone who loves football and wishes to improve their game. Football is seen as a great release to their studies, but progressing to a university course of a different discipline is their aim. Students on this course will train up to 3 afternoons a week. This package includes a kit pack, and representation of the college in friendly games.



ACADEMIC OPTIONS

Students work towards recognised UK qualifications while on the course, The academic options will depend on which course they are attending; Elite or Development.

Students can study for GCSEs, A Levels, Combined Studies or International Foundation programme. Courses and subject options will be discussed with students at the interview stage.

For students wishing to study on a shorter term basis, we do also offer one or two term study options.

These pathways will equip students to apply to a wide range of universities to pursue Science or Business related courses which could link to their sporting aspirations or they could apply for courses unrelated to sport. The subject combinations and qualifications offered allow students great flexibility as they move forward. Students will be taught in small classes (a maximum of 12 in each) and follow the routine and rigour of all Abbey College Manchester programmes.

Academic English

All students who do not have English as a native language will receive lessons in Academic English until they are IELTS 7.0. We recognise that our football students see a rapid development in their English as it is critical to their team participation on the football pitch.



We find that the routine and discipline of regular sport training also aids positive academic development in the form of the 5 Rs:

- Help stretches Routine
- Develops an understanding of Rigour
- Enhances Responsibility
- Develops Resilience
- Enhances Reflection

Daily Routine

7.30 – 8.00	Breakfast
8.40 - 9.20	Early Bird Study Session
9.30 - 13.05	Lessons
13.05 - 13.30	Lunch and Depart for training
14.00 - 16.00	Football Training session
16.30	Back to Boarding House / Host Family
18.00	Evening Meal



FACILITIES

Football training takes place at our modern, state of the art training facilities located a short drive from the college.

Transport to and from the venue is provided at no extra cost. Facilities include:

- Modern 3G football pitch accommodating 5, 7, 9 and 11-a-side games
- Multi sports hall
- Changing rooms
- Strength and Conditioning Gym

Gym facilities:

Elite programme footballers receive membership to The Gym in Manchester City Centre, a short walk from the Boarding House.

Facilities include: Large Free Weights Area, Cardio & Resistance Equipment, Functional Training, Group Exercise Studio & Spin Studio.

Elite Package students use The Gym as part of their sports programme, but can also use it in their free time.

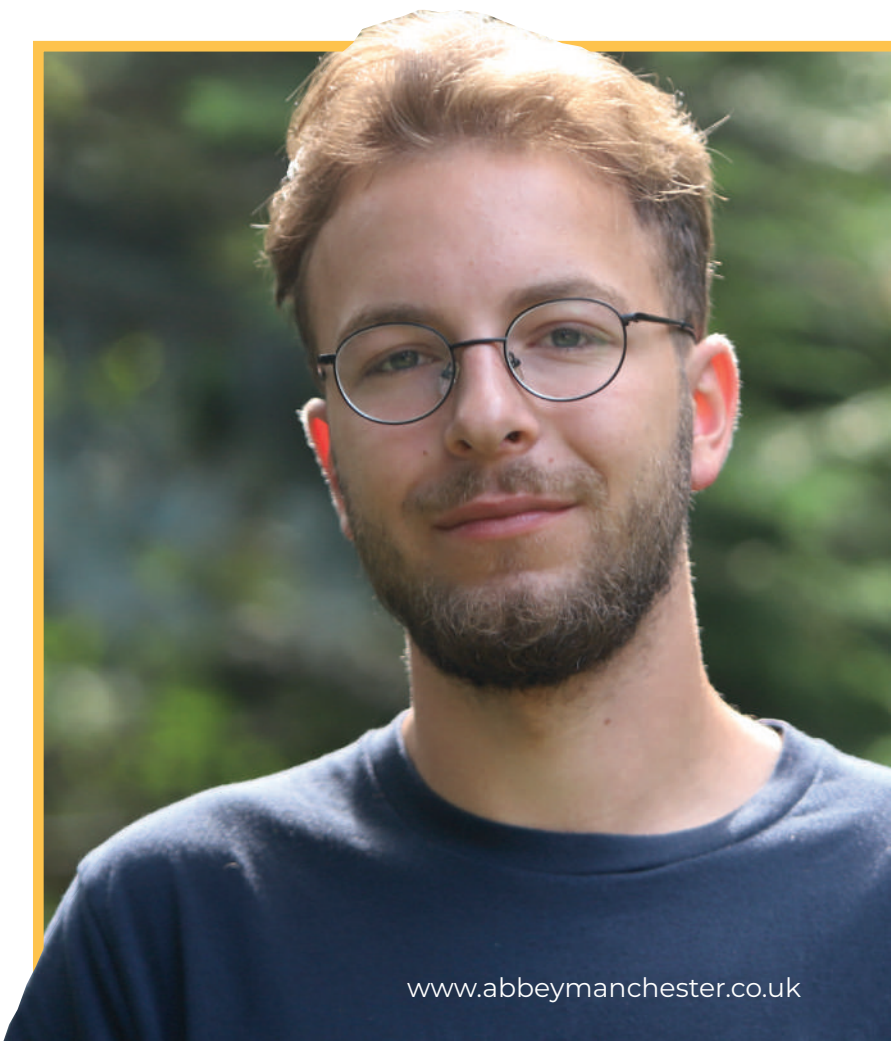
The Development Programme does not include Gym Membership, however it would be recommended the students on the Development Programme join The Gym to work on their strength and fitness outside of training. We have discounted rates for all Abbey College Students to join this gym.



**“PLAYING FOOTBALL
WHILST STUDYING HAS
HELPED ME TO MANAGE
MY TIME EFFECTIVELY.**

**THE EDUCATION I
RECEIVED HERE HAS
ALSO ALLOWED ME TO
PURSUE A DEGREE AT
MY DREAM UNIVERSITY.”**

**WOJCIECH, POLAND
NOW STUDYING POLITICS
AND INTERNATIONAL
RELATIONS AT THE
UNIVERSITY OF
NOTTINGHAM.**





TRAINING

Training Topics

The following topics will be covered in team training sessions:

- Basic techniques – dribbling, running with the ball, passing and receiving, decision making, finding space, developing possession, individual work and combination play, support play and turning
- Defending – with appropriate numbers and recovery
- Attacking – transition counter attack and attacking when outnumbered
- Finishing – shooting repetition, crossing & finishing, individual and combined finishing, 1v1 finishing
- Team Shape & formation

The following topics will be covered in personal training sessions:

- Strength, Speed and flexibility
- Aerobic endurance – Continuous & Interval
- Muscular endurance

Video Analysis

We record each competitive match via remote controlled multi-view video. This enables the Head Coach to conduct post-match video analysis with the squad. Also, online links to all match footage / highlights and individual player edits are available for each player.

Diet & Nutrition

Diet & nutrition advice is woven into daily life. The importance of a good diet and how to manage nutrition is stressed at all times and integrated into general routine.

Academy Football Team

The Academy football team, IHM Abbey compete North West College, Central Conference League as well as local county FA tournaments. Competitive matches are played against other colleges, academies and pro teams. Friendly fixtures are regularly arranged against local clubs, whilst specific showcase matches are staged in front of IPSO scouts, giving each student a chance to test and benchmark their development and receive a professional scouting report on their performance.

Football Activities

Away from the pitch itself, a number of activities are arranged to further enhance the students football development. Examples of some of these can include:

- Guest speaker sessions with former professional footballers and managers.
- Expert coaching sessions from UEFA-qualified coaches.
- Specialist goalkeeping sessions from UEFA-qualified coaches.
- Fitness monitoring and testing.
- Team building activities.
- Support with exit pathways and provision of references.
- Scout Assessment days to allow the players to be watched by invited club representatives and football talent scouts, receiving feedback on their performance.
- US Soccer Scholarships - With our partnership with Soccer Assist we can give every player the chance to win a scholarship to study at a US university or college whilst playing league soccer throughout.



COACHING TEAM



David Raven - Football Academy Head Coach

David Raven has enjoyed a 14-year career as a professional footballer representing clubs in England and Scotland. As well as playing in the English Premier League, the Scottish Premiership, League 1 and League 2, David has competed in Europe and in cup finals, winning the Scottish Cup final in 2015 with Inverness Caledonian Thistle. He started out as a centre back playing youth football for Tranmere Rovers, before moving to Liverpool in 2004, where on the advice of first team coaches, he first started playing full-back, a position he made his own when he moved to Carlisle in League One in 2006. Following stints at Shrewsbury Town and Tranmere he was signed by Terry Butcher at Inverness. At "Caley" David finished runner up in the Scottish League Cup in 2014 before winning silverware 2015, a year in which they also came 3rd in the Scottish Premiership. In his time with the club he also started his coaching journey, gaining his UEFA B in 2015 and his A licence in 2017 and training the clubs under-age teams. Moving south in 2017, David played at Wrexham, Warrington Town and Marine. David has now returned to Warrington Town as assistant manager as well as coaching with IHM. He has coached at Wrexham and Everton. As a coach, David works to ensure players have the belief, desire to win and self-discipline needed to represent themselves and their team with distinction on the pitch.



Denise Matos

Denise is the coaching assistant on the Manchester programme, working out on the field with the coaches and players and behind the scenes to ensure that the programme runs smoothly for the players and students. Denise has had experience working with young people through her work at Manchester City's City in the Community Programme where she acquired her young leaders award and volunteers as a coach. Denise's eye for detail and organisational skills, along with her love and knowledge of football and sport, means she is well placed to work with our young footballers.

Michael Brennan - Academy Director



Mick is a UEFA "B" licensed qualified football coach and has a degree in Sports Science & Management from the University of Central Lancashire, as well as many years' experience managing youth sports coaching programs. Mick began his career in the sports industry in 1996 as apprentice coach with the Premiership football team, Blackburn Rovers FC. Mick then went on to become the Senior Community Development Officer at the club, managing an indoor football facility and a team of sports coaches. This makes him well placed to work with our football students and to pass on his experience. Mick has now been the director of the international football academy for 15 years, giving a wealth of experience of working with international young players, assisting thousands of players in their next stage in their career.



Mick Bennett - Lead Coach and IFP Tutor

Mick is an ex professional player, playing in all four divisions in English football with Bolton Wanderers, Wolves, Cambridge United, Preston North End and Carlisle. Mick went into coaching after his playing careers, now having 20 years of experience and being a pro licence coach. Mick coached with Bolton Wanderers academy for 10 years, along with Wigan and Blackpool before moving to Yeovil Town as centre of excellence manager for 1 year. After his time coaching in the UK Mick moved to Mumbai to lead the Manchester United programme. With Manchester United Mick led a number of projects, one of which was in Baku, where, after the success of the project he was appointed academy director of premier league club Neftchi PFK in Azerbaijan. Mick returned to the UK during 2020 and took up the position of coach with IHM. Whilst working with IHM Mick also works at the Manchester City Academy. Following a change in the coaching team Mick was appointed lead coach and tutor in Manchester with IHM. His wealth of experience not only in playing, but coaching around the world, means that he is well placed to lead the young players at the academy.



PROGRESSION

Summer 2020 was the first year that we had graduating students from the Academic Studies with Football Programme. Over the last two years our footballers have progressed to:

University of Manchester – Chemical Engineering
 University of Nottingham – Civil Engineering
 University of Nottingham – Politics and International Relations
 Sheffield Hallam University – Accounting and Finance
 Loughborough University – Economics
 Manchester Metropolitan University – International Business Management
 UCLan – Sports Business Management
 Manchester Metropolitan University – Applied Computing

In addition the academy has had student success with professional football clubs:

Andrew	Kenya	Training with Marine FC
Aykhan	Azerbaijan	Trials with Blackburn Rovers FC
Kieran	UK	Trials with St Helens
Julian	Netherlands	Signed for Italian Serie D club Sancataldese Calcio
Said	Uzbekistan	Trials with Oldham Athletic FC
Saidkhon	Uzbekistan	Trials with Oldham Athletic FC

“THE COLLEGE DOES A REALLY GOOD JOB OF ENSURING THE BALANCE THAT IS NEEDED FOR THE SUCCESS OF THIS COURSE. THE BALANCE IS REALLY HELPFUL BECAUSE WE ARE ABLE TO RELAX FROM THE PRESSURE OF COLLEGE AND LET IT OUT ON THE PITCH.

I WAS ABLE TO BALANCE STUDYING AND TRAINING BECAUSE MY TEACHERS WERE ALWAYS READY AND WILLING TO PUT IN THOSE EXTRA HOURS FOR ME IF I DIDN'T UNDERSTAND A TOPIC I WAS ABSENT FOR AND THIS ENCOURAGED ME TO PUT IN MAXIMUM EFFORT INTO BOTH MY FOOTBALL AND MY ACADEMICS.”

**DANIEL FROM NIGERIA
 NOW STUDYING ECONOMICS AT
 LOUGHBOROUGH UNIVERSITY**





COURSE FEES

Academic Year 2022-23



Fee Type	Elite Programme Yearly Fee	Development Programme Yearly Fee
International Fees (Including Accommodation)	£38,500	£35,000
EEA Fees (Excluding Accommodation)	£19,000	£16,415
UK Fees (Excluding Accommodation)	£19,000	£16,260

For further information please email
admissions@abbeydld.co.uk or call
+44(0)330 0536082



“I HAVE BECOME MORE **CONFIDENT** DURING THE **PROGRAMME** AND EVERYONE HAS BEEN SO **SUPPORTIVE**. I WAS ALSO TAUGHT GREAT **SKILLS** THAT I THINK WILL HELP ME WELL IN MY **FUTURE**.”

RASHEEQ, MALAYSIA
CHEMICAL ENGINEERING
AT THE **UNIVERSITY OF MANCHESTER**.