



What you need to know about Sporting Skills

Sporting Skills is an athletics and football project for 11-19 year olds that will combine the skills and techniques from both sports via interactive coaching sessions until December 2009. It could be your chance to get a Football Association backed coaching badge, the first step towards coaching in the Premier League!

There will be:

1. Warming up & stretching
2. Super Skill Drills
3. Top draw coaching in football and/or athletics
4. Special matches and skills competitions
5. The chance to work with professional footballers, athletes and coaches

All you need to bring is some sports kit or tracksuit, shin pads, training shoes and football boots. Please also attend with plenty of non-fizzy refreshments and light snacks.

Where does this all take place ?

The London Coaching Foundation, an Athletics Charity (www.londoncoaching.org) will be running the special programme for Boys on the following dates: From 17th June 2009 Wednesdays, Thursdays and Fridays 5.00pm to 7.00pm at Norwood Park, Salters Hill, SE19. Train: West Norwood or Gipsy Hill, 0.2 miles. Tube: Brixton (Victoria Line), 2 miles Bus: 2, 417, 450, 322 and 432 (to/from Brixton, Clapham, Crystal Palace, Tulse Hill and West Norwood)

Who is involved ?

Apart from UK Athletes and top Coaches from the LCF, Chelsea Football in the community are supporting the project and you will have the chance to learn from this truly world class club.

Calling all Girls who have never played football before! This programme is for Girls too as you will have the chance to work with an FA Coach at either Larkhall Park Courland Grove, SW8 2PX every Monday from June 15th 2009 or from June 16th 2009, Nearest Buses: 77, 77a, 196 Tube: Stockwell (Victoria and Northern Lines), 0.3 miles. Rail: Wandsworth Road (0.2 miles) Or every Tuesday at Kennington Park Kennington Park, Kennington Park Road, SE11 4BE between 4.00pm and 6.00pm. Tube: Oval (Northern Line), 0.1 miles. Rail: Vauxhall, 0.1 miles. Bus: 3, 36, 59, 133 155, 159, 185, 333 and 436 (to/from Brixton, Camberwell, Elephant and Castle, Lewisham, Peckham, Vauxhall and Victoria).

Interested?

Then register your interest TODAY as places are strictly by invitation and are severely limited. We will then contact you to discuss your interest further. Please note that if you are invited to join the programme you will receive a special certificate of attendance and a special gift after completing the course. Click on the link below for more details.

YES!!! Please rush me more information on Sporting Skills **

Our Contact Info
Email: sportingskills@londoncoaching.org
Office: 0207 692 4833 ask for Ewemade Orobator
Address: 4th Floor 3 Tenterden Street, London, W1 1TS
Website: www.londoncoaching.org

** The London Coaching Foundation operates a zero tolerance policy on racism and bullying of any kind. Any instances of this behaviour could lead to permanent exclusion from the programme.

We put child safety first and our Child Protection Policy is available for free on our website. Our Coaches are qualified and have a Child Protection Certificate. However, it is your responsibility or that of the parents/carer if aged under 16 to ensure that you are fit and available to complete this programme and you should not continue your interest if you are unable to meet these conditions.