



Upgrade GOAL

The Goal! upgrade package at our Summer School in Winchester is designed to be taken in conjunction with our regular English programme. During the course students will receive specialised football training and advice from FA qualified football coaches.

The experience will offer students the opportunity to learn vocabulary specific to situations in football matches and training enabling students to improve their fluency in English while developing their football skills.

Goal! package £150 for two weeks. 
The Stamford Bridge Tour, home to Chelsea, will be included in the two week package.

Students will learn and practise:

- Short and long passing
- Ball control
- Running and dribbling
- Crossing
- Defending
- Throw-ins
- Free kicks
- Heading
- Turning
- Shooting

Plus packages are an additional supplement and must be taken in conjunction with a Summer School English course. Each week has three 2.5 - 3 hour sessions which will include warm up, cool down, training drills and skills focus.

Training and matches will take place on a marked football pitch so students must bring appropriate footwear. Students need to bring their own shin pads. All other equipment will be provided.





Goal

TIMETABLE**WEEK 1**

	MON	TUE	WED	THUR	FRI	SAT	SUN		
8.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
9.00	Arrivals/ Departures	Induction/ Lessons	Assembly	Assembly	Full-day Excursion	Assembly	Breakfast		
9.10			Lessons	Lessons		Lessons	Lessons		
10.00		Break	Break	Break		Break			
10.40		Level Test/ Lessons	Lessons	Lessons		Lessons			
11.00		Lunch	Lunch	Lunch		Lunch			
12.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
14.00	Arrivals/ Departures	Assembly	Half-day Excursion	Assembly	Dinner	Assembly	Assembly		
14.10		School Tour & Walk into Winchester		GOAL		GOAL	GOAL		
15.30		Dinner		Dinner		Dinner	Dinner	Dinner	Dinner
16.00		Assembly		Assembly		Assembly	Assembly	Assembly	Assembly
18.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
19.00	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly		
19.10	Treasure Hunt	Welcome Disco	Quiz time!	Gladiator Tournament	Chill Out Night / LAL Cinema	Summer Fete	Speed Friending		
22.10	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time		
23.00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		

WEEK 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00	Assembly	Assembly	Assembly	Assembly	Full-day Excursion	Assembly	Assembly
9.10	Activites	Optional Excursion	Lessons	Lessons		Lessons	Lessons
10.00			Lessons	Lessons		Lessons	Lessons
10.40			Break	Break		Break	Break
11.00			Lessons	Lessons		Lessons	Lessons
12.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14.00	Activites	Half-day Excursion	Assembly	Assembly	Dinner	Assembly	Assembly
14.10			GOAL	FOOTBALL STADIUM TOUR		GOAL	GOAL
15.30			Dinner	Dinner		Dinner	Dinner
16.00	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly	
18.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19.00	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly
19.10	Trash Fashion	Bigger Better Best	Talent Show & Karaoke	Dragon's Den	Casino & Auction	Graduation Ceremony & Farewell Party	
22.10	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time	House Meeting & Bed Time
23.00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Please note that this is a sample programme and is subject to change.