



UK Residential
Experience



IOF INSTITUTE OF FOOTBALL
UK Residential Boys and Girls Full Time Football, Education
and USA Soccer Scholarship Preparation Program



Program Overview and Aims



The IOF Academy & IOF Mavericks FC Football Development Program delivers a high-performance training environment that mirrors English Premier League **EPPP Category One** academies. This program provides a structured, holistic development pathway for elite youth players aged 10–19, combining **individual technical development, team coaching, performance analysis, athletic development, and education alignment**.



Our coaching is delivered by UEFA A & B qualified coaches with professional academy experience. The program focuses on developing **tactically intelligent, technically proficient, and psychologically resilient** footballers, ready for professional sports. The program runs all year, so you pay for a year long program and not just term time football, offering fantastic value



The program is open to both High Performance and Development Level players, as the aim is to offer elite academy level coaching for players who wish to pursue a career in sport as a player, gain a USA sport scholarship, or enter the industry as sports lawyer, journalist, coach, analyst or many other sports specific roles, and the school curriculum has been adapted to support this pathway.



USA Sports Scholarships are a core specialty of IOF, with over 1,000 students successfully placed at top US universities. Each year, we host an annual trip to North Carolina, giving our students the unique opportunity to experience US college life first-hand and showcase their talents in front of leading college recruiters.

Meet The Staff



Director of Football and Scouting: Russ Hullett

Bio: Former Professional Player, Head Coach, Scout and Director of Football

Playing: Derby County FC, Elias Park FC Singapore, European Select Team 18 Caps (Singapore)

Scouting: Manchester United FC, Aston Villa FC, West Bromwich Albion FC

Coaching/Manager: Nottingham Forest FC Academy, Notts County FC Academy Manager/U23 Coach

Lillehammer FK (Norway Pro League) Head Coach, Chelsea FC International Academy, England FA Regional Coach Developer

Education Environment: Head of Women's Football Oxford University, Head Coach Warwick University, Academy and Education Manager Eastwood FC.



Director of Talent and Pathways: Jamie Bennett

Bio: Former Professional Player, Head Coach, and Club Owner

Playing: Mansfield Town FC, Wilmington Hammerheads FC (USA)

Scouting: Nottingham Forest FC

Coaching/Manager: Mansfield Town FC Academy, Head Coach Southwell City FC, Glapwell FC, Heanor Town FC, Club Owner Eastwood Town FC

Education Environment: USA Soccer Scholarships expert having sent over 1000 players to US Colleges. Eastwood Town FC Football and Education Director



‘With over 30 years of combined expertise in both football and education, the IOF team is uniquely positioned to provide exceptional pathways for aspiring student-athletes’



Welcome to Our Elite Football and Education Program on the Staffordshire and Derbyshire border, England.

Nestled in the heart of rural Derbyshire, our program based at Abbotsholme School, offers a unique opportunity as the UK's only school exclusively focused on **Elite Football Coaching and Pathways**, including opportunities for USA Soccer Scholarships.

'Train like a Pro, Study like a Scholar', at one of the UK's most Prestigious Private School's, Abbotsholme.

Prime Location: Situated within an hour's drive of legendary football clubs in Manchester, Liverpool, Birmingham, Nottingham, and Derby

Unparalleled Accessibility: A short journey to Manchester and Birmingham airports ensures easy connections for international students.

Elite Coaching: Tailored boys and girls football coaching programme for both **High-Performance** and **Development** players, designed to unlock every student's potential, with onsite state of the art facilities ages 10 - 19, and games program available by the IOF Mavericks FC

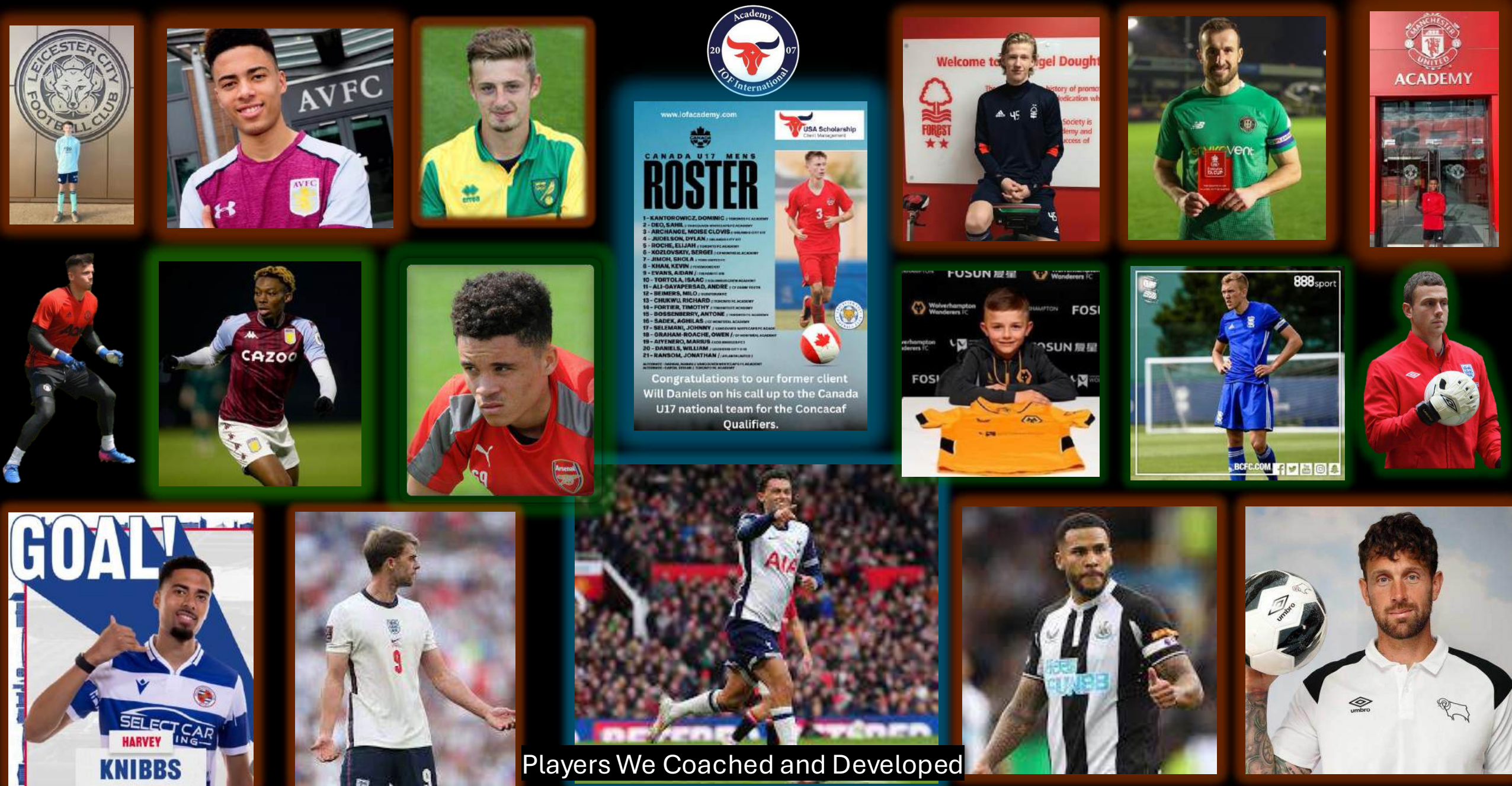
Flexible Learning Options: Offering both **Full Boarding** and **Day-Only** options to suit diverse student needs.

Unique Competitive Edge: The only UK independent private school with its own external **Elite Football Academy** competing in one of the UK's most scouted leagues, with weekend fixtures that attract professional attention and scouts.



Join us to pursue your dreams of both football excellence while achieving academic success

Player Successes Over 100 signed to professional clubs



Players We Coached and Developed

Read more

<https://telegraph.co.uk/football/2025/04/10/private-schools-premier-league-clubs-academy-talent/>



Private schools now trump card in race for Premier League talent

Great article by The Telegraph on Private Schools and links into Professional Football

Private schools are becoming a football talent factory

As concern around concussion in rugby continues, the middle classes are embracing football and it is paying off at the highest level



Private schools are becoming a recruitment ground for professional football clubs all over the country



Tim Wigmore
10 April 2025 9:00am BST

Football has been the lone major sport in which the proportion of elite players is less than the seven per cent of children who attend independent school. Privately educated children long had less chance of becoming professional footballers than those from state schools. The few exceptions – such as Frank Lampard, who earned an A in his Latin GCSE at Brentwood School – were viewed as curiosities.

No longer. Football is now more vibrant in independent schools than at any time since its original golden age in the mid-to-late 19th century. This can be seen in two simultaneous processes: the boom in the amount of football in private schools, and



Premier League clubs' new eagerness to cultivate links with the sector.

In 2004, just 50 school teams were members of the Independent Schools Football Association (ISFA). That number surged to 4,500 by the 2014-15 season. Today, there are 21,000 teams – 15,000 boys' sides and 6,000 girls' sides.

Independent Schools Football Association membership has grown massively in past two decades

Number of teams



Coaching Program



Could you be 109 !



Macrocycle Overview

Month	5 x Phase's	Focus Area
July–August	Pre-season	Fitness, technical re-engagement, S&C base development, Games
Sept–Dec	Competitive Block 1	Game understanding, team cohesion, position-specific roles Games
Jan–Feb	Mid-Season Reload	Technical sharpening, SSGs, futsal, positional detail, Games
Mar–April	Competitive Block 2	Showcase fixtures, progression, exam accommodation, Games
May–June	Post-Season	Individual review, parent/player feedback, Norway Academy Tour



Yearly Timetable - 5 Phases



Post-Season Phase (May – June)

Goals: Recovery, reflection, review, individual improvement

Activities:

- Written player reports & ILP review
- Strength & weakness identification
- **End-of-Season Norway Tour** – a cultural and sporting development experience
- Showcase games

Pre Season



			
Technique	Insight	Personality	Speed
Shooting Passing Defending Close Control Ball Manipulation Running/Athletic	Spatial Awareness Vision Ability to play through balls Positioning with and with out the ball	Commitment Good team player Brave when under pressure Head doesn't drop if losing Winning mentality Wants to learn and improve	Speed of thought Reads the game well Straight line speed Foot Speed Speed Endurance

Pre-Season Phase (July – September):

Goals: Build fitness base, technical reintroduction, tactical cohesion, team cohesion.

Testing:

- VO2 Max & Bleep Test
- 7-Gate Speed Endurance Test
- Sprint and agility profiling
- Functional strength screening

Sessions:

- Athletic Development Program designed by Rob Francis (IOC Consultant)
- Team cohesion activities and tactical identity formation

Output:

- Baseline physical/technical/tactical profile for each player
- Individual Learning Plans (ILPs) initiated



Yearly Timetable

In-Season Phase (September – April)

Goals: Competitive match play, tactical development, weekly feedback, periodised load

Components:

- Micro & Macro Cycles
- Games Program and showcase games
- Play for our IOF academy team, your own club or both
- Guest coaches from professional clubs
- US College Showcase Trip (Optional)
- Mid-season assessment and player reviews (end of each term)

Sessions:

- Athletic Development Program designed by Rob Francis (IOC Consultant)
- Team cohesion activities and tactical identity formation

Output:

- Baseline physical/technical/tactical profile for each player
- Personalised Development Plans (PDPs) initiated



Typical Weekly Micro cycle

AM		PM	Hours
Monday	IOF Coaching (Technical & Tactical, Athletic Development)		1.30
Tuesday		Individual Development: Analysis, Technical Work, S&C (*IAG) –Before team Coaching +IOF Mavericks FC Team Coaching (Tactical Periodisation)	2-3.0
Wednesday	IOF + 1-on-1 Coaching (Futsal/SSGs/Decision Making, Physical)		2-3.0
Thursday		Individual Training (*IAG) –Before team Coaching + IOF Mavericks FC Team Coaching (Tactical Periodisation)	2.30
Friday	Individual Learning Plans (Flexible; academic + football review, gym-based where needed)	Flexible Plan	1.30 - 2
Saturday	Match Day		2
Sunday	Rest Day	Rest Day	Total 12 - 16
* Additional Hours	(IAG) Information, advice, guidance. Additional Hours as required. Can alter hours to fit exams etc	Trips to pro academies, International school holiday camps (included in fees), annual Norway academy tour	





Technical & Tactical Development-Themes

Rotating Blocks Every 6 Weeks

- **In Possession:** Passing/Receiving, Movement, Build-up play, Switching play
- **Out of Possession:** Pressing, Compactness, Transition to defence
- **Transitional Play:** Fast breaks, Defensive recovery
- **Position-Specific Training:** Units (defenders, midfielders, attackers)
- **Game Formats:** 1v1, 2v2, 5v5 (Futsal), 7v7, 9v9, 11v11

Psychological and Educational Support

- **Player Workshops:** Confidence, mindset, leadership, resilience
- **Open door policy:** The IOF students has use of the large IOF office which we use as a communal space for both players and staff to engage, for relaxation and a place to talk.
- **Termly ILP Meetings:** Written & verbal feedback for both players and parents
- **Friday Flex Sessions:** Mental performance, review, video analysis, mentoring
- **Academic Integration:** Schedule designed to work around school/college timetables
- **Flexible Timetable:** To accommodate exam time, additional needs etc





Alignment with the EPPP (Elite Player Performance Plan)

Rotating Blocks Every 6 Weeks

Weekly Coaching Hours: Maximum of 16 hours (as per EPPP guidelines)

Structured Load Management: To reduce injury risk and improve long-term development

Holistic Development Model: Technical, Tactical, Physical, Psychological & Social

Coach to Player Ratios: Mirrors Cat 1 standards for optimal support

ILP Reviews: Three per year (Start, Mid, End of Season) – shared with families, includes weekly game/training report, player – coach face to face delivery, recorded in player log book

Overview for Parents and Players

- **High Performance** coaching from **UEFA A/B licensed academy coaches**
- **Access to Pro Club Coaching Sessions** and industry experts
- **Norway Academy International Tour** – a unique cultural and competitive experience
- **USA Scholarship Pathway** – integration with IOF international recruitment
- **Video Analysis:** Matches and key sessions reviewed for individual and team feedback
- **Reports Each Term:** Detailing progress across all 4 corners of the FA model
- **Parental Involvement:** Ongoing dialogue, showcase events, review meetings
- **Competitive Fixtures** in strong youth academy leagues (optional, can play for any chosen team)
- **Trips:** Visits to our professional club partners academies and to games

What is the EPPP ? (Elite Player Performance Plan)

The **Elite Player Performance Plan (EPPP)** is the standard set out by the English Premier League and is what professional academies work towards achieving. It is divided into **Categories 1 to 3**, with **Category 1** being the highest standard.

To achieve Category 1 status, academies are assessed on factors such as **coaching hours, facilities, and education provision**.

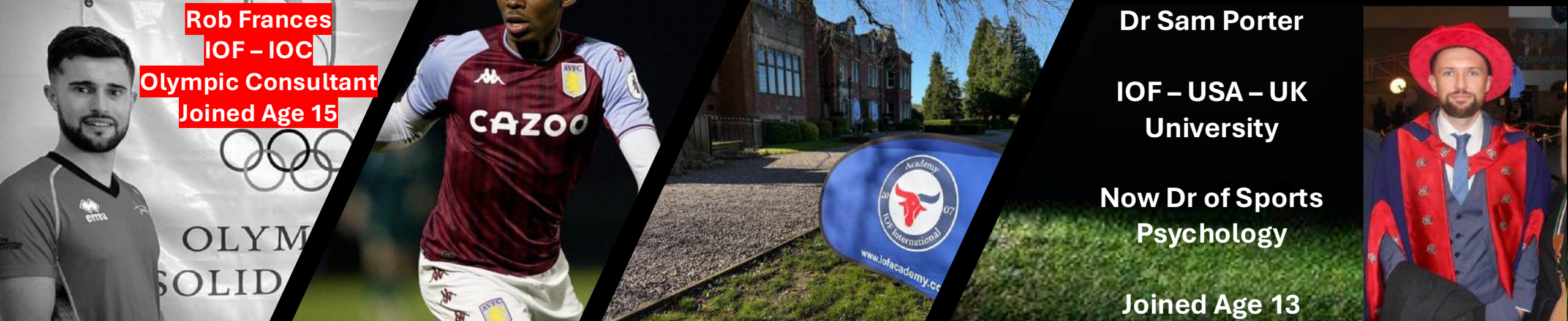
Although the EPPP grading system is exclusive to professional academies, **we currently meet the requirements set out for Category 1** in terms of our coaching delivery, training environment, and player development program.

With **108 players signed to professional academies**, we are now recognised as **the UK's most successful private academy**, having sent players to clubs such as **Aston Villa FC, Manchester United FC, Chelsea FC, and Nottingham Forest FC**, with several also going on to represent their country at **international level**.

To raise the standard of competition, we have formed an **elite Saturday academy** targeting high-performance players, including those released from professional academies. Players from our school program train with the **IOF Mavericks** squad on **Tuesday and Thursday evenings**, improving their tactical knowledge, and then compete in **high-level leagues on Saturdays** that are regularly attended by professional scouts.

This makes us **the only UK private school to operate its own external elite academy club** that is also **partnered with several professional clubs** — giving our players unrivalled access to elite competition and professional pathways.





USA Soccer Scholarships and Careers Support

- Career in Sports
- **USA Soccer Scholarships**
- Professional Club Partners and Pathways
- **USA College Showcase Trip**
- Visits to UK Universities
- **Industry Quest Speakers**
- Gain FA Coaching, Referee and Talent ID Qualifications
- **Tailored Education Curriculum**
- USA Soccer Scholarship Preparation
- **Showcase Reels Produced**
- Semi professional Club partners
- **Career Support and Advice**





USA Soccer Scholarships and Careers Support

USA Scholarship Client Management is a service offered by IOF that helps student-athletes both boys and girls navigate the process of obtaining a football scholarship to study and play sports in the USA. This service includes setting family-wide university goals, assessing and planning for academic eligibility, crafting an online soccer and academic CV, compiling video highlights, targeting the best university match, connecting with college coaches, SAT test preparation, university application planning, F1 visa guidance, evaluating and utilising scholarship offers, and providing a dedicated support network for pastoral care and support.

For players on the IOF Football Academy program, **this included in your academy school fees saving you £3500 !**



USA Showcase College Tour

Have you ever dreamed of studying and playing soccer in the United States? Do you want to learn from the best coaches, train in world-class facilities, and compete with talented players from different backgrounds and cultures?

We are offering a select group of both male and female soccer players the chance to visit some of the top colleges and universities in the US, where they can see first-hand the academic and athletic programs that are available for international students. You will get to tour the campuses, meet the coaches and players, watch some games, and participate in games and training sessions. You will also get to experience the culture and lifestyle of the USA and make new friends and connections that could last a lifetime. The trip is for ages 15 – 19 years and usually takes place annually in February or March (optional/additional fee)

IOF Academy – Frequently Asked Questions



When can I join?

We have two main intakes each year — **September** and **January** (but we offer a flexible approach based on individual circumstances)

Can I try before joining?

Yes. You can attend a **Elite Club Coaching Session**, take part in a **full football education immersion course**, or join one of our **elite football training camps** to experience the program first-hand.

What age can I join?

- **Residential program:** Ages **11 – 19**
- **Day students:** Ages **11 - 19**
- **Mini Mavericks FC:** Ages **4 – 10**

What is IOF Mavericks FC?

To raise the standard of competition, we have formed an **elite Saturday academy** targeting high-performance players, including those released from professional academies. Players from our school program train with the Mavericks squad on **Tuesday and Thursday evenings** and play in competitive leagues regularly attended by professional scouts.

Do I have to play for IOF Mavericks FC and can players not on the Full Time Program play for the Mavericks FC?

No — participation is optional. However, most students choose to play due to the high standard of football. Many also continue with their **Sunday league teams**. Some of our players are signed to **professional clubs or Elite Talent Centres (ETCs)** and represent them on weekends. Abbotsholme school pupils not on the Full Time Football program cannot join the IOF Mavericks FC, as the Mavericks FC is there to support the football program and not a school sports club.

Do you have links with professional clubs?

- Yes — we have strong connections with **Category 1–3 academies**, ensuring our players receive **maximum exposure**. We are regularly invited to play **showcase matches** against our partner clubs.
- We are the UK's most successful private academy with 108 players signed to professional clubs, and as a result our professional club partners frequently send scouts to our games and development camps.



Is the program open to boys and girls ? — Yes, the program is open to all

Do you have links with professional clubs?

Yes — we have strong connections with **Category 1–3 academies**, ensuring our players receive **maximum exposure**. We are regularly invited to play **showcase matches** against our partner clubs, have quest coaches conducting sessions and have scouts attending our fixtures.

What if my son/daughter develops an interest in analysis, coaching, or other football-related roles?

They will still train daily for insight into professional coaching, but we will **tailor their program** to focus on their chosen area. For example, they may spend weekends assisting with **match analysis, data collection, and performance analytics**.

What happens if they fall behind academically or during exam periods?

- We work closely with teaching staff to ensure academic success. If a player falls behind, **training will pause until their work is up to date**.
- During exams, we adjust schedules to allow for extra study time.
- As our program runs **all year round**, we can make up any lost training hours during the off-season.

What's the Fee's and what's included ?— The fee for the program is listed on the school site along side the education fee for clarity.

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| <ul style="list-style-type: none">• Daily Coaching including team training on Tuesdays and Thursdays• USA Soccer Scholarship Preparation and in house Consultancy (saving you £3500)• IOF Mavericks FC team fees (only UK school with its own external football academy)• Video showcase reels and match day analysis• Trips to partner clubs training events• Individual Learning Plans• Strength and Conditioning and access to our fitness suite• Athletic Development deigned by Olympic Head Consultant• Career and university support, and advise• Program lasts 12 months and and not just school term time | <ul style="list-style-type: none">• Pastoral Care and support• Access to professional club partners and semi professional teams• Coaching by Elite Professional Academy Coaches x 5 sessions per week• Player pathways for football, education and careers• Showcase games and coaching• 12 month long program (not just term time)• FIFA Graded pitches, futsal hall and 3G Pitch• Coaching hours and program is aligned to the highest-level set by the Premier Leagues EPPP Category 1 status, ranking us on par with professional clubs• International development camps at Abbotsholme School• FA Talent ID course |
|--|---|

Optional: Norway Academy Games Tour, USA College Showcase Tour, FA Level 1 Introduction to Coaching