



2024 - 2025

THE
ELITE
PROGRAMME

Coventry City International
U23 Football Academy

“An environment where all aspects of the
Academy programme are challenging,
developmental and inspirational to maximise
player’s professional potential.”

Competitive and Challenging

FOOTBALL PROGRAMMES

- Regular playing opportunities designed to deliver a balanced programme for development and competition football.
- Our Vector Performance Pathways provides the practice opportunities that players need if they are to successfully graduate as a professional player.
- Bespoke programmes linked closely to the coaching priorities and the development requirements of players.
- Outstanding coaches led by former Coventry City and Leicester City manager, Micky Adams.
- Coventry City staff and scouts from a number of professional clubs will be regular visitors to Academy fixtures. The Academy will support players where they are invited to attend trails at any professional football clubs.
- An Online Data and Performance Management Tool is used to capture performance data, monitor player progression, document reviews and to build a comprehensive video library for every player in the system. Information will be available to players, parents as well as the coaching staff.
- Games will be scheduled throughout the season and will include fixtures against professional and semi-professional teams.
- Individually tailored coaching interventions for each player on the player's technical, tactical, physical, social and psychological development will be provided.
- Strength & Conditioning - Speed, Strength and Power, Core Flexibility, Plyometrics, Aerobic and Anaerobic trainings.
- Sport therapists work with individual players to prevent injuries and assist with recovery from an injury.
- Psychological sessions develop - Lifestyle Management, Stress management, Focusing.
- Regular testing - Anthropometric, Physical Performance and Fitness testing, GPS analysis.
- Match analysis reviews - Individual, unit and team based.
- Nutrition - The coaching team advises players with regards to their diet and the nutrition in order to maximise playing and training potential.

“The Elite Programme equips players to become their very best on the pitch”

SUPPORT PROGRAMME

The programmes will create a fully integrated environment servicing all aspects of the players' technical, athletic, educational, and social development at the Academy.

- Self-catering accommodation with en-suite facilities.
- Airport transfers from Birmingham and the East Midlands.
- Stadium tour at Coventry Building Society Arena.
- One monthly Coventry City match day ticket for a home game.
- High quality football kit for trainings and matches.
- Gym and Swim access at Sports and Wellness Hub at Warwick University.
- Completion certificate, signed by Tim Fisher, Chairman - Coventry City Football Club.



Technical Director
Micky Adams



THE
ELITE
PROGRAMME





Dates:

Duration: 3 months
Start date: 05 Oct 2024
End date: Dec 2024

Duration: 6 months
Start date: 05 Oct 2024
End date: March 2025

Duration: 3 months
Start date: 04 Jan 2025
End date: March 2025

Duration: 5 months
Start date: 04 Jan 2025
End date: May 2025

Duration: 5 weeks
Start date: 26 April 2025
End date: May 2025

Programme Fees:

5 weeks programme

Admin Fee: £500 non-refundable

Deposit: £1,000 refundable on programme completion

Fees: £3,875

3 months programmes

Admin Fee: £500 non-refundable

Deposit: £1,000 refundable on programme completion

Fees: £9,300

5 months programme

Admin Fee: £500 non-refundable

Deposit: £2,000 refundable on programme completion

Fees: £15,500

6 months programmes

Admin Fee: £500 non-refundable

Deposit: £2,000 refundable on programme completion

Fees: £18,600



THE
ELITE
PROGRAMME

CONTACT DETAILS:

E. marketing@first-xi.uk

T. +44(0)7368 541460

W. www.first-xi-vector.uk