

# FTIFA Home Experience



FTIFA team of UEFA qualified professional coaches are dedicated to creating the ultimate coaching experience for visiting teams.

Teams will receive a coaching programme/session based around our academy philosophy where we aim to improve every player to their maximum potential and offer coaching in all aspects of the game.

To ensure all players learn, progress and ultimately enjoy, our team of coaches will create sessions that will identify areas for improvement to benefit and aid players' and team's development.

All training sessions will take place at our 1st Team & Academy Training Complex PoolFoot Farm or partner complex Rossall School

We can also provide strength and conditioning sessions to help your team & players meet the physical demands of professional football. During your time at Fleetwood Town International Football Academy, we can educate participants on a wide range of seminars such as:

- Mental Preparation to Perform
- Diet and Nutrition
- Professionalism
- Goal setting
- Motivation

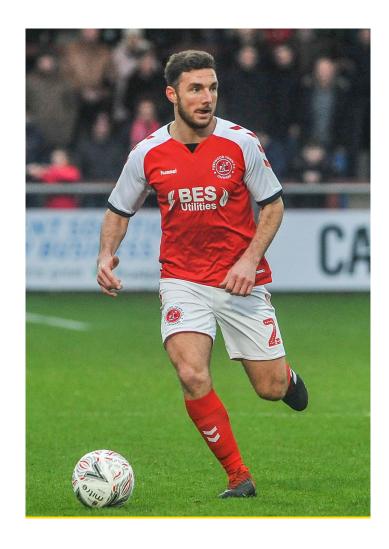
#### **Facilities**

Players will train alongside the FTFC 1st team, development and academy teams. The £10 million facilities were opened by the legendary former Manchester United manager Sir Alex Ferguson in April 2016 & feature the following:

- 7 top class grass pitches.
- 2 FIFA 2 star grade (the highest grade possible) 4G pitches.
- 4 FTFC red 5-a-side pitches.
- 10 changing room facilities including showers.
- Club meeting rooms. (Regular individual/team meetings to be held here).
- Classrooms. Multi-use for: Analysis sessions, nutrition lessons, upcoming fixture preparation & much more.
- The Crossbar Restaurant

#### **Benefits**

- Opportunity to work with UEFA Qualified Fleetwood Town FC Professional Coaches
- Fleetwood Town FC Educational Seminars
- Player feedback
- Insight into the 'Fleetwood Town FC Way' coaching philosophy and training syllabus
- Talent Identification
- Player Pathways Invitation onto FTIFA Elite Challenge, FTIFA Pro Experience, FTIFA Football Studies Programme
- Coach Education



### Location

Situated in the North West of England of the tip of the Fylde Coast, Fleetwood Town FC is steeped in history and tradition and is an ideal base from which to explore the whole of the United Kingdom.

Fleetwood is also ideally located within several tourist hotspots which are just short journeys away, such as the internationally popular cities of Liverpool and Manchester, the idyllic Lake District National Park with its beautiful landscapes and scenery and our world-envied capital city London.

We are conveniently located near to all transportation links, no more than a 60 minutes drive from both Liverpool and Manchester International Airports.



## **Trips and Excursions**

There are a variety of activities to enhance your visit to Fleetwood Town International Football Academy which could include, but are not limited to:

- Cinema
- Quiz nights
- Shopping trips
- Ten pin bowling
- St Georges Park (home of the England National Team)
- National Football Museum
- · Stadium tours at Old Trafford. Anfield and the Etihad Stadium
- Pleasure Beach Blackpool Theme Park
- Local Premier League and Championship fixtures

