



433 FOOTBALL ACADEMY

Where Professional Footballers Are Created



WELCOME TO 433 FOOTBALL

Proven Results

It has taken more than three decades of football coaching, football training and success with our trainees signing professional contracts, for 433 Football to be born.

433 Football Academy offers fulltime and part time training program to develop the professional footballer. Our coaches are all UK FA and UEFA accredited, ex professional players and club recruiters. We know the type of player clubs want, and our coaching techniques develop those players.

More than 300 professional footballers have been part of the 433 family still playing in leagues around the world.



PRO PLAYER EXPERIENCES

433 Football will provide you with a global network of football partners including leading club coaches, training facilities and a unique network of mentors.

For players not local to our base in Stoke-on-Trent, 433 can provide accommodation and meals within our partner apartments to ensure the full football experience, and allow you to focus on training, playing and recovery, and focus on becoming the best footballer you can be.

No experience is complete without competitive matches. The 433 academy travels across the UK to play against our partner clubs u23, u19 and u17 squads.

433 Football is a source of player recruitment for clubs not only throughout the UK and Europe, but also across the USA and Asia. Our 433 players play at all levels from the Premier League, MLS, and La Liga through all levels of professional and semi-professional leagues in over 30 countries. Professional club scouts attend all 433 competitive matches and many training sessions.



3 month and 6 month playing packages available.

Football & University



Continue your football development while completing university studies and play within the EPL Tier 1-4 competitions. There are currently seven clubs in the Stoke catchment area, who have engaged 433 football players to help build their football squads.

You will continue to study, live and train, access our licensed coaches and have a weekly training and playing schedule, over a 10-month season. We will guarantee your matches will be scouted.

18+

**1-5 years
depending
on course**

High School BTEC Studies



16+

2 Years

Complete your high school education while playing in the EPL Youth Academy competitions. Each day will be a mix of study and football, and a 22-game football season. All competition games are mid-week, leaving your weekends free for work, study, or semi-pro club football.

You will study in Stoke on Trent, and earn a BTEC Level 3 Extended Diploma in Sporting Excellence (equivalent to 3 A levels), granting access to university with globally recognized high school qualifications.

433 Football Academy

Where Professional Footballers Are Created

Our Inclusions

- Training kits and tracksuit
- Access to VEO play recordings
- Player development feedback with personalized objectives
- Gym Membership with access to Sports Scientists
- Scouting and Trial opportunities with professional and semi-professional clubs in UK, Europe and Asia
- All transport provided
- Player share accommodation available on request
- Student Visa available for international players



GET IN TOUCH



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Our Training Principles

Technical Development



Developing technique starts with a deliberate focus on practice and repetition. Footwork, hand usage, throwing, stance, catching, etc. — these are not abilities that can be dissected and thought about mid-game. These by-position techniques must be fundamentally ingrained into the player. Technique is a habit we focus on during our training and player development.

Football Strength and Conditioning



Our player training utilizes HIIT, small-sided games, repeated sprints, speed and agility sessions and power based gym sessions. All activities are dedicated to the specific body asset development required for an elite footballer.

Speed and Agility



Football is a game of fast bursts of speed and quick changes of direction. 433 uses proven drills to improve each player's coordination, balance, ability to change direction, accelerating and decelerating, foot quickness, body control, quickness etc. These are all important skills that players need to master if they desire to play football at an elite level. In fact, our agility drills will even help prevent injury by training players to move with correct technique. Continued development is our focus.

Prehab and Rehab



Our Sports Science team ensure all our sessions include a Prehabilitation (or prehab) factor as a preventative measure to reduce the chance of injury and maximise performance. We also provide a range of rehabilitation (or rehab) services for when something has gone wrong.

Tactical Development



Our sessions focus on position specific tactics which play an important role in sport and factors such as systems of play, opposition strengths and weaknesses and own strengths and weaknesses. Combining an awareness of both technical and tactical skills is likely to improved on field performance and continued development.

Team Training



Elite develops Elite. Our sessions are tailored for the development of the individual and also utilise the group environment to raise the level of all players. Exercising in a group setting can you perform at levels you didn't feel possible - it's all down to endorphins and a little ego !



www.433football.net



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