

2024 Tottenham Hotspur Football Club



# Training Experience Tour











# The Program

The Christian Brothers College (CBC) Soccer Program provides a comprehensive and enriching experience for students of all skill levels through three main domains: **Curriculum, Co-Curricular** and the **partnership with Tottenham Hotspur Football Club**.

Designed to foster physical, psychological, social and cognitive development, the Soccer Program gives students opportunities to nurture their passion for the world-game, and provide exposure to career-defining pathways within the industry.

Available to select as a subject from Year 7 up to Year 12, the Soccer Program connects classroom learning with the world of soccer, giving students the ability to apply practical knowledge and advanced soccer methods and strategies in an inclusive environment, forming well-rounded student-athletes.

# The Training Experience

The Training Experience Tour brings to life the Spurs coaching philosophy, aiming to help each student reach their maximum potential as a soccer player.



As part of the CBC Soccer Program, selected students will have the opportunity to participate in Tottenham Hotspur Football Club's Residential Programme, held at the Tottenham Hotspur Training Centre in London, England.

CBC students will get first-hand experience of integrate training methods and a holistic development plan catered to each individual.

Creating a holistic experience for students to access premier coaching, advanced training methods and exposure to professional standards, students will get an insight into day-to-day life as a professional Tottenham Hotspur soccer player.

The development syllabus designed by Tottenham Hotspur Academy staff has player improvement at its core.

The team of FA and UEFA-qualified professional coaches will work with CBC soccer students, exposing them to the Spurs training philosophy through an intense schedule including warmups, advanced skill work, tactical understanding and providing them with player development tools.



## The Warm Up

- Movement and technical integration methods.
- Introduction to session theme with mental preparation strategies.
- Encouraging player leadership and social interaction with other players and coaches.
- Movement training with and without a ball, as well as ball manipulation.
- 75 sprints.

## Advanced Core Skill Work

- Individual core techniques with 1:4 ratio or less through opposition practices.
- Domination or directional possession games to allow for further development.

## Tactical Understanding

- Free play showing clear understanding of soccer principles and strategies.
- Developing the formation of teams.
- Position knowledge and awareness.
- Understanding of the 'Tottenham Hotspur Way'.

## Player Development Tools

- Importance of re-hydration, recap of information and debriefing with team.
- Nutrition and health support.
- Advice for player development.
- Personal player development.
- One-on-one assessments between players and coaches.





# The Facilities



Tottenham Hotspur Training Centre



Tottenham Hotspur Stadium

# The Example Itinerary

*(Please note: the below itinerary is an example and will be subject to change. The 2024 Itinerary will be released closer to the tour dates and is ultimately decided by Tottenham Hotspur coaching staff)*



The Tottenham Hotspur state-of-the-art facilities provide selected students with the chance to immerse themselves in the world of professional soccer, in conjunction with the dedicated coaches who will run the bespoke training experience.

Monday					
10am	12pm	2pm-4pm	6:30pm	7:30pm	9pm
Arrive at Heathrow	Check-in / Lunch	Introduction Training Session 1	Evening Meal	Weekly Debrief	Lights Out
Tuesday					
8am	10am-11:30am	12pm	2pm-4pm	6:30pm	9pm
Breakfast	Nutrition Workshop	Lunch	Friendly Match Fixture	Evening Meal	Lights Out
Wednesday					
8am	10am-11:30am	12pm	2pm-4pm	6:30pm	9pm
Breakfast	Wembley Stadium Tour	Lunch	Technical Training Session 2	Evening Meal	Lights Out
Thursday					
8am	10am-11:30am	12pm	2pm-4pm	6:30pm	9pm
Breakfast	Technical Training Session 3	Lunch	Friendly Match Fixture	Evening Meal	Lights Out
Friday					
8am	10am-11:30am	12pm	2pm-4pm	6:30pm	9pm
Breakfast	Spurs Stadium Tour	Lunch	Introduction Training Session 4	Evening Meal	Lights Out
Saturday					
8am	10am-11:30am	12pm	2pm-4pm	6:30pm	9pm
Breakfast	Workshop Analysis	Lunch	Professional Fixture	Evening Meal	Lights Out
Sunday					
8am	10am-11:30am	12pm	2pm		
Breakfast	Farewell - Presentation	Lunch	Depart		



# A Spurs Spectacle

The Tottenham Hotspur Training Experience Tour Group will have the chance to immerse themselves in the excitement and intensity of a First XI Spurs match.











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