

# Football Training

@

Highfields Centre

Come and join us every Saturday morning

9am - 10am 8 - 11 year old

10am - 11am 5 - 8 year old

Cost for session is £1.00

Learn about:

- Football Rules
- Team Work
  - Passing
  - Shooting
  - Heading
- Ball Control
- Positive Attitude & Behaviour
  - Small Sided Games
  - Communication
  - Keeping Fit
- Making New Friends
- Learn to be Healthy
- And Loads More.....

Session Conducted by Qualified Coaches For more information contact Jay or Jeff on 0116 2531053