



# Sample Soccer & Music (Instrumental) Programme



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		Breakfast & Morning Meeting							
Lesson 1		Warm-up Soccer assessment	Warm-up Agility drills without ball	Warm-up Warming up with ball	Warm-up Tricks, step overs & feints	Warm-up Timed dribbling course	<p>For students who stay more than a week, there will be a trip to Emirates Stadium</p> <p>Departure</p>		
Lesson 2		Soccer assessment Group placement	Agility drills with ball Passing & moving drills	Dribbling fundamentals Passing & moving	Goal Scoring and Finishing	Penalty shoot-out Football tennis competition			
Lesson 3	 Arrival	Getting to know players 5-a-side possession	Close control drills	Small possession plays Defending drills	3 v 1 & 6 v 2 plays Tactical awareness	5-a-side competition			
Lesson 4		5-a-side possession Warm-down	7-a-side possession play Warm-down	7-a-side with goals Warm-down	Conditioned close control & game Warm-down	5-a-side competition Warm-down Awards			
		Lunch, Afternoon Meeting & Free Time							
Lesson 5		Music ability assessment through performance	Warm-up Rhythm exercises	Warm-up Introduction of new material to the group	Warm-up Rhythm exercises	Warm-up Recap of all music			
Lesson 6	Introduction of relevant musical material to the group	Extension of groups ensemble (working in groups)	Introduction of new material to the group	Recap and improve previous day's work	Performance & communication skills (improvisation & ensemble work)				
Lesson 7	Introduction of relevant musical material to the group	Student centred practice & create parts for performance	Tone quality, balance and blending	Improvisation Create 1 or 2 more pieces	Rehearsal & improve individual / group performance for show	<p><b>Please note:</b> Music lessons can take place in the mornings or the afternoons</p>			
Lesson 8	Extension of groups ensemble (working in groups)	Student centred practice & create parts for performance	Student centred practice & create parts for performance	Create 1 or 2 more pieces Recording	Rehearsal & improve individual / group performance for show				
		Dinner, Free Time, Evening Entertainment & Bed Time							