



Join us for a half term like no other, by signing up to our online set of workshops designed to engage with grassroots footballers aged 6-16. Delivered through Zoom, separate breakout rooms will be used for primary and secondary school aged groups to ensure that we make these sessions fun and engaging.

Price: £10 per day or £25 for three days.

Book your places by visiting <https://bookings.watfordfccsetrust.com>

Monday 15th February

Football Fitness 10-11am

Exercises with & without the ball.

Heathy Lifestyles Workshop 1-1.45pm

'How the body works when we exercise'

Football Workshop 2-2.45pm

A look ahead to Euro 2021 and all the players in different positions that are up selection for the final England Squad. What are their main strengths and areas of development? **Who would you pick in your 23-man squad?**

Football Fitness 3-4pm

Exercises with & without the ball.

Wednesday 17th February

Football Fitness 10-11am

Exercises with & without the ball.

Heathy Lifestyles Workshop 1-1.45pm

'Why we need to ensure we stay hydrated'

Football Workshop 2-2.45pm

A look into the 'best' players playing in the English Premier League & WSL (Women's Super League) in various positions. What makes them so good? **Who would you pick in your fantasy 5 a side team?**

Football Fitness 3-4pm

Exercises with & without the ball.

Friday 19th February

Football Fitness 10-11am

Exercises with & without the ball.

Heathy Lifestyles Workshop 1-1.45pm

'A look into the foods & drinks we should try to eat/drink and the foods & drinks we should look to avoid'

Football Workshop 2-2.45pm

How we can improve our simple technical skills to improve as a footballer. i.e., dribbling, shooting, passing etc.

Football Fitness 3-4pm

Exercises with & without the ball.

Football Fitness sessions equipment and space required

1 x Football, a small space indoors/outdoors and access to a PC/Laptop/Tablet

All other workshops required equipment

Pen & Paper and access to a PC/Laptop/Tablet