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**Llandrillo**



## **Llandrillo Football Academy**

**The Football Academy will provide you with opportunities and support to develop your sporting skills and experiences, as well as studying a full-time academic course. The Football Academy is made up of players aged between 16–19 years.**

Academy players train 3 days a week and participate on Wednesdays in the Premier Division of the British Colleges North West League. As one of only eight colleges accredited as a Focus College by the Football Association of Wales, Players are exposed to a high level of competition, with regular competitive fixtures which have an intensity, physicality and skill level that is above and beyond what they'll have experienced at school or at U16 level.

Academy students will receive the highest level of sports science support which includes the utilisation of a strength and conditioning specialist, GPS tracking system and video analysis of training and games. UEFA 'A' licence coaches will provide you with technical and tactical sessions to improve your game.

All members of the Academy are enrolled on full-time academic courses and benefit from the outstanding training facilities at the college, which include a full size floodlit 3G pitch and a fully equipped weights gym.

Football training sessions are intertwined with lessons and lectures during the academic year. This allows the players to combine academic study with developing their football abilities to the highest level.

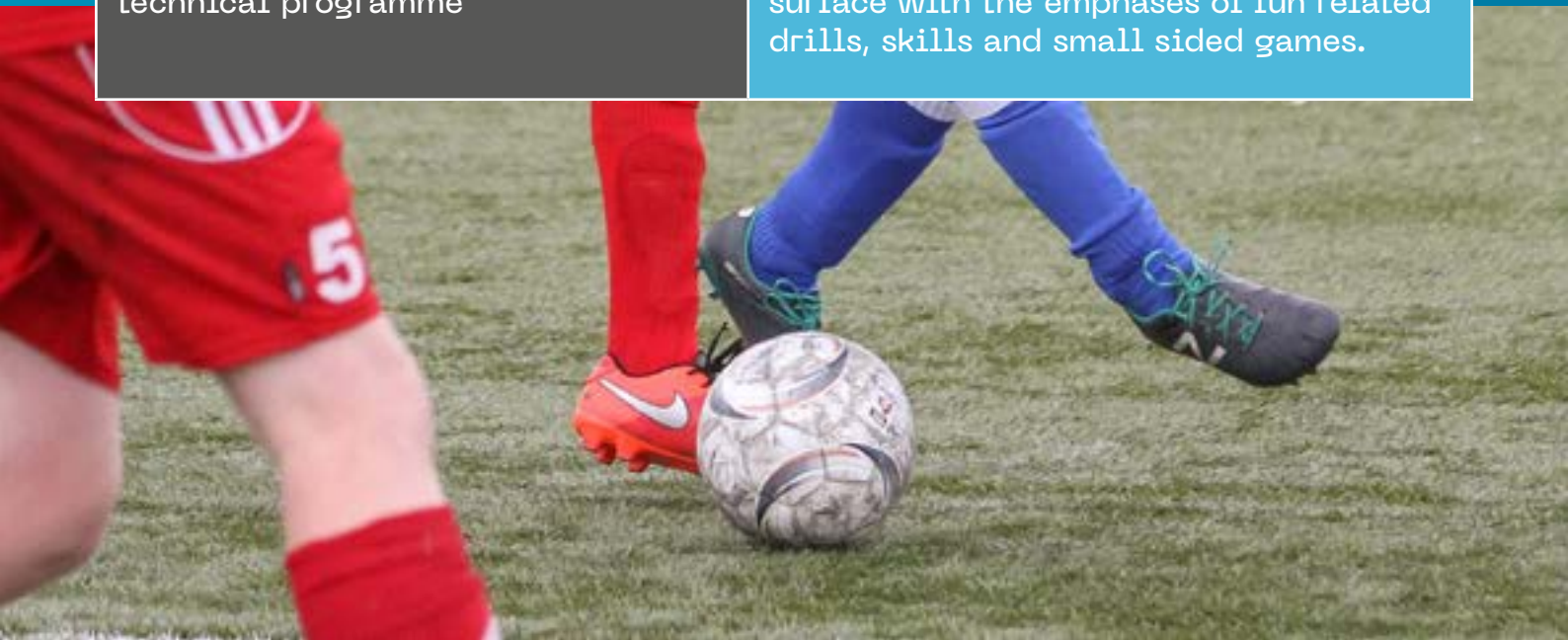
Athletes are welcomed into a challenging and friendly environment where they are highly valued and respected and where sport and academic programmes are tailored to meet individual needs. The Academy is based within a College which is passionate about sport and staffed by experts who take professional pride in the sports services they provide.

Opportunities to represent Welsh Colleges U18 and U19 and Welsh Schools U18 squads.





<p><b>Monday: 3 pm – 4:30 pm</b> Strength and conditioning/ Technical pitch session</p>	<p>The squad completes a power weights session in the gym before then moving on to a technical/tactical training session on the pitch.</p>
<p><b>Tuesday: 3 pm – 4:30 pm</b> Pre / Post game Analysis / Technical and tactical pitch session</p>	<p>Tuesday is used to work on the specific needs of the team in relation to the following days' fixture. This session usually begins in the classroom where the academy's video analysis software is utilised to analyse previous performance and highlight areas of both success and improvement.</p>
<p><b>Wednesday</b> Games Programme (Fixtures)</p>	<p>Wednesday is the college league match day. For a typical home game, there will be a 2pm kick off. Away fixtures can sometimes involve long travel distances so departure times vary. GPS system is utilised to track progress of individuals physical and tactical data. Games are recorded to analyse players technical and tactical progress.</p>
<p><b>Friday: 2:30 pm – 4 pm</b> Small sided games and technical programme</p>	<p>Friday's training is a technical/tactical based session on the 3G all weather surface with the emphases of fun related drills, skills and small sided games.</p>





Course	Level	Duration	Entry Requirements	How to apply (Links attached)
<b>Sport and Public Services</b>	<b>1</b>	1 year	Successful completion of a Traineeship, Pre-vocational, Pathways or School Link Programme.	<a href="#">Click here.</a>
<b>Level 2 First Diploma in Sport</b> (Timetabled for Football and Academy students)	<b>2</b>	1 year	4 GCSEs at grade D or above, including English or Welsh 1st Language and Maths, or Entry 3 / Level 1 ESQ in Numeracy and Communication.	<a href="#">Click here.</a>
<b>Sport and Exercise Science</b>	<b>3</b>	2 years	4 GCSEs at grade C or above, including English or Welsh 1st Language, and Maths at D or above.	<a href="#">Click here.</a>
<b>Sports coaching, development and fitness</b>	<b>3</b>	2 years	4 GCSEs at grade C or above, including English or Welsh 1st Language, and Maths at D or above.	<a href="#">Click here.</a>
<b>Performance and Excellence</b> (Timetabled for Football and Academy students)	<b>3</b>	2 years	4 GCSEs at grade C or above, including English or Welsh 1st Language, and Maths at D or above Relevant industry experience.	<a href="#">Click here.</a>

## Contact Details

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