



**SAINTS
FOUNDATION**

FOOTBALL COACHING COURSES

Saints Foundation delivers weekly Coaching Centre's, for both boys and girls aged 5-13 years. Delivered by our experienced FA qualified coaches, the sessions will cover topics from the Saints Foundation Curriculum which includes; passing, receiving & turning, finishing, 4v4 SSG's and a tournament on the last week of the course.

COACHING CENTRE

Saints Tots provides an engaging, fun introduction to football for boys and girls aged 2-4 who wish to improve their football skills through a structured and enjoyable coaching programme.

SAINTS TOTS



FOR MORE INFORMATION SEARCH: [BOOKINGS.SAINTSFOUNDATION.CO.UK](https://bookings.saintsfoundation.co.uk)
FOUNDATION@SAINTSFOUNDATION.CO.UK | 08456 889 370

COACHING CENTRE TIMETABLE

WHERE	WHEN	TIME	PRICE
AFC TOTTON, SOUTHAMPTON (5-11 YEAR OLDS)	14TH JAN - 31ST MAR (EXCL 18TH FEB)	5.30PM - 7.00PM	£63.25
EVEREST COMMUNITY SCHOOL, BASINGSTOKE (5-11YEAR OLDS)	11TH JAN - 4TH APRIL	10.00AM - 11.30AM	£74.75
NADDER CENTRE, TISBURY (5-11 YEAR OLDS)	15TH JAN - 1ST APRIL (EXCL 19TH FEB)	5.00PM - 6.30PM	£63.25
PLACES LEISURE, EASTLEIGH (5-13 YEAR OLDS) *	11TH JAN - 4TH APRIL	9.00AM - 10.30AM	£74.75
PRINCES MEAD SCHOOL, WINCHESTER (5-13 YEAR OLDS) *	12TH JAN - 5TH APRIL	10.00AM - 11.30AM	£74.75
UNIVERSITY OF WINCHESTER (5-13 YEAR OLDS)	29TH JAN - 1ST APRIL (EXCL 19TH FEB)	6.00PM - 7.30PM	£46.00 (29TH JAN IS A FREE SESSION ON BOOKING)

* GOALKEEPING AVAILABLE FOR 8-13 YEAR OLDS

SAINTS TOTS TIMETABLE

WHERE	WHEN	TIME	PRICE
PLACES LEISURE, EASTLEIGH (2-4 YEAR OLDS)	11TH JAN - 4TH APRIL	9.30AM - 10.15AM	£58.50
PRINCES MEAD SCHOOL, WINCHESTER (2-4 YEAR OLDS)	12TH JAN - 5TH APRIL	10.00AM - 10.45AM	£58.50

All of our excellent coaches are FA/UEFA qualified and DBS checked.

COACHING CENTRE

Players will have the opportunity to improve their skills through a structured and enjoyable coaching programme. They will be presented with a certificate of attendance and will have the opportunity to win a medal during the tournament.

SAINTS TOTS

Sessions are delivered by our lively and experienced FA qualified coaches and will cover topics from the Saints Tots Curriculum which includes; movement, ball mastery, passing, receiving, dribbling, turning and finishing. It is great to be able to provide opportunities for players to start playing, at such an early age, and introduce them to The Southampton Way.

In all of our programmes, participants will automatically join our player progression pathway and look to produce potential into excellence.



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