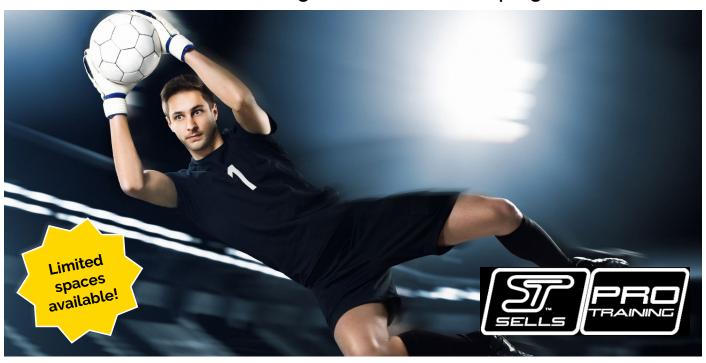


## EXCLUSIVE GOALKEEPING PROGRAMME

Buckswood School is an International boarding school looking for ambitious young goalkeepers between the ages of 11-18 years who want a fantastic school education alongside an elite football programme.



## Highlights include:

- Integrated Training and education Programme
- 8 Hours of football training per week
- · 2 hours of specific Gk training per week
- · Coached by Full-time Goalkeeper Coach
- 2 Gym sessions per week
- I Match Per week We enter National leagues and Cup competitions
- Fitness Testing with Arsenal FC Sports Scientist
- Nutrition Workshop with Tottenham Hotspur FC Performance Nutritionist
- Weekly individual and team video analysis sessions
- Individual Development plan Assess strengths and weaknesses and plan to improve your game. This is reviewed every 6 weeks with the Gk coach.

Master-class series – We Invite GK coaches from the Progame to Buckswood to take training sessions and offer expertise and trialling opportunities.

## 2020/21 European Tours:

- U12 to U16 trip To Portugal to be coached by Benfica and Sporting Lisbon coaches
- U19 Trip to Finland & Estonia Play 4 Pro clubs and try to earn a Professional contract.

For more information please email: football@buckswood.co.uk