



ESF Football

The ESF Football curriculum allows young players the opportunity to develop their football, competitive and social skills. It is appropriate to age and physical development and will provide each individual with a pathway suited to their requirements.



ENROL ONLINE NOW TO SECURE YOUR CHILD'S PLACE

COURSE DESCRIPTION

ESF Football Programme
 Enjoyment and fun are the main ingredients of our after school football sessions, with all coaches working to a programme that relates to the age and ability of the players attending. Each player is assessed within their age group and placed in a group suited to their ability, allowing each individual player to develop at their own pace.

Football Cubs, 24 months – 4 yrs (SO10)

- Fundamental motor skill development
- Agility, balance & co-ordination whilst using a football are the main focus areas
- Professional structured training

Sports Cubs, 24 months – 4 yrs (SO13)

- Unique Programme
- Coaches are certified & qualified
- Promote active participation & enjoyment whilst improving
- Agility, balance & co-ordination

Beginners, 5- 6 yrs (SO1)

- General activities & individual skills
- Facilitate balance, motor co-ordination & spatial awareness
- Gain confidence & ball familiarity
- Great for developing social skills in young children

FREE GIFT

All First Time students registering for football activities will receive:

- **1 Football shirt**
- *Excluding Sports Cubs (SO13) Classes

SIBLING DISCOUNT SPECIAL PROMOTION



It is important for parents to promote play, conversation, mutual interests, and fun to strengthen sibling bonds. Register a 2nd, 3rd or 4th brother or sister onto our After School Football / Sports Cubs Programme and receive a 5% discount on the course fee. For more information visit our website or contact the office.

Improver, 7-8 yrs (SO2)

- Introduction of technique improvement training
- Passing, receiving, dribbling & shooting skills
- Simple tactics & skills related to attack & defense

Advanced, 9-11 yrs (SO3)

- Continued technique improvement whilst development of team appreciation using small sided games allows personal improvement to flourish as part of a team.
- Work on fitness through use of football with our advanced players

Player Development Programme U7-U9 (PDP)

- Invitation only for players born between 2003 - 2006
- Squads set by year of birth
- Professional team & individual coaching
- Regular tournament play
- Assessment at end of every term

ESF Lions Football Academy U10-U14 (AC)

NEW ACTIVITY

- Invitation only for players born between 1997 - 2002
- Squads set by year of birth
- Professional team & individual coaching. Weekly midweek training session
- Regular matches for all the squad players
- Assessment at end of every term



Regular tournaments in our Saturday Programme at KGV



Detailed schedules can be viewed on our website www.esf.org.hk

Football — Course Fees	Mon, Thu & Fri Class	Tue & Wed Class	Sat Class
Course name and code			
Football courses (SO1-SO2, SOG1-SOG2)	16 sessions \$3200	15 sessions \$3000	N/A
Football courses (SO3, SO4)	16 sessions \$3360	15 sessions \$3150	N/A
King George V School (SO1-SO2, SO10)	15 sessions \$3000	15 sessions \$3000	13 sessions \$2600
King George V School (SO3, SO4)	15 sessions \$3150	N/A	N/A
Peak School (SO1-SO2)	16 sessions \$3200	14 sessions \$2800	N/A
Peak School (SO3)	16 sessions \$3360	14 sessions \$2940	N/A
Quarry Bay (SO1-SO2, SOG1, SOG2)	15 sessions \$3000	N/A	N/A
Quarry Bay (SO3)	15 sessions \$3150	N/A	N/A
Sports Cubs (SO13)	16 sessions \$2400	15 sessions \$2250	N/A
Wu Kai Sha Sports Cubs (SO13)	N/A	14 sessions \$2100	N/A
PDP Squads (U7-U13, Girls Primary & Senior)*			
ESF Lions Football Academy (U10-U14)* *by invitation only			