

Adam Virgo Academy is an elite youth development programme offering weekly training sessions for girls and boys aged 5-19 of all abilities, located in Brighton & Hove, Steyning and Mid Sussex. The Academy provides the best level of football coaching in a safe, enjoyable, upbeat and no-pressure environment from beginners to potential professional trialists. Sessions and holiday camps are carefully structured to achieve the correct balance of the technical, tactical, physical and educational components of the game, according to the age and stage of each individual player. The Academy nurtures players' individual strengths and creativity and instils in them a commitment to self-improvement, discipline and the success of working in a team.

Its mission is to develop in young players the skills to excel at an elite level on the pitch and to instil in them a vision of football as a platform to excel in life - on and off the pitch. Depending on the level of the player, the Academy also looks to develop skills that players would not usually practice in team training sessions.

The team offer advice, recognise talent and know the right tools required to become a professional footballer. The Academy recognises genuine talent but is also open to beginners who may be a little bit shy and nervous to begin with. It believes in enjoying football, having fun and not having the children worry about the thought of becoming a professional footballer too early.

The Academy will also offer a pathway into the professional game. This will be under the guidance of Adam working with the child and parents to make sure the child is ready to take on the challenge of going professional. Adam believes the children's training sessions should fit into the child's daily routine straight after school so they are not returning home late for a school night.

ADAM VIRGO FOOTBALL ACADEMY

A level playing field for Equal Opportunities

- Football skills • Individual techniques and games
- Fully insured, DBS and first aid certified
- Upbeat and no-pressure environment
- Delivered by FAUEFA B & A Qualified Coaches

BOOK YOUR CHILDS PLACE NOW

- Weekly training sessions for all abilities in Brighton & Hove, Steyning and Mid Sussex from ages 5 - 19 years
- Elite Youth Individual Development Programme
- *Half Term and Holiday Camps*

07568 517318 OR VISIT: adamvirgoacademy.com

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