



Asia Pacific Football Academy

in association with Everton Football Club



AN ELITE PROFESSIONAL EXPERIENCE FOR TEAMS AGED 13-18 YRS –CHRISTCHURCH- NEW ZEALAND

DAY	MORNING	AFTERNOON	EVENING
1	Arrive 3 hours prior to departure for your international flight to Christchurch	Arrive into Christchurch where you will be met by an APFA representative and be transferred to the Academy.	Welcome meeting, presentation of APFA packs & be shown around the academy & university facilities
2	Session: Pre session routines and warm-ups progressing into a technical session	Session: Focus on the team aspect in possession	Workshop: You will be introduced to the "Everton Way" web based programme
3	Session: Team aspect out of possession & post session routines to support recovery.	Session: The "Everton Way" focusing on technique and progressing possession for attacking play	Session: Goal setting for tomorrow nights game
4	Session: Low intensity with focus on introducing players to defensive & attacking set plays in & around the box	Match: Players will play a full game on the Academy A pitch. The game will be videoed for a follow up analysis	Players and coaches will have free time for recovery.
5	Session: Focus on recovery	Session: Focus on team aspects from the game in possession	Match analysis review: Using the "Sports Code" match analysis software.
6	Session: Low intensity with focus on working with players on the defensive & attacking aspects highlighted from analysis in game 1	Match: Full game on the Academy A pitch playing in Everton's match kit. The game will be videoed for follow up with your own coaches when you return home	Players and coaches will have free time for recovery.
7	Session: focus on the technical aspects crucial in the playing of high quality football	Session: Dutch masters will allow coaches to develop this unique Talent ID tool	Presentation & Departure: The end of the week is finished off with a presentation to each player before your flight back to Australia

The ASIA PACIFIC ACADEMY (APFA) is a World Class Residential Football & Educational Programme working in association with Everton FC.

The Academy boasts exclusive facilities based within rural ambience of Lincoln University near Christchurch, NZ. The facilities include superb training & match pitches, physiotherapy suite, match analysis studio, players lounge & fully equipped changing rooms.

APFA offers a unique opportunity for all players to experience the English Premier League in NZ. The programme follows the "Everton Way" which developed Wayne Rooney & has seen some 26 players graduate from Everton's Academy into their first team

Players & their accompanying coaches will work under the guidance of APFA's Academy Director Rob Sherman & his Academy staff, who will ensure that the training week meets the needs & ambitions of the team.

The team training programmes are week long courses designed to maximise performance of players aged 13-18 & support coaches in the context of their own squad. The programme has 2 aims: to expose players to the elite professional football environment & to support coaches in developing contemporary football playing methodology & training programmes to meet technical & tactical, physical & mental demands of the modern game.

Tour cost: \$2000.00 per person based on 18 players and 2 staff travelling together

Includes: International Airfares, All football activities, 6 nights full board accommodation - breakfast, lunch and dinner,

Annual subscription to the "Everton Way", APFA training shirt, 1 match DVD Highlights per squad, Certificates for all players, Airport transfers to and from Christchurch Airport to Lincoln University. ** Optional add-on programs available for sightseeing and games around New Zealand.

For a detailed itinerary with cost and inclusions please contact David at Gullivers Sport Travel



Gullivers Sport Travel

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