



Kensington FC



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PRESENTATION OF KENSINGTON FC

“Train to play, Play to Win”

Kensington Football Club is a football academy that complements regular club training with a high-performance training concept based primarily on :

- 1. The individual work of the Player,**
- 2. The individual work of the Goalkeeper,**
- 3. The individual work of the Esports player.**

The Kensington Football Club Academy is open to **ALL**. Boys and girls from 5 to 16 years old.

Players and goalkeepers already licensed in another club can also complete their apprenticeship 1 or 2 times a week within the academy.

Kensington Football Club offers 3 training sections :

- 1. FOOTBALL SCHOOL**
- 2. GOALKEEPER SCHOOL**
- 3. ESPORTS SCHOOL**

FOOTBALL SCHOOL

“From individual technique to collective play”

Thanks to a training method based essentially on the individual technical mastery of the player, our objectives are to allow each trainee to master his ball to perfection and thus give him the opportunity to express himself and participate concretely in the collective game project of his team and thus make the difference during matches and competitions.

The proposed training sessions are essentially organized alternately around 2 fundamental themes;

"OUR RANGES"

1. **Driving and dribbling**
2. **Control and passing**

Each of our training sessions lasts 2 hours and is adapted to the age and level of each of our trainees.

Our DNA: Repetition + Correction = Progress thanks to the precision of the instructions and the quality of animation of our educators.

All our exercises, games and matches will allow each trainee to touch the ball more than **1000 times during the session.**

Each quarter **Kensington Football Club** also organises:

- **An evaluation and grading system** (grade progression) to monitor and reward the progress of each trainee.
- **A 1vs1 tournament with goalkeeper in** accordance with the principles of its concept so that trainees eventually reinvest in match situations the gestures and actions worked on in training.

Our sessions are organized as follows every other week :

WEEK 1	
THEME	OBJECTIVE
ATHLETIC PREPARATION	Coordination + Speed
INDIVIDUAL TECHNIQUES	Driving + Dribbling + Shooting
GAMES AND MATCHES	1 VS 1 with Goalkeepers

WEEK 2	
THEME	OBJECTIVE
INDIVIDUAL AERIAL TECHNIQUES	Juggling + Shooting
INDIVIDUAL TECHNIQUES	Control + Passes + Markup
GAMES AND MATCHES	Ball possession + 5 VS 5 with Goalkeepers

THE CONCEPT

“Everyone wants to win, but not everyone wants to prepare to win”

In football, all educators and coaches have as their main objectives to develop their players through training sessions whose quality promotes real learning.

With our observations and experiences, we wanted to offer all our trainees a realistic, logical and effective training concept and above all fundamental and essential for the practice of Football.

LET'S LEARN THE SCALES BEFORE WE PLAY THE CONCERT

Football is a collective game, but also an individual game where each player must be able in his area of play to control his ball to perfection, to win his duels 1vs1 in order to make a difference for his team.

The situations of 1vs1 in matches are numerous and important, each player must know how to make the right decisions and have the panoply of gestures necessary for its realization.

Control and pass the ball to keep it collectively or dribble and shoot to try to create superiority or difference.

Regardless of age or level of practice, we teach our players to face and manage all these situations thanks to a very good **individual technical** mastery, but also an **excellent physical and mental condition**.

Each player must be able to get out of all the duels and problem situations encountered during the matches thanks in particular to learning:

1. **demarcation** and orientation of the body to **save time** when controlling the ball
2. the perfect technical mastery of ball and **pass control**
3. **Driving** and **dribbling** to make a difference
4. **Speed**, feints and changes of direction

This is why within Kensington Football Club we will indicate an individual development and development programme for the Football player that focuses and focuses on the following principles of play and training themes through work cycles alternating one week out of 2.

WEEK 1	
THEME	OBJECTIVE
ATHLETIC PREPARATION	Coordination + Speed
INDIVIDUAL TECHNIQUES	Driving + Dribbling + Shooting
GAMES AND MATCHES	1 VS 1 with Goalkeepers

WEEK 2	
THEME	OBJECTIVE
INDIVIDUAL AERIAL TECHNIQUES	Juggling + Shooting
INDIVIDUAL TECHNIQUES	Control + Passes + Markup
GAMES AND MATCHES	Ball possession + 5 VS 5 with Goalkeepers

CONTROL

Some sports give the player the opportunity to grab the ball with his hands, in football, you can only exercise a simple control with part of the foot to control and appropriate it.

Control can be defined as slowing down, modifying the trajectory of the ball to keep it at a distance that allows another action to be chained as quickly as possible... namely;

- **A pass**
- **Conduct**
- **A dribble**
- **A shot**

This definition demonstrates the importance of controls during player training and development as they are the first step in any technical sequence. **THEY CAN THEREFORE BE CONSIDERED THE BASIS OF FOOTBALL.**

The success of this element is preponderant in modern football because controlling the ball is without master.

This technical gesture is essential and it must be worked with the greatest application and concentration and of course with a lot of repetition.

"The, it is to offer freedom to its partner movement"
Jean-Claude SUAUDEAU

THE PASS

Football is a passing game in which two teams seek to send the ball into the opposing goal.

Players can use the feet, head or any other part of the body except hands and arms.

The pass is a fundamental element of football and can be defined as the technical gesture that makes it possible to address the ball to a partner.

The pass allows the team to keep the ball, prepare attacks and fix the opponent with short passes.

The pass also makes it possible to reverse the game or to counterattack thanks to long passes.

It can also be used for forward play and elimination of one or more opponents simultaneously.

The success of the pass is also conditioned by the request of the ball, the good marking of the partner.

The partner who asks for the ball must be seen by the ball carrier we usually talk about getting out of the alignment for the non-bearer of the ball - we will also talk about a marking triangle for our trainees.

In Football we consider two types of passes:

- The short pass
- The long pass

"My conception of the game is to design the game through the passes. Football is a passing game. This is the fundamental unity.

It is the quality of the passes that drives the quality of the game and the efficiency of a team."

Jean-Claude SUAUDEAU

DRIVING

There is no effective dribbling without controlled ball handling

There are no spaces used ball at the foot without a controlled ball driving

It is an important technical gesture that allows the player to possess a sense of support and balance developed.

To drive your ball is to dominate it at all times, it allows individual progression in a free space.

It is considered that driving is acquired, when the player is able to drive his ball by raising his head and taking the necessary information.

We will seek to obtain through the proposed situations and instructions given to the players, the multiplication of contacts with the ball during driving by insisting on the flexibility of the contact feet / balls.

During the training sessions driving will be associated with other topics such as driving-dribbling, driving-passing, driving-shooting.

DRIBBLING

The fame of a player is very often linked to the quality of his dribbling

The best dribblers are inevitably dismissed as the best players.

The hooks of MARADONA and Ronaldinho yes the leg passes of Zidane and Ronaldo have excited us all.

In the small categories, we also always notice the young player who can dribble two or three opponents before scoring.

Dribbling is therefore a crucial element of football

Almost all attacks end with one but include at least 1 dribble.

Depending on the area where it is carried out, the dribble will create a situation of overcrowding or make free access to the goal.

Looking at the great dribblers, on the impression of an ease, of natural gestures.

But eliminating one or more opponents ball to foot, i.e. performing an effective dribble, actually corresponded to the rapid succession of;

- a destabilization of the opponent's support, most often obtained by a feint
- a change of direction outside the opponent's area of intervention
- a change of pace and the sequence of a shot, pass, or conduct to prevent the replacement of the opponent

A dribble can therefore be characterized according to three technical phases that will allow us to determine the levels of skill or efficiency of the dribble and to define the objectives and situations to be proposed according to the level reached by the player.

THE ADVANTAGES OF THE CONCEPT

"Champions don't become champions when they win an event, but in the hours, weeks, months and years they spend preparing for it"

Thanks to the repetition of gestures and exercises plus matches and tournaments in 1vs1 with GK, you will have a solid base for the competition.

Joined Kensington Football Club and BECOME A PLAYER;

SUPER TECHNICAL

- Masters the different pipes of the balloon
- changes of direction and U-turns
- controls and passes with and without opposition
- Hidden passes
- Juggling with and without bounces
- Juggling in motion
- Aerial technical mastery
- discounts and deviations

SUPER DRIBBLEUR

- Learn percussion dribbling and waiting techniques
- the new FREESTYLE dribbles
- Learn how to validate your dribbling at the right distance
- Progress in your decision-making and your changes of pace
- body feints, make believe, hide the dribble
- Dribbling and crosses

SUPER PLAYER

- Learn how to protect your ball and use your body
- The different calls of balls depending on the opponent and the free space.
- becomes formidable in 1vs1 + GK
- or, when and how to recommend your ball call
- Information taken before receiving the balloon and body orientation

SUPER SCORER

- Become efficient and precise in front of goals
- Development and consolidation of different shooting techniques.
- Use and learning of all the striker's gestures.
- Reaction and execution speed
- effectiveness in 1vs1 duels with the Goalkeeper
- Kicks stopped (option).

SUPER DEFENDER

- Learn the different techniques to defend well
- Control your recoil brake
- learns to prevent the attacker from turning around
- Use your body and its orientation to make the attacker believe or engage
- Forward relaunches to ball recovery
- defensive information gathering
- Work of 1vs1, or, when and how to recover the ball

SUPER ATHLETES

- Athletic development and fitness for top-level football
- Coordination and support work
- Speed and liveliness
- Pliométrie
- Muscle building

SUPER MENTAL

- Developing the body language of a high-level athlete
- Learning to surpass oneself and to be violent
- Determination in attitude and proposed exercises
- Concentration and confidence in oneself and one's potential
- Strength of conviction
- Healthy aggressiveness
- Willingness to work hard to progress and win
-

TRAIN TO PLAY, PLAY TO WIN

OUR DNA

Training does not make perfect, only perfection in training allows it.

REPETITION + CORRECTION = PROGRESS

Within **Kensington Football Club**

The notion of **repetition** is essential and fundamental and our educators are sensitive to it while being vigilant and attentive to have exercises and games evaluated.

It is for this reason that all our training sessions and matches are thought out and organized to allow each player to touch the ball as many times as possible during the 2 hours of training.

We guarantee more than 1000 touches of the ball per trainee and per session thanks to the proposed situations and exercises.

The repetition of the gesture and the correction during the exercises are essential for the progression of the player.

The correction is necessary and indispensable and our educators are also trained to have a quality and relevance in the animation of the session in order to always bring the right feedback and corrections necessary to each player.

The precision of the educator's technical instructions as well as his ability to adapt to the physical and technical abilities of his players is an essential element in our pedagogy.

The intensity and technical requirements must be different in relation to each trainee depending on his age and grade

Our approach therefore aims to no longer offer any situation to all players.

Priority will be given to 1vs1, 2vs2 and 5vs5 matches with goalkeepers.

OUR MISSIONS

"Football is simple, but it's hard to play simple"

Johan CRUYFF

to accompany the player in the accomplishment of his personal objectives.

To improve and develop the football skills and qualities of each trainee.

To give them confidence in their potential

To enable each trainee to acquire an effective level of individual technical mastery.

To prepare each trainee for the competition by allowing him to develop his technical, physical and mental qualities.

Develop the potential of each trainee so that he can win the maximum of 1vs1 in his playing area.

To make each trainee aware that football is also an individual sport in a collective and that to be successful or win you have to win the maximum of 1vs1 during the matches

To guarantee a large number of touches of the ball per session thanks to our exercises and games offered

To limit all groups to a maximum of 12 players for 2 educators in order to make the maximum and the best possible corrections to the players.

To certify 1000 touches of the ball per session and also an important work in front of goal thanks to the 1vs1 with the Goalkeepers.

OUR OBJECTIVES

"There are no great players without great teams and no great teams without great players"

Michel PLATINI

To provide London footballers aged 5 to 16 with a modern and efficient method of training and games.

Allow players of all levels to progress and develop their technical, tactical, physical and mental qualities

To ensure that trainees benefiting from this training have a good quality of training thanks to competent and qualified management also trained in the philosophy and method of **Kensington Football Club**

Accompany the trainee to define and achieve the objectives set thanks to our **evaluation and scoring system** similar to the transition from rank to Martial Arts (captain's armband).

Each trainee according to his age will have to master his **SCALES** in order to change rank and move to the higher color.

"No pain, No gain" teach players to surpass themselves and to be violent in order to achieve and fulfill their personal football ambitions

Become an alternative and an effective accompanist for the player.

OUR EVALUATION AND SCORING SYSTEM

Grade Progression (Captain's Armband)

Training is the basis of all sporting success. It is mandatory and must be practiced with seriousness and commitment.

We will lead each player towards the path of progression, teaching him the fundamental, tactical, physical and mental techniques essential to the practice of football.

The success of such support requires efficient management, hence the need to set up an effective and efficient coaching around each **Kensington Football School** player.

Our evaluation and scoring system identical to the passage of rank to Martial Arts (captain's armband) allows us to observe, evaluate and rate the player throughout his training.

It is organized as follows over a season :

- 1. Evaluation test early season - first training session**
- 2. Assessment and Grading - Grade Grade Trimester 1**
- 3. Assessment and Grading - Grade Progression Trimester 2**
- 4. Assessment and Grading - Grade Progression Term 3**

Each quarter, depending on age and category, each player will have an **Assessment-Marking (grade progression)** to verify and ensure that the work cycle and objectives of the quarter have been achieved.

The follow-up of this pedagogy will allow us to check if the fundamentals of our concept are well acquired and mastered.

RESULTS PARTICIPATE

"The hard worker has always reclaimed natural talent when natural talent doesn't work hard enough."

Alex FERGUSON

- Rapid player progression
- Mastery of the Footballer's Ranges
- Best results and performances of trainees in their matches and competitions
- Creation of a pool of players of high technical quality
- Creating a pool of super dribbler
- Representation of Kensington Football Club's STYLE in the various London championships
- Enhance the image and training concept of Kensington Football Club through athletes who will later succeed
- Evaluate the work done through tournaments (1vs1 with Goalkeeper, 5vs5, Ball tennis).
- Set up a policy of exchanges through travel
- Presenting through football a first social alternative to young Londoners
- Finding our place in London football

TECHNICAL STAFF

We don't just learn what we know, we also learn what we are.

TECHNICAL AND PEDAGOGICAL DIRECTOR

Laurent SILVESTRE

Football career:

- FC Nantes
- Montpellier- Hérault

Qualification:

- State certificate of sports educator 1st degree option football
- State certificate of sports educator 2nd degree option football
- UEFA (A)
- Neighborhood Football Trainer for the FFF

Professional experience:

- Head of the Development Center of the City of Le Gosier
 - Coach of the selection of Guadeloupe U17 and U19 years old
-

ATHLETIC DIRECTOR

Joël DELPIERRE

Football career:

- FC Metz
- AS Nancy Lorraine
- SCO of Angers

Qualification:

- State certificate of sports educator 1st degree option football
- UEFA (B)

Professional experience:

- Founder of Camps de Football Jean-Vincent FC Nantes
- Founder and former Director of Europe.Sports.Reconversion for the UNFP

OUR TOURNAMENTS

He who renounces to become better already ceases to be good

In order to be in line with our training concept, we wanted to find through the matches and the competition our 2 priority areas of work, namely:

- **Driving and dribbling**
- **Control and passing**

We have designed and developed 2 completely new, innovative and fun tournament concepts in relation to our training cycles.

1 time per month our trainees will participate in the tournament:

- **GOLDEN BALL**

The Golden Ball tournament is an individual 1vs1 tournament with goalkeeper organizer for each age category

Thanks to this competition based primarily on driving and **dribbling**, the player will be able to evaluate his level and progress.

- **KINGS OF THE BALL**

The Kings of the Ball tournament is a team tournament (maximum 10 players) organized for each age category.

The particularity and originality of this tournament is that it offers 2 completely different halves.

1st Half of 1vs1 matches with goalkeeper (by teams).

2nd half of 5vs5 matches with goalkeeper

Thanks to this competition based primarily on control and passing, the player will be able to evaluate his level and progress.

LOCATION, DAYS AND TIMES

We all love to win, but how many like to train?

Sport is about surpassing oneself, sport is a school of life.

Kensington Football Club training sessions are open to all.

Boys and girls from 5 to 16 years old.

Players and goalkeepers already licensed in another club can also complete their apprenticeship 1 or 2 times a week within the academy

PLACE:

Hyde-Park

South Carriage Drive - Large space next to Will to Win

DAYS AND TIMES:

Wednesday

14:00 to 16:00

Saturday

10:00 to 12:00

14:00 to 16:00

Sunday

10:00 to 12:00

14:00 to 16:00

GOALKEEPER SCHOOL (Methode Thierry BARNERAT)

"From action to training, being in the rhythm of the action"

From action to training, mastering his technique and the notions of spaces, being in the rhythm of the action thanks to the revolutionary method of Thierry BARNERAT FIFA instructor based on the construction of landmarks. A fundamental approach that will allow development and improvement;

- **Coordination**
- **Development techniques**
- **Tactical development**
- **Cognitive Accent**
- **Integrated work with players on the theme of diving, footwork and aerial balls.**

ESPORTS SCHOOL

“Play to learn, Learn to play”

A simple and fun approach to learn the basics and rules of electronic sports and also arouse vocations around the passion and professions of Esports.

Our Cyber-Athlete development plan is presented in 3 steps:

The first step is to learn how to train :

The player will learn the basics and rules of eSports. He will be introduced to sports training on mainly FIFA EA sports games and will be offered an introduction to several aspects related to healthy lifestyles, cyber awareness and safe practice of video games.

The second step is to train :

This step represents the initialization to the competition for the player.

He will participate in his first competitions internally.

The player will use and perfect the general training received during the first stage.

The prevention and lifestyle program will be maintained and supplemented.

The third step is to train for the competition :

At this stage, the player trains for qualification to a FIFA EA sports competition and subsequently to achieve the best possible performance on the electronic sports scene.

HOLIDAYS CAMPS

**During all the vacations.
In the process of being organized...
For more information contact us by mail.**



CONTACT



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