

The first training at the Football Academy

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The Football Academy football season is approaching with great strides. Already in April, young players – boys and girls - training in blue-white colors will go out to green fields to enjoy the game. The closest days are also the period of neglected interest in the academy and the recruitment of future football stars, who will begin their first steps in football adventure in one of the more than one hundred twenty Football Academy centres throughout the country.

In order to meet the expectations of our new pupils and their parents, we present some useful pieces of information aimed at providing your children with the best start into the football world.

Why football, why the Football Academy ?

Beginning one's adventure with sports classes, including football, may bring benefits both in the physical and health, mental, spiritual, intellectual or even future professional sphere. Therefore, your child should be involved in sports from the earliest years. Physical activity undertaken by children improves the development of the brain's functions, physical coordination, motor skills and shapes an appropriate posture and balance. It also helps children build trust, social skills, control over emotions and imagination, at the same time reducing the stress and improving their sleep.

Children, for whom training football will be their passion, have a greater chance of remaining active and healthy throughout their entire lives. They also a greater chance of becoming professional athletes.

Football Academy is an innovative network of more than 150 football schools for children aged 4 to 12 operating in Poland and in the UK. Our activities are based on the best training and organizational patterns from England. Our pupils receive, first of all, trainings through fun and education through sport observing the principles of fair play on the pitch and beyond. Dynamic development allows us to believe that our idea not only fills a gap in the field of children's football in Poland and Europe but, first of all, meets your and your children's expectations - little sports enthusiasts and perhaps future professional football players.

The first training at the Football Academy

The first training is always a huge emotional experience for the children and the parents. It is one of the first exams each young man has to undergo. The attempt to find oneself in a new environment, adjust to the prevailing principles or finally establish contact with the COACH - a person who will have great impact on the development and upbringing of your children from that moment on - this is only a small scope of feedback you will receive after the first training.

Did you know that:

Research conducted by sports clubs shows that football has been the most popular sport in Poland for many years. The number of people training football in all sports clubs, including school sports clubs and religious clubs, exceeded the number of people training the second most popular sport in Poland – volleyball more than three times, they constituted 36.9% of the total number of 934,822 people training at sports clubs.

Please remember about several principles which characterize the attitude of a model parent to ensure the greatest comfort of participation in the training to the child:

1. Do not be late for the first training.
2. Be present during the training.
3. Support, praise, encourage your little athlete.
4. Remember to take a bottle/a water bottle with still water.
5. Make sure your child wears a loose sports outfit adapted to the weather conditions and footwear providing comfort when moving.
6. Do not interfere with the coach's work, do not criticize, do not judge.
7. The time after the classes are over is the perfect moment to talk to the coach about your child's attitude.

The participation in the first two trainings at the Football Academy is free of charge. Our experienced coaches will take particular care over the child, integrate the child with the group, and will give you important information about the registration after the classes. The parents, and the children, may thus judge how much they like the classes at the Football Academy!

Do not hesitate and sign up for the Football Academy immediately.

For more information enter www.fauk.pl or contact a manager of the Football Academy centre.