



FAB

INTERNATIONAL FOOTBALL ACADEMY

FOR BOYS & GIRLS AGED 16-20

INTRODUCTION

Dear Player,

Welcome to FAB Football Academy, based at Bisham Abbey National Sports Centre, England. Over the last 30 years, the facility has been the training centre for the England national football teams as well as many Olympic athletes and professional teams. The World Class facilities and the professional environment provide an ideal platform for any young talented player to develop in. This environment and facility sets FAB Academy above any other independent academy in the UK.

FAB Academy has built its reputation as the best independent Football academy in the UK. Aimed at players in the 16–20 years age groups. The FAB Academy team will deliver a professional syllabus during the 40 week course coached by highly experienced Pro Licence and A Licence coaches, with years of knowledge in developing players to a high level. FAB has developed 18 players in 8 years who have progressed to professional football clubs, from the Premier League down to League 2.

Each player will be provided with a games programme, appropriate to their age and ability level, either at FAB Academy or with a semi-professional team within the English non-league programme. This exciting opportunity is based just 20 miles from London, with a host of professional Clubs nearby playing weekly. This gives you the opportunity to go and watch Premier League games in your spare time. We regularly host showcase games against top professional clubs.

A PROVEN ROUTE TO SUCCESS



Matty Cash - Aston Villa

Ex FAB Academy Scholar

“ I was released from Wycombe Wanderers when I was 14.They told me I was not strong or quick enough. FAB Academy gave me the professional coaching to improve my physique and develop my game, ultimately landing me a contract at a top Championship team followed by Villa.”

“ FAB Academy has is a great, professional setup here at Bisham Abbey. I have seen first-hand the improvement in the players and most importantly they enjoy thier time here at the academy.Training daily at these facilities, with quality coaches and players is always going to improve your game.”

Ex FAB Academy Scholars



Tore Andre Flo - Ex Chelsea/Norway



RYAN HILL

STOKE CITY



OMARI PATRICK

CARLISLE UNITED



CONNOR HALL

BOLTON WANDERERS



OLLY MCCOY

BIRMINGHAM CITY

SCHEDULE

TIMETABLE

The players daily timetable is Monday to Saturday training and game programmes, with Sunday as a rest day. Timetable Below:

	MON	TUES	WED	THURS	FRI	SAT	SUN
8am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9am	Gym speed/ agility	Gym speed/ agility	Rest	Gym speed/ agility	Gym speed/ agility	Rest	Rest
10am	Training	Training	Game Day	Education	Training	Rest	Rest
12pm	Lunch	Lunch	Game Day	Lunch	Lunch	Lunch	Lunch
1.30pm	Training	Training	Game Day	Education	Training	Game Day Saturday team	Rest
3pm	Gym	Gym	Game Day	Gym	Gym	Game Day Saturday team	Rest
5pm	Rest	Rest	Rest	Rest	Rest	Rest	Rest
6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7.30pm	On-site relaxation	On-site relaxation	On-site relaxation	On-site relaxation	On-site relaxation	On-site relaxation	On-site relaxation
10pm	Bed	Bed	Bed	Bed	Bed	Bed	Bed

FAB STAFF



Nas Bashir
Director and Pro-Licence
Coach



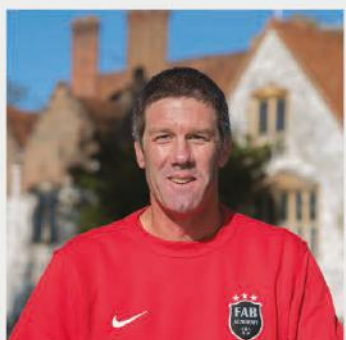
Chris Ayres
Senior Coach and
A Licence Coach



Sarah Matthews
FAB Administrator



Matt Love
Head of Education
(Bsc Hons degree in Sport
Science & PE Teacher)



Andy Robinson
A Licence Goalkeeping
Coach



Lee Togwell
Tutor and Strength &
Conditioning Coach



Tom Hogan
Tutor and B Licence
Coach



Taurean Manders
House Parent and
Level 2 Coach



Frankie Bashir
FAB Community Manager



ACCOMMODATION

There is on site accommodation at Bisham Abbey and FAB International Players will reside in Academy Court, which is opposite the Abbey Building. The twin rooms come with an en suite bathroom, television and Wi-Fi. Bisham Abbey has 24 hour security, and FAB will provide the added security of a full-time house parent, who lives on site, to oversee the players care.

There is also a Games Room/ relaxation area with televisions, table tennis, pool table and Xbox all supplied.

The food available at Bisham Abbey National Sports Centre is prepared for professional athletes. The 3 meals a day provide a balanced diet including protein, carbohydrate and vegetables to ensure that the boys and girls have a healthy meal. There is also a Café open from 8am - 10pm should you need to purchase more food. There is an additional kitchen area in Academy court should you need to prepare a snack, this includes laundry facilities.



KIT

The training equipment and training kit is all supplied by Nike. FAB uses the highest quality equipment to enable to players to develop using professional equipment



Kitlocker.com | 

Official Kit Supplier



EDUCATION

The Students will take part in the courses listed as part of their development in the sports sector. The education part of the course will take place on Thursdays. The courses are:

For 18 - 22 Year Old Students

- FA coaching football awards
- Level 2 Award in Principles of Coaching Sport
- Level 2 Certificate in coaching strength and conditioning for Sport

For 16 - 18 Year Old Students

- BTEC National Diploma in Sport level 3
- FA Level 1 Football Coaching Award
- FA Level 2 (offered by recommendation)

All FAB players will also receive a log book to maintain a record of their weekly development and performance in training and games.

DOCUMENTATION

FAB Academy will support you with the documentation regarding Visas and medical insurance. All players will need to register with a private Doctor in Marlow (near Bisham), this will be covered by the medical insurance if needed. FAB will support the application for the 6 month visiting visa, we will require your passport information to help with the application.

PAYMENT

The cost of this exciting opportunity will be made in 3 payments in August, November and February. This cost covers:

- The delivery of professional training and games programme.
- Education and pastoral sessions delivered by FAB Teachers & Coaches.
- Full Nike training kit.
- Full accommodation with 3 hot meals a day.
- Use of the gym and other world class pitches and facilities on site at Bisham.
- A personal development plan for each player delivered by FAB staff..
- League fees and travel to games.
- Access to a FAB Sports Therapist.
- Match Analysis
- Playertek GPS player vests

Price on application & requirements

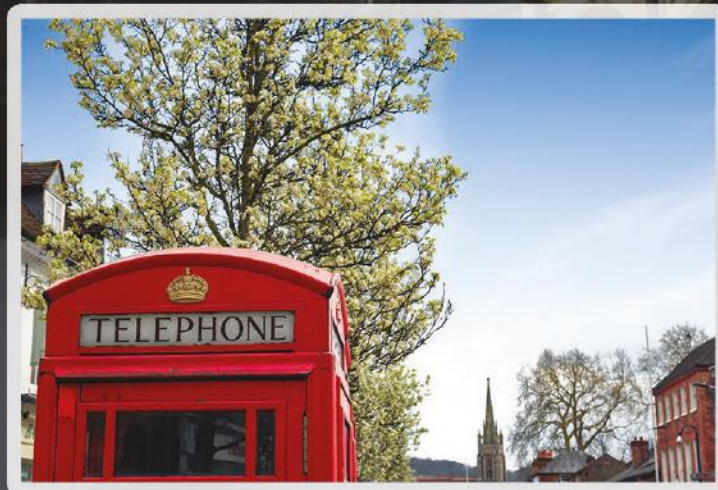
(Bespoke courses available from 1 to 40 weeks)

ARRIVAL AND DEPARTURE IN ENGLAND

Bisham Abbey is in South Buckinghamshire, close to the M4 motorway and the closest airport is Heathrow. FAB will ensure everyone is collected from Heathrow airport when they arrive for the start of the course in August and transported to Bisham Abbey. To enable us to do this we will need to know flight details and arrival times. If you need to fly into another London airport, please let us know and we will work with you to arrange collection from airport.

All students will return home for the Christmas break, FAB we will ensure that players are collected from Bisham Abbey and taken to Heathrow / other airports for flights home as well as picked up for their return in January. We will liaise with players for their flights details and times. Similarly we will work with players for their return flights at the end of the course.

The address for Bisham Abbey is: Bisham Abbey National Sports Centre, Bisham, Near Marlow, Bucks, SL7 1RR



CONTACT



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