



**ELITE
PERFORMANCE
CAMPS.**





TRAIN LIKE A PRO

Our Elite Performance Camp is for female players who are serious about taking their game to the next level. The 5-hour format allows us to take a deep dive into game-specific scenarios, replicate a professional training environment and look to provide a day of structured training, as well as classroom-based education sessions. This allows our players to get the best understanding of the demands and needs that would be expected from them at the top level.

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***“AT IGF WE TRY TO PRODUCE THE BEST
YOUNG PLAYERS TO PERFORM AT THE
HIGHEST LEVEL WITHIN THE WOMEN’S GAME.
THE CAMPS ARE A GREAT CHANCE FOR
YOUNG FEMALE PLAYERS TO EXPERIENCE
THIS APPROACH TO PLAYER DEVELOPMENT.”***

SOPHIE HOLLIS – FOUNDER



***“WE ARE DEFINING A PATHWAY
FOR FEMALES TO HAVE A
DEDICATED SPACE TO GROW AND
DEVELOP WITHIN THE GAME”***

***EVIE HAWKER - CEO OF BOURNEMOUTH &
SOUTH COAST OPERATIONS***

COACHING

RAISE YOUR GAME

“UNDER SOPHIE'S GUIDANCE, MAISIE HAS NOT ONLY IMPROVED HER TECHNICAL ABILITY BUT ALSO DEVELOPED A DEEPER UNDERSTANDING OF THE GAME. HER MATCH PLAY HAS IMPROVED INCREDIBLY IN SUCH A SHORT TIME AND THE SESSIONS HAVE REALLY BOOSTED HER CONFIDENCE. WHAT TRULY SETS SOPHIE APART IS HER ABILITY TO INSPIRE. HER ENERGY AND ENTHUSIASM FOR FOOTBALL ARE CONTAGIOUS, ENCOURAGING PLAYERS TO PUSH THEIR LIMITS AND STRIVE FOR THEIR BEST. THANK YOU!”

Led by highly skilled and certified female FA coaches, the IGF Elite Performance Camps offer a distinguished platform for inspiring girls to grow on and off the pitch at the elite level of the game. These camps place a paramount emphasis on enhancing SAQ (speed, agility, and quickness) fitness, developing awareness and anticipation, ball mastery and tactical development.

Through small group settings and individualised attention, our camps guarantee a tailored experience that caters to the unique needs and aspirations of each player, fostering a competitive and inspiring environment where players can strive.



COACHING PROGRAMME

OUR MISSION

Our mission is crystal clear: to inspire, develop, and empower female players to reach their highest potential, while fostering leadership qualities that inspire others to do the same.



RAISE YOUR GAME

Our female coaching team designs a meticulously crafted curriculum for each camp, including strength and conditioning, technical, tactical, and educational workshops, as well as dedicated recovery sessions. With experience coaching at the academy level in both the USA and England, Sophie knows firsthand what tools are needed to excel players to the next level. Recognising the importance of role models in sport, Sophie emphasises the significance of an engaging, challenging, and inspiring environment for elevating your game.

ELEVATE YOUR GAME OFF THE PITCH

WORKSHOPS - OFF THE PITCH

Our camps follow a series of workshops and recovery activities throughout the day. Our Specialist Education Tutors deliver in-depth workshops to players, giving them an insight into how professional players excel on the pitch, and what it takes to succeed at the highest level. We cover topics such as mental health, nutrition, recovery/injury prevention, careers off the pitch.

WORKSHOP EXAMPLES



NUTRITION

WHY WHAT YOU EAT AND DRINK MATTERS



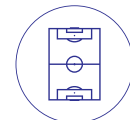
TALENT IDENTIFICATION

WHAT DO CLUBS LOOK FOR IN YOUNG PLAYERS?



MENTAL HEALTH

HOW MENTAL HEALTH CAN AFFECT YOUR PERFORMANCE?



MATCH ANALYSIS

HOW CAN YOU INFLUENCE THE GAME MORE?



INJURY PREVENTION

UNDERSTANDING HOW TO LOOK AFTER YOUR BODY?

ELITE CAMP

- A TYPICAL DAY

MORNING

- 09:30 - 10:00 Sign In / Welcome
- 10:00 - 10:30 Activation / Warm-up
- 10:30 - 11:00 Strength & Conditioning
- 11:00 - 12:00 Technical Workshop

AFTERNOON

- 12:00 - 12:30 Lunch
- 12:30 - 13:00 Educational Workshop
- 13:00 - 14:30 Tactical & Game Play
- 14:30 - 14:45 Recovery & Wellness
- 14:45 - 15:00 De-brief of Learning





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