



Football Programme

TRURO SCHOOL'S FOOTBALL PROGRAMME IN CONJUNCTION WITH SAINTS SOUTH WEST

LEAD COACH: ALEX WATSON

Truro School has partnered with leading football development centre, Saints South West, to provide Sixth Form students with a unique football programme. The programme has been designed to offer first-class football coaching alongside theoretical sessions, enabling boys and girls to further their footballing journey and gain professional football qualifications alongside their A-Levels or associated courses.



PROGRAMME

The Truro School Football Programme delivers coaching and medical qualifications, leadership experience opportunities, a chance to earn in the holidays and a high-quality practical footballing experience, on and off the pitch.

The flexibility it offers ensures that a good balance between this programme and the student's academic studies is attainable and sustainable.

In designing this programme, we put our students' academic commitments at the forefront of our thinking. The programme is flexible and can be adapted to fit each individual's needs, especially around the mock exam and exam months.

There are 12 periods allocated for the programme over the school's two-week timetable, in addition to after school sessions and during Wednesday Afternoon Activities.

The programme offers a strong practical element, with two-thirds of the time given to practical elements (analysis, one-to-one coaching, strength and conditioning, nutritional help and mentoring), which will all sit alongside the time on the pitch, crafting new skills and techniques. Again, this has been designed to be flexible to help support our students' academic needs if required.



SAINTS SOUTH WEST

Saints South West, an official club partner of premier league team Southampton Football Club, shares Truro School's strong ethos towards education and personal improvement. They have a strong record of producing fantastic football experiences and programmes, whilst delivering and promoting the need for a strong education. Furthermore, working with Saints South West will give those who choose the football programme an understanding into how a high-quality sporting programme is managed and delivered. There will be opportunities to help with the delivery of festivals and tournaments, mentoring other students and, in the school holidays, a chance to put their qualifications to use and earn money during camps and activities.

COMBINATIONS

The football programme can be chosen alongside a range of academic options. A-Levels, CTECH in Sport and Physical Activity and the Leiths Introductory Certificate all complement this programme.

QUALIFICATIONS

The qualifications students will receive alongside the coaching include:

- FA Level 1 and 2 Coaching
- Refereeing Course
- Level 1 and Level 2 First Aid

The courses are flexible in their timing and can be paused at any time, to allow balance for the students, if needed.

The football programme will re-enforce the core values and standards of the school. Excellent programmes will ensure players and students enjoy themselves and that students have the expertise to stay in football after they leave school.

ALEX WATSON, LEAD COACH



THREE REASONS TO CHOOSE THE FOOTBALL PROGRAMME

- Gain coaching and medical qualifications
- Evidence to interviewers that you have strong leadership and technical skills and that you can work well with others
- Open the door to future job opportunities in the football industry in the UK and beyond

PROFESSIONAL COACHING

Lead Coach, Alex Watson will be leading the delivery of the programme. Overseeing Alex and the programme, will be Truro School's Head of Football, Glynn Hooper and Dan Sanderson, Director of Sport.

Alex Watson - Lead Coach

Alex Watson is a former professional football player. He enjoyed a successful career, including signing for Liverpool Football Club. During his career, Alex had over 400 league appearances. Since retiring from professional football, Alex has been working with the FA, delivering coaching qualifications and heading up the South West FA division.

Glynn Hooper - Head of Football

Mr Hooper is Truro School's Head of Football, a Head of Year and Senior Pastoral Lead. Previously, he spent 15 years as a PE teacher in the Prison Service where he played for the National Prison Service football team. Mr Hooper competed in both the semi-final of the World Police and Fire Games in Australia and the European Championship, for which he was awarded the player of the tournament accolade. Before his time in the service, he played for Ipswich Town FC.

Dan Sanderson - Director of Sport

Mr Sanderson joined Truro School in 2018 after retiring from professional rugby in the same year. Over a 9-year playing career, he represented Northampton Saints, Rotherham Titans, Worcester Warriors and Leeds. A qualified RFU coach, Mr Sanderson also played semi-professional football, as a goalkeeper, and was involved with the sporting giants' programme for the 2012 Olympics in Volleyball.