



UK RESIDENTIAL FOOTBALL CAMPS

**3-WEEK ELITE FOOTBALL
EXPERIENCE IN ENGLAND**



EX
DEVELOPM

TRAIN, LIVE & PERFORM LIKE A PROFESSIONAL



ELITE RESIDENTIAL FOOTBALL TOUR



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ABOUT WORKSOP TOWN FC

Founded in 1861, Worksop Town FC is the world's 4th oldest football club in the world, with a proud and respected place within the history of English football. Known as "The Tigers," the club combines its rich heritage with a modern, forward-thinking approach to player development and performance.



Operating within the English Football Pyramid, the club provides an authentic and competitive football environment that reflects the true structure of the English game. This offers players a realistic insight into the demands, intensity, and physicality required to compete within the football pyramid.



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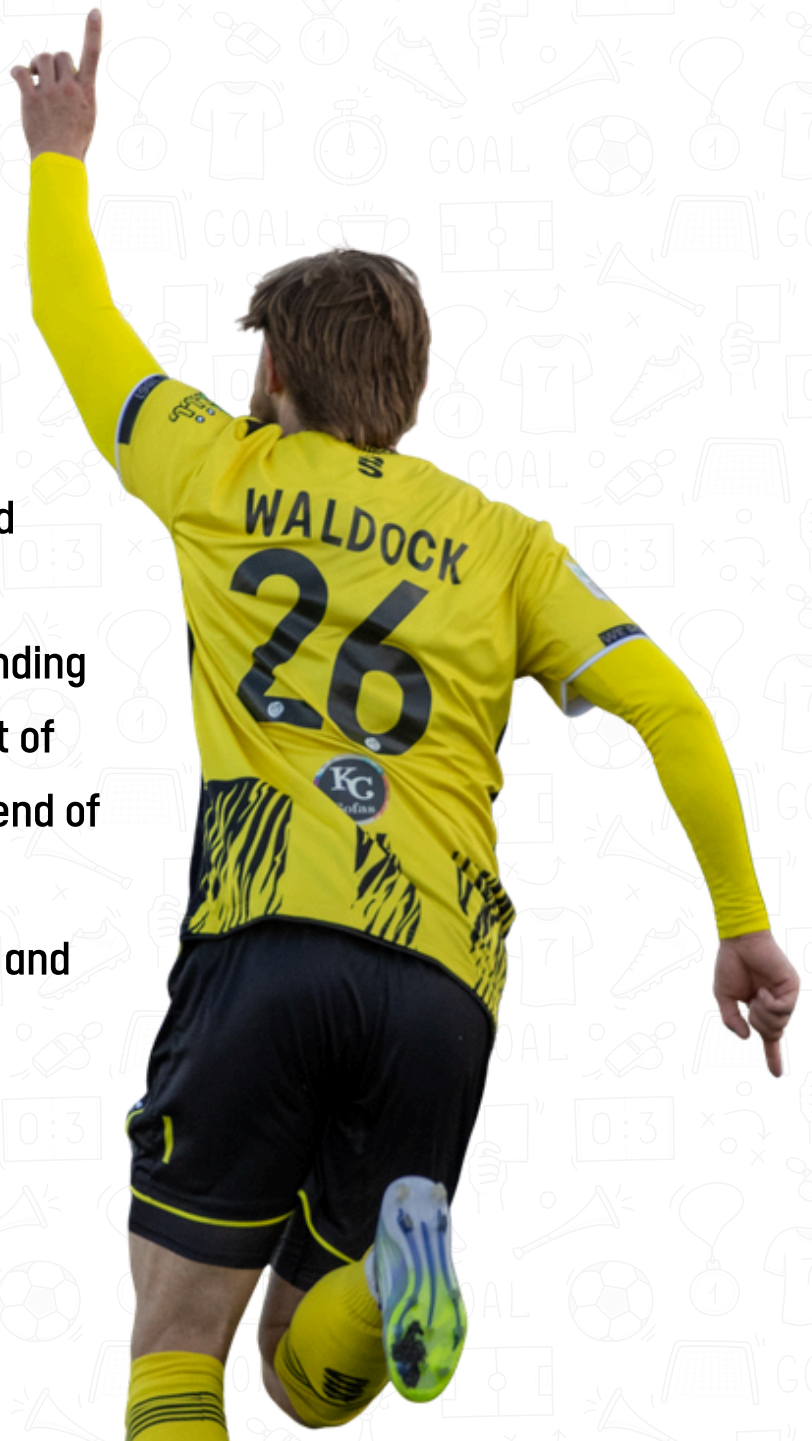


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ABOUT WORKSOP TOWN FC

The club has invested in developing modern, high-quality facilities that support elite training, match preparation, and recovery. This ensures that players are working within an environment expected of professional club standard.

Worksop Town FC also holds historical significance through its connection to former England international Chris Waddle, highlighting the club's long-standing contribution to the development of players within the game. This blend of tradition, ambition, and modern infrastructure creates a unique and inspiring setting for player development.





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CAMP OVERVIEW

Step into the world of English football through an intensive and immersive 3-week residential experience, designed for ambitious 16+ players who are serious about their development and future in the game.

This programme goes far beyond a traditional football camp. It is a carefully structured high-performance environment where players are exposed to the daily demands, expectations, and standards of professional football. Every aspect of the experience – from training intensity and match competition to lifestyle management and recovery – is designed to mirror the reality of life within a professional academy.

Players are not simply coached; they are educated, challenged, and developed within a system that encourages growth both on and off the pitch. The objective is to provide a clear understanding of what it takes to progress within the game, while delivering a memorable and transformative football experience in England.





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THE 3-WEEK ELITE RESIDENTIAL PROGRAMME

This 3-week residential programme is designed to maximise player development within a short but intensive time frame. From the moment players arrive, they are introduced to a structured daily routine that reflects the expectations of a professional football environment.

Each day is carefully planned to balance high-intensity training, competitive match play, recovery, and education. Players are constantly engaged in activities that challenge their physical capabilities, technical skills, and mental approach to the game.

The programme is particularly suited to players who want to test themselves in a new environment, gain exposure to English football standards, and experience what it truly means to live as a footballer. It provides a platform for players to step outside their comfort zone, develop resilience, and gain valuable experience that can influence their future pathway in the game.





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ELITE FOOTBALL TRAINING

At the core of the programme is a high-level training model delivered by UEFA A-Licensed coaches with extensive experience across professional clubs and elite academy systems. Training sessions are designed to be intense, purposeful, and reflective of the demands of modern football.

Players are exposed to a variety of training methods that focus on improving technical execution at speed, tactical awareness, positional understanding, and decision-making under pressure. Sessions are structured to simulate real match scenarios, ensuring that all training has direct relevance to game performance.

A strong emphasis is placed on developing players who can think quickly, adapt to different situations, and perform consistently in high-pressure environments. Goalkeepers receive specialist coaching tailored to their position, while outfield players benefit from both individual development work and team-based tactical training.

The overall aim is to develop complete players who are technically confident, tactically intelligent, and physically capable of competing at a high level.



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PERFORMANCE & ANALYSIS

In modern football, understanding the game is just as important as playing it. Through a structured performance analysis programme, players are given the opportunity to develop their football intelligence alongside their physical and technical abilities.

Using dedicated analysis facilities, both training sessions and matches are reviewed in detail. Players are guided through key moments, helping them understand their positioning, decision-making, and overall contribution to the team.

This process encourages players to reflect on their performances, identify areas for improvement, and take ownership of their development. It also introduces them to the analytical tools and methods used within professional football, providing valuable insight into how performance is assessed at higher levels of the game.





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MEDICAL & PLAYER SUPPORT

Player health, wellbeing, and performance are fully supported throughout the programme by a professional medical and support team. A qualified physiotherapist is present on-site at all times, ensuring immediate response to any injuries and ongoing support for recovery and physical maintenance.

Players are also introduced to injury prevention strategies, including mobility work, recovery protocols, and load management techniques. This education is an important part of their development, helping them understand how to care for their bodies in a high-performance environment.

The presence of a dedicated medical team ensures that players can train with confidence, knowing that their wellbeing is being managed to professional standards.





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PROFESSIONAL FACILITIES

All training and development activities take place within a high-quality football environment at Worksop Town Academy. The facilities are designed to reflect those found within professional clubs, providing players with the tools and environment required to perform at their best.

Players have access to elite training pitches, professional changing rooms, and a fully equipped gym and strength & conditioning suite. Recovery areas and medical rooms support physical wellbeing, while analysis rooms provide a space for tactical education and performance review.

Training in such an environment not only enhances player performance but also prepares them for the expectations of professional football settings.





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COMPETITIVE GAMES PROGRAMME

The competitive match programme is a central part of the overall experience, providing players with the opportunity to test their development in real-game situations.

Fixtures are arranged against academy and professional-level opposition, ensuring a challenging and competitive standard. These matches are designed to replicate the intensity and structure of competitive football in England, including the experience of playing under floodlights.

Players are expected to apply what they have learned in training, demonstrating their technical ability, tactical understanding, and mental resilience. Coaches use these matches as key evaluation points, providing feedback that supports ongoing development.





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ENGLISH FOOTBALL EXPERIENCE

Players benefit from a minimum of 18 hours of football activity per week, ensuring a high level of engagement and continuous development throughout the programme.

In addition to training and matches, players gain valuable exposure to elite football environments through experiences linked to top professional clubs.

These experiences provide insight into the facilities, culture, and expectations of top-level football, inspiring players while helping them understand the standards required to reach the highest levels of the game.





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ACCOMMODATION & PLAYER LIFESTYLE



Players are accommodated in high-quality hotels located within the Sheffield and Bawtry areas, providing a safe, comfortable, and professional living environment.

Accommodation is carefully selected to support both performance and wellbeing, ensuring players have the space to rest, recover, and prepare for training and matches. Shared rooms encourage team bonding and social interaction, while maintaining a structured and disciplined environment.



Full board meals are provided daily, with a focus on nutrition to support performance and recovery. The overall lifestyle environment is designed to reflect that of a professional footballer, where routine, discipline, and preparation are key.



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24/7 PLAYER SUPPORT & WELFARE

Delivered in partnership with MITSkills, the programme provides a comprehensive support structure for all players throughout their stay.

A dedicated team, including a Programme Lead Coordinator, Safeguarding Officer, and Pastoral Care Lead, is available at all times to ensure player wellbeing, safety, and overall experience.

This level of care creates a secure and supportive environment where players can focus entirely on their development, while also giving reassurance to parents and guardians.





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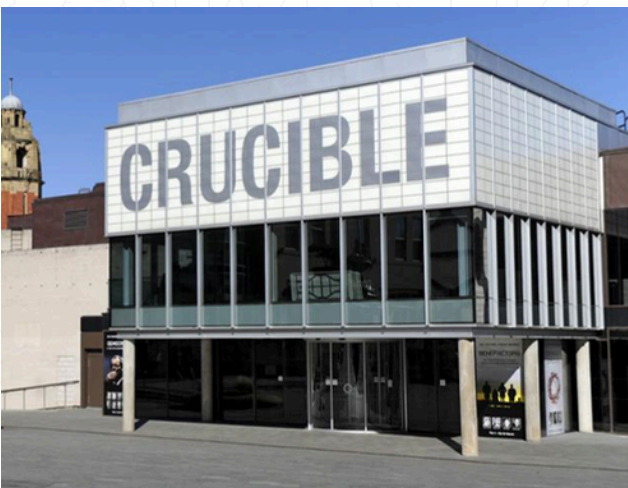
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OFF THE PITCH EXPERIENCE

Sheffield Experience

Players have the opportunity to explore the city of Sheffield, a location known for its strong sporting heritage and vibrant culture. This allows players to experience life in England beyond the football environment.

Visits may include time at Meadowhall shopping centre with its 280 store, alongside opportunities to explore local attractions such as the Crucible theatre and enjoy a change of environment, supporting mental wellbeing and overall experience.





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OFF THE PITCH EXPERIENCE

Professional Club Tours

Players gain exclusive behind-the-scenes insight into professional football through visits to:

- Sheffield United
- Sheffield Wednesday
- Manchester United
- Manchester City

These visits provide valuable exposure to elite environments and help players understand the structure and professionalism required at the highest levels.



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OFF THE PITCH EXPERIENCE

Multi-Sport & Activities

To ensure a balanced and enriching experience, players take part in a variety of warm-down and skill-based activities that support recovery, team bonding, and overall wellbeing. These sessions provide valuable time to relax and reset, while continuing to enhance both physical and social development within the group.

The programme is further enriched by inspiring guest speaker sessions, offering insight from experienced professionals, alongside opportunities to explore and tour the city, strengthening cultural awareness and team connection. Players also benefit from access to high-quality gym and leisure facilities to maintain fitness and conditioning, while dedicated physio and recovery sessions focus on rehabilitation, injury prevention, and relaxation—helping every player perform at their best throughout the experience





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EDUCATION, HEALTH & WELLBEING, MENTORSHIP

An important part of the programme is the development of players beyond football. Delivered in partnership with MITSkills, players receive education and mentorship designed to support their long-term development.

Sessions include nutrition, mental wellbeing, lifestyle management, and career pathway guidance. Guest speakers, including former professional players, share their experiences, offering insight into the realities of pursuing a career in football.

This element ensures that players leave the programme not only as better footballers, but as more informed and prepared individuals.





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TRANSPORT & TRAVEL

All travel and logistics are professionally managed to ensure a smooth and seamless experience from arrival to departure.

Players are met at Manchester airport, with a full meet-and-greet service. All internal transport is organised, including travel to training, matches, and excursions.

Throughout the programme, players remain fully supervised, ensuring safety, organisation, and professionalism at all times.





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WHO THIS PROGRAMME IS FOR

This programme is designed for ambitious players, international academies, clubs, and educational institutions seeking a high-quality football experience in England.

It is particularly suited to players who are serious about their development and want to experience the standards, intensity, and culture of English football in a professional environment.



A complete 3 week elite residential football experience in England – designed to challenge, develop, and inspire players within a professional environment while providing a true insight into the modern game.



GIRLS & WOMEN'S TEAMS WELCOME

We are proud to offer an inclusive and supportive environment for female players, welcoming girls' and women's teams of all ages and abilities. Our programme is designed to ensure every player enjoys a rewarding, empowering, and memorable experience both on and off the field.

Training sessions are tailored to suit the needs of each group, with a focus on skill development, confidence building, and teamwork in a positive and encouraging atmosphere. Players benefit from access to high-quality facilities, including gyms and leisure centres, alongside dedicated recovery and physio sessions that support performance, wellbeing, and relaxation.

Beyond training, teams can enjoy a wide range of enriching experiences, from inspiring guest speaker sessions to organised city tours that promote team bonding and cultural exploration. Every aspect of the programme is carefully planned to ensure female players feel valued, supported, and fully included.

Whether developing grassroots talent or supporting elite performance, we are committed to delivering an outstanding experience where girls and women can thrive, connect, and have an unforgettable time.





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PRICE AND ENQUIRES

£5,500

Includes accommodations and 3 meals a day.

For further details or to request a quote,
please visit [our website](#).

Female only Groups are welcome please send
enquires



www.mitsports.co.uk



THANK YOU!

(+44) 1709 763270

SPORT@MITSKILLS.COM

MITSPORTS.CO.UK

SUITE 16 E, MANVERS HOUSE, PIONEER CLOSE,
WATH UPON DEARNE, ROTHERHAM, S63 7JZ



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