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**REPS
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RESIDENTIAL CAMP
Leighton Park Independent School, Reading
April 7th - 9th

Introduction

Throughout the 3-day, 2-night all-inclusive stay, players will immerse themselves in football excellence, featuring a wide range of specialised training sessions tailored to enhance their confidence, technical, and tactical abilities.

In between the action on the pitch, we have workshops led by experts. Players will benefit from sessions in Yoga, Sports Science, Strength & Conditioning, and receive advice from Nutritionists.



To further refine their skills, players will take part in Masterclass training sessions, each designed for specific positions: Goalkeepers, Defenders, Midfielders, and Forwards.

Boarding Facilities

Players will stay in modern, secure boarding facilities, complete with multiple game rooms, and common areas to relax in when they are not on the pitch training.



On-site dining with meals catered to all dietary needs, including vegan, allergen-free, and no pork/meat options.



Keypad entry is only for staff members so you can be rest assured that your child will always be safe.



COACHABILITY

Ecologi

UCFB



Gothia Cup



Classlist

Key Details

Date: 7th - 9th April, 2025

Location: Leighton Park Independent School, Reading

Ages: 10 - 15 years old

Ability: Mixed

Cost: £360 or £600 for two

All-inclusive, accommodation & meals provided.

Workshops

Sports Yoga Instructor

Workshop featuring football-specific yoga stretches that not only help reduce injuries but also speed up recovery after training or matches. This session will be recorded so players can easily follow the routine on their own.

Sports Nutritionist

In this interactive workshop, players will learn about the importance of nutrition, the benefits of eating the right foods, and when to eat them.

Sports Science

Understanding the body is crucial as players approach their teenage years. Our sports science experts will conduct a session focused on essential body movements, exercises, and physical activities tailored to meet the needs of growing athletes.

SAQ's

Lastly, we offer our SAQ training sessions focused on "Speed, Agility, and Quickness," which are vital attributes in football. These sessions are designed to enhance players' SAQ skills, providing them with the tools they need to become faster, more agile, and quicker on the pitch.

Players will be encouraged to continue practising elements of these sessions at home, even after the camp. Consistent practice will lead to significant improvements in these critical areas.



Sporting Director

Headed by coach Lee, a UEFA-qualified coach with over 20+ years of experience, coaching grassroots, ESFA, and professional academy football from u11 to scholarship players. Always looking for ways to help provide opportunities to individuals, and dedicated to supporting them in development.

With a keen eye, Lee is still involved in scouting and recruitment for professional academies.

Lee has hand-picked staff that share similar a similar mindset and values when it comes to helping develop players.

You can email lee directly at: Lee@repsfootball.com or connect with him on LinkedIn ([here](#)).

Limited Spots Available

We believe in quality over quantity, that's why we've got limited places on our Residential Football Camps. If you miss out on this one, you can join the waiting list for our summer camp.

To book on the Easter Residential Football Camp, visit: www.repsfootball.com or click the buttons below.

Book Now

Join Waiting List

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