



THE EXPERIENCE

A TEN DAY PROFESSIONAL FOOTBALL TASTER TOUR
IN ASSOCIATION WITH LARNE FOOTBALL CLUB

DREAMING OF A SHOT AT FULL-TIME SOCCER?

Don't miss this once-in-a-lifetime opportunity!

Under the ownership, stewardship and with the major investment of Kenny Bruce, along with the Team Management of Tiernan Lynch, Larne FC is regarded as the most progressive football club on the Island of Ireland with a full-time 1st team squad and a full-time Academy incorporating education and soccer, providing forty eight 16-18 year-old students/players with potential access to university or a full-time professional contract.



Last season Larne FC qualified for the **UEFA Champions League** qualifying stages, won **Irish Premiership title** and the County Antrim Shield three times back to back - playing a brand of football fans and TV pundits have loved.



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CAN YOU CUT IT WITH THE PROS?

Our Larne Football Club full-time Pro and A License coaches are confident every player will finish the tour believing they have improved their understanding of the tactical and physical demands at the top level and show a marked improvement in **Game Awareness, Technical Ability, Physical Conditioning and Decision-Making**.

The Larne FC First Team Coaching staff along with Johneen Black (former player, coach and manager) will be taking the same programme as for the Larne First Team in which there are a number of players who have been signed from top pro clubs in England and Scotland.



Programme Staff include:

Larne FC First Team Management and Coaching (Euro Pro and A license coaches); Club physio; Strength and Conditioning Coach; Speed, Agility and Quickness Coach and a Nutrition Specialist.

Every session will be tailored around the **4 Pillars of Player Development**:

GAME: To be able to make excellent decisions in the chaos of the game.

BODY: To possess elite levels of effective physical performance.

BALL: To possess outstanding technique under pressure and fatigue.

MIND: The relentless desire to prove and be the best performance.

All training sessions will be filmed and emailed to the players post practice.



Kofi Balmer signs for Crystal Palace



Ex-Arsenal player Mark Randall

LARNE FC PRO PLAYER EXPERIENCE

Live the life of a full time professional football player for one week, walk in the shadows of club captain Tomas Cosgrove, ex-Arsenal midfielder Mark Randall or **follow the footsteps of Kofi Balmer, who signed for Crystal Palace** last season. Experience the daily routine of a professional player and relive first-hand how they train, recover, eat and prepare both mentally and physically for game day.

What each training day will consist of:

9am report for 9.30am start. Every player completes, **daily well-being sheet** and the coach will brief players on that day's session and theme.

- **Pitch Session;**
- **Break, Recovery and Re-fuel;**
- **Strength & Conditioning and Speed, Agility & Quickness;**
- **Debrief;**
- **Diet & Nutrition.**



Pitch Sessions

01: Activation and ball related warm up (technical)

02: Possession game based on the day's theme

03: Technical, tactical, game related session based on the day's theme

04: Game time, a formation-based game related to that day's theme

THE THEMES

1

In Possession

In possession, we will dominate the ball to perform our brand of exciting, dynamic and purposeful, possession-based football, ready to exploit opportunities as they arise.

2

Transition to Defend

In negative transition we will be able to react quickly, recognise threats, reducing time and space, limiting the effectiveness of the opposition.

3

Out of Possession

Out of possession, we will be able to perform a high-intensity pressing approach, where appropriate, aggressively regaining possession as quickly as possible, all over the pitch.



4

Transition to Attack

In positive transition we will be able to react quickly to recognise and exploit attacking opportunities.

5

Set Piece Game Day

Various set piece routines, both offensive and defensive in a game related situation, along with patterns of play.

6

Game Day Experience

11v11 Game on Inver Park, players report 1hr 30mins before KO changing rooms will be laid out exactly the same as they are on a first team game day. Coach will announce team, go through tactics, set pieces etc



PLAYER AND FAMILY 10 DAY TOUR

Bring your best game and immerse yourself in our history, beauty and culture!

All travel within Ireland for sightseeing and tours. All tours and entrance fees for visits and services of a Tour Manager during your stay.

9 nights half board (Dinner & Breakfast) ensuite 4* hotel accommodation (in twin/triple rooms) with players also being provided lunch during training days.

Top level coaching sessions, full evaluation and 3 matches versus equivalent age-group Academy level.

The full-time 10 Day Tour includes some of Ireland's top historical and cultural sights. **Training sessions at Larne FC/Steven Gerrard Academy Belfast and for information regarding our foundation degree course in Sports Science at University of Ulster.** Contact Emmett Clerkin at ec@stevengerrardacademy.com or Gerry Flynn, Head of Recruitment - recruitment@larnefc.com.

Optional two day add-on, with Liverpool FC/Man City Stadium tour, academy level coaching session and game plus, depending on calendar, either a Premier League or Champions League game.

Please note: this is a provisional itinerary. The order of visits and training is subject to change, only in the best interests of the itinerary and group. Does not include flights to/from UK/Ireland.

\$2999 PER-PERSON



EXAMPLE TOUR SCHEDULE

PLAYER

SIGHTSEERS

DAY 1

From Dublin airport, board your coach for the journey north to the hotel in Larne, Co. Antrim, Northern Ireland (3 nights). This is convenient to Larne Football Club, location of the excellent facilities for your soccer training experience! Everyone will be free to rest and relax for the remainder of the day.

DAY 2

- Matchday minus 3
- Large Spaces
 - Large Numbers (11v11) If Possible
 - Long Exercise Duration (5-10mins)
 - High-Intensity Aerobic Session
 - Attacking Strategies

Visit Crumlin Road Gaol which dates back to 1845. Then, to Carrickfergus Castle, one of Ireland's best preserved medieval structures.

DAY 3

- Matchday minus 2
- Small Spaces
 - Small Numbers (Up To 6v6)
 - Very Short Exercise Duration (90 Secs)
 - Lower Intensity Anaerobic Session
 - Technical Upgrade

A day trip that will include the famous Dark Hedges (from the series Game of Thrones®) Dunluce Castle and The Bushmills Distillery.

DAY 4

- Matchday minus 1
- Small Spaces
 - Small Numbers (Up To 6v6)
 - Very Short Exercise Duration
 - Lower Intensity Anaerobic Session
 - Shape/Set Pieces/Shooting
 - Out of Possession

Titanic Belfast, a state-of-the-art tour experience.

A guided tour of Belfast, our Capital City. Tonight, your accommodation base moves to Belfast (6 nights).

DAY 5

Matchday Prep and game as per first team (Match 1)

Visit Derry/Londonderry, the walled city. During a guided tour, hear about the city's interesting political history.

DAY 6

Today, everyone can visit our scenic North Antrim Coast with its breath taking scenery. Northern Ireland's most famous attraction, The Giant's Causeway, (a UNESCO world heritage site) was created by a volcanic eruption 60 million years ago! Enjoy the cliff top views, hear the legend of the Causeway and climb over the unique basalt columns which are flanked by the Atlantic Ocean. Carrick-a-rede rope bridge is suspended 100ft above sea level; take on the challenge of walking across the rope bridge from the mainland to Rocky Island!

DAY 7

Matchday Prep and game as per first team (Match 2)

Visit Hillsborough Castle. The Royal Family use the Castle as their ceremonial and personal base during visits to NI.

DAY 8

A day trip for everyone to the Irish Capital, Dublin. A sightseeing tour of the city will include Oscar Wilde's birthplace, Trinity College, Dublin Castle, Ha'Penny Bridge and Temple Bar. Then, some free time for shopping and to explore the city at your leisure.

DAY 9

Matchday Prep and game as per first team (Match 3)

Visit St George's Market (a 400 year old market selling local specialities) and enjoy the live music. Enjoy time for last minute shopping/sightseeing around Belfast city centre.

DAY 10

Travel by coach to Dublin airport to connect with your flights home.

THE PREMIER LEAGUE EXPERIENCE

2 DAY ADD ON TOUR

Only a short 30-minute flight from Belfast, and you can visit a Premier League ground and attend a fixture.

- Match ticket to a Premier League or champions league fixture
- Entrance fee for a stadium tour of your choice - Old Trafford, Etihad or Anfield.
- Competitive fixture against academy opponents
- Accommodations, food and ground transportation.

\$499 PER-PERSON

*This excludes flight cost





THE EXPERIENCE

Larne FC's vastly experienced travel partners have over 30 years experience in European Group Travel with Schools, Youth Organisations and Adult Groups, including two very successful U.S. Elite Soccer Coaching Tours in the last two years.

Due to the anticipated popularity of this unique opportunity \$300 deposit secures a place on the tour.

Closing date for applications and non-refundable deposit is 15th October 2023 with the outstanding balance to be paid by 30th March 2024.

For more information visit
www.larne.com/tours

Contact us: +44 (0) 28 2827 5333 or
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