

2025 Tottenham Hotspur Football Club



Training Experience Tour







The Program

The Christian Brothers College (CBC) Soccer Program provides a comprehensive and enriching experience for students of all skill levels through three main domains: **Curriculum, Co-Curricular** and the **partnership with Tottenham Hotspur Football Club**.

Designed to foster physical, psychological, social and cognitive development, the Soccer Program gives students opportunities to nurture their passion for the world-game, and provide exposure to career-defining pathways within the industry.

Available to select as a subject from Year 7 up to Year 12, the Soccer Program connects classroom learning with the world of soccer, giving students the ability to apply practical knowledge and advanced soccer methods and strategies in an inclusive environment, forming well-rounded student-athletes.

The Training Experience

The Training Experience Tour brings to life the Spurs coaching philosophy, aiming to help each student reach their maximum potential as a soccer player.



As part of the CBC Soccer Program, selected students will have the opportunity to participate in Tottenham Hotspur Football Club's Residential Programme, held at the Tottenham Hotspur Training Centre in London, England.

CBC students will get first-hand experience of integrate training methods and a holistic development plan catered to each individual.

Creating a holistic experience for students to access premier coaching, advanced training methods and exposure to professional standards, students will get an insight into day-to-day life as a professional Tottenham Hotspur soccer player.

The development syllabus designed by Tottenham Hotspur Academy staff has player improvement at its core.

The team of FA and UEFA-qualified professional coaches will work with CBC soccer students, exposing them to the Spurs training philosophy through an intense schedule including warmups, advanced skill work, tactical understanding and providing them with player development tools.

The Warm Up

- Movement and technical integration methods.
- Introduction to session theme with mental preparation strategies.
- Encouraging player leadership and social interaction with other players and coaches.
- Movement training with and without a ball, as well as ball manipulation.
- 75 sprints.

Advanced Core Skill Work

- Individual core techniques with 1:4 ratio or less through opposition practices.
- Domination or directional possession games to allow for further development.

Tactical Understanding

- Free play showing clear understanding of soccer principles and strategies.
- Developing the formation of teams.
- Position knowledge and awareness.
- Understanding of the 'Tottenham Hotspur Way'.

Player Development Tools

- Importance of re-hydration, recap of information and debriefing with team.
- Nutrition and health support.
- Advice for player development.
- Personal player development.
- One-on-one assessments between players and coaches.



The Facilities



Tottenham Hotspur Training Centre



Tottenham Hotspur Stadium

The Example Itinerary



Note: the below itinerary is from the 2024 Tour Experience and will be subject to change. The 2025 Itinerary will be released closer to the tour dates and is ultimately decided by Tottenham Hotspur coaching staff.

The Tottenham Hotspur state-of-the-art facilities provide selected students with the chance to immerse themselves in the world of professional soccer, in conjunction with the dedicated coaches who will run the bespoke training experience.

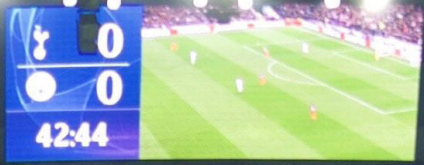
Monday					
8:30am	10:30am	1:00pm	2:00pm	6:30pm	9:00pm
Breakfast	90 min Training Session at THFC Training Facilities	Lunch at M Cafe	Tottenham Hotspur Stadium Tour & Club Shop	Dinner	Lights Out
Tuesday					
7:30am	9:00am	12pm	2:30pm	6:30pm	9:00pm
Breakfast	90 min Training Session at THFC Training Facilities	Lunch and transfer to THFC partner school	Friendly Match Fixture	Dinner	Lights Out
Wednesday					
8:00am	10:30am	11:45am	2:30pm	6:30pm	9:00pm
Breakfast	60 min Training Session at THFC Training Facilities	Lunch and transfer to THFC partner school	Friendly Match Fixture	Dinner	Lights Out
Thursday					
9:00am	10:45am	11:30am	2:30pm	6:30pm	9:00pm
Breakfast	45 min Recovery Session at THFC Training Facilities	90 min Training Session at THFC Training Facilities	Nutrition Workshop	Dinner	Lights Out
Friday					
8:00am	10:30am	12:00pm	3:30pm	6:30pm	9pm
Breakfast	90 min Training Session at THFC Training Facilities	Lunch	Toca Social	Dinner	Lights Out
Saturday					
8:00am	11:30am	3:30pm		6:30pm	9:00pm
Breakfast	Spurs U18 Match	Sightseeing activities		Dinner	Lights Out
Sunday					
9:00am	2:00pm – 4:30pm			6:30pm	9:00pm
Breakfast	Spurs EPL Match			Dinner	Lights Out

A Spurs Spectacle

The Tottenham Hotspur Training Experience Tour Group will have the chance to immerse themselves in the excitement and intensity of a Spurs First Team match.



0
0
42:44

A scoreboard and live game feed. The scoreboard shows a 0-0 tie at the 42:44 mark. The live feed shows a wide shot of the football pitch with players in white and dark blue kits.





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Gain valuable experiences
and insights into the life of a
professional soccer player.

- David Johnston, Principal



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