



## **Champion Coaching Football After Schools Programme**

**Champion Coaching After Schools** is a football coaching programme designed by **Republic of Ireland** footballer **Stephanie Roche** and her team of FAI/UEFA qualified coaches. Our goal is to provide an opportunity for girls to participate in a fully inclusive activity programme that will focus on key aspects of physical and sporting development.

We believe strongly in providing exercise and sport as part of a school programme as the physical development of each child is just as important as their academic growth.

The coaching will include ball skills, strength and conditioning, functional movements, coordination and core skills. It is a flexible and adaptable programme and also caters for every level of football ability so nobody will be left out of the fun and enjoyment.

Stephanie and our coaches are qualified professional players and coaches with years of experience in coaching and playing the game at every level.

Champion Coaching are also running our **summer camps** in 2024 visit [www.championcoaching.ie](http://www.championcoaching.ie) for all the details.