



**21 DAYS PROFESSIONAL  
SHOWCASE (13-17 years GIRLS)**

## MISSION



To help talented and ambitious to an introduction on high level training and playing in Holland. Try to introduce them to possible pathways in the future. Training at a very high level and testing yourself into games.

## VISION

Our programs consist of 21 days. We combine a high intensity, professional training program with 3 friendly matches and experiencing more on Dutch and German culture.

## PROFESSIONAL COMMUNICATION

We believe in direct and fair communications with foreign players in our programs as well with our relations with professional clubs. We have an excellent network of professional club in Europe on all levels as well as scouts worldwide.

When we have taken players into our professional training program and are confident, they need a try out on professional level our network trusts us on bringing a player at the right time. But we are also honest to players if they are not able at the level they admire to be at (yet) People that work with us will always experience professional feedback on the status where they are and the pathway it takes to meet their ambitions, or not.

## PROFESSIONAL PLAN

When your players will arrive in July, the boys will be at our football program for 21 days training with us. That means their parents allow us to take responsibility during the football program in working in a professional way with them for 3 weeks, of course are parents more than welcome to join the girls.

From the moment they arrive till the moment they will return home we will make sure they know what to expect and guide them through their journey.

## 1. THEORY SESSIONS

These sessions will be personally composed to help them understand the HFU philosophy on football. Knowing their role in the team in different phases and what coaches do expect from them when you have the ball, loses the ball and the moments of transition.

The sessions start with team strategy and will move more towards individual tactics when trainings progress.

## 2. TESTING AND MONITORING

Our first week we will get them into our professional testing protocol.

We will test them in our functional movement system, create a tailormade strength protocol for them and test their speed, agility and recovery and oxygen systems

These tests will be set in their Personal Professional Plan which will be handed out to them with departure and can be found in our Online HFU Academy which they will have access to when returning. During the trainings they work with heart rate monitors and GPS following their recovery

## 3. VIDEO ANALYSING

During the first week we will put the players in different training situations where we will tape them. Also, the matches that they play will be on video and coded. Various training moments and full matches will be recorded in their own members area of HFU Online. Players and coaches will receive the access code to find their players data and performing.



## 4. PERSONAL LEADERSHIP

We believe it starts with helping you develop your personal vision document.

Understanding where you are at in all aspects of life and where you are heading to.

We help you creating an awareness from where you want to go and where you are now at.

We develop a personal strategy in areas we believe you need to work in, skills set mindset and health set.

# SCHEDULE



**MONDAY : JULY 8**

- PICK UP AT AMSTERDAM AIRPORT
- OPENING BY JURGEN KOK (TECHNICAL MANAGER)
- OPENING PLAYER SHOWCASE PROGRAM
- PRESENTING OUR VISION



**TUESDAY: JULY 9**

- TRAINING SESSION IN THE MORNING (SKILL TRAINING 1)
- TEAM TRAINING IN AFTERNOON (FOOTBALL CONDITIONING)



**WEDNESDAY: JULY 10**

- THEORY SESSION 1: PERSONAL LEADERSHIP
- TRAINING SESSION 2 (SKILL TRAINING 2)



**THURSDAY: JULY 11**

- TESTING PROTOCOL : PRO FOOTBALL
- TRAINING SESSION (DEFENSE & ATTACK FROM OUT 1:1)



**FRIDAY: JULY 12**

- MORNING TRAINING (SKILL TRAINING 3)
- TEAM TRAINING IN EVENING (TEAM TACTICS)



**SATURDAY: JULY 13**

- THEORY SESSION 2: TEAM TACTICS IN 4 PHASES
- WATCHING PROFESSIONAL SOCCER



**SUNDAY: JULY 14**

- CITY TRIP TO AMSTERDAM
- VISIT AJAX ARENA



**MONDAY: JULY 15**

- TEAM TRAINING (TEAM TACTICS DEFENSE FRONT 3/MIDFIELD)
- TEAM TRAINING (TEAM TACTICS DEFENSE: MIDFIELD/BACKLINE)



**TUESDAY: JULY 16**

- TEAM TRAINING (TEAM TACTICS BUILD UP + BACKLINE + MIDFIELD)
- TEAM TRAINING (TEAM TACTICS MIDFIELD PLAY)



**WEDNESDAY : JULY 17**

- POWER TRAINING (BASED ON FMS SCREENING)
- CITY TRIP TWENTE



**THURSDAY: JULY 18**

- TEAM TRAINING : TEAM TACTICS CREATING CHANCES
- FRIENDLY MATCH 1



**FRIDAY: JULY 19**

- TEAM TRAINING : TEAM TACTICS (FINISHING)
- TEAM TRAINING : TEAM TACTICS (TRANSITION BALL LOSS)



**SATURDAY: JULY 20**

- FRIENDLY MATCH 2



**SUNDAY: JULY 21**

- DAY OFF (VISIT GERMANY)



**MONDAY: JULY 22**

- VIDEO ANALYSING MATCHES
- TRAINING (DEFENSE & ATTACK 1 VS 1)



**TUESDAY: JULY 23**

- MORNING THEORY SESSION 3 (PERSONAL LEADERSHIP 2)
- FRIENDLY MATCH 3



**WEDNESDAY : JULY 24**

- TRAINING (SKILL TRAINING 4)
- WATCH PROFESSIONAL SOCCER MATCH



**FRIDAY: JULY 26**

- POWER TRAINING (UPPER BODY, BASED ON FMS)
- TRAINING (SKILL TRAINING 6: FINISHING AND PREVENTING FROM SCORING)



**SATURDAY: JULY 27**

- MORNING THEORY SESSION 4
- FRIENDLY MATCH 4



**SUNDAY: JULY 28**

- EVALUATION SHOWCASE PROGRAM (PDP PLAN)
- TEST SCORES (PERSONAL ACCOUNT IN HFU ONLINE ACADEMY)
- DEPARTURE TO AMSTERDAM

## WHAT IS INCLUDED IN THIS 21 DAYS PROFESSIONAL SHOWCASE PROGRAM?

- ✓ Transportation from and to the airport
- ✓ 2 Professional Training outfits Holland Football University
- ✓ Laundry of training outfit
- ✓ 21 days Hostel full board (1 drink with every meal included)
- ✓ Transportation during this 21-day trip according to program
- ✓ Professional Testing program
- ✓ Professional Video Analyse Matches
- ✓ Watching professional games, including match tickets
- ✓ Professional Training Analysing
- ✓ Theory sessions
- ✓ Scouts of professional clubs
- ✓ 4 Friendly Matches
- ✓ All Training sessions conducted with UEFA A license HFU Instructor/Coach
- ✓ Medical assistance
- ✓ Use of bikes during your stay
- ✓ Individual Guidance of Holland Football University during your stay
- ✓ 24/7 Coordinator available in case of emergency
- ✓ HFU Online Academy access when returning home with all needed info included.
- ✓ City trip to Amsterdam
- ✓ City trip in Twente
- ✓ City trip in Germany
- ✓ Watching professional matches (depending on final summer schedule pro clubs)
- ✓ Personal Development Plan (online access in HFU Online Academy)
- ✓ Functional Movement screening and Tailormade Power Plan



**Price of this 21 days program:**

**€3.180, - all-inclusive per person**

Be aware that this Player Showcase is excluded flight from and to Holland and insurances needed to be made by players self.



**CLICK HERE**

**TO START YOUR REGISTRATION**



## Terms and Conditions

When you apply for a product of Holland Football University you will accept the next terms and conditions:

### 1. Definitions

1.1 Participant: The person that with agreement of both, participant and HFU, uses the products of HFU.

1.2 Entry form: Form that is on our website "[www.hollandfootballuniversity.com](http://www.hollandfootballuniversity.com)".

1.3 Client: The person or corporation that has an agreement with HFU.

1.4 Agreement: The agreement between HFU and the client about the products and services.

1.5 Participation fee: The total sum of prices for the products and services as agreed vat included.

1.6 Holland Football University : Programs of Holland Football University are organised with the responsibility of HFU.

### 2. Relevance

2.1 These terms of conditions are only relevant for all HFU-international products.

2.3 The relevance of specific or general conditions of the client will be rejected by HFU.

2.4 Deviations or additions, in any form, to these terms of conditions are only relevant when HFU agreed to these deviations and additions.

2.5 In case of a conflict between the terms of conditions and the agreement the last one counts.

2.6 If one of the provisions in these terms of conditions are not relevant or have a conflict with any laws, the provision will be ignored. The other terms and conditions will still be operative.

### 3. The making of an agreement

3.1 All offers of HFU are non-committal and without prejudice of the capacity unless it is explicitly noted in an agreement.

3.2 The agreement will be made after the clients filled in the registration form, accepted the terms and conditions, has end a definitive confirmation of participation and did a payment which is received by HFU. HFU will send the definitive confirmation of participation.

3.3 When you filled in your registration form you have 14 days of reflection. If you decide to cancel your registration within this period it is free if you report this written. If the order is within the reflection time HFU renounces of this rule.

#### 4. Payment

4.1 Wire Transfer: HFU offers the possibility to pay by wire transfer. This way you have to pay before the deadline adjusted by HFU.

#### 5. Instructions and behaviour rules

5.1 It is mandatory for participants to comply to all instructions in order to foster a good execution. Also any participant needs to conform to all rules that HFU stated during the stay at their accommodations.

5.2 Any participant that cause nuisance or can cause nuisance for a good execution will be send away. Any costs and/or damage will be on his or her behalf.

5.3 During the execution of our agreement HFU has the following house rules.

- We have respect for each other, this counts for staff, participants and organisation.
- It is strictly forbidden to use stimulating products of any kind.
- It is forbidden to smoke on our accommodation

#### 6. Liability of contractor

6.1 Any damage to luggage or other personal property of the participant are always the responsibility of the participant.

6.2 It is the responsibility of the participant to inform HFU about personal details/allergies/diets which are important to the participant.

6.3 Participants are aware of any risks. For example: Mental injuries or physical injuries.

6.4 Participation is on own risk and bill.

6.5 HFU is responsible when there is any form of premeditation or negligence, but only when HFU has an insurance which covers the damage.

6.6 HFU is never responsible for damage caused by ascendancy.

#### 7. Cancellation by client

7.1 Cancellation needs to be done by Cancellation must take place in writing, in which correspondence the date of the postmark will serve as the indicative date for the provisions indicated in paragraph 2 of this article.

7.2 After cancellation because of: illness, injury or other serious emergencies the cancellation policy, as discussed in article 7.4 will become operative.

7.3 Other reasons for cancellation may be proposed, with associated administration costs and cancellation costs as discussed in article 7.4.

7.4 After cancellation of an agreement about a program every participant will be charged 10% when cancellation is received more than 6 weeks before the event.

7.5 The participant will be charged 50% of the registration fee when cancellation is received 7-14 days before the event.

7.6 The participant will be charged 100% of the registration fee when cancellation is

received 1 day before the event.

#### 8. Lost and found

Lost property will be saved for 7 days. HFU will communicate about the things they found to the participants. After 7 days HFU has the right to donate the property to a charity of choice.

#### 9. Applicable law and disputes

9.1 In the agreement and all agreements that follow only Dutch laws are applicable.

9.2 All arguments about the agreement that may occur will be assessed by a judge.

#### 10. Other regulations

Video and pictures taken of HFU activities and the participants, can be used by HFU in their communication to promote the company and the its activities. If the client does not want HFU to use the material the client needs to express this matter before the start of our activity to HFU.