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In partnership with:

BRIGHTON & HOVE ALBION FOUNDATION

blc international school of english

football courses 2025

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"Welcome to BLC International in the heart of our city. BLC's lively, modern, inclusive and vibrant approach to language learning gives you the best platform to build your confidence and ability in English. I look forward to meeting you here in Brighton."

Gary Charles Farmer
Centre Director BLC International

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The American Express Elite Football Performance Centre

Your training facility

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Brighton & Hove Albion Foundation

Who we are

Learn English and train in the home city of Premier League football club, Brighton & Hove Albion. Brighton & Hove Albion Foundation is the official charity of Brighton & Hove Albion FC and has teamed up with Brighton Language College International to create a unique, high-quality football and English language course.

For more than 30 years Brighton & Hove Albion Foundation has been using the power of football to engage and inspire people to make good life choices and help reduce inequalities in our local communities across Sussex.

BHAFC Foundation's award-winning educational and outreach programmes improve people's wellbeing, supports learning and offers inclusive opportunities for everyone to get active and play football.

Please learn more about BHAFC Foundation at Sprachenmarkt

The programme

The football programme is designed around a 2-week course to help players develop essential communication skills both on and off the field in an authentic football environment. The course is available for boys and girls aged 13-17 years old.

The program focuses on a wide range of skills, drills, and tactics while the aim is to challenge the techniques essential to a player's development.

All of the activities and coaching are conducted in English in a multinational environment meaning that students will primarily communicate in English throughout their stay.

The course is a complete package with football sessions every day (Mon - Fri) which take place on the Community Pitch at the American Express Elite Football Performance Centre in Lancing and 15 hours of English classes at BLCI (BHA20) or Activities with BLCI (BHA00)

Players are exposed to BHAFC Foundation's authentic training methodologies with a focus on creating the 'complete footballer' through tactical, technical, physical sessions and workshops.

All players receive the official training kit of BHAFC Foundation and will also have the opportunity to visit the American Express Community Stadium, home of Brighton and Hove Albion FC for a VIP tour.

Football training takes place at the American Express Elite Football Performance Centre, a new state-of-the-art-facility that opened in September 2021 in addition to the Y-shaped building which accommodates the club's professional and academy teams on separate wings.

The new facility houses the women's first-team, academy and staff, as well as providing a changing facility for BHAFC Foundation's community pitch.

Albion were awarded Category One status in July 2014, under the Premier League's Elite Player Performance Plan, which highlighted the club as one of the best in the country in terms of facilities, staff and opportunities for young players.

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Football + English

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
29.06.25 - 27.07.25	B1	18 (14 average)	1 - 4 weeks	13 – 17 (15 average)

BRIGHTON & HOVE ALBION FOUNDATION

Contents

- Full board homestay accommodation
- Weekly bus pass (Monday - Sunday)
- On-line entry test
- Saturday full day excursion
- 7 night accommodation/week
- Certificate of Completion
- English tuition every afternoon
- Lunch served at University of Brighton
- Football training with BHAFC Foundation
- Training kit provided

Course Dates:	29.06.25 - 27.07.25
Football Training	10 hours/week
English lessons:	15 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training / PM English lessons
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 – 17
Course Code:	BHA20

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 – 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 – 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	General English	General English	General English	General English	General English		
Evening	Homestay	Brighton Pier	Student Party	Beach BBQ	Homestay		

Activities are an example only, schedules are confirmed each week and published on site

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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Football Training	Passing & Receiving	Ball Mastery	Strength & Conditioning	Finishing	Games Day
	Technical Practices	Brighton Ball Work	Speed	Inside the box	Tournaments
	Passing Patterns	Turns & Tricks	Agility	Outside box	Small Sided Games
	Tight Area Possession	Opposed & Unopposed	Power	Crosses	Conditioned Games
					Amex Stadium Tour

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Football Training	Defending	Transitions	Create a Goal	Creating Options	Games Day
	1v1s	Transition to defend	Creativity in the final 3rd	Inside the box	Tournaments
	Pressing	Transition to attack	Decision Making	Outside box	Small Sided Games
	Compactness	Keep or Counter	Penetrative Passes	Crosses	Conditioned Games

Football camp content

On football training days all students arrive at BLC International for 8:00 every morning ready for the coach departure to the American Express Elite Football Performance Centre.

The table above shows the football training content delivered by BHAFC Foundation staff each day.

Once football training has finished all students shower and change at the training centre ready to take the bus and arrive at BLC International by 12:15 to have lunch at the University of Brighton canteen.

After lunch the students join their afternoon lessons / activites depending on their course of english or activities.

Students can enrol for 1 week, 2 weeks, 3 weeks or 4 weeks.

Goalkeeping

Specific skills are covered for aspiring goalkeeprs and who are taken through key elements such as :

Goalkeepers sprint
Side-to-side positioning
Diving
High balls
Duelling

Safeguarding

The BHAFC Foundation is committed to safeguarding and ensuring the protection of all children, young people and adults. They view their responsibility for ensuring the welfare and wellbeing of all children, young people and adults who engage in our activities as our highest priority.

Please read BHAFC Foundation's safeguarding policy here.

BHAFC Foundation & BLCI Video

Please take a look at our YouTube video channel to see more of what we do here.

BLC International U18 Course Guide

Please refer to our teenagers course guide for further information on homestays, airport transfer at Sprachenmarkt.de

Football + Activities

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
29.06.25 - 27.07.25	B1	NA	1 - 4 weeks	13 – 17 (15 average)

BRIGHTON & HOVE ALBION FOUNDATION

Contents

- Full board homestay accommodation
- Weekly bus pass (Monday - Sunday)
- On-line entry test
- Saturday full day excursion
- 7 night accommodation/week
- Certificate of Completion
- Activites / excursions every afternoon
- Lunch served at University of Brighton
- Football training with BHAFC Foundation
- Training kit provided

Course Dates:	29.06.25 - 27.07.25
Football Training	10 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training/PM Activities
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 – 17
Course Code:	BHA00

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 – 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 – 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	City Tour	Royal Pavilion Visit	Indoor Climbing	Excursion - Lewes	Sea Kayaking		
Evening	Homestay	Brighton Pier	Student Party	Beach BBQ	Homestay		

Activities are an example only, schedules are confirmed each week and published on site

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Closed Group Football Training

Course Dates	Minimum Level of English	Maximum Class Size	Course Length	Age Range
Year Round	B1	18 (14 average)	1 - 2 weeks	13 – 17 (15 average)

BHAFC Foundation welcomes school groups and junior football clubs year round for football training at the American Express Elite Football Performance Centre.

BLC International works with groups to provide accommodation and additional services tailor made to provide an exceptional experience of football training combined with English classes or cultural activites.

Contact BLC International for more information and further details of a unique football training experience with the Brighton & Hove Albion Foundation.

Contents

- Full board homestay accommodation
- Weekly bus pass (Monday - Sunday)
- On-line entry test
- Saturday full day excursion
- 7 night accommodation/week
- Certificate of Completion
- Activites / excursions every afternoon
- Packed lunches
- Football training with BHAFC Foundation
- Training kit provided

Course Dates:	Open
Football Training	10 hours/week
Maximum Class Size:	18 (14 average)
Schedule:	AM Football training/PM Choice
Course Materials:	Included
Training Kit:	Included
Bus Pass:	Included
Full Board Homestay Accommodation:	Included
Age:	13 – 17
Course Code:	BHA20 / BHA00

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Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 – 12:15	Football Training	Football Training	Football Training	Football Training	Football Training	London Sightseeing Tour	Arrivals / Departures Free Day
12:15 – 13:15	Lunch	Lunch	Lunch	Lunch	Lunch		
13:15 - 16:30	Lessons or Activites	Lessons or Activites	Lessons or Activites	Lessons or Activites	Lessons or Activites		
Evening	Homestay	Homestay	Homestay	Homestay	Homestay		

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