

Why not enrol your little rising stars
into our football academy?



The Evolved FOOTBALL Academy

Striving for excellence, development
and progression

The Evolved Football Academy is a unique 12-week programme for kids aged 6-14 years of age who want to excel in their mental and physical abilities. We created our programme to provide kids in Doha a comfortable and welcoming place to increase awareness of their physical abilities and channel them into sports through football.

We place emphasis on tactical and technical skills, sports science, nutrition and fitness awareness through functional exercises to transform your child. Our specialist coaches will ensure your child's growth by monitoring their progress from day one. Our aim is to develop your child mentally and physically to enable them to reach their full potential.

Evolved FA's first programme is set to start on the 31st of January 2021 and will run twice a week on Sundays and Wednesdays from 4:30- 6pm.

For more information on pricing and to register please contact at 5040 3234.
Limited spaces available!

Look for Mr. Nurrudin Hanif
Evolve Head of Fitness & Football Academy Manager



EVOLVE
mind | body | soul

The EvolveD Football Academy 12-week programme

Start date: 31st January 2021

Training dates: Sunday & Wednesday 4:30-6pm

Age categories:

- * 6-8yrs basic
- * 9-11yrs intermediate
- * 12-14yrs integrated movement patterns

Group sizes: spaces limited to 10 kids
per age group

EFA 12-week curriculum:

Week 1: Pretesting for kids

- * Biometric screening
- * Performance testing

Week 2: Dribbling and small sided games

- * Plyometric training
- * Nutritional education

Week 3: Passing and small sided games

- * Functional body weight training
- * Rules & regulations

Week 4: Shooting and small sided games

- * Tactical training
- * Sports science education

Week 5: Ball control and small sided games

- * Plyometric training
- * Functional body weight training

Week 6: Speed and passing teamwork games and small sided games

- * Functional body weight training
- * Rules & regulations
- * Parents evening (performance and progression interim report)

Week 7: Competitive pair games with and without the ball & games and small sided games

- * Tactical training
- * Sports science education

Week 8: Speed and agility teamwork games and small sided games

- * Plyometric training
- * Nutritional education

Week 9: Multidirectional possession games and small sided games

- * Functional body weight training
- * Rules & regulations

Week 10: Technical skills games and small sided games

- * Tactical training
- * Sports science education

Week 11: Agility work with dribbling shooting integration and small sided games

- * Plyometric training
- * Nutritional education

Week 12: Post testing for kids

- * Biometric screening
- * Performance testing
- * Parents evening (performance and progression end report)



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