

# THE GOAL ACADEMY

## COURSE OUTLINE

<b>Programme:</b>	Football Fitness
<b>Age Groups:</b>	Open Age Adults
<b>Age Range:</b>	18+ year olds
<b>Gender Groups:</b>	Male/Female/Mixed
<b>Programme Length:</b>	12 Weeks
<b>Sessions Per Week:</b>	1 / 2
<b>Session Length:</b>	90mins
<b>Start Date:</b>	Term 2
<b>Venue:</b>	Samba de Futsal, Section 51A, PJ
<b>Day/Time:</b>	TBC
<b>Cost:</b>	Programme Fee – RM400 Individual Session Fee – RM40
<b>Group Size:</b>	Maximum group size – 12
<b>Course Overview:</b>	<ul style="list-style-type: none"><li>• an intensive, fitness-based training programme</li><li>• aims to maximize weight loss, increase aerobic and anaerobic endurance;</li><li>• improves players' football fundamentals through a series of fun and engaging sessions;</li><li>• motivational infosheets will be nutrition and fitness-related, improving players' knowledge whilst maintaining focus on their overall goals.</li><li>• GA coaches are encouraging and enthusiastic at all times, FA qualified and experienced, they ensure the players' welfare at all times whilst making sure they keep focused and driven to meet their goals.</li></ul>
<b>How to Apply:</b>	Apply online at <a href="http://www.thegoalacademy.com/join.html">www.thegoalacademy.com/join.html</a> or download an application form and send it to: The Goal Academy Sdn Bhd, 8 <sup>th</sup> Floor, West Wing, Menara Rohas Perkasa, Jalan P. Ramlee, 50450, Kuala Lumpur.
<b>Information:</b>	Call 03 2719 5612 or email <a href="mailto:info@thegoalacademy.com">info@thegoalacademy.com</a>