



WEEKLY TIMETABLE: 2020 – 2021: TERM 1 TERM 2 AND TERM 3

	2.30-3.20		3.30-4.30		4.45-5.45		5.50-7.00	
Monday			Mini Tremors	FS2	U10 Mixed	Y3 Y4 Y5	O13 Boys	Y9 – Y13
			Tremors	Y1 Y2			O13 Girls	Y9 – Y13
			DUCKS FIELD		SENIOR SCHOOL			
Tuesday	Mini Tremors	FS2			U13 Boys	Y6 Y7 Y8		
					U13 Girls	Y6 Y7 Y8		
			DUCKS FIELD		SENIOR SCHOOL			
Wednesday			Tremors	Y1 Y2	U10 Mixed	Y3 Y4 Y5		
			Goalkeeper	Y3-Y5	Goalkeeper	Y6-Y9		
	ASTRO							
Thursday					U13 Boys	Y6 Y7 Y8	O13 Boys	Y9 – Y13
					U13 Girls	Y6 Y7 Y8	O13 Girls	Y9 – Y13
					Goalkeeper	Y10-Y13		
			SENIOR SCHOOL					
Friday			DUCKS CLINICS	FS2 Y1 Y2	NO LATE BUS ON FRIDAY			
			JS CLINICS	Y3 Y4 Y5	PICK UP ONLY			
ASTRO								
Saturday								
Sunday	League DEQ							



OPTIONS OF PAYMENT

FS2 Year 1 and Year 2				
	<i>Term 1</i>	<i>Term2</i>	<i>Term 3</i>	<i>Total</i>
Termly Payment	Payment by Sep 13	Payment by Jan 17	Payment by May 2	
1 Session	2100¥	1300¥	1100¥	4500¥
2 Sessions	3200¥	2100 ¥	1700 ¥	7000¥
Yearly Payment	Payment by Sep 13			
1 Session	4000 ¥			
2 Sessions	6500 ¥			
Year 3 to Year 8				
	<i>Term 1</i>	<i>Term2</i>	<i>Term 3</i>	<i>Total</i>
Termly Payment	Payment by Sep 13	Payment by Jan 17	Payment by May 2	
1 Session	2000¥	1250¥	1050¥	4300¥
2 Sessions	3100¥	2000 ¥	1650 ¥	6750¥
Yearly Payment -	Payment by Sep 13			
1 Session	3800 ¥			
2 Sessions	6250 ¥			
Year 9 to Year 13 – 2 sessions only				
	<i>Term 1 - Payment by Sep 13</i>	<i>Term2 - Payment by Jan 17</i>	<i>Term 3 - Payment by May 2</i>	<i>Total</i>
Termly Payment	2700 ¥	1800 ¥	1500 ¥	6000¥
Yearly Payment - Payment by Sep 13	5500 ¥			
Specialized Sessions (Goalkeepers and clinics) 1 session only				
	<i>Term 1 - Payment by Sep 30</i>	<i>Term2 - Payment by Jan 17</i>	<i>Term 3 - Payment by May 2</i>	<i>Total</i>
Termly Payment	3000 ¥	2200 ¥	1800 ¥	7000¥
Yearly Payment - Payment by Sep 13	6000 ¥			
Uniform Cost (Shirt and Shorts)				350 ¥



AGE CRITERIA AND CURRICULUM

Mini Tremors (FS2 and Year 1) and Tremors (Year 2) maximum ratio teacher/student – 1/10

At this age level the curriculum will be based around teaching the core aspects of football; dribbling, passing and receiving, shooting. Grass roots player development. Focused upon psycho motor skills, competitive personality traits and basic individual technical skills for young players, Development of individual technique, striking a ball in different ways. It is imperative that at this age the players enjoy training.

We will foster an environment that develops passion for the game. Maximizing opportunity for individual ball mastery is a major part of the curriculum for this age.

U8 (Year 3) U9 (Year 4) and U10 (Year 5) maximum ratio teacher/student – 1/12

At this age level the curriculum will be a continuation in the development of the core aspects of the game. It will provide a deeper knowledge of how these core elements can be applied into game situations; however grass roots development of technique and fundamental skills remain a focus, with enjoyment still key to each training session. Players will be introduced to positional play through practice of simple possession rondo`s. Players should experience all outfield positions to enhance development and understanding of the game.

U13 (Year 6, Year 7 and Year 8) maximum ratio teacher/student – 1/12

At this age the players should have the fundamentals of the game, they will be introduced into positional, tactical and more competitive aspects of the game. They will begin to understand various systems of play and how the roles may differ. Players will still receive technical development but importance will be placed on applying this in game situations.

O13 (Year 9 to Year 13) maximum ratio teacher/student – 1/15

Players at this age develop a good understanding of the game, differentiating phases (defensive organization, defensive transition, offensive organization and offensive transition). Exercises will incorporate zonal position and pressure with different depths in defensive behavior, as well as effective counter press when ball is lost. Offensive routines will be set with the aim to create team dynamics in the offensive process.

Goalkeeper Specific Practices Year 3 to Year 5 (Max of 6 students per group) maximum ratio teacher/student – 1/5

Improve the goalkeeper's technical skills through the use of technical practices and ball manipulation exercises and that all goalkeepers are comfortable handling the ball and with the ball at their feet.

To ensure that goalkeepers are constantly put in environments where their decision-making skills will be tested and improved.



Goalkeeper Specific Practices Year 5 to Year 9 and Year 10 to Year 13 (Max of 8 students per group) maximum ratio teacher/student – 1/6

Same as the younger age group with more demanding circumstances and a focus on the goalkeepers tactical understanding of the game, while maintaining and improving the technical ability.

CLINICS DUCKS (Max of 6 students per group) maximum ratio teacher/student – 1/6

Weekly training program, in small groups. Aimed at students/athletes who want to enhance their individual technical skills continuously. Structured in order to complement the regular group training, this program consists of weekly sessions of 60 minutes grouped in a methodical and rigorous planning, with the respective analyses and evaluations being periodically carried out.

In this age group we aim to improve the individual performance of football players, with specific focus on individual technique.



CLINICS Junior school (Max of 6 students per group) maximum ratio teacher/student – 1/6

Weekly training program, in small groups. Aimed at students/athletes who want to enhance their individual technical skills continuously. Structured in order to complement the regular group training, this program consists of weekly sessions of 60 minutes grouped in a methodical and rigorous planning, with the respective analyses and evaluations being periodically carried out.



In this age group we aim to stimulate creativity, game intelligence and speed of execution and develop technical-tactical performance according to each player's position.



COACHES

<p>Ricardo Coelho</p> 	<p>Director of Dulwich Earthquakes</p> <p>Head of Football at Dulwich College</p>	<p>Ricardo is a Portuguese national. He graduated with a Bachelor of Sports Science from Coimbra University, followed by a Masters in Physical Education from the University of Porto, both in Portugal. Early in his career, he coached football at A.C. Milan Academy, Boavista F.C and S.C. Salgueiros in Porto (Portugal), where he achieved two U19 district titles. He was previously the Lead Football Coach at Kajonkiet International School, Phuket for three years, contributing to a massive development in their football project. He possesses a UEFA B qualification from Portuguese FA. Football has always been a crucial part of his life and he deeply believes that it helped developing core values such as resilience, teamwork, discipline, and goal setting.</p> <p>Ricardo is in Suzhou for the second year and he is currently learning Mandarin and embracing Chinese culture. In his free time he enjoys playing football, judo, swimming, reading and writing, and to travel to new destinations - "The world is a book; those who do not travel read only a page."</p>
<p>William Murphy</p> 	<p>Football coach at Dulwich Earthquakes</p> <p>DUCKS PE Teacher at Dulwich College</p>	<p>Originally from Surrey in the South of England, William has spent the last 2 years teaching internationally at Dulwich College Suzhou. With this being his first international post, he has grown personally and professionally, particularly in terms of his cultural awareness and enjoying working with students and colleagues from diverse backgrounds. Prior to gaining his teaching qualification through the University of Sunderland, William studied at the University of Brighton gaining a BA in 2015. He also spent one-year coaching Soccer in the USA with UK International Soccer, which initially kickstarted his interest in working in the International sector. He lives an active lifestyle and regularly participates in active pursuits such as soccer, tennis and cycling. William has more recently become interested in group exercise classes and HIIT workouts and take an interest in maintaining a balanced healthy lifestyle.</p>



<p>Keegan Ashton</p> 	<p>Football coach at Dulwich Earthquakes</p> <p>PE Teacher at Dulwich High School</p>	<p>Keegan is a British National. He graduated with a Bachelors of Sports Studies from the University of Central Lancashire in England. Whilst at University Keegan started coaching a local Boys football team, which made an impact with his development in coaching theories and practices. With his degree and FA qualifications Keegan decided to move to Hong Kong to coach football. He was there for 2 years at Asia Pacific Soccer Schools, which linked in with Hong Kong Football Club and Kowloon Cricket Club. Keegan had a variety of teams from Under 11's to Under 18's males and females, winning countless cup trophies and travelling to Phuket and Mainland China for tournaments. Throughout his life Keegan has played or coached football and has always found a way to push for his passion, He stated; "I would like my enthusiasm and passion for football to create an environment, were all students can progress and develop their skills, not just for football but for their communities too."</p>
<p>Carol Xu</p> 	<p>Football coach at Dulwich Earthquakes</p> <p>DUCKS PE Teacher at Dulwich College</p>	<p>Carol is teaching DUCKS PE in DCSZ since 2018 and Dulwich Earthquakes since 2019. She is an experienced and qualified teacher and a great communicator, both in Mandarin and English. She is very positive and always tries to pass that energy and motivation to children, giving them encouragement to succeed. In her free time, Carol likes to play football, table tennis, basketball and badminton. She believes that the values that students learn from sports are crucial for their competence to relate socially and that sports are essential for a complete and balanced life.</p>



FACILITIES

11 aside Full grass football pitch



7 aside Full grass pitch

7 aside AstroTurf pitch

1000 sqm Indoor Pitch



360# Gangtian Road, Suzhou Industrial Park, Suzhou, China, 215021
中国苏州市工业园区港田路 360 号, 215021

Tel: [+86 \(512\) 6295 9500](tel:+86(512)62959500)
<https://suzhou.dulwich.org/>





CALENDAR

TERM 1 – 14 Weeks		NOTES
July Camp	Jul 27 th to Jul 31 st (5 days)	
Week 1 Open Week/Trials	Aug 17 th to Aug 23 th	Every student is invited to join practices this week – normal timetable
Meeting with parents	Friday August 21 st	Dance Studio/Zoom (Senior School) 10h30 to 11h30 Electing a parent representant for Ducks/JS/SS
Week 2 Open Week/Trials	Aug 24 nd to Aug 30 th	Every student is invited to join practices this week - normal timetable
Week 3	Aus 31 st to Sep 6 th	
Week 4	Sep 7 th to Sep 13 th	Sunday 13 th Sep -League 1 Round 1 Deadline for payment term 1 / full year
Week 5	Sep 14 th to Sep 20 th	Sunday 20 th Sep -League 1 Round 2
Week 6	Sep 21 th to Sep 27 th	Sunday 27 th Sep -League 1 Round 3
Week 7	Sep 28 th to Sep 30 th	
October Camp	Oct 1 st to Oct 4 th (4 days)	
School Holidays	Oct 5 th to Oct 11 th	
Week 8	Oct 12 th to Oct 18 th	Junior School Football Tournament
Week 9	Oct 19 th to Oct 25 th	Sunday 25 th Oct -League 1 Round 4
Week 10	Oct 26 th to Nov 1 st	Sunday 1 st Nov -League 1 Round 5
Week 11	Nov 2 nd to Nov 8 th	Sunday 8 st Nov -League 1 Round 6 Wed Nov 4 th and Thu Nov 5 th Cancelled due to PD day (School Closed)
Week 12	Nov 9 th to Nov 15 th	DCSZ Swim Meet
Week 13	Nov 16 th to Nov 23 th	Sunday 22 nd Nov – Spare date for League
Week 14 Open Week/Trials	Nov 24 nd to Nov 30 th	Every student is invited to join practices this week – normal timetable
TERM 2 – 9 Weeks		
Week 1	Jan 11 th to Jan 17 th	New timetable for term 2 Deadline for payment term 2
Week 2	Jan 18 th to Jan 24 th	Sunday 24 th Jan - League 2 Round 1
Week 3	Jan 25 th to Jan 31 st	Sunday 31 st Jan - League 2 Round 2
Week 4	Feb 1 st to Feb 7 th	



Chinese New Year	Feb 8th to Feb 21st	
Week 5	Feb 22 nd to Feb 28 th	Sunday 28 th Feb – League 2 Round 3
Week 6	Mar 1 st to Mar 7 th	Sunday 7 th Mar – League 2 Round 4
Week 7	Mar 8 th to Mar 14 nd	Sunday 14 th Mar – League 2 Round 5
Week 8	Mar 15 th to Mar 21 th	Sunday 21 st Mar – League 2 Round 6
Week 9	Mar 22 nd to Mar 28 th	Sunday 28 th Mar – Spare date for League
April Camp	Apr 5th to Apr 9th (5 days)	
TERM 3 – 7 Weeks		
Week 0		Sunday 25 th Apr – League 3 Round 1
Week 1	April 26 th to May 2 nd	Sunday 2 nd May – League 3 Round 2 Deadline for payment term 3
Week 2	May 3 rd to May 9 th	Sunday 9 th May – League 3 Round 3 No practice on May 3 rd is Labour Day
Week 3	May 10 th to May 16 th	Sunday 16 th May – League 3 Round 4
Week 4	May 17 th to May 23 rd	Sunday 23 rd May – League 3 Round 5
Week 5	May 24 th to May 30 th	Sunday 30 th May – League 3 Round 6
Week 6	May 31 st to Jun 6 th	Saturday 5 th Jun DEQ lunch and awards JS and SS Sunday 6 th Jun – Spare date for League
Week 7	Jun 7 th to Jun 13 th	Sunday 13 th June – Spare date for League

REGISTRATION	PAYMENT
	

For more information please contact Coach Ricardo on: ricardo.coelho@dulwich-suzhou.cn