

FOOTBALL PROFILE

“Football is like Life, it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority”.

-Vince Lombardi-



The Football Profile is intended for students who want to learn and perfect various **individual skills** and **team tactics** needed to play effective football. The student will also explore other aspects related to the practice of football.

The aim of this profile is to help students acquire the elementary rules and skills specific to football as well as a few key principles that will help them play this team sport. Through progressive hands-on practices students will develop the skills required to play an offensive and/or a defensive position. They will also study diverse offensive and defensive systems used in football today.

Students will be expected to frequently reflect upon their learning so that they become able to recognize their strengths and limitations, in order to improve and identify which position is better suited to their abilities.

Students in the football Profile will learn how to work together, get along and play with other people, with one goal in mind: **to be able to play team football.**

Students will be evaluated on the specific competencies set out by MELS:

1. **Perform movement skills in football**
2. **Interact with others in a team sport**
3. **Adopt a healthy, ethical and active lifestyle**

A passion for football is important for students interested in this profile.

Where: Stade TELUS Université Laval

Transportation:

- Parents are responsible to bring students to the PEPS for **NO LATER** than 7:45 a.m.
- RTC busses are also available (north shore):
18,87,330,336,337,338350,355,358,372,374,377,380,381,382,384.
- A bus will bring the students back to school from the PEPS

When: 4 times per 10-day cycle from 8:00 a.m. to 9:50 a.m.