

# CATALAN



THE PARENTS GUIDE

# PROSPECTUS 2026

SKILLS CLASSES ■ HOLIDAY CAMPS ■ PRIVATE TUITION





**CATALAN PROSPECTUS** **2025/26**







**WELCOME TO...**

# CATALAN SOCCER

## A PARENTS GUIDE TO CATALAN

Here at Catalan we welcome children of **all abilities**. Children don't have to be able to complete 100 kick ups, nor do they have to be top scorer at their Sunday club.

Catalan coaches over **1500 children** a week in our programme at the UK's biggest football venue - Goals Leeds. Trusted by families, registered with Ofsted and famous for having the best youth coaches in the industry.



## WORLD-FAMOUS COACHING



Established in 2010, our unique player development model is inspired by the Catalan club, **FC Barcelona** - Catalan's founders have developed an unrivalled **training system** that blends the precision of the Spanish game, with our own method of coaching confidence into children at all levels. Our audience reaches across the globe through our YouTube viewership into the **Millions**.



## THE UK'S BIGGEST & BRIGHTEST



We are the UK's biggest and most **inclusive** private Soccer School, specialising in training for beginners, through to Elite & Academy from ages 4-14. Delivering over 100 classes a week, there's something for every family's schedule.

Parents that **want the best** for their children, choose Catalan.



[YOUTUBE.COM/CATALANSOCCER](https://www.youtube.com/catalansoccer)



[CATALANSOCCER.COM](https://www.catalansoccer.com)



[/CATALANSOCCER](https://www.facebook.com/catalansoccer)





# OUR SERVICES

For over 15 years, Catalan has led the way in youth football development, delivering unrivalled coaching experiences that inspire children at every stage of their journey.

From our **high-energy Holiday Camps** and after-school programmes to our structured weekend **Skills Classes**, we provide opportunities that combine fun with genuine progress. For players ready to push further, our **Elite Masterclasses** and personalised 1-1 or small group tuition offer the highest levels of professional guidance.

Trusted by **thousands of families** and recognised as a market leader, Catalan continues to set the standard for quality, innovation, and results in private football coaching.



**SKILLS CLASSES**  
*AFTER SCHOOL, SATURDAY + SUNDAYS!*



**HOLIDAY CAMPS**  
*EASTER, SUMMER, EVERY HALF TERM!*

**PRIVATE TUITION**  
*1-1 AND SMALL GROUP TRAINING*

**MASTERCLASS**  
*INVITATION-ONLY ELITE WORKSHOPS*

300+ 5-Star Reviews





# COACHING PHILOSOPHY



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“

**Albie was put off football after a negative experience with another coaching provider in one of their franchise tots classes. Since Catalan worked their magic he's obsessed with football again!**

”

Thank you so much to coach Olly for Albie's first class today, he absolutely loved it and great to see the coaches enthusiasm shining through!

We loved having him and thank you for giving the Niños classes a try. Can't wait to see you guys next week! 💪

**Paula Watson**

*(Albie's mum and Bradford City Fan!)*





# ODDSOCK® METHOD

DEVELOPING BALANCE & TWO-FOOTED CONFIDENCE

**IMPROVED  
CO-ORDINATION**

**ENHANCED  
CONTROL**

**STABILITY  
BOOST**

**FORTIFIED  
BALANCE**

**FASTER  
FOOTWORK**

**TURBO  
TOUCHES**

**ADVANCED  
TIMING**

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# ODDSOCK® METHOD

## DEVELOPING BALANCE & TWO-FOOTED CONFIDENCE

### FOUNDATION

The **OddSock®** Method is a Catalan innovation where players wear a yellow sock on the leftfoot and a red sock on the right. This simple but powerful tool helps children instantly recognise their left and right sides - massively boosting their ability to **orientate** in skills activities.

By making the learning process visual and playful, children are encouraged to try both feet without hesitation. It **removes confusion** and makes early technical development fun. From their very earliest years, kids learn that both feet are equally important and using both can make them a more valuable player in team selections.

### DEVELOPMENT

As players begin to develop on both feet, their balance, coordination, and agility improve rapidly. They learn to dribble, pass, and move in ways that feel more fluid and controlled. **Equal-footed** training develops body awareness and confidence, making them stronger and quicker in tight situations.

Mistakes are embraced as learning steps, and children **grow fearless** in experimenting with new skills. We use lighter football and the right tools to ensure that challenges are achievable and non-demoralising. The **OddSock®** Method ensures growth is steady, exciting, and rewarding.

### LONG-TERM IMPACT

Two-footed players stand out at every level of the game. By teaching this from day one, we **future-proof** children for academy and competitive football, where adaptability and unpredictability are essential. Players with confidence on both sides of the body are harder to predict, defend against and are naturally more versatile in their play.

Beyond football, this skill strengthens resilience, creativity, and problem-solving. It gives young players a **foundation** that supports them for their whole football career. Some of the most famous goals of all time have been scored by on players on their weaker foot. Just look up Zizou's volley on YouTube!



# THE SOCIAL SETTING

DEVELOPING CO-OPERATION, EMPATHY & GROWTH

**SUPPORTIVE  
SPIRIT**

**NO PEER  
PRESSURE**

**CARING  
COACHES**

**INCLUSIVE  
PLAY**

**FEARLESS  
FOOTBALL**

**CHILD  
CENTRED**

**NO BULLYING**

**CELEBRATING  
INDIVIDUALITY**

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# THE SOCIAL SETTING

## DEVELOPING CO-OPERATION, EMPATHY & GROWTH

### **FOUNDATION**

At Catalan, we believe that football should be for every child, regardless of ability, background, or confidence stage. Our classes are designed to provide a **safe space** where children feel included and supported. By prioritising belonging, we ensure that players see themselves as valued members of the group.

This **welcoming culture** helps children settle quickly, engage fully, and form positive relationships with peers. When children feel they belong, their confidence grows, and they are more likely to thrive on and off the pitch.

### **DEVELOPMENT**

**Collaboration** is at the heart of our training environment. We encourage children to share ideas, celebrate one another's successes, and solve challenges together. This creates an atmosphere where teamwork is natural rather than forced, and children learn the importance of supporting others.

By making football a shared journey, players feel invested in each other's growth as well as their own. This **collaborative spirit** teaches valuable life lessons about empathy, respect, and working as part of a community.

### **LONG-TERM IMPACT**

One of the most damaging forces in youth sport is fear - fear of failure, bullying, or being judged. Catalan removes those pressures by fostering an environment where mistakes are embraced as **learning opportunities**. This freedom gives children the courage to try new skills, express themselves creatively, and develop resilience.

Without the shadow of negativity, players **discover** that football can be pure joy and self-expression. In the process, they build not just technical ability but lasting self-esteem and inner fortitude.



# MICRO-FORMATS

DEVELOPING GAMEPLAY IN 1V1, 2V2 & 3V3 MATCHES

**INCREASED  
AGGRESSION**

**MORE  
TOUCHES**

**SELF-  
BELIEF**

**ACCELERATED  
SKILLS**

**MORE  
SHOTS**

**COURAGE  
BOOST**

**NO  
EXCUSES!**

**MORE  
TACKLES**

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# MICRO-FORMATS

## DEVELOPING GAMEPLAY IN 1V1, 2V2 & 3V3 MATCHES

### **FOUNDATION**

Micro formats strip football back to its purest form: small numbers, big involvement. Games like **1v1, 2v2, and 3v3** ensure every child is constantly engaged. With more touches, quicker transitions, and fewer breaks, players are always active.

It feels like play, but every second is full of learning. This foundation ensures no child is left out. Decision-making in possession is kept to its most **elementary level** of dribble or pass, with fewer options to prevent decision-overload.

### **DEVELOPMENT**

In these small-sided formats, children sharpen technical skills at speed. They make rapid decisions, react under pressure, and **grow in confidence** with the ball. The fast pace keeps motivation high while improving resilience and creativity.

Every child becomes braver, smarter, and more skilful. Hesitation is minimised as players begin to recognise patterns of play and similar situations. Choices start to become instinctual and an **upward spiral in game performance** is well underway. Micro-formats are development at its most engaging.

### **LONG-TERM IMPACT**

The lessons learned in 1v1, 2v2, and 3v3 carry seamlessly into bigger games. Players enter 5-a-side, 7-a-side & 9-a-side football with sharper awareness and a stronger technical base. They are more confident because they have prospered through **constant involvement**, not just waiting on the sidelines.

Players arrive in the game with an **abundant and assured** mindset nurtured through the earlier development stages. This creates adaptable players who can shine in any setting. Micro formats prepare children not just to play the game — but to love it for life.



# ABC TRIANGLE PLAY

DEVELOPING POSSESSION & TEAMWORK

**1-TOUCH  
PLAY**

**SQUAD  
CHEMISTRY**

**ABC  
SEQUENCES**

**SPATIAL  
POSITIONING**

**PRECISION  
MOVEMENTS**

**TEAM  
HARMONY**

**SUPPORT  
PLAY**

**TIMING +  
PASSING**

**DISGUISE +  
CREATIVITY**

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# ABC TRIANGLE PLAY

## DEVELOPING POSSESSION & TEAMWORK

### FOUNDATION

Triangle play introduces children to one of football's simplest but **most powerful** ideas: shape. By forming triangles, players always have passing options and avoid isolation. This builds the basics of spacing, movement, and awareness. It's an easy concept for young minds to grasp, but it unlocks big potential.

Triangle are the most **elementary shape** for beginner players to become familiar with. Principles of triangle play carry through from early years through the professional levels. Triangles turn football into a connected game rather than an individual one.

### DEVELOPMENT

As players learn triangle play, their teamwork and vision expand. They begin to anticipate movements, **create angles**, and position themselves optimally to help teammates. Passing combinations become fluid, and children learn that football is about support as well as skill. This fosters trust, communication, and responsibility.

Players will recognise how to form and correct triangles quickly - **triangulation**. The triangle becomes a natural building block for intelligent team football.

### LONG-TERM IMPACT

By mastering triangles, children are prepared for structured team play as they grow. They understand how to create options, **move intelligently**, and unlock defences. The creativity built into this system makes them adaptable, flexible players.

Whether in academy pathways or grassroots, they bring confidence, vision, and flair to matches. Creating, and **maintaining space**, is an essential component for any effective player to produce impactful performances. Triangle play provides a lifelong lens for understanding the principles of the game.



# THE PLAYER PATHWAY

**NINOS  
SUPER NINOS  
MINI-MAESTROS  
MAESTROS**

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# AGES & STAGES

The Catalan Player Pathway is a fully integrated system where each stage overlaps and connects seamlessly with the next. Every stage contains a complete spectrum of classes, from beginner to advanced so players can **join at any age** and at any time. Whether it's a four-year-old taking their first kicks or a nine-year-old just starting out, every category is **open-ability** and designed to welcome all levels of experience.



## **NIÑOS** **AGES 4-5**

New Starters & Confident Kickers 



## **SUPER-NIÑOS** **AGES 6-7**

Beginner, Intermediate & Advanced 



## **MINI-MAESTROS** **AGES 8-9**

Beginner, Intermediate & Advanced 



## **MAESTROS** **AGES 10+**

Beginner, Intermediate & Advanced 





# **NINÍOS** AGES 4-5

The first stage of Developmental Skills Programme at Catalan is the Ninos Classes! At the **Super Ninos** stage, children begin to take their first big steps in structured football. Niños is where the football journey begins. At this age, children are full of wonder, curiosity, and imagination, and our sessions embrace that energy through play-based learning!

We deliver exhilarating themed sessions inspired by children's favourite TV programmes and characters - think **Mario Kart-style** dodging games, **Sonic-inspired** speed races, and much more! Catalan Ninos classes spark joy and give children them their first positive taste of football in an environment where they feel supported and celebrated.



## **WE TEACH:**

**BASIC BALL CONTROL**  
**JUMPING + SPEED**  
**BASIC GAMEPLAY**  
**HOPPING + BALANCE**  
**FUN + IMAGINATION**  
**COOPERATION**





**AGES 6-7**

# **SUPER NIÑOS**

The second stage of Developmental Skills Programme at Catalan is the Super Ninos Classes. At the **Super Ninos** stage, children begin to take their first big steps in structured football. At ages 6 and 7, children are bursting with energy, imagination, and curiosity, and our classes are designed to harness that **enthusiasm** in a positive, engaging way.

This is the point where playful discovery turns into real skill-building. Sessions remain fun and **creative**, but players are now introduced to more challenging activities that grow their confidence, sharpen their abilities, and spark their **love of the game** even further.



## **WE TEACH:**

**ODD-SOCK COORDINATION  
KICKING TECHNIQUES  
SOLE ROLLS + DRIBBLING  
TURNING + TRICKERY  
SCOOPING + CHIPPING  
AGILITY, BALANCE + SPEED  
TEAMWORK**



Three young boys are standing side-by-side with their arms crossed. The boy on the left is wearing a red soccer jersey, while the two boys on the right are wearing yellow soccer jerseys. They are all looking directly at the camera with serious expressions. The background is dark with some fiery, glowing effects at the bottom.

**AGES 8-9**

# MINI MAESTROS

The third stage of Developmental at Catalan is the Mini-Maestros skills classes. This level marks a key turning point where children begin to **refine** their skills and understand the game at a deeper level. At this stage, players are more focused, curious about **tactics**, and eager to test themselves in competitive settings.

Players are introduced to advanced ball mastery, combination play, and attacking & defending principles, always delivered in a way that makes learning exciting. We focus on triangle play, overloads, and **fast transitional** games to sharpen awareness. By the end of this stage, **Mini-Maestros** are skilful, confident, and creative young footballers who are prepared for the bigger challenges of 10+ football.

## WE TEACH:

**ABC TRIANGLES**  
**SKILLS SEQUENCES**  
**SHARING + TEAMWORK**  
**3V3 GAME CRAFT**  
**COURAGEOUS TACKLING**  
**VARIED FINISHING**





**AGES 10+**

# MAESTROS

The fourth stage of Developmental at Catalan is the famous Maestros skills classes. Maestros is the stage where players truly begin to see themselves as footballers. At this age, children are ready for greater demands, more detailed coaching, and bigger challenges, and our programme rises to meet them.

Sessions are still positive and supportive, but now with a stronger focus on performance, **discipline**, and high-level skill. We coach Maestros with a curriculum that blends advanced technical training, **tactical awareness**, and physical development. By the time players graduate from this stage, they carry not only a strong technical and tactical base but also the confidence, maturity, and mindset to succeed at higher levels of the game.

## WE TEACH:

**COUNTER ATTACKING  
BUILD + BREAK GAMES  
POSITION INTERCHANGE  
POSSESSION PRINCIPLES  
CLEVER MOVEMENT  
SET PIECE ROUTINES  
ADVANCED PASSING**

