

Football development pathway



Entry level: Minis – U5

U6 – U18

Rocks Lane Football Club

Friday Night Fives junior 5-a-side football league

Junior programme/ FNS training



Adult football league



Age chart 2019-2020

School year in Sept 2019	Football age group for 2019/20 season
Pre school	Minis
Reception	U5
Year 1	U6
Year 2	U7
Year 3	U8
Year 4	U9
Year 5	U10
Year 6	U11
Year 7	U12
Year 8	U13
Year 9	U14
Year 10	U15
Year 11	U16

Junior football programme

Sessions aimed at children aged 3+ years playing in a fun / friendly and social environment whilst learning new skills.

Monday 6 January – 30 March 12 weeks

Mini multi sport	13:30-14:30	£168.00
Year R	16:00-16:45	£156.00
Year 1	16:00-16:45	£156.00
Year 2	16:00-16:45	£156.00

Tuesday 7 January – 31 March 12 weeks

Mini multi sport	13:30-14:30	£168.00
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Wednesday 8 January – 1 April 12 weeks

Mini multi sport	13:30-14:30	£168.00
Year R	16:00-16:45	£156.00
Year 1	16:00-16:45	£156.00
Year 2	16:45-17:30	£156.00
Year 3	16:45-17:30	£156.00
Year 4	17:30-18:30	£156.00
Year 5	17:30-18:30	£156.00
Year 6	17:30-18:30	£156.00

Thursday 9 January – 2 April 12 weeks

Mini multi sport	13:30-14:30	£168.00
Mini football	14:30-15:00	£156.00
Year 3-6 Girls	18:00-19:00	£156.00

Saturday 4 January – 4 April 14 weeks

Mini multi sport	09:00-09:45	£182.00
Mini multi sport	09:45-10:30	£182.00
Year R	09:00-09:45	£182.00
Year 1	09:45-10:30	£182.00
Year 2	10:30-11:30	£182.00
Year 3	10:30-11:30	£182.00
Year 4	11:30-12:30	£182.00
Year 5	11:30-12:30	£182.00
Year 6	11:30-12:30	£182.00
Year 7	11:30-12:30	£182.00
Year 3-7 Girls	11:30-12:30	£182.00

Rocks Lane FC team training



Sessions for players competing in the Surrey Youth League from under 7 to under 17, in both development and competitive formats. Participation by invitation only. Players interested in joining the teams are welcome to come to trials. Please call for details.

Monday 6 January – 30 March

U8	16:00-17:30
U10	17:00-18:30
U11	17:00-18:30
U11 Girls	18:00-19:30

Tuesday 7 January – 31 March

U7	16:30-18:00
U9	17:00-18:30
U12 Girls	18:00-19:30

Thursday 9 January – 2 April

U9	16:30-18:00
U10	17:00-18:30
U14	18:30-20:00

Saturday 4 January – 4 April

U11	12:30-14:00
U9 Girls	10:30-11:30

One 2 one coaching

£35 per hour



All courses at Rocks Lane...

you can join a course at any time during the term. If the days or times don't suit, why not put your own group of friends together at a convenient time?

Friday Night Fives Football

Friday Night 5s

Friendship, Fairplay & Fun

Enter a team of friends in our floodlit 5-a-side junior football league for boys and girls, school years 1-13

Friday 10 January – 3 April 12 weeks

Matches start 16:10 onwards.

Cost per team per term £588.00

- No match half term Friday 21 February.
- Each team must provide a match ball.
- Does your FNF team need extra football training? Call us!



Download the new **FNS app** on Apple and Android to check your team's progress, top scorer and fair play awards.

FNFs Netball

Friday Night 5s

Friendship, Fairplay & Fun

Enter a team in our junior netball league for school years 3-7 that takes place on Fridays and Saturdays during term time.

Friday 10 January – 3 April 12 weeks

Matches start 16:30 onwards. One game per week. No match half term Friday 21 February

Cost per team per term £588.00

Sunday 12 January – 5 April 12 weeks

Matches from 10am onwards. One game per week. No match half term Sunday 23 February.

Cost per team per term £588.00



Download the new **FNS app** on Apple and Android to check your team's progress, top scorer and fair play awards.

Spring half term

Monday 17 February – Friday 21 February

- No weekday after school sessions.
- Saturday / Sunday courses continue as normal.