

Development Academy Base Program

Training Times – Training will start week commencing 11th April unless notified otherwise

Junior Academy – Thursdays 5pm – 6:30pm

Middle Academy – Tuesday night 5:30pm – 7pm

Senior Academy – Thursday night 7pm - 8:30pm

Indicative Program

Session 1 - Skills Test, Diary work and small sided games (diary provided by the club)

Session 2 - Skills Test, Diary work and small sided games

Session 3 - Skills Test, Movement off the ball drills and activities

Session 4 - DVD session number 1 - Movement off the ball

Session 5 - Beep test & strength Test (Athletics Coach Max Debnam will attend (he is a level 5 athletics coach, a NSW Institute of sports coach)).

Session 6 - Skills Test, Diary work and small sided games

Session 7 - DVD session number 2 - Attacking - Shooting

Session 8 - Shooting exercise and different techniques (NBN player will attend)

Session 9 - Shooting while recording it on video camera - Technique

Session 10 - Small sided game and shooting games

Session 11 - Understanding Nutrition and Diary work (Nutritionist will attend)

Session 12 - DVD session number 3 - Mid Field - passing and different formations

Session 13 - Different formation and passing drills

Session 14 - Beep test & strength Test (Gym Coach will attend)

Session 15 - DVD session number 4 - How to Defend (techniques)

Session 16 - Defending Techniques (NBN player will attend).

Session 17 - Skills Test, Diary work and small sided games

Session 18 - DVD session number 4 - Communication with Keepers

Session 19 - Practice for a trial game. depends on finals

Session 20 - Trial game against private school rep team. depends on finals

Session 21 - Party and games night.

Session 22 - Practice for a trial game. depends on finals

Session 23 - Trial game against private school rep team. depends on finals

Session 24 - Party and games night.

The program will start as soon as fields and flood lights are available. School holidays may be used for catch up sessions. There may also be combined squads during holidays if many people are away.

Head Coach – Michael Cossgrove – E-mail address swanseafotballacademy@hotmail.com

Communication regarding changes to program or wet weather updates etc will be made via e-mail.

Any outstanding Academy fees can be made when shirts and balls are given out.

Matthew Fellowes

Director of Football