

Programme Outline

The Year 9/10 Football Academy aims to provide high performance, WBHS focused, athlete development for talented youth footballers in the Northland region.

The programme will run in conjunction with the WBHS 2nd XI & Junior XI Football team, providing additional learning opportunities for individuals wishing to enhance their skills.

Sessions will be structured following the WBHS Football playing philosophy and implemented around the four-corner model for long-term athlete development; covering technical/tactical, physical, psychological and social development through a series of modules held throughout the academic year as part of student's Physical Education classes.



Core Modules

Technical & Tactical Passing & Receiving Skills Outplaying Your Opponent Create & Score Goals Playing Out From the Back Playing Through the Middle Third Creating Goalscoring Opportunities from the Wide Areas Creating Goalscoring Opportunities from the Central Areas Pressing High Mid Block Defending Defending In & Around the Penalty Area	Physical Fitness Testing Strength & Conditioning for Football Injury Prevention Nutrition for Sport
Psychological Goal Setting Visualization Performance Arousal Regulation	Social & Emotional WBHS Junior XI Team Junior Coaching Award Futsal Games



Technical & Tactical

Objectives: Modules in this corner of the long-term athlete development plan will be focused on improving the player's technical ability and tactical understanding of the game. This area will combine team and individual development to help players gain the essential skills necessary to progress to the next level.

Outcomes:

- i. On the ball technical skills
- ii. Understanding of tactical concepts through the thirds of the field
- iii. Understanding of defensive principles
- iv. Understanding of attacking principles

Session Structure:

- i. On field sessions
- iii. Whiteboard sessions



Physical

Objectives: The physical corner will aim to develop key physical attributes associated with football performance, in addition to educating players about nutrition, injury prevention and the parameters of fitness.

Outcomes:

- i. Understanding of the key physical attributes required for football performance
- iii. Creating a pre, during and post game nutrition plan
- iv. Education of injury prevention strategies
- v. Understanding of fitness level and targets for improvement

Session Structure:

- i. Gym based strength and conditioning sessions
- ii. On Field educational sessions
- iii. Guest speakers



Psychological

Objectives: The psychological corner is focused on developing psychological techniques and skills which can be used by athletes to enhance performance, control emotion and reach their potential. Often overlooked, this key corner will aim to improve the player's ability to develop and perform in elite environments.

Outcomes:

- i. Understanding and adoption of visualisation techniques to improve performance
- ii. Understanding of how to control performance anxiety and arousal
- iii. Understanding of how to create and maintain SMART goals

Session Structure:

- i. Classroom sessions
- ii. Guest Speakers



Social & Emotional

Objectives: The social corner aims to develop a team environment and instill the WBHS culture and values into those participating in the programme. This will be achieved through competing as a team in competition, volunteering in community based-programmes and gaining external football-related qualifications.

Outcomes:

- i. Development of a team culture and identity
- ii. Build friendships with teammates
- iii. Gain external industry recognised coaching and refereeing qualifications

Session Structure:

- i. Football competition
- ii. External Coaching courses

