

S.A.F.A.
Southern Association Football Academy

Buckswood Football Academy



Buckswood School

Buckswood School is near the seaside town of Hastings, an hour's drive from London. Parents select Buckswood because they know it is something special to their children's education. Its size allows the School to preserve a more home-like atmosphere, where the care and welfare of students is a priority.

The school is set on a beautiful, safe campus with a golf course, swimming pool, quad bike track, horse riding stables, indoor sports hall and sports fields. Boarding accommodation and classroom facilities are continually being improved and added to.

Small classes ensure pupils receive more individual attention, and there is an emphasis on traditional values and good manners. Students are educated in the British curriculum as part of an international community.





Director of Football

Jim Colston

Jim Colston has a wealth of experience in youth football, having been involved at various levels of the game for just over 14 years. Jim quickly progressed from the local scene on to League Representative football, winning the only treble, the league has ever seen. Jim's coaching expertise was soon recognised and he was approached to coach with the England Schools FA (ESFA), an association that he still enjoys today.

In 1999 Jim joined the newly established Football Academy (the Southern Association Football Academy) whose primary aim is to develop youth footballers at all levels. Whilst remaining with S.A.F.A, Jim became a coach to the Gillingham FC Youth Centre of Excellence for two seasons, before moving on to Charlton Athletic.

Proving that senior football remained as much a passion as youth football, Jim also held the post of Assistant 1st Team Coach with Eastbourne Borough FC (English Conference National) for three seasons, where he worked alongside the very successful management pair of Garry Wilson and Nick Greenwood who were both very influential in Jim's coaching career.

Following a spell at Luton Town FC as coach and scout, Jim was head hunted back to Charlton FC by the youth academy, assistant manager, where he remains as a coach and scout for the Southern area of England.

Jim also covers the senior scene, attending Conference National/South and North matches writing player reports for Milton Keynes Dons (League 1).

Jim has worked with some of football's top names, including Kevin Blackwell (Sheffield United Manager), John Carver (Newcastle United FC) and Pat Holland (Spurs/West Ham).

Jim currently remains Director of Coaching at S.A.F.A, where he writes the various curriculums that are delivered to over 400 boys and girls every week.

Facts and Figures

Player success rate at S.A.F.A is exceptional with a number of our young players progressing through our curriculum to many professional football clubs in England these include: Arsenal FC; Chelsea FC; Tottenham Hotspur FC; Portsmouth FC; Charlton Athletic FC; Gillingham FC; Luton Town FC; Brighton and Hove Albion FC



The Football Academy and International Study Programme

What's included?

- ▶ 1 matchday experience per season
- ▶ Training session at a Premier League club
- ▶ Opportunity to gain a S.A.F.A. Skills Challenge Certificate
- ▶ Train for your FA Coaching badge
- ▶ 1 European football tour per season
- ▶ Guided tour of the national stadium at Wembley
- ▶ Train for your referees qualification
- ▶ Premier League/Football league scout assessment
- ▶ Opportunity to play high level local football
- ▶ FA Youth Cup match tickets- See the best u18s in England
- ▶ Speed, Agility and Quickness programme
- ▶ Regular visits to Charlton Athletic FC matches
- ▶ Fitness testing facilities
- ▶ Use of gym
- ▶ Use of players pool and sauna for post match recovery
- ▶ Academy training kit and travel suits
- ▶ The boot room – Choose your boots at the academy as the manufacturers visit us and offer advice
- ▶ Visit to Premier League Academy training session
- ▶ 2 Premier League football fixture tickets per season
- ▶ Weekend social activities
- ▶ Laundry done weekly
- ▶ Accommodation and all meals
- ▶ All academic lessons and support
- ▶ Weekly sports therapy
- ▶ Unlimited use of all sports facilities
- ▶ 5 training sessions per week
- ▶ Competitive matches

PRICE ON APPLICATION



Academy Kit 2008/09 Season

The Academy Curriculum

September

Pre-season work

- ▶ Endurance based work incorporating the football
- ▶ Speed work and SAQ
- ▶ Technique and first touch

October

Individual Attacking Techniques

- ▶ Receiving
- ▶ Control Techniques
- ▶ Passing Techniques
- ▶ Creating Space
- ▶ 1 v 1s

Individual Defending Techniques

- ▶ 1 v 1s; 2 v 2s; 3 v 3s
- ▶ Pressurising and intercepting
- ▶ Tackling
- ▶ Forcing play
- ▶ Marking
- ▶ Cover
- ▶ Support

November

Team Attacking Principles

- ▶ Attacking team shape
- ▶ Switching play
- ▶ Creating space in wide areas
- ▶ Midfield support play
- ▶ Forward movement

Team Defending Principles

- ▶ Defending in a back line
- ▶ Defending in midfield
- ▶ Defending from the front

December

Attacking Principles of Team Play

- ▶ Overlap runs
- ▶ Wall passes
- ▶ Movement to attack crosses
- ▶ Movement of forwards to receive in space

Defending Principles of Play

- ▶ Dealing with 1 v 1s
- ▶ Defending a 2 v 1s
- ▶ Communication
- ▶ Defending in a 2 v 2s
- ▶ Defending in a 3 v 3s
- ▶ Compactness

January

Individual Attacking Principles of Play

- ▶ 2 sessions speed agility endurance based sessions
- ▶ Creating space as an individual to turn/ receive
- ▶ Individual turning skills to create space
- ▶ Individual dribbling skills to create space

February

Individual Defending Principles of Play

- ▶ 2 sessions speed agility endurance based sessions
- ▶ Defensive footwork
- ▶ Defensive heading
- ▶ Jockeying
- ▶ Direction and distance
- ▶ Coach team / player needs

March

Coaching Player / Team Weaknesses

- ▶ Small sided games
- ▶ First touch work
- ▶ Maintaining fitness

A Typical Day at Buckswood



Registration – 9.00am

Get ready for the day ahead



Football Fitness Session – 9.05am – 10.25am

Testing our fitness, tough but essential if we are footballers. We all try and be the fittest player in the squad



Assembly – 10.25am – 11.05am

Meet up with the Academy boys and the rest of my school pals

Morning Break – 11.05am -11.20am



Academic Lesson – 11.20 am – 12.00pm

After a quick change and a shower I am off to an **English** lesson. All footballers need a top education so my academics are just as important as my football



Academic lesson – 12.00pm – 12.40pm

Off to **Mathematics**, very important for me to work out how many goals I have scored for the Academy this season



Lunch time – 12.45pm – 1.35pm

Essential for footballers, the food is fantastic here freshly prepared by a team of chefs and very nutritious



Academic Lesson – 1.35pm -2.15pm

Geography with Mr Shaw, he is a keen footballer who can help improve my world knowledge. He knows where all of the top clubs are



School games lesson – 2.15pm – 3.35pm

Different sports are on offer and taking part enhances my motor skills and balance, football is always available though which is great

Afternoon Break – 3.35pm – 4.00pm



Prep – 4.00pm – 5.00pm

Keeping up my grades is important to me so any homework is done now so tomorrow is free



Squad football practice – 5.00pm – 6.00pm

Training with my school team squad. We have professional coaching from S.A.F.A. We have teams representing u14s/u16s and u19s



Dinner – 6.30pm -7.15pm

I need my food after a full on day its pasta tonight.. Fantastic



Evening Prep – 8.30pm-9.30pm

Keeping on top of my academic studies



Lights Out – 10.30pm

I have worked hard today and Mr Colston my coach tells me that quality rest is just as important as quality training. So it's off to sleep for me



Football Development Programme and Match Day Experience with Fulham FC

Every year Buckswood Academy participate in a Football Development Programme and Match Day Experience with Fulham FC. This exciting initiative offers our enthusiastic young footballers the opportunity to train with expert professional coaching staff at one of the Premier League's top clubs, with access to first class facilities and tickets to watch a Premier League fixture against one of the top teams in England. This is a unique chance to experience life within a top professional club and provide our players with hands on knowledge of what it takes to be a professional footballer. It will help develop them as players and as a team and provide them with valuable lessons that they can take with them in whatever their chosen career path should be.







Our Annual Trip to the National Stadium at Wembley

The Academy boys set off for the English national stadium at Wembley for a guided tour of the whole ground.

We arrived to see the amazing Wembley arch which was visible from at least 3 miles away. All of the boys stared at the unbelievable sight of Wembleys newest feature.

On arrival we were greeted by our tour guide who took us up to the top of the stadium to see it from the roof. What a fantastic sight this new stadium is.

We were then shown the post match victory lounge where the winning team celebrates their victory. We pose for pictures here and then move on to see the press room.

All of the lads pose in the England managers chair and give a press conference to the rest of the group.

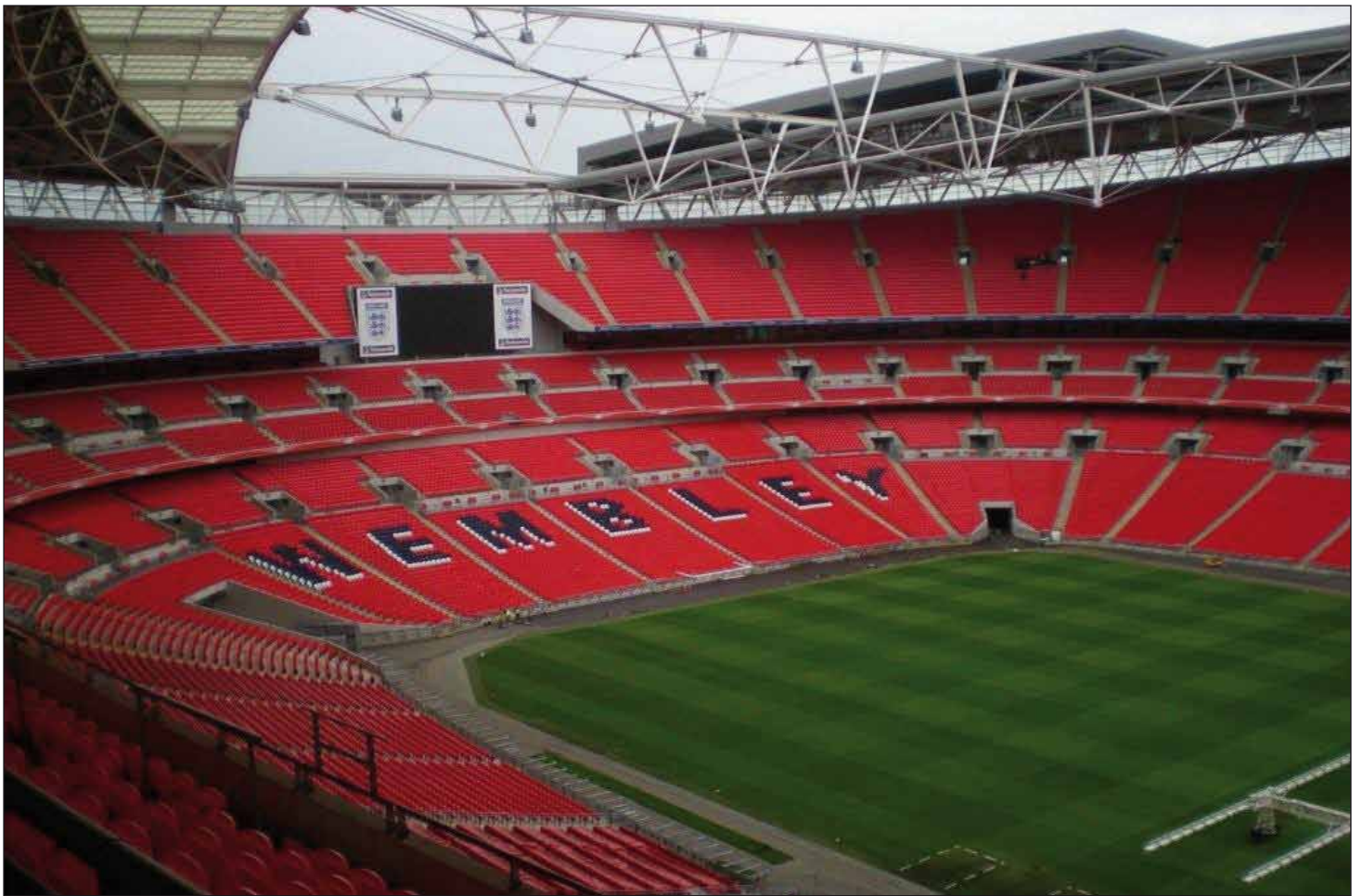
After a short dvd presentation of Wembley over the years we move on to see the changing area and the Academy boys rush to sit in Frank Lampard and Steven Gerrards seats and pose for pictures. What an inspiring place.

The guys are shown to a warm up room which is completely soundproofed and also to the shower area before making our way out of the tunnel on to the hallowed Wembley turf. What a buzz, the guys are mesmerised by the experience as they set foot on the pitch.

We are shown the dug outs and take the long wembley walk up the steps to see the FA Cup waiting for us at the top WOW !! the Academy boys cant believe they can hold the cup aloft at Wembley.

After several pictures we are shown to the Bobby Moore statue and after posing for pictures there we are led to the Wembley shop.

After spending money on Wembley merchandise we board the Buckswood coach for home. A fantastic day was had by everyone.



Our annual trip to the national stadium



Fulham's football ground



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