



Sports Academies
at a glance

Buckswood School
Sports Academies
2016/17

Academies



FOUNDATION

B.F.A. Senior

Buckwood Football Academy

Run by Buckwood Director of Football, UEFA Pro Licence coach, Daryl Willard and team.

Technical Ability

- ✓ Ball control, 1v1s, 2v2s, 2v1s etc
- ✓ Weight of pass, Ability under
- ✓ Pressure, Shooting,
- ✓ Goal keeping coaching

Tactical awareness

- ✓ Position understanding,
- ✓ Formations, In and out of possession

Psychological

- ✓ Decision making, Learning new
- ✓ Skills, Gaining confidence

Social

- ✓ Rules and etiquette
- ✓ Behaviour, Teambuilding
- ✓ Leadership

Physical

- ✓ Speed, Power, Strength
- ✓ Agility, Sprints

Scouting opportunities

Professional trials



£700 per term
(9 hours per week)

B.F.A. Junior

Buckwood Football Academy

In association with Chelsea FC Foundation.

- ✓ Full Chelsea FC training kit
- ✓ Trips to Stamford Bridge
- ✓ Trip to Cobham training ground
- ✓ Football fitness testing with results certificates
- ✓ Technique sessions
- ✓ Professional scouts overseeing coaching sessions
- ✓ Coaches challenges
- ✓ Sessions on forward play, finishing, 1-on-1s, midfield play and defending techniques
- ✓ Futsal competitions with medals and prizes for winners
- ✓ Skills challenges
- ✓ End of course report and certificate stating skills learnt



£700 per term
(9 hours per week)

B.G.A.

Buckwood Golf Academy

Benefiting from on-site practice facilities and full-golf course access, this dual centre Academy aims to develop your game and give you the skills to impress on the golf course.

- ✓ PGA pro-coaching on golf course, Solid set up
- ✓ Fundamentals of the swing, putting, chipping and bunkers
- ✓ Mechanics of the game
- ✓ Flight simulator, Chipping targets
- ✓ Driving nets, Putting green
- ✓ Tour, Tournaments and matches
- ✓ Rules and etiquette
- ✓ Course management
- ✓ Card making and handicaps
- ✓ End of course report and certificate



£300 per term
(8 hours per week)



B.R.A.

Buckswood Rugby Academy

In association with Harlequins RUFC.

- ✓ Coaching sessions with Harlequin coaches
- ✓ Training session with the Quins at the 'Stoop'
- ✓ Premiership games trips
- ✓ Tailored gym programme
- ✓ Filmed training session and matches
- ✓ One-to-one and group coaching
- ✓ Q and A with Harlequin players
- ✓ Termly rugby report
- ✓ Academy rugby kit
- ✓ Tactical and video sessions
- ✓ Nutrition and diet advice
- ✓ Opportunity to play matches



£500 per term
(9 hours per week)

B.P.A.

Buckswood Performance Academy

Dance

- ✓ Ballet, Tap, Street
- ✓ Modern, Jazz,
- ✓ Contemporary

Singing

- ✓ Physical posture, Projection skills
- ✓ Vocal range extension, Breathing and breath support
- ✓ Diction and phrasing clarity, Overall performance

Drama

- ✓ Musical theatre, Public speaking
- ✓ Voice/speech and diction
- ✓ Tone usage, Emotion and expression

Performance

- ✓ Exposure to a live audience
- ✓ Helps development of skills
- ✓ Help you make new contacts
- ✓ Boosts self-esteem, Eliminates stage fear
- ✓ Offers career development



From **£280** per term

B.E.A.

Buckswood Equestrian Academy

- ✓ On-site Equestrian facility
- ✓ Beginners to advanced
- ✓ Show jumping, Hacking
- ✓ Stable Management
- ✓ Cross country jumping
- ✓ BHS qualified staff and instructors
- ✓ Member of the National Schools Equestrian Association
- ✓ Trips to Olympia, Ascot, Badminton, Burghley, Hickstead and Point-to-Point
- ✓ Show Jumping, Cross Country, Eventing, Dressage, Tetrathlon,
- ✓ Modern Pentathlon
- ✓ Floodlit Sand School
- ✓ Holiday programmes
- ✓ Full and working livery available



From **£300** per term
(10-20 hours per week)

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