



# BUCKSWOOD FOOTBALL ACADEMY

## BFA - SEPTEMBER 2020

	Scenario 1 Return with no restrictions	Scenario 2 Return with 2m social distancing
Pre-season	Pre-season will take place at Buckwood 1 week before school starts featuring training, matches and trips to watch games. This may change due to quarantine regulations.	Students will be emailed a pre-season programme to complete at home prior to coming to Buckwood.
Training	<p>Senior players will start the new intergrated football and education programme training 4 mornings a week.</p> <p>Junior Players will train from 4pm to 6pm with 3 coaches working with the group.</p> <p>Goalkeepers will get 2 hours of GK specific training per week.</p> <p>Training will be full contact and competitive.</p>	<p>Senior players will start the new intergrated football and education programme training 4 mornings a week.</p> <p>Junior Players will train from 4pm to 6pm with 3 coaches working with the group.</p> <p>Goalkeepers will get 2 hours of GK specific training per week.</p> <p>Training will be non-contact with each player having their own ball and concentrating on developing technical and physical attributes to prepare for the contact training and matches to start.</p>
Physical Testing	Sports Scientists from Arsenal football Club will visit Buckwood and Physically Test all players, providing each with a report. Players will be able to compare test results with players of the same age at Premier League football clubs. The Arsenal staff will then design an individual gym programme based on testing results.	Sports Scientists from Arsenal football Club will visit Buckwood and Physically Test all players, providing each with a report. Players will be able to compare test results with players of the same age at Premier League football clubs. The Arsenal staff will then design an individual gym programme based on testing results.
Nutrition Workshop	Craig Umenyi who is a Performance Nutritionist for Tottenham Hotspur football club working with the likes of Harry Kane and Dele Alli will deliver a Nutrition workshop.	Craig Umenyi who is a Performance Nutritionist for Tottenham Hotspur football club working with the likes of Harry Kane and Dele Alli will deliver a Nutrition workshop.
Matches	We will enter the same League and Cup competitions as we did last year for all age groups which will start the week we return to school.	We will organise individual competitions with league tables published in the school newsletter each week. This will help the players adjust when the competitive matches start.
Trips	<p>We will again organise stadium tours and premier league matches for the players to watch.</p> <p>We will run an U19 trip probably to Finland/Estonia in February half-term which will be for players looking to earn a professional football contract.</p> <p>For the U16 players and below we will organise a European trip that is likely to take place in May Half-term.</p>	We won't organise any trips until it is safe to do so.
Kit	<p>We have decided to go with a new kit provider - Pro direct which have guaranteed us quicker arrival times</p> <p>Twice a year the Pro Direct boot van will come to Buckwood with the latest football boots for players to try on, train with and buy if they like.</p>	We have decided to go with a new kit provider - Pro direct which have guaranteed us quicker arrival times.
John Robinson USA Showcase Games	We will again organise an information workshop for players wanting to go to USA on a scholarship and showcase games.	We will again organise an information workshop for players wanting to go to USA on a scholarship and showcase games will be postponed until it is safe for us to play.
Individual Development Programme	Each player will be assessed by the coaching staff and an action plan will be made to develop each players strengths and weaknesses. This will then be reviewed on a 6 weekly basis and a report will be sent to parents.	Each player will be assessed by the coaching staff and an action plan will be made to develop each players strengths and weaknesses. This will then be reviewed on a 6 weekly basis and a report will be sent to parents.
Video Analysis & HUDL	We will film as many games and training sessions as we can. Each player will register with HUDL allowing them to watch themselves back and reflect on their performances.	We will film the individual competitions and training sessions. Each player will register with HUDL allowing them to watch themselves back and reflect.
UFC In Football Studies	Senior football academy students will be offered the chance to complete a UFC in Football Studies. The course will give students an insight into the football industry and will boost their CV.	Senior football academy students will be offered the chance to complete a UFC in Football Studies. The course will give students an insight into the football industry and will boost their CV.
Courses	Throughout the school year there will be the opportunity to complete the following courses - Video Analysis for beginners, The Football Association Get into refereeing award & the Football Association Level 1 in coaching football.	Throughout the school year there will be the opportunity to complete the following courses - Video Analysis for beginners, The Football Association Get into refereeing award & the Football Association Level 1 in coaching football.

