

BUCKSWOOD
FOOTBALL ACADEMY
2023-24





The Buckswood Philosophy

At Buckswood, our school motto is 'we are preparing for life' and knowing that every student is different; our warm family atmosphere cultivates a safe, secure space for everyone to flourish, building confidence and resilience whilst discovering new strengths to give every student the tools to succeed.

With this in mind, the football academy have developed four defining principles to help players develop as footballers and people.

Our mission to create the most challenging and caring football academy in the world, is focussed around creating lifelong learners. Athletes who will strive to achieve at school as well as on the pitch. We will guide and advise each of our players as to the next step of their journey whether that be in education or football.

The academy's main objective when trying to produce the most efficient movers in the game is to develop a player's physical abilities, increase resilience and maximise a player's availability to training sessions (Reduce injuries).

The players will undertake gym sessions, fitness testing, physical football sessions, recovery sessions, nutritional workshops and have access to a physiotherapist.

Football is a team game. The best players understand this! In Attack, Defence and transition – every moment is an opportunity to influence the game.

Our players will learn the importance of this and be effective in every moment! We will educate every player to understand their role and be the best they can be!



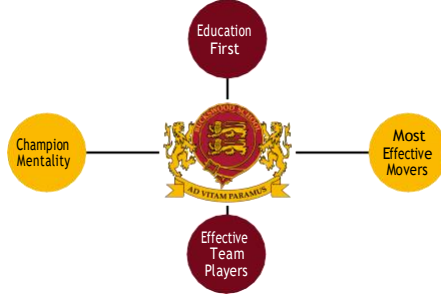
The academy's commitment is to develop each player into a well-rounded individual to help achieve their potential. We believe that everyone should strive to be the best version of themselves every day and with that, every decision and every behaviour matters.

"Winners train like winners before they've won anything"

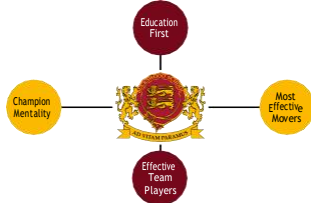


The Buckswood Philosophy

PRINCIPLES



EDUCATION FIRST



Education
First

Student
Athlete

Life Long
Learner

MOST EFFICIENT MOVERS

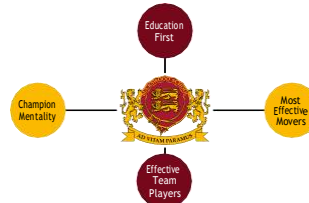


Gym is
Vital

Enhance Performance
through Football

Reduce
Injury

EFFECTIVE TEAM PLAYERS - PUT THE TEAM FIRST

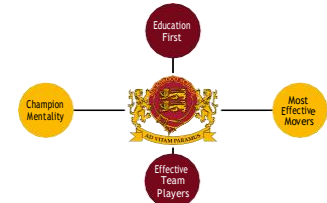


Influence the
Game

Serve the
team's needs

Ability to perform
under pressure

CHAMPION MENTALITY - BE THE BEST YOU CAN BE



Every Choice
Matters

Every Behaviour
Matters

Every Day
Matters





The Buckswood Football Staff



Trevor
Head of Football & Lead 6th Form Coach

A Licence Coach,
Ex Arsenal & West Ham Utd Coach, worked with
Bukayo Saka (Arsenal & England), Declan Rice (West Ham Utd & England) and
Yunus Musah (Valencia & USA)



Darren
Assistant Head of Football & Form 4/5 Coach

B Licence Coach,
Ex Chelsea coach, worked with
Leon Legge (Captain of Port Vale) FC,
Former Peterborough FC Player.



Dan
Head of Goalkeeping & Form 1, 2, & 3 Coach

B Licence Coach,
Current Semi Professional GK,
Former Brighton Academy player



Megan
Lead Girls Academy Coach

Working towards B Licence Coach,
Former Brighton Academy player,
Experience coaching in Australia

“Pro training, pro connections, pro opportunities...”



What is included in the football Academy?



Boys Football Academy - 8 Hours of Coaching a week



Girls Football Academy – 4 Hours of Coaching a week



2 Hours of GK Specific training



Regular competitive Matches in both local and National competitions



Gym Sessions U16's +



Video Analysis Sessions with VEO



Matches recorded and livestreamed



Creation of player highlights video



Each player will receive an individual development plan every 12 weeks



Unlimited use of all school sports facilities



Try on the newest football boots with Sports direct van



Professional football scouts to watch our games



Get into refereeing workshop



Nutrition Workshop



Psychology workshop



Physiotherapy in our on-site surgery



USA Scholarship presentations



District and County trials for the top players



AOC England trials for the top players



EXTRA COST



GPS Units



Academy Training Kit



USA Football Scholarship Packages



Football Tours/Trips

“Ad Vitam Paramus – We prepare for life...”



Proposed BFA Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Form 1, 2, 3		7 to 9pm	4 to 6pm		9.10 to 11 am	8 to 10am
Form 4		11.15am to 1.05pm	4 to 6pm	4 to 6pm	4 to 6pm	
Form 5	4 to 6pm		11.15am to 1.05pm	7 to 9pm		8 to 10am
6th Form Group 1	7 to 9pm	4 to 6pm		11.15am to 1.05pm		10am to 12.30pm
6th Form Group 2	4 to 6pm	4 to 6pm		11.15am to 1.05pm	4 to 6pm	
Girls Form 1, 2, 3					9.10 to 11am	8 to 10am
Girls Form 4		11.15am to 1.05pm		7 to 9pm		
Girls Form 5			11.15am to 1.05pm	7 to 9pm		
Girls Form 6				11.15am to 1.05pm 7 to 9pm		
Breakfast Club					6.30 to 7.30pm	
Goalkeepers Training					6.30 to 7.30pm	8 to 9am



U15 ESFA Small School National Cup 2021/22



U16 ISFA Winners



U15 ESFA Small School National Cup Winners 2020/21

"Buckswood: where talent meets opportunity..."



Buckswood Football Individual Development Plans

Alongside the continuous day to day mentoring of our players we have introduced Individual Development plans which allow the coaching staff and parents to monitor the players progress and set targets when appropriate. Each player has a meeting with their coach and sets targets for the following term which get reviewed by the coach and a copy gets sent to parents so they can see what the coach and player have been working on.

Name:	Individual Development Plan	
Age Group:	Christmas Evaluation	
Preferred Position: Attacking Midfielder	Target Area	Evaluation of Target Area
	Ball Carrier (Travelling with the ball)	This is his strength and he has shown signs of developing this attribute this term. To improve this attribute further I would like to see him check his shoulders more often before he receives and make sure there is end product to the dribble.
	Range of Finishing Skills	I feel he can improve in this area by concentrating on variations of finishing such as curling and passing into the net. Making forward runs into areas where he can score and being more direct in and around the box will provide him with more goals.
	Emotional Control	He has improved this area of his game but there is still room for improvement. He must come up with a strategy of coping when he gets kicked and learn to deal with pressure situations.
Head Coach: Trevor Bumstead	Overall Progress	He is developing very well and has exceeded expectations in terms of his development as a midfielder this term. He is a player who is very coach-able, has a thirst for learning new skills and continues to show a good level of performance in each of his games. I would like Prince to continue to improve his three target areas for this season: 1) Ball Carrier 2) Range of Finishing Skills 3) Emotional Control



Individual to the player



Same format as clubs like Arsenal FC



Keeps track of a player's progression and focuses in on players strengths and weaknesses



A key tool for player development



A progress report gets sent to parents every 12 weeks



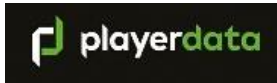
"Football at Buckswood: it's time to get serious..."



Being a Professional – how technology assists the BFA player



Most of our matches are recorded via our video analysis platform called VEO. Every player has their own VEO account, which allows them to watch their match back and edit that footage. We encourage all players to create a short 5 minute video containing all their 'best highlights' from the games and they are then able to send this video to Professional football clubs or Universities to try to get a trial. Through VEO we can also livestream matches meaning parents can watch their sons and daughters game live from anywhere in the world!



We offer all our players the opportunity to rent our Player Data GPS Units. Players wear a vest under their T-shirts with a pouch that the GPS unit goes in and tracks nine key metrics that will help you develop your physical skills and see improvement in your game.

- | | |
|-----------------------------|---------------------------|
| 1. Top Speed | events |
| 2. Distance Covered | 6. High Intensity Running |
| 3. Number of Sprints | 7. Accelerations |
| 4. Sprint Distance | 8. Decelerations |
| 5. Number of High intensity | 9. Heat Map |



“Success is no accident, it is hard work, perseverance, learning, studying, sacrifice and most of all a love of what you are doing...”



Competitions the BFA are entered for

U13

ESFA Playstation Cup, ESFA B Team Cup, ESFA Small schools trophy, ESFA Elite schools Cup & SSFA County Cup

U14

ESFA Playstation Cup, ESFA B Team Cup, ESFA Small schools trophy, ESFA Elite schools Cup & SSFA County Cup

U15

ESFA Playstation Cup, ESFA B Team Cup, ESFA Small schools trophy, ESFA Elite schools Cup, ISFA Cup & SSFA County Cup

U16

ESFA Cup, ESFA B Team Cup, ESFA Small schools trophy, ESFA Elite schools Cup, ISFA Shield & SSFA County Cup.

U18/19

ESFA Schools Trophy, ESFA B Team Cup, ESFA Super League, ESFA Elite schools Cup, ISFA Cup, SSFA County Cup, SSFA County Cup & ESFA League.



Buckswood Football Academy Trips

In recent years the football academy has travelled to Dubai (UAE), Atalanta (Italy), Manchester (Eng) and plan on visiting Florida (USA) in 2024.

2023 U19 Trip to Dubai:

3 Matches vs Professional clubs; Warm weather training sessions; Waterpark; Dubai Mall and Burj Khalifa

2023 U12 to U16 Trip to Manchester:

Go to watch Man City vs Leeds in PL game:
Stadium Tour of Old Trafford home of Manchester United: One match against strong, local opposition: Ten pin Bowling & Glow in the dark golf



"Love your family, work super hard, live your passion..."



Our BFA former Players

Success Stories & Exit Routes

- 3 National Cup Wins in the last 3 Years!!!
- 2021/22 U15 ESFA Small Schools Cup Winners
- 2022/23 U15 ESFA Small Schools Cup Winners
- 2023/24 U16 ISFA National Cup Winners



Some of our Former Players who have signed for professional football clubs



Jake Faul
IFK Varnamo
(Sweden)



Terem Moffi
OGC Nice (France)
Current
international:
Nigeria 7 Caps
/ 2 Goals
Total Transfer Fees:
33.15 Million Euros



Patricio Salas
Pachuca (Mexico)
U17 Mexican
International



Rasheed Akanbi
Sheriff Tiraspol
(Moldova)
Played vs
Manchester United
in Europa League
and Current market
value is 1.5 million
Euros



Elias Caban
FC Basel
(Switzerland)



Taofeek Ismaheel
FC Lorient (France)
Current market
value is 650,000
Euros

31 players have signed contracts with professional clubs!







What's new for 2023 ... Girls Football Academy



Megan McCready
Lead Girls Academy Coach

Working towards B Licence Coach,
Former Brighton Academy player,
Experience coaching in Australia and
set up Bromsgrove Schools Girls
Academy.





Key Information:

-  4 Hours of training per week
-  Serious players can top up their training with Boys teams and Hastings United Ladies
-  Access everything that the boys academy has access to
-  Cost to join girls academy is £500 per term



What's new for 2023 ... USA Football Scholarship

Key Information:

-  Continue having a fantastic balance of an excellent education along with a serious football programme
-  Getting part or all of your degree funded
-  A route into MLS Leagues for the best players.
-  USA College program is stronger than the UK University football programme



"When there is effort, attitude and desire ... nothing is impossible..."

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