



METRO FC FOOTBALL ACADEMY



Aims of Academy

- ❑ To develop the technical skills and football intelligence of young players in a fun, educational and professional manner;
- ❑ To create talented players for Metro FC, Auckland Football Federation and New Zealand.



General Academy Info

- ❑ **Age Groups:** 9-12 years old (Age range to increase as academy grows)
 - ❑ **Period of Time:** 12 Sessions (6 pre & 6 post Xmas)
 - ❑ **Cost:** **\$180.00 per player** for Academy 'Season' (12 Sessions including Academy Football & Academy T Shirt)
 - ❑ **Academy Base:** Phyllis St Reserve, Mt Albert.
 - ❑ **Nights:** Wednesdays
 - ❑ **Session Length:** 6pm-7.15pm (75 Minutes)
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Academy Dates

□ PRE XMAS

- Wednesday 3rd November
- Wednesday 10th November
- Wednesday 17th November
- Wednesday 24th November
- Wednesday 1st December
- Wednesday 8th December

□ POST XMAS

- Wednesday 19th January
- Wednesday 26th January
- Wednesday 2nd February
- Wednesday 9th February
- Wednesday 16th February
- Wednesday 23rd February

N.B. Dates are subject to change

Expectations of Players

- Players arrive on time.
 - Players wear correct academy uniform.
 - Players come to sessions with a willingness to listen and learn.
 - Players feel free to ask questions.
 - Players **HAVE FUN** 😊
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Focus of Academy

□ The academy aims to focus on 6 elements of football:

1. Passing
 2. Spatial Awareness/Positioning
 3. Shooting
 4. Defensive Techniques
 5. Ball Control
 6. Game Play
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Session Layouts

Session Breakdown

- ❑ 10 Minutes Warm Up (with and without Ball)
 - ❑ 10 Minutes Non Ball Fitness
 - ❑ 35 Minutes Football Drills
 - * Drill 1
 - * Drill 2
 - * Drill 3
 - ❑ 15 Minutes Small Sided Games Relating to Element Taught
 - ❑ 5 Minutes Summary of Session & Questions
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1. Passing

- ❑ **Passing** the ball is a key part of Football. The purpose of passing is to keep possession of the ball by manoeuvring it on the ground between different players and to advance it up the playing field.
 - ❑ This brings an advantage in that the team secures possession of the ball, without allowing the opposition an opportunity to attack.
 - ❑ The Metro FC Football Academy aims to increase both the short and long passing ability of all players to allow them to maximise their potential in the modern game.
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2. Spatial Awareness/Positioning

- ***Spatial Awareness/Positioning*** is knowing where your team mates, your opposition and yourself are on the field.
 - Metro FC Football Academy aims to teach that good players play with their heads up. They are aware of where the space is on the pitch, where their players are and where the opposition are. They know what they want to do next with the ball; they have pictures in their heads. They play one, sometimes two or three steps ahead of everyone else.
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3. Shooting

- ❑ **Shooting** is the art of propelling the ball at the goal, with the aim being to beat the goalkeeper and score a goal for your team.
 - ❑ Goalkeepers are getting better, the balls getting lighter and teams are more organised defensively. This means good shooting opportunities are reducing.
 - ❑ As a result, Metro FC Football Academy will teach a range of shooting techniques from Volleys, Half Volleys, Instep Drive, Swerve and Attacking Headers to provide confidence in all shooting methods.
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4. Defensive Techniques

- ❑ **Defence** within a football team is probably the most vital job on the field. If no goals are scored in your goal then the defence has done its job and stopped the opposing team from scoring.
 - ❑ Metro FC Football Academy will teach a range of Defending techniques such as Jockeying, Block Tackles, Defensive Headers, Man Marking. These will ensure all players, no matter their preferred position, will be able to contribute defensively to their team.
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5. Ball Control

- ❑ **Ball Control** is vital in football; players must be comfortable receiving and distributing the ball in all situations. The better a player controls a ball the more time, space and options they have to use it.
 - ❑ Metro FC Football Academy will teach players many methods of ball control including Dribbling, Turns, Heading, Chest Control, Feints and much more.
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6. Game Play

- ❑ ***Game play*** is Football. This is when all the disciplines are put together against an opposition.
 - ❑ Metro FC Football Academy will end each session with a game situation focusing on the element practised at the session. This will encourage players to feel comfortable using the skills they learn in a match situation.
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Goalkeeping School

- ❑ Metro FC Football Academy will run a goalkeeping option for budding young keepers.
 - ❑ These will run parallel to our Academy sessions and will be headed by an Ex Professional Goalkeeper.
 - ❑ These will work on all aspects of goalkeeping such as Handling, Kicking, Positioning, Talking and Shot Stopping.
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Academy Gear Required

- Metro FC Academy T Shirt*
 - *9th Grade - Red T Shirt*
 - *10th Grade - White T Shirt*
 - *11/12th Grade - Black T Shirt*
- Black Plain Shorts
- Black Socks
- Football – *Size 4**
- Drink Bottle (any)
- Rain Jacket (any)

***These are included in the academy registration cost.**

Player Safety

- ❑ Each Metro FC Football Academy session will have at least one person with a current First Aid Certificate present.
 - ❑ This person will be identified at the start of each session to the kids.
 - ❑ Parents must inform Academy staff of any medical condition or allergy on registration form to ensure safety
 - ❑ Kids will be fully supervised when attending Academy sessions.
 - ❑ Players **must always wear shin guards** to each session.
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Our Promise to You

- Kids will be safe
 - Value for money
 - Kids will have fun
 - We will promote a professional learning environment each session
 - Academy Coaches will always be approachable by kids and parents
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Football Academy Coaches

- ❑ Coaching Directors

The Academy is headed by two fully qualified junior football coaches:

- **Ants Owens**

- **Neil Black**

- ❑ Other Academy coaches will be fully qualified or have played/are playing at a high level of football.

Contact Details

If you have any questions or wish to speak to any of the coaching directors please do not hesitate:

☐ **Ants Owens**

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