

# Soccer Academy



The aim of the Cardijn Soccer Academy is to provide students with the opportunity to develop their skills, knowledge, and general understanding of soccer.

The Soccer Academy will have a strong focus on improving individual and team-based soccer skills, tactics, and strategy, while also promoting personal development skills including self-esteem, confidence, and leadership. The on-field curriculum is based on contemporary coaching methodology and presented by experienced coaches and teachers working within the College and club setting.

All Academy students will have an opportunity to trial and participate in inter-school sport competitions (e.g., Weekday or Saturday morning sport, Knockout competitions, Inter-Col, Exchanges) and attend various excursions aimed at promoting future pathways within Soccer and sport through participation at local clubs, as well as exposure to clubs represented at FSA, A-League and W-League level.





The Soccer Academy is offered to students from Year 8-11 and is complementary to their Health and Physical Education curriculum. In Year 8 and 9, Soccer Academy students have three lessons per week, typically incorporating two on-field sessions and one classroom-based lesson. In Year 10 and 11, students participate in up to six lessons per week, which generally takes the format of three to four on-field sessions, one athletic development session and one classroom-based lesson. All students enrolled in the Soccer Academy are REQUIRED to participate in the College Soccer team for the entirety of the season. Year 8-9 students play on Saturday mornings, while Year 10-11 students play on Wednesday afternoons. This is a vital element of the Academy as it allows the students to incorporate skills taught during Academy lessons in real-game situations. Furthermore, this also allows for post-game feedback and self-assessment, as well as recovery and injury prevention programs to be implemented. All students involved in the Soccer Academy will be encouraged to trial for Club programs, Development Squads and State Team selection.

The coaching methodology and content used by the Soccer Academy teachers and coaches is typically a games-based model using the pedagogy presented in the FSA and FA coaching courses and curriculum. This may include:

- Development of the four core skills of, striking the ball, first touch, 1v1 & running with the ball
- Game training for improved positional awareness, mainly in the 1-4-3-3 formation
- Transitional play in the turnover of possession
- Structured and effective build up play
- Quick ball movement and individual skill to create goal scoring opportunities
- Effective communication to assist teammates
- Learning correct preparation and professionalism for a high-performance environment
- Enhancement of game understanding through coaching and refereeing

**The Soccer Academy is an excellent opportunity for students to enhance their soccer experience within the College setting and all students are welcome to apply.**