



Elite Development Program

"It was great to train with the guys and to train with Coach Zeca Marques. I improved a lot in terms of technique, speed, reaction, even passing, so it was a great experience. Zeca is a great coach. I knew him even before I started training with him, but to train with him is something else, it's amazing, and he helped me a lot."

~ Francelino de Jesus, BSI Graduate & LA Galaxy U23 Player



Program Overview

The BSI Football Elite Development Program provides the opportunity for South African and International players who have completed their secondary education (school leavers) and between the ages of 18 – 22 to experience a professional training environment, which is modelled on the leading football academies in Europe.

The program offers top class football training and athletic development, with the goal of developing well-rounded young people for success in life and on the football pitch.

All of this is presented in a structured and disciplined environment, allowing the students to flourish to their potential if they are prepared to put in the hard work necessary for success. Training is conducted at the BSI Football Campus in Modderfontein.

The football program is designed and managed by our Technical Director Zeca Marques and his team of coaching and support staff. **Zeca is a UEFA Pro Licensed Coach** and has extensive experience and success of coaching at professional and youth level.

About BSI

The **Balderstone Sports Institute (BSI)** is a multi-sport training and education institution. It provides a wonderful opportunity for student athletes who are serious about the advancement of their sports careers, whilst at the same time maintaining a high-quality education. BSI has been training champions and changing lives since 2004 and our approach to sport training and education follows best practice for high performance from around the world.

Our Purpose

To provide an environment of excellence that encourages the development of each and every student to his or her full potential, in sports performance, education and character development.

To be a hotbed of talent development. To train and produce champions. To develop leaders and positive contributors to society.

Vision

To develop aspiring footballers into successful professional football players through a holistic coaching program that will meet all the demands of the modern game.

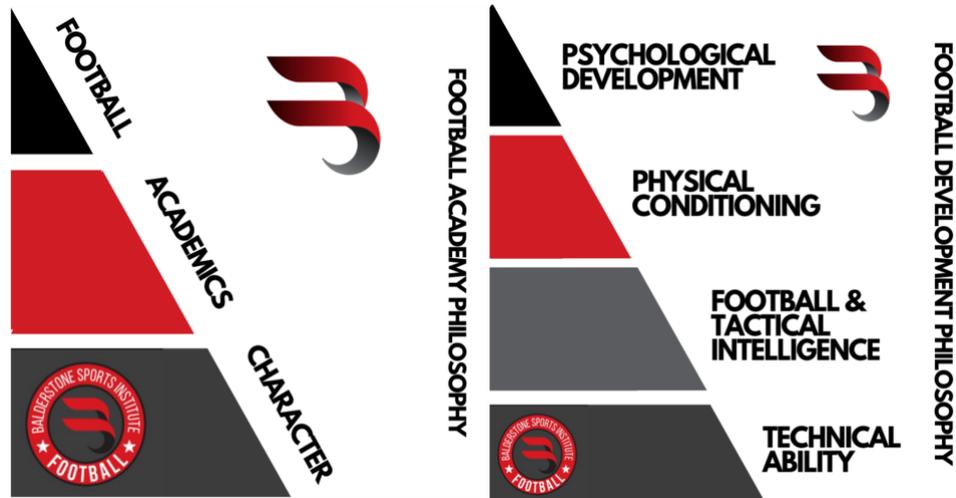
Academy Mission

Football is what we teach, character is what we develop.

- ✓ Advanced player development
- ✓ Training environment to prepare for the highest level.
- ✓ Latest coaching methodology
- ✓ Sports Science Training
- ✓ Life Skills
- ✓ Culture to learn and thrive.

Our Values

- ✓ Commitment
- ✓ Excellence
- ✓ Continual Growth
- ✓ Positive Energy
- ✓ Family



International Partnerships

We have a formal partnership with Portuguese Liga 2 club, Sporting Clube Farense. This partnership may offer students the opportunity to train, trial and join a professional football club in Europe.

The relationship may also create opportunities for SC Farense technical coaches to monitor BSI students through International Soccer Camps and identify future talent that can continue to get groomed before a trial or training experience in Portugal.



BSI Football Management Team

Zeca Marques

Zeca is a partner and the Technical Director of BSI Football. He is a UEFA Pro Licensed Coach, the highest qualification available worldwide. He regularly returns to Europe for learning and developing relationships with his expansive network. Zeca's professional coaching career took him around the Premier Soccer League, including coaching positions at Bidvest Wits, Moroka Swallows, Black Leopards and Santos FC.

He was the head coach when Moroka Swallows lifted the MTN8 Cup in 2012 and a part of the technical team in multiple finals across his career. This includes being crowned Nedbank Cup winners in 2009.



Eurico Marques

Eurico is an ex-professional footballer and qualified physiotherapist. He has a Certificate in Specialised Nutrition and FIFA Diploma in Football Medicine. Through his career he has worked within the professional and semi-professional sporting environment and high-performance youth programs both locally and internationally. During the 2010 FIFA World Cup, he was a part of the Portuguese Football Federation support staff.

He is a partner and the Director of Performance at BSI Football. Through his experience he can provide the students and staff with a wealth of knowledge to assist them on their journeys through the program.



Coaching & Support Staff

The academy staff is led by Technical Director Zeca Marques. Zeca is a UEFA Pro Licensed Coach, the highest qualification available worldwide.

Zeca heads up a team of coaches, trainers and experts who work with the players in various areas of development. The coaching and support staff includes Eurico Marques (Director of Performance and Physiotherapist), David Thorpe (Head of Football Development), Renee Reinecke (Sports Scientist), Shuaib Walters (U19 Head Coach).

The Program

The program focuses on improving skills and football intelligence, covering physical and psychological aspects through a balanced conditioning program that leaves the student fully prepared for the modern game.

Players attend the BSI Football Program at Balderstone Sports Institute Football Campus in Modderfontein, Johannesburg

Technical Training

BSI aim to produce technically excellent and innovative players, with exceptional decision-making skills. Through high-intensity drills and game-based training the players develop technical skills that are related to the game.

The mastery of technical ability, awareness and creation of time and space will be prioritised so players are skilled with the knowledge to reach the next step in their development.

BSI encourage players to be creative and express their skills without the fear of failure. It is important to strike a balance between winning and developing players capable of competing on the highest stage.



Tactical Development

The tactical training develops football intelligence and understanding of football principles. Attacking and defending principles, strategy and tactics are developed on the field as well as in the classroom.

Tactical changes have occurred as the game has changed over the last 15 – 20 years. Teams who are successful at the highest level are moving towards a manner of play that requires all players to be efficient, effective and at times outstanding in the many different roles they required to undertake.

BSI develop interchangeable footballing athletes who can operate effectively whenever they are required. to cope with the tactical demands of the game.

Athletic Conditioning

Our sports science team provides football-focused strength and conditioning training to build coordination, agility, speed, aerobic power, balance, explosive power, and flexibility.

The program is built on the Long-Term Athlete Development Model. The Long-Term Athlete Development (LTAD) model is a framework for an optimal training, competition, and recovery schedule for each stage of athletic development. Coaches who engage in the model and its practices are more likely to produce athletes who reach their full athletic potential.

The strength and conditioning program is periodised according to the football calendar and competitive season. The sessions are structured to maximise strength, conditioning, and performance outcomes over the period of program.



Life Skills

✓ Nutrition

The daily nutrition habits of soccer players are critical for maximising performance. Players will gain the knowledge to make informed decisions regarding their food intake to maximise their performance.

✓ Communication

Communication is a critical and empowering skill. The program aims to break down the elements of effective communication. This gives the players the confidence and skill to be able to work effectively in group environments both on and off the field.

✓ Leadership

Leadership skills are at the foundation of successful communities. We aim to assist players in gaining an understanding of the key leadership traits. Applying the skills of providing direction, implementing plans, and motivating people is what creates leaders. The next generation of leaders should have a positive influence on those around them.

✓ Money Matters

Financial management skills are a vital component of life in the real world. Through the program, players will be exposed to key financial principles that will assist them in their transition into adulthood. We want to enable players with this important skill as it has long-lasting implications in their lives.



Football Theory

Intelligent players with a solid theoretical knowledge are contributing the new generation of footballers. At BSI we take a holistic approach to developing footballers, for this reason, not everything can be taught on the field. Having a comprehensive understanding of the theory gives players an appreciation that to reach the top level you must be a student of the game.

Character Development

We believe character and attitude can be developed through education and exposure to the right environment. The most successful football players have strong daily work ethics, are continuously striving to improve, and have a 'team first' attitude. We create the environment and expect players to embrace a professional and high-performance culture.

Fixtures

Players represent Balderstone FC in the Easterns Local Football Association League and compete in tournaments and friendly games with various clubs and academies.

Career Pathways

We create multiple career pathways for each of our players. Through our extensive global network and connections, BSI Football Academy player have many career pathways open to them, including.

- ✓ European clubs
- ✓ Football clubs in SA, USA, China or Middle East
- ✓ College/University in USA or South Africa
- ✓ Sports Business Administration (BSI College Program)
- ✓ Football coaching career

Additional Learning

We provide exposure to those who have trodden the football journey successfully, through guest speaker sessions with former and current professional footballers such as Matthew Booth pictured right.



Balderstone Sports Institute Football

Modderfontein Sports Complex
Casino Road, Founders Hill
Modderfontein, 1645
Johannesburg, South Africa
E-mail: info@bsisports.com
Website: www.bsisports.com