



## Youth Development Program U14-U19

"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 (of) 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 Youth Development Program provides the opportunity for South African and International students to experience a professional training environment, which is modelled on the leading football academies in Europe.

The program combines quality high school education with 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. The football and academic programs both take place at the exclusive BSI Football Campus in Modderfontein, Johannesburg, providing a unique learning environment all in one place.

### About BSI

The **Balderstone Sports Institute (BSI)** is a multi-sport training and education institution. We provide a wonderful opportunity for student athletes to reach their full sporting potential, whilst still receiving a high-quality internationally recognised 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.

### **Our Values**

Commitment | Excellence | Continual Growth | Positive Energy | Family

### **BSI Football 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.

### **BSI Football 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



### **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 be groomed before a trial or training experience in Portugal.



### **Coaching Management, Staff & Support Team**

#### **Zeca Marques: Technical Director**

Zeca 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 has taken him around the PSL, 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: Director of Performance**

Eurico manages the program day to day. He 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. Eurico was also part of the Portuguese Football Federation support staff during the 2010 FIFA World Cup.

Eurico provides the students and staff with a wealth of knowledge and experience to guide them on their journeys through the program.



#### **Coaching & Support Staff**

The coaching and support staff at BSI includes;

David Thorpe: Head of Football Development (Former Manchester United Coach)

Shuaib Walters: U19 Head Coach (Former Professional Player)

Renee Reinecke: Sports Scientist and Strength & Conditioning Trainer

Plus multiple other support staff.

### **The Football 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.

### Technical Training

BSI aims to produce technically excellent and innovative players, with exceptional decision-making skills. The mastery of technical ability, awareness and creation of time and space are prioritised so players are skilled to reach the next step in their development. Players are encouraged 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.

Successful teams require all players to be efficient, effective and at times outstanding in the many different roles they are required to undertake. BSI develops interchangeable footballing athletes who can operate effectively whenever they are required to cope with the tactical demands of the game.



### Football Theory

Intelligent players with a solid theoretical knowledge are contributing the new generation of footballers. 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.

### Athletic Conditioning

Our sports science team provides football-focused strength & 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 (LTAD). This optimizes a training, competition, and recovery schedule for each stage of athletic development, to produce athletes who reach their full athletic potential.

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



### Fixtures

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

### Life Skills Program

**Nutrition:** The daily nutrition habits of football players are critical for maximising performance. Players 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 breaks down the elements of effective communication, giving 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. Players gain an understanding of the key leadership traits. 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. Players will be exposed to key financial principles that will assist them in their transition into adulthood. This important skill has long-lasting implications in their lives.

### **Character Development**

The most successful football players have strong daily work ethics, are continuously striving to improve, and have a 'team-first' attitude. We provide a high-performance youth development culture that enables young players to flourish and grow into professional athletes.

### **Guest Speakers**

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.



### **Career Pathways**

We create multiple career pathways for our players through our extensive global network and connections. We provide personalised guidance to each player. Opportunities including;

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

### The Academic Program

The BSI Study Centre provides personalised, high-quality, flexible education designed for sports-focused students from grades 8 to 12. We use a modern approach to learning using international curricula. Our model of learning is ideally suited for youth athletes as it allows flexible time for sports training and a full schedule of competition without compromising their academic goals.

We provide academic management and a student-led classroom environment, supporting **Cambridge** and **GED** curriculum options through our partner providers. We also play a supportive role for parents in this journey.

Each student works at their own pace, based around their sporting schedule and personal development pathway. Students are encouraged to take personal responsibility for their own development and are fully supervised and supported by qualified Academic Facilitators who guide and aid their learning.

Students have an appropriate balance of guided learning, supervised self-study, and specialist tutoring. We compliment the full-time staff with specialist online tutors to assist the learners in all subjects.



The students spend 4 to 5 hours per day in the classroom from Monday to Thursday, following a four-cycle yearly calendar. If the students are on track with their academics, they can focus solely on their football on Fridays. If they fall behind their individual plan, then they spend an extra morning in the classroom. As with mainstream schooling, students are sometimes required to spend additional time learning at home. Study sessions are kept to short periods followed by regular breaks where the students re-energize, refuel, and get some fresh air in the beautiful surrounds of the BSI Football Campus.

### Contact

#### **Balderstone Sports Institute Football**

Tel: +27 (0)11 485 1067/8

E-mail: [info@bsisports.com](mailto:info@bsisports.com)

Website: [www.bsisports.com](http://www.bsisports.com)

Modderfontein Sports Complex, Casino Road, Founders Hill,  
Modderfontein, JHB, South Africa