



## **BSI Football Academy Elite Development Program**





## Elite Development Program

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### 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.



### 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.*

#### **Academy 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.



## Elite Development Program

### Academy Mission

- ✓ 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 Partnership: Wolves FC (England)

We are official international partners with English Premier League club Wolverhampton Wanderers FC, commonly known as Wolves.

The partnership brings many benefits to the academy, its players, and the wider local football community. The agreement includes monthly education workshops between Wolves and the BSI Football Academy coaching staff, an annual BSI Wolves Soccer Camp, private training sessions with Wolves Academy coaches for BSI players, and the potential for tours to Wolves FC Academy.





## Elite Development Program

### Coaching & Support Staff

BSI Football Academy employs professional expertise and experience in coaching, training, sports science and other support staff, who work with the players in various areas of development.

The coaching and support staff includes **former Manchester United Coach David Thorpe** (Head of Football Development, UEFA B Licensed), **Ricardo Lourenco** (Former Orlando Pirates player), **Kaitlin Hunt** (Sports Scientist, Biokineticist and CAF C Licensed Coach), **Alan Marcus** (Goalkeeping Coach), and **Enziwe Maphosa** (Sports Administration & Social Media).



### 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.

### 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.



## Elite Development Program

### 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.





## Elite Development Program

### 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.

### 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.



### Competitive Fixtures

At club level we currently compete in the Eastern's Local FA SuperLeague. We also compete in tournaments and friendly games with various clubs and academies to provide experience and exposure for our players.



BSI vs Orlando Pirates



## Elite Development Program

### Career Pathways

We create multiple career pathways for each of our players. Through our extensive global network and connections, BSI Football Academy players 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 Management (BSI College Program)
- ✓ Football coaching career

Private pathway discussions take place to guide each individual. The post-season period from September to November is focused on showcasing the players in games and where possible providing trials for those players at a good enough standard (not guaranteed).

### Study Sports Management (Optional)

EDP players have the option of supplementing their training program with studying BSI's Sports Management course. This 1-year course is a popular choice for BSI athletes as it is scheduled around their training programs.

The course is registered at NQF level 5 and provides a solid foundation and excellent springboard into the multi-billion dollar business of sport. Ask for the BSI Sports Management brochure for full details.



### Who should apply?

Players with a talent and passion for football and who wish to focus on their football in a full-time academy environment to fast-track their development and optimize their chances of success.

### Contact BSI Football Academy:

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

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