



**BSI Football Academy
Youth Development Program
(U14 - U19)**





Youth Development Program

Program Overview

The BSI Football Academy 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, from grades 8 to 12, 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 academic program takes place at Huddle Park in Linksfield while the Football training takes place at Sandringham High which is our home ground.



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 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.



Youth Development Program

BSI's Core Values

Commitment | Excellence | Continual Growth | Positive Energy | Family

BSI Football 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.

BSI Football 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



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, and the potential for tours to Wolves FC Academy.





Youth Development Program

Coaching Management, Staff & Support Team

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).



Kaitlin Hunt, Enziwe Maphosa, Ricardo Lourenco and David Thorpe

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.





Youth Development Program

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.



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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.



Competitive Fixtures

At club level we currently compete in the Eastern's Local Football Association League. Our U19s play in the SuperLeague 1st team or Reserves, and our younger players compete in the U17s. Our strategic aim is to compete in the Gauteng Development League (GDL) from 2025.

At school level we compete in the Gauteng Independent Schools League as well as festivals and tournaments such as Saints SportsFest. We also compete in tournaments and friendly games with various clubs and academies to provide experience and exposure for our players.



Competing at the Saints SportsFest



Playing against Orlando Pirates



Youth Development Program

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.

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 include:

- ✓ European clubs
- ✓ College/University in USA
- ✓ College/University in South Africa
- ✓ Sports Management (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. 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 Educators who guide and aid their learning.



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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 Friday, following a four-cycle yearly calendar. If students fall behind their individual plan, they are not allowed to train until the work is caught up and at the appropriate standard.

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 Huddle Park and our home ground at Sandringham High.

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.





Youth Development Program

Boarding House

The BSI Boarding House provides a home-from-home environment under full supervision of a House Manager and support staff.

Single and shared rooms are available for 5-day and 7-day boarders on a first come basis for boys only from 15 years upwards. Transportation and meal options are also provided. All options include cleaning service, laundry, uncapped high speed Wi-Fi, DSTV, and use of swimming pool, games areas and communal areas.

An inverter and solar lights have been installed in case of power outages. Boys younger than 15 are housed with approved host families. The house is located just a short drive from the academy, in the leafy suburb of Eastleigh Ridge, close to the Greenstone Mall. See Boarding House brochure for full details.



Contact

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