



**BSI Football Academy
Elite Development Program**



Elite Development Program (EDP)



Program Overview

The BSI Football Academy Elite Development Program provides the opportunity for local and international players who have completed their secondary education (school leavers) and are between the ages of 18 – 22 to experience a high performance 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 on the football pitch and in life. Players receive a world-class football education and experience.

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.



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 academies 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.



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Football Academy Goals

- ✓ To be recognised as the leading private football academy in South Africa.
- ✓ To produce South African National players (as well as for other nations).
- ✓ To produce Professional players for local and international leagues.

Academy Focus

- ✓ Advanced player development
- ✓ High performance culture and training environment to prepare players for the highest level
- ✓ Modern coaching methodology
- ✓ Provide sports science testing and training
- ✓ Use modern coaching technology
- ✓ Life skills and character development
- ✓ Provide competitive playing opportunities
- ✓ Career pathway planning

Our Values

Commitment | Excellence | Continual Growth | Positive Energy | Family

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), **Sibusiso Ntsinde** (former Orlando Pirates Coach, CAF B Licensed) **Ricardo Lourenco** (Former Orlando Pirates player), **Julia Russ** (Sports Scientist & Biokineticist), **Kefentse Moagi** (Football Operations Manager), and **Enziwe Maphosa** (Sports Administration & Social Media).



BSI Coaching and Support Staff

The Program

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



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Technical Training

BSI produces technically excellent and innovative players, with heightened decision-making skills. Through high intensity training the players develop high technical skills.

The mastery of technical ability, awareness and creation of time and space is 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 and Player Welfare

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

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The program is built on the Long-Term Athlete Development Model (LTAD). LTAD model is a framework for an optimal training, competition, and recovery schedule for each stage of athletic development. Academies who follow 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. Load management and recovery monitoring is another key element of the sports science program, with comprehensive reporting after each match and management through any rehabilitation periods and return-to-play programs.

Video Analysis

In line with providing a holistic football education, we use the international **Veo** video system to analyse games, highlight areas of strength and show areas for improvement for individuals and teams. This provides a visual vehicle for group discussion and accelerated individual learning and team development.

Each player receives the match videos for self-analysis before group discussions. The footage can also be used for player resumes and has been useful in gaining trials and college scholarships.





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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.

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), and successful managers such as Gavin Hunt and Dylan Kerr.



Competitive Fixtures & Playing Opportunities

BSI Football Academy competes in the **Hollywoodbets Men's Regional League** (formerly SAB league) and the **Gauteng Development Promotional League (GDPL) U14, U15, U17 & U19**. We utilize these leagues as important vehicles to accelerate player development. The Hollywoodbets MRL provides valuable experience and exposure for our players with the aim taking the next step up to earn professional contracts.

We also compete in tournaments and friendly games with various clubs and academies to provide further experience and exposure for our players. This includes hosting and competing in our own elite U21 tournament, **The BSI Ubungani Cup**, which has included teams such as Orlando Pirates, Mamelodi Sundowns, Supersport United, Sekhukhune United and TS Galaxy in the last 2 editions.



BSI vs Orlando Pirates



2024 BSI Ubungani Cup Teams



Elite Development Program (EDP)

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.

- ✓ Local professional clubs
- ✓ European clubs
- ✓ Football clubs USA, China or Middle East
- ✓ College/University in USA or South Africa
- ✓ Sports Management (BSI College Program)
- ✓ Football Coaching

Private pathway discussions take place to guide each individual. Where possible we open up 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 for the Elite Development Program?

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

Contact BSI Football Academy

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