



# LE FEVRE H.S. SPECIALIST FOOTBALL (SOCCER) PROGRAM

Our aim is your Goal

# Your Coach:

## Tony Burns:

- Years experience in playing and coaching juniors and senior teams to success Including SA State Team.
- Football Federation Australia Accredited senior license coaching certificate.
- Schoolboys (DECD) U/19 and U/16 S.A. State team coach/manager 10 years including 4 years SAPSASA Soccer Coach.
- SA Football Academy Director.



# Course Requirements of Acceptance

**Students will need to either play in a Federation Club or Elizabeth and Districts team, or have played in a team, or experience playing.**

**Course is not suitable for players wanting to enter simply because it is available, with no playing experience.**

# Learning Environment

Most of the learning will occur outside on the Soccer oval to utilise proper sized goals and familiarity of playing on grass.

Students will be given different game play tasks to perform according to students chosen positions and capability.

Students are not discriminated according to skill level

# Example of a semester overview for Year 7/8/9

| Week | MONDAY   | THURSDAY   | MONDAY  | THURSDAY  |
|------|--|--|---|---|
| 1    |  | Introduction to the course. Induction,                 |   | Introduction to terms<br>Workload requirements / assign       |
| 2    | Pre season fitness unit.<br>Group development.               | FFSA group magic team development and practice skills  | Goalkeeper training<br>FFA conditioning<br>Attacking movement | Goalkeeper training<br>FFA conditioning<br>Attacking movement |
| 3    | Pre season fitness unit.<br>Group development                | FFSA group magic team development and practice skills  | Goalkeeper training<br>FFA conditioning<br>Attacking movement | FFSA Respect/ theory and practical game development           |
| 4    | Pre season fitness unit.<br>Group development                | FFSA group development and practice skills             | Goalkeeper training<br>FFA conditioning<br>Attacking movement | FFSA Respect / theory and practical game development          |
| 5    | Game conditioning:<br>Team movement, passing                 | FFSA group development and practice skills             | Formation practice<br>433 FFA regulations<br>Team movement    | FFSA respect / theory and practical game development          |
| 6    | Game conditioning:<br>Team movement, passing                 | FFSA group development and practice skills             | Formation practice<br>433 FFA regulations<br>Team movement    | FFSA coaching / theory and practical game development         |
| 7    | Game conditioning:<br>Ball skills, dribbling, defensive play | FFSA Grassroots coaching sessions and grading          | Formation practice<br>433 FFA regulations<br>Team movement    | FFSA coaching / theory and practical game development         |
| 8    | Game conditioning:<br>Ball skills, dribbling, defensive play | FFSA Grassroots coaching sessions and grading          | Game structure, playing thru balls<br>One-two shoot           | FFSA coaching / theory and practical game development         |
| 9    | Game conditioning:<br>Ball skills, playing out from the back | FFSA Grassroots coaching sessions and grading          | Game structure, playing thru balls<br>One-two shoot           | FFSA coaching / theory and practical game development         |
| 10   | Game conditioning:<br>Ball skills, playing out from the back | Practice game Vs RMSIS 10                              | Mini comp   | FFSA coaching / theory and practical game development         |
| 11   | Small sided games  | FFSA group presentation of player profiles. GR grading |   |   |

# Year 10 and Stage 1

The Specialist Football Program enables students with a passion for soccer to develop knowledge, understanding and skills in all aspects of football including playing, rules, tactics, fitness components and training principles. Students within the program are given the opportunity to receive specialist skills coaching, fitness development and participation in statewide soccer competitions. Topics covered in this course include:

- Skill and Performance development
- Performance Analysis
- Fitness
- Nutrition for Football
- Injury Prevention and Management
- Coaching and Refereeing



Specialist Football at year 10 is run as a SACE subject of Integrated Learning and students gain 10 SACE credits within each semester studied. The school assessment component for Stage 1 Integrated Learning consists of three assessment types:

**Assessment Type 1: Practical Exploration**

**Assessment Type 2: Connections**

**Assessment Type 3: Personal Venture**



## PLAYING THE GAME

As a part of going to school and learning other compulsory AC and SACE subjects, with the soccer program you will learn to improve your own game and to develop your insight into what it is like to have a career in the soccer industry. You will participate in performance training, skill development, tactical sessions and fitness training for soccer, as well as enjoy the variety that comes from carnivals and competitions within the school system. It will be a valuable asset as you grow your ability to work in the very competitive sports industry if you choose to do so as Player, coach, official or volunteer.

*It's a specialised football program designed for boys and girls striving for success.*

**See you in 2024**





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**BT(FHS1 See You in 2022**

Burns, Tony (Le Fevre High School), 11/05/2021