



# High Performance Academy

WHO?	WHAT?	WHEN? <b>16 Weeks (Fridays):</b>
High Performance Academy for players from <b>U10 (2011) – U12 (2009)</b> . This program is catered to our select teams, as well as identified players who will be invited in by our technical staff.	Specialized training for like minded players who are looking to progress to the top of the player pathway, into BC SPL/Metro and select programming. See training specifics below.	<b>October</b> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> <b>November</b> , 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> <b>December</b> , 4 <sup>th</sup> , 11 <sup>th</sup> <b>January</b> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> <b>February</b> , 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> <b>U10</b> 5:00 pm – 6:15 pm <b>U11 &amp; U12</b> 6:30 pm – 7:45 pm
<b>\$200.00 + \$25 Kit Fee</b> (Can pay in two installments) <b>Full Team: \$160.00 per player</b> (minimum 10 players)		<b>Newton Athletic Park</b> <b>Turf Field 1</b>

**Technical Team**

**Paul Bahia**  
Technical Director  
Head Academy Coach

**Peter Malakoane**  
Technical Lead  
Academy Coach

**Brad Higgs**  
Technical Lead  
Head GK Coach

**Head Staff:**  
**Sergio Rodriguez** (UEFA C)  
**Robby Toor** (CSA National B)


- Ball Manipulation
- First Touch
- 1v1 Feints
- Juggling
- Aerial Control
- Dribbling with a change of pace and more..

**Ball Mastery** 


- Accuracy & Power
- Chipping the ball
- Curling with inside and outside foot
- Mobility off ball
- Creating space
- Combinations to goal

**Finishing/Shooting** 

- First touch
- Weight of passes
- Drivin ball
- Chipping the ball
- Long ball into space
- Combination play mobility
- Penetrating passes

**Passing/Receiving** 


- Coordination
- Balance/Agility
- Speed
- Core stability
- Flexibility
- Fifa 11 warm up
- Strength and more..

**Physical** 


- Spatial awareness
- Understanding of movement with and without ball
- Transitional play
- Principles of play
- Position specific training

**Tactical Awareness** 

- Goal Settling
- Nutrition and lifestyle
- Time management
- Mentorship
- Awareness and coping of mental and social pressures

**Mental/Emotional** 

- Delay (1v1 defending)
- 2nd defender, and cover
- Balance in attack
- Team defending
- Zonal defending
- High pressure
- Low pressure

**Defending** 

The players are the focus of this program, not the teams, or team results. Player first training, focusing on the individual skills of each player so that players can progress up the player pathway.

*"Strive for Excellence"*

Registration: Online or @NAP Front Office (Please register before October 9th)  
Anyone wishing to register after October 9th will need to pay a \$20.00 processing fee

Player Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

Email Address: \_\_\_\_\_ Ph#: \_\_\_\_\_

Address: \_\_\_\_\_ Level of Play: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Ph#: \_\_\_\_\_

Allergies or Medical Conditions \_\_\_\_\_

Size (Circle): YS YM YL YXL AS AM AL AXL