

GETTING AHEAD



SOUTH
DOWNS

Start to develop skills that are relevant to your course before you join HSDC this September!

Football Academy

This BTEC Academy Programme gives you the opportunity to use your interest in football to complete a strong academic programme that opens various sport and fitness related pathways for future development.

Activity

Analysis of Sport - Many factors can influence your performance as an athlete. We classify these factors as either Intrinsic or Extrinsic. Follow the PowerPoint presentation and complete the worksheet on different factors.

[Click here](#) to access the PowerPoint.

After viewing the PowerPoint presentation, try and describe five factors that may influence the performance of an athlete. You can pick a sport/activity which you are interested in to come up with your own examples, or you can use existing athletes from football or other sports. An example has been done for you:

Age: It has been said sporting performance generally declines after 35 years of age; this is because, as you age, your muscles and bones become harder to repair and so the training phase becomes harder. Cristiano Ronaldo is an example of an athlete who is defying his age: he remains physically very fit and is performing to a world-class standard despite being 35. When Ronaldo signed for Juventus, his medical showed that he has the physical age of a 20-year-old. Having a physical age of 13 years younger than his actual age is all down to his strict diet and training regime over the past decade.

Read the article here: <https://www.marca.com/en/football/international-football/2018/07/23/5b563ede46163ff2b18b46b2.html>

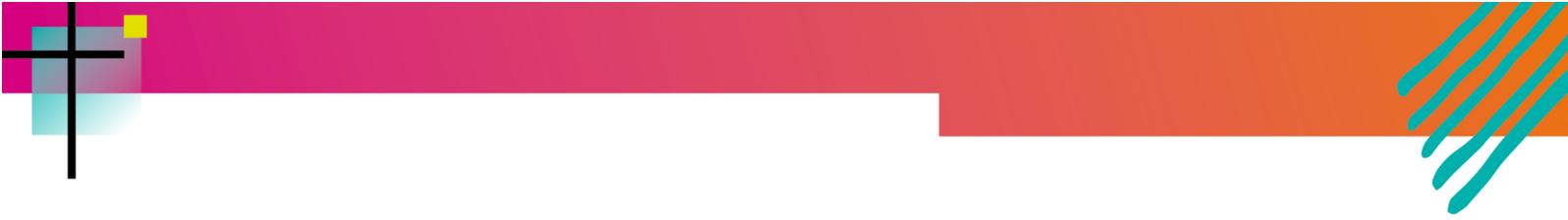
Health:

Diet:

Previous Training:

We look forward to seeing you in September!

For further information about your College and being a student at HSDC, please visit hfdc.ac.uk/South-Downs



Motivation:

Confidence:

Ability Level:

Group Dynamics:

Group Cohesion:

Temperature:

Time of the Day

Read

Sports Coaching – Read this article:

<http://www.thefa.com/learning/interviews/emma-hayes/constant-dialogue-with-the-players-is-so-important>

Consider the following questions whilst reading the article and consider how the answers support effective coaching.

Why does Hayes feel that establishing a good relationship with her coaching staff is important?

Why is building a togetherness within the culture of the team important?

What key things does Hayes focus on in terms of building towards long-term goals and end results?

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Watch

Sports Nutrition - How aware are you of the importance of the food you eat? Watch the video below to see how some of the world's best players ensure they are getting the right nutrients before, during and after training and matches.
(<https://youtu.be/KAjpZ9wNIZk>)

Academy life – want to see the typical week of an academy student? Watch this video: https://youtu.be/bM6y_tWygyc

Do you want the chance to live the athlete lifestyle?

Check out our residential that waits for you in year two of the programme – Club La Santa in Lanzarote: one resort with untold opportunities to push yourself alongside elite athletes. Check out our students getting involved and the amazing venue:

<https://www.youtube.com/watch?v=GZVEohR8vmo>

<https://www.youtube.com/watch?v=7Rwj-nGo-K4>

Follow

For more updates and pictures of what the HSDC Football Academy can offer you, follow our Instagram account [@hxdc_football_academy](#)

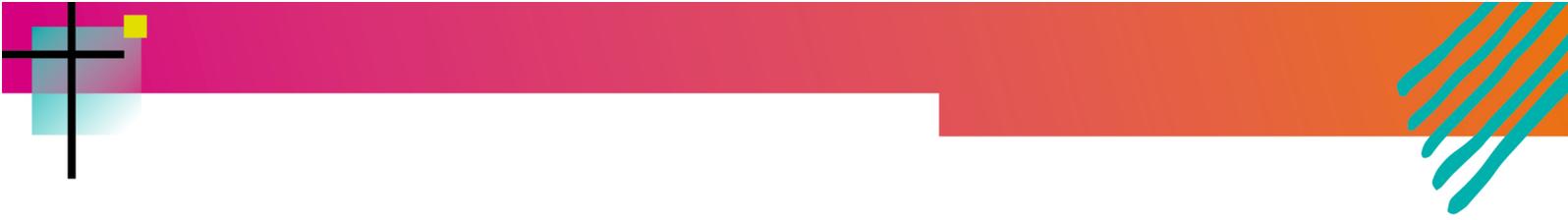
Did You Know?

Did you know about just a few of the exciting things our students have gone on to do?

- Max Whittingham - Junior Sports Scientist at AFC Bournemouth
- Craig Robson – Havant & Waterlooville - First team player.
- Matt Kimber - Scout for Wolves after completing Football Studies degree at Southampton Solent.
- Nathan Ashmore – Boreham Wood - First team player.
- Shanon Moloney - Teacher for Tottenham Hotspur Academy.

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- Tommy Block - Hibernian FC - Reserve team player.
 - Joe Hunt - Hampshire Constabulary (police officer).
 - Yzzy Taylor - Cardiff Met University Teacher/Coach.
 - Alfie Whittingham – Fitness instructor and Aldershot Town First team player.

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