

# Football Academy



The aim of the Cardijn Football Academy is to provide students with the opportunity to develop their skills, knowledge, and general understanding of Australian Rules football.

The Football Academy will have a strong focus on improving individual and team-based football skills, tactics and strategy, while also promoting personal development skills including self-esteem, confidence and leadership. The on-field curriculum is based on contemporary coaching methodology and presented by experienced coaches and teachers working within the College and club setting.

All Academy students will have an opportunity to trial and participate in inter-school sport competitions (e.g. Week-day or Saturday morning sport, Knockout competitions, Inter-Col, Exchanges) and attend various excursions aimed at promoting future pathways within football and sport through participation at local clubs, as well as exposure to clubs represented at SANFL, SANFLW, AFL and AFLW level.







The Football Academy is offered to students from Year 8-11 and is complementary to their Health and Physical Education curriculum. In Year 8 and 9, Football Academy students have three lessons per week, typically incorporating two on-field sessions and one classroom-based lesson. In Year 10 and 11, students participate in up to six lessons per week, which generally takes the format of three to four on-field sessions, one athletic development session and one classroom-based lesson. All students enrolled in the Football Academy are REQUIRED to participate in the College Football team for the entirety of the season. Year 8-9 students and Year 10-11 students play on Wednesday afternoons. This is a vital element of the Academy as it allows the students to incorporate skills taught during Academy lessons in real-game situations. Furthermore, this also allows for post-game feedback and self-assessment, as well as recovery and injury prevention programs to be implemented. All students involved in the Football Academy will be encouraged to trial for SANFL/SANFLW programs, Development Squads and State Team selection.

The coaching methodology and content used by the Football Academy teachers and coaches is typically a games-based model using the pedagogy presented in the AFL coaching courses and curriculum. This may include:

- Team offence and team defence
- Speed of ball movement- slow and fast play
- Phases of play- win the game, defend a lead, counter an opposition plus one
- Defensive full team press and zone
- Ball movement options- priority kicking zones depending on ground position
- Positional roles, responsibilities, and terminology
- Skill development in game sense scenarios
- Running patterns and movement strategies

**The Football Academy is an excellent opportunity for students to enhance their football experience within the College setting and all students are welcome to apply**