

Sports Academy Soccer Program



The Helensvale State High School Football Academy aims to develop players that are not only technically and tactically proficient, but are good decision making players that have a highly developed knowledge of the game. By having a highly developed knowledge of the game, the flexibilities of the game and the roles and responsibilities of individual positions within the game, players will have the ability to cope at the next level of Football.

While addressing the general health and personal development outcomes of students, the program is focused on specific Football related elements such as fitness principles, injury management and prevention, goal setting, coaching and refereeing accreditation. The fundamental Football skills, identified in Football Federation Australia's 'National Football Curriculum' and targeted in our Academy Program include; striking the ball, an effective first touch, 1v1 and running with the ball. An age appropriate focus on these four core skills during our Junior Program increases the technical skill development of students within the sport, whilst supporting a progression to game specific skills, decision making abilities and tactics, during Grades 10 to 12.

The Helensvale SHS Football Academy aims to further support student athletic development through exposure to competition against other schools in both Football and Futsal tournaments. Our inclusion in the Schools' Premier League sets us apart from other schools across the South East Queensland region, providing regular, high level competition for both male and female students throughout the year. Such exposure will see the Helensvale SHS Football Academy graduate described as being an intelligent player, who has tactical awareness and insight, high technical ability, game cleverness, game hardness developed through football specific conditioning and a will to win characterised through determination, discipline and perseverance.



SOCCKER TRIAL

As part of your student's application for the Helensvale State High Sport Academy Soccer Program we require students to participate in a practical trial to showcase their range of skill, techniques and capabilities. Football trials will be conducted in two parts: a Fitness Trial and a Football Skills Trial. With this in mind, the following information outlines the skills that will be gauged during the trialing process:

<p>Running with the ball:</p> <ul style="list-style-type: none"> - Acceleration - Ball control at speed - Change of direction <p>Striking the ball:</p> <ul style="list-style-type: none"> - Short & Long Pass (Left/Right) - Running Pass (Left/Right) - Shooting (Left/Right) <p>Effective first touch:</p> <ul style="list-style-type: none"> - Controlling the ball (Left/Right) - Using first touch to avoid defender (Left/Right) - Ability to use head, chest or legs <p>1v1:</p> <ul style="list-style-type: none"> - Acceleration - Feinting to beat defender - Controlled and balanced footwork - Strength on and off the ball 	<p>Fitness Testing:</p> <ul style="list-style-type: none"> - 20m Sprint - Standing Long Jump - Beep Test
	<p>Team Play:</p> <p>Offence</p> <ul style="list-style-type: none"> - Maintaining possession through effective passing - Switching the play to find space (2v1, 3v2) - Communication <p>Defence</p> <ul style="list-style-type: none"> - Tackling - Pressing - Positioning - Communication
	<p>Attire:</p> <p>Football boots, shoes (for Beep Test), socks, shin pads, hat, shorts and a shirt appropriate for training in. A full water bottle and sunscreen are also required.</p>

ACADEMY APPLICATION PROCESS **IMPORTANT DATES**

Year 6 applying for Year 7 Academy Classes

Date	Event
Tuesday 21 February 2017	Academy applications open. Application must be submitted electronically or in hard copy to the Helensvale State High administration office.
Thursday 2 March 2017	Academy applications close
Saturday 4 March 2017	Excite Exam held at Helensvale High
Tuesday 14 March <i>3:15-5:00 approx.</i>	Japanese Exam; Dance Workshop; e4e Workshop; Art Workshop
Wednesday 15 March <i>3:15-5:00pm approx. Meet at SWELL</i>	AFL, Netball, Volleyball, Football - Fitness and Skill Trials
Thursday 16 March 2017 <i>3:15-5:30pm approx.</i>	Rugby Union, Track & Field; Touch
Friday 31 March 2017	Academy applications notified and scholarships announced via e-mail

ACADEMY APPLICATION

ALL applications must include the following documentation only:

- Application form
- A statement that lists achievements
- Year 5 Semester 1 and 2 school reports
- Year 5 NAPLAN results

(No Yr. 6 Teacher reference necessary)

Plus Practical Component – as per academy requirement (e.g. exam, workshop, trial, audition etc.)



APPLICATION FOR 2 ACADEMY PROGRAMS

Students are able to apply for 2 Academy Programs as per below table and are asked to rank their preferences as the timetable structure may not allow them to participate in all programs they are accepted for.

If applying for multiple academies students may apply for 2 only in the following combinations:

- EXCITE + Arts OR Japanese OR e4e OR Sport
SPORT + Arts OR Japanese OR e4e



NB. An application fee is attached to this program and must be paid on submission.