



# **WELCOME TO** EXCEL SPORT ACADEMY



*We focus on the optimal development in both the physical and psychological areas. We concentrate on children being children and enjoying this time as it's something they will never get back.*

## **FOUNDATION PHASE PATHWAY**

From under 7 (school year 2) academy players have an opportunity to be selected for our academy teams. The academy teams initially play in the Excel Sunday League before progressing to the Watford Friendly League via Aldenham Excel FC, our affiliated local club.

Initially not everyone attending our Academy will be selected to play for an Excel Academy team. This is due to the maximum number of players allowed in each squad. We must make sure that individual players are at the required level to make this step to our Sunday League, as they will be playing against players in the school year above.

## **FOUNDATION OF DEVELOPMENT**

Psychology provides a firm foundation of mental strength and confidence. Developing a space for confidence and resilience to grow is paramount to development in all areas of life.

This develops through a consistent personal understanding that actions or behaviours can be expressed through trial and error without fearing negative consequences. This means that players can make decisions and mistakes without fear. All our sessions are formulated in such a way that everyone is encouraged to make their own decisions and learn from the outcome in a psychologically safe environment.

Each season we add players to our academy teams as the game format changes, allowing the squad numbers to increase. This rewards players for their continued commitment and development within the Excel programme.

Those not initially selected for our academy teams will still have the opportunity to develop within an Excel group of their own age, whilst continuing to participate in the Academy training groups. We focus on each child as a footballer and a person, rather than on the competitive side of the sport. This is because as they develop they will have plenty of time to enjoy the competitive nature in the future.

Coaches will set challenges that will allow all players to be in control of their decisions and actions. They will have the opportunity to reflect on these, leaving them in a better place to understand and discuss solutions. This will help build concentration, motivation, confidence develop self-reflection over time.

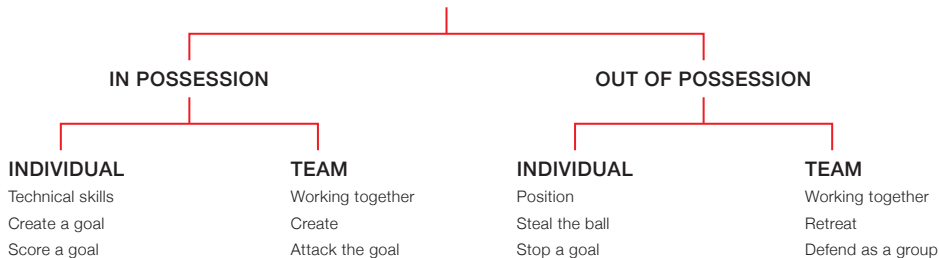
Excel believe it is of great importance for parents to be involved with helping build a cohesive platform for development. In order to support the player's learning, parents should be aware of our process, get to know the coach and understand the principles of our approach.

# ACADEMY PRINCIPLES

## PLAYER'S LEARNING



## GAME UNDERSTANDING



## COACHING MODEL

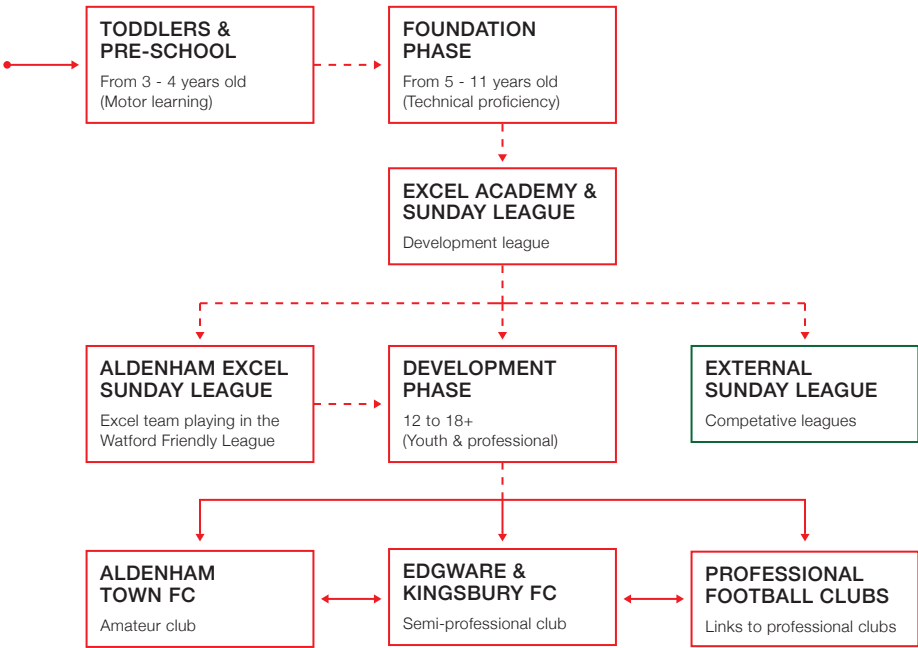


*At the Excel Sport Academy development comes first. We look to develop people, not just players.*



# DEVELOPMENT PATHWAY

*There are pathways available throughout the different stages of player development*



## THE KEY TO SUCCESS

Our coaches will set challenges that will allow all players to be in control of their decisions and actions, they will be encouraged to reflect on these. The result of this process will contribute to leaving them in a better place to understand

how their in-game behaviour affects outcomes and solutions. Self-reflection will help players build concentration levels, increase their confidence, develop their abilities over time, and adapt for future success.