



**FOOTBALL**  
ACADEMY  
INCORPORATING FUTSAL



COOMERA  
ANGLICAN  
COLLEGE



## INTRODUCTION

---

Coomera Anglican College has had an impressive history in Sport. We have achieved much success at local, regional, State and National levels. As part of our continuing commitment towards inspiring excellence, the College is proud to offer students the opportunity to participate in our Football Academy programme.

The Coomera Anglican College Football Academy – CACFA has been established under the auspices of the Gold Coast Football Academy (GCFA). College teams will continue to participate in the APS (Associated Private Schools) competition, and will also have opportunities to participate in local, national and international tournaments through our affiliation with the Gold Coast Football Academy.



## PROGRAMME AIMS

---

1. To provide students from Years 4 to 12 with the opportunity to participate in a developmental football programme.
2. To provide students who display identified football talent with access to additional coaching, enable students to achieve personal best and progress to elite levels of competition.



# PROGRAMME OVERVIEW

---

The Coomera Anglican College Football Academy will undertake a comprehensive football development programme under the auspices of the Gold Coast Football Academy (GCFA). The programme will consist of both Football and Futsal related facets relating to tactical, technical, physical and psychological techniques and aspects and will form the essential guide for player development. This model will provide the best opportunity to learn multiple facets of the game on individual, unit team and squad levels. It will assist players greatly to improve at all levels and to be prepared for trials at National Premier League Academy levels as set out by Football Australia's 'Whole of Life' Football plan.

# FOOTBALL PROGRAMME

---

This elite College based programme and training environment is created to encourage the very best performances of all players through exposure to specialised coaching in all academy components. The GCFA player development model has been proven to advance the skills of those players who enter and stay with the programme. The GCFA Academy has a world renowned reputation for accessing player trials at clubs in the UK and in Australia. They also have access to numerous USA College programmes where football scholarships are available, and have connections in China where they have delivered their programme. GCFA Academy squads have played against quality opposition including Manchester United, Liverpool, Newcastle United and Sampdoria of Italy.



# FUTSAL PROGRAMME

---

Futsal is the indoor version of football and has formed the basis of every great player's technical ability. From Brazil to Africa, Europe and Asia, futsal plays an important part in the development of all players. On a smaller court and inside where the weather does not interfere with play, players have to think quicker and be smarter. Their technical prowess and decision making processes will be honed in this environment.

The Futsal programme is incorporated within the operations of the Coomera Anglican College Football Academy and the Gold Coast Futsal Academy and will make use of the first class facilities at our Rod Lane Sports Centre. This is a FIRST on the Gold Coast—the establishment and operation of a professional Futsal Academy, training players in the skills and techniques to make it to the elite levels.

The Gold Coast Futsal Academy is also affiliated with the Australian Futsal Association—with some 84 countries worldwide, including Brazil, Gol Brazil—recognised as the preminent Futsal organisation in the world, and RCD Espanyol of the Spanish Primera League.

This is a first class opportunity for players to advance through the programme to the elite levels of the indoor game. Players will be provided with opportunities to represent their region—the Gold Coast, their State and the Australian national side against quality opposition worldwide.





## PROGRAMME COMPONENTS

---

The Coomera Anglican College Football Academy programme will comprise the following components:

- Technical ability and skill acquisition
- Tactical knowledge and execution
- Strength and Conditioning including Yoga/Pilates
- Agility programme—Fast Feet (by GCFA)
- Player wellbeing programmes

All players will be assessed continually throughout delivery of the player development programme and their progress will be tracked continuously. The Coomera Anglican College Football Academy will make extensive use of scientific and technological systems such as Global Positioning Systems, Video Analysis and other methods on an individual and team basis.





# COMMITMENT

---

Students participating in the Academy programmes will be required to undertake training in each of these areas on a weekly basis. Timetables have been carefully designed to ensure students still can fulfil other commitments to their College work, family life and relaxation.

The Coomera Anglican College Football Academy timetable has been carefully structured around the following sessions:

- Squad based specific skill sessions
- Fast Feet sessions
- Yoga/Pilates sessions
- Strength and Conditioning sessions (Cardio and Functional)

Academy member will be required to participate in the allocated sessions as scheduled. For some Academy members, integration with the Athlete Development Programme in Physical Education classes will form part of their Strength and Conditioning sessions.





## SELECTION CRITERIA

---

Acceptance into the Coomera Anglican College Football Academy programme is dependent upon a student's ability to meet the following criteria.

- Applicants must be of an acceptable playing standard and be prepared to reach their potential with dedication and hard work.
- Proven Football and/or Futsal skill and ability (must be playing APS Football or playing Club competition).
- Ability to work with others in pursuit of Football/ Futsal excellence.
- Firm commitment to complete all the Academy sessions as required by the Football Academy staff.
- Willingness to promote Coomera Anglican College Football in all its facets.

### **FEES**

There will be no fee for Coomera Anglican College students participating in the Coomera Anglican College Football Academy. However, a compulsory Academy shirt will be required to be purchased. Fees will be applicable where teams are entered into competitions or tours are conducted.





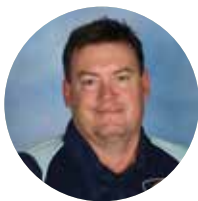
## ELITE PROGRAMME

---

The Coomera Anglican College Football Academy will also offer an elite programme for selected students who demonstrate a higher level of individual skill and commitment in Football. Entry into the elite programme is by invitation only and all athletes wanting to progress to the elite programme must meet a selection criteria based on the key components of the Academy. Academy staff will select these students based upon Academy specific benchmarks, with all elements tailored to their unique needs. Competencies are then tracked continuously to ensure that appropriate opportunities are being provided and there is increased performance in these selected athletes.



**SAM SMITH**  
*Football Coordinator*



**ANTHONY HALL**  
*Head of Sport*

## ACADEMY STAFF

---

Academy staff have been carefully selected for their expertise and knowledge and for their commitment to providing quality programmes. The Academy's principal contact with GCFA is:

### **SAM SMITH**

- GCFA Football
- Development Officer
- Senior Coach
- FA Level 3
- FA Level 2
- SFA Level 2
- Futsal licence
- International Diploma Agility
- Speed and Quickness

Sam has been involved in football as a player and coach for over 50 years. With stints at Stirling and Leeds United he has pursued his playing and coaching career with relish. A successful coach in the UK, Sam has also been the Academy Head Coach for trips to Northern Ireland for participation in the renowned Milk Cup and in the UK against English Premier League sides such as Liverpool and Newcastle United.

Sam was recently responsible for the planning and delivering of the academy methodology in Changsha, China as a guest of the Chinese Football Association. Sam's responsibilities include actual player development and makes great use of the scientific technology the academy utilises.



## APPLICATION PROCESS

---

Potential applicants are required to complete the online application form located on the College website.

For further information on this exciting programme please contact:

**ANTHONY HALL**

Head of Sport

p 07 5585 9960

e [ahall@cac.qld.edu.au](mailto:ahall@cac.qld.edu.au)

**SAM SMITH**

Football Academy Coordinator

e [admin@goldcoastfootballacademy.com](mailto:admin@goldcoastfootballacademy.com)

**TO ENROL VISIT THE COLLEGE WEBSITE:**

[www.cac.qld.edu.au](http://www.cac.qld.edu.au)

Many minds,  
one heartbeat.



COOMERA  
ANGLICAN  
COLLEGE

iLR  
imagine listen respect

**ADDRESS** Days Road Upper Coomera  
QLD 4209 Australia

**POSTAL** PO Box 457 Upper Coomera  
QLD 4209

**PHONE** +61 7 5585 9900

**EMAIL** cac@cac.qld.edu.au  
football@cac.qld.edu.au

[www.cac.qld.edu.au](http://www.cac.qld.edu.au)

