



Community
Sports
Trust

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Post 16 Football Education Academy

Our Programme

The Post-16 Football Education Academy will be a two-year course that provides released academy players and high potential grassroots players with a full-time offer that combines academic learning, elite level training, coach education and employment pathways.

The programme will be delivered across our education centre at our Community Stadium Hub, our training facility at Gunnersbury Park Sports Hub and the Brentford FC Training Ground for fixtures.

Our full-time programme will consist of the following:

- **Football training, fixtures and strength & conditioning**
- **Academic Education**
- **Coach Development**
- **Employability pathways**

The aim of the programme is to provide students with progression pathways into three core areas:

Further Education

Coaching & Employment

Reintegration into Professional Football



Who We Are

Values

Include, **Innovate**, Inspire

Mission

Create a positive culture that allows students to flourish as footballers, but also people, creating a sense of belonging and the opportunity to realise their potential.

Ethos

Excellence	Striving for excellence in training, performance and personal development.
Teamwork	The importance of working together to achieve common goals.
Integrity	Honesty and ethical behaviour in all aspects.
Leadership	Developing leadership skills and encouraging students to lead by example.
Perseverance	Cultivating resilience and the ability to overcome challenges.

Football Philosophy

High Tempo and Quick Transitions

Aggressive High Press

Width and Depth in Attack

Positional Fluidity and Rotation

Individual Creativity and Quick Combinations

Success Stories



Marley TAVAZIVA

Brentford FC
B Team



Ellery BALCOMBE

Brentford FC England
B Team U21s



Michael McSorley

Brentford FC
U18s Academy

David TITOV

Brentford FC
B Team

Latvia
U19s

Jayden ST PAUL

Norwich City FC

Jenom NYAM

AD Lousada
Portugal

Elvio GOMES

CD Nacional
Portugal

Yousef AL-SHUBASI

Palestine
U20s

Rami HAMDUCHE

Tunisia
U20s

Henry MOTT

Manchester 62
Gibraltar Football League

Rhys FORSTER

Enfield Town
National League South

Rami HAMDUCHE

Tunisia
U20s

Kadmiel ANDERSON

US Scholarship
Division 1

Cameron HUGHES

US Scholarship
University of Colorado,
Colorado Springs

Zack MCCALLISTER

US Scholarship
California State
University, East Bay

“The Trust has a long-standing history of developing young football talent, and the Elite Development Squad is a natural extension of their current Post-16 programme.

With a proven track record of nurturing players who have progressed into the Brentford FC Academy, B Team or gone on to join other professional clubs, this programme offers an exceptional pathway for young players to develop both their technical and personal skills. We are excited to support the Trust and the players in the Elite Development Squad.”

Michael Adesida - Academy Head of Recruitment, Brentford FC

Football Programme

Delivered by our team of highly experienced UEFA qualified coaches and strength & conditioning staff, our football programme will provide students with a football curriculum that aims to develop their technical skills and tactical understanding, progress their physical fitness, and develop psychological attributes like resilience, confidence and leadership.

The weekly timetable will consist of:

- **4 x squad training sessions per week**
- **2 x strength & conditioning sessions per week**
- **1 x fixture per week**
- **Analysis & individual player feedback**

Squad training and strength & conditioning sessions will take place at our training facility at Gunnersbury Park Sports Hub. Home fixtures are scheduled to take place at the Brentford FC Training Ground; however, this is subject to 1st team commitments each week.

Due to the programme's close alignment with Brentford FC's Academy, there will be opportunities to train and play fixtures in front of Academy staff on a regular basis to showcase your ability.



Academic Education

In partnership with West Thames College, students will study for the BTEC (Edexcel) Level 3 Diploma in Sport. Study units will include body systems, practical sport, fitness testing and training, tactical awareness and psychology.

Eleven hours a week, of which, three hours will focus on coach development modules (see Page 8).

Assessment Method

4 GCSEs at grade 9-4 including English and/or Maths or a merit/distinction in a relevant Level 2 qualification.



Coach Development

The weekly three-hour sessions will combine practical and theoretical learning, focusing on the fundamental elements of effective coaching.

These sessions will integrate tutor-led instruction with participant-driven activities, fostering collaboration and reinforcing key components of session delivery through group, pair, or individual exercises, while emphasising critical aspects of effective coaching:

- **Coaching Techniques**
- **Coaching Strategies**
- **Active Learning & Engagement**
- **Assessment & Feedback**

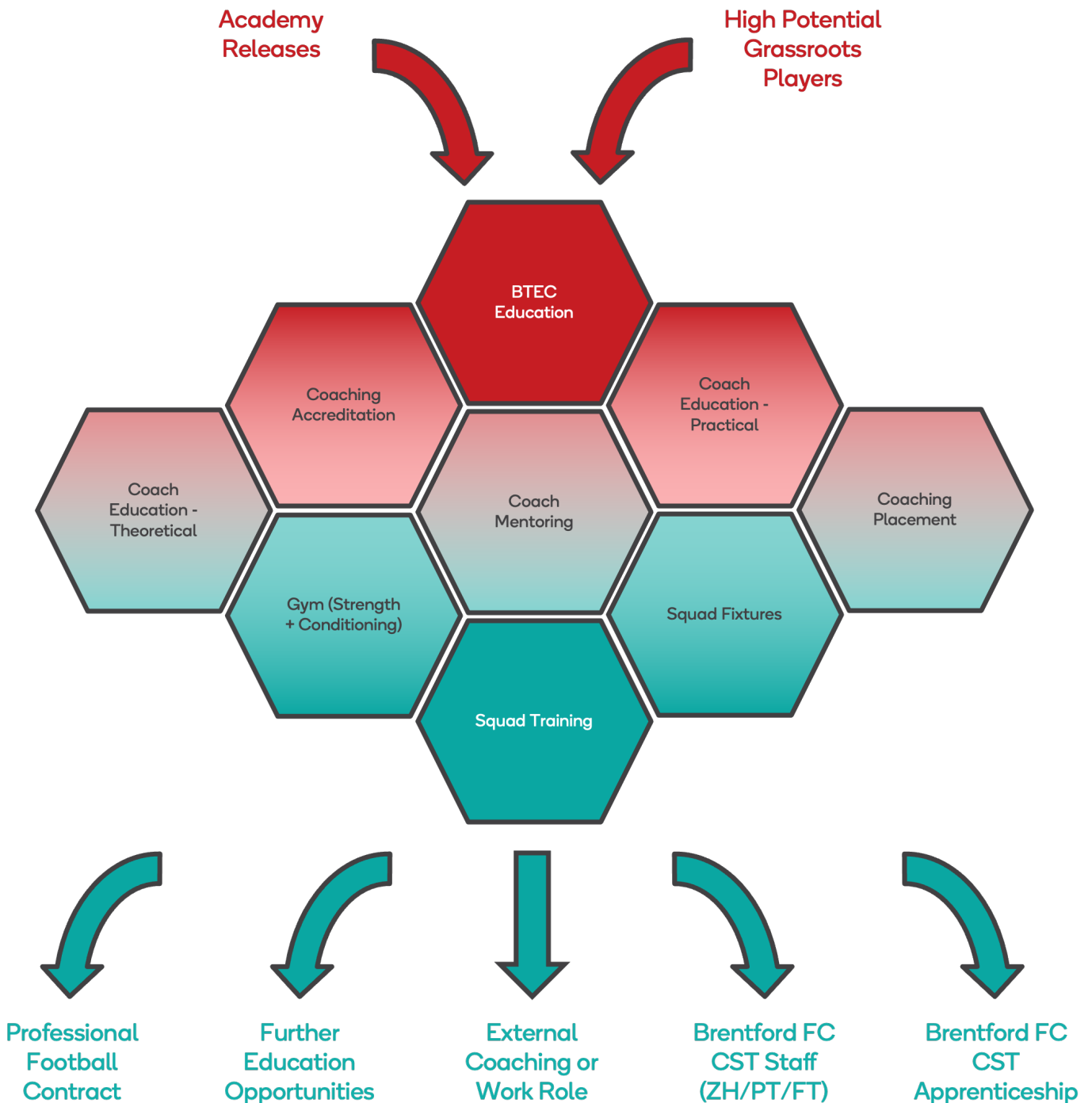
Participants will also have the opportunity to complete the following accreditations:

- **EE Playmakers**
- **FA Introduction to First Aid**
- **FA Safeguarding Children**
- **Introduction to Coaching Disabled Footballers**
- **Introduction to Coaching Football**
- **UEFA C Coaching License or equivalent multi-sports L2**



Employability Pathways

Participants will also be required to complete weekly placements within key football delivery departments, across the Community Sports Trust and Football Club which will provide them with valuable on the job experience. The placements will provide an opportunity for managers to assess their performance and potentially offer paid work upon completion of placement hours.



Timetable

Contact Hours Breakdown

	Analysis	BTEC Education	Coaching Placement
Hours	1.5	11	3 (not on timetable)

Timetable

	09.00 - 10.00	10.00 - 11.00	11.00 - 12.00
Monday	Gym (Strength & Conditioning)	Squad Training	
Tuesday	Gym (Strength & Conditioning)	Squad Training	
Wednesday			
Thursday	Education		
Friday	Education		Anal

Gym (Strength & Conditioning)	Squad Fixtures	Squad Training	Total
2	5	6.5	30

	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00
	Lunch	Coach Education - Practical (Linked to BTEC Education Content)	Coach Education - Theoretical (Linked to BTEC Education Content)	
	Lunch	Education		
Squad Fixtures				
	Lunch	Squad Training (Recovery)		
Analysis	Lunch	Squad Training		

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Realising Potential
Include, Innovate, Inspire

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