

March 2012

SPECIAL FOCUS AUSTRALIAN RULES FOOTBALL PROGRAM

Dear Students/Parents

Thank you for your interest in the Blackwood High School Special Focus Football Program.

In 2013 Blackwood High School will offer Football as a semester subject for Year 8, 9, 10 and 11 students.

The program provides the opportunity for players to maximise their development as they will train and receive coaching within the school curriculum. The program is integrated into the school curriculum and is part of the subject pattern and assessment.

The Football Program is aimed at students with demonstrated skills and a commitment to football who wish to spend time in further development and aim to compete at a higher level than that of the average student. This may include school, club, regional association or state level.

Entry to the program is by application and the selection criteria will include:

- potential high level of ability/performance indicated through skills testing and interview
- a high level of coachability
- a positive sporting attitude
- a positive attitude towards school and study
- a history of high standard of good behaviour, attendance and social skills
- recent member of a football team (club or school)
- a documented high level of ability/performance.

} *Indicated by
teacher on
School Reference*

As part of the application process students may need to attend a skills testing session and an interview with their parents/caregivers where the expectations of the program will be discussed.

The Special Focus Football Program will be a demanding course and will require students to be motivated and capable both academically and physically. Course participants will have their academic progress in all subject areas monitored closely and if necessary will receive counselling to assist them to meet all academic requirements. All students in the course are expected to maintain appropriate behavioural standards. Students who do not maintain those standards may be removed from the course.

The Program will incur fees to cover travel, equipment and clothing. (Levy \$80 and Football Uniform \$80)

Applications forms are being accepted now for the Program for 2012 and need to be returned to Blackwood High School by MONDAY 21 MAY, 2012.

For further information please feel free to contact me on 8278 0900 at Blackwood High School.

Yours faithfully



Glen Little
Football Program Coordinator



Marion Coady
Principal

SPECIAL FOCUS FOOTBALL PROGRAM

STRUCTURE

The structure of the program allows students to pursue their interest in football as well as maintain a focus on academic study.

Football Program participants will be expected to be involved in a variety of competitive situations – inter-school carnivals (SANFL Twilight Cup, SSSSA Knockout Competition, SANFL 9 a-side carnival). Students will be actively encouraged to be part of all of the school's extra-curricular activities e.g. athletics carnivals, cross country running, sports days and other sporting interests.

CONTENT

SKILL DEVELOPMENT

Students will perform skills with efficiency, accuracy and consistency.

An individual's technique will be analysed, refined and practised until the skills can be performed consistently during competition.

Sessions will be planned and run in conjunction with SANFL (South Australian National Football League) coaches and development officers.

A variety of forms of feedback will be used including video analysis of techniques.

FITNESS AND CONDITIONING

Students will:

- 1) develop and maintain fitness levels which enable them to extend their potential in football.
- 2) analyse the 'fitness components' of football.
- 3) identify a variety of training methods required and complete a variety of activities to improve and maintain appropriate fitness levels.
- 4) study injury prevention and management.

THEORY COMPONENT

The subject is predominantly practical however specific theory work is also undertaken.

Topics covered will include:

- Team play and tactics (practical and theoretical)
- Positional play (practical and theoretical)
- Fitness (practical and theoretical)
- Coaching (practical and theoretical)
- Umpiring (practical and theoretical)
- Nutrition
- Sports Psychology
- Prevention and management of injuries
- Pathways in football (goal setting, club administration)

REFERENCE FROM 2012 SCHOOL

(to be completed by teacher/school)

Student Name: _____

Current School: _____

Primary School Teacher's Name or Secondary Care Group Teacher's Name:

PLEASE USE RANKING SCALE FROM 1 (very poor) to 5 (excellent)

Numeracy Skills					Literacy Skills					Work Habits				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Attendance					Behaviour					Social Skills				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Please comment on the following by ticking appropriate boxes:

SPORTING ATTITUDE

	Always	Sometimes	Rarely
Abides by rules/spirit of game			
Accepts umpire's decisions			
Acknowledges performances of others			

SKILLS

	Always	Sometimes	Rarely
Displays sound basic skills			
Displays more advanced skills			
Performs basic skills in competitive/pressure situations			
Performs more advanced skills in competitive/pressure situations			

APTITUDE

	Always	Sometimes	Rarely
Responds well to advice/criticism			
Attentive			
Stays on task			
Exerts a positive influence on others			
Is keen to succeed / improve			

Any other comments:

Thank you for your time.

Signature of teacher: _____ ✍ Date: _____