High Performance Soccer Academy.

Box Hill SSC are taking applications for our Soccer Academy for 2014. The Academy is open to both male and female students who will be entering Year 10, 11 or 12. Students in the Soccer Academy will have 2 x 90 minute skill development sessions per week. One will focus on tactical development, while the other session will focus on technical proficiency. The Academy will have two fitness sessions per week developing soccer specific fitness, speed & agility and injury prevention.

To book your interview to be part of the Box Hill Senior Secondary College’s high performance soccer program for 2014, contact Marilyn Eaton on 9890 0571.
High performance training and playing.

The Box Hill Senior Secondary College’s Soccer Academy plays games within the State Schools Victoria competition with games against some of the best soccer school’s in Victoria. This competition allows our players to test themselves against school’s stocked with talented players.

All training sessions are conducted as a timetabled class during traditional school hours. So there is no need to conduct training sessions before or after school. All student’s academic progress is regularly monitored with participation in the academy requiring a Grade Point Average (GPA) of 2.0. Any students not meeting this criteria are given additional academic support and their training involvement is reduced until the GPA standard is achieved.

**OUR GOAL IS TO DEVELOP WELL ROUNDED HIGH PERFORMING PEOPLE NOT JUST BETTER FOOTBALLERS.**

**Weekly schedule**

**Monday:** Technical skill development, sprint & agility technique training.

**Tuesday:** strength & conditioning training.

**Wednesday:** match play and tactical skills training

**Thursday:** strength & conditioning training.

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**COACHING STAFF**

**Head coach: Adilson Melo** -

Learned his craft in the junior academy with Vasco De Gama FC & played professionally for Villa Nova FC both in Brazil. Known as "Junior" he has also played extensively within Victorian Premier League & recently completed his Exercise and Sports Science degree at Deakin University.

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**SKILL DEVELOPMENT**

All players will work heavily on developing a high level of technical proficiency to ensure a much improved skill level.

Skill sessions will be performed in both our outdoor grassed training field as well as our indoor training stadium.

Academy coaches will biomechanically analyse the technique of all players using video review technology.

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**STRENGTH & CONDITIONING**

The academy will conduct multiple strength and conditioning sessions per week. All aimed at improving the athletes strength, speed, running endurance and injury resilience.

Strength & conditioning sessions will take place within the school’s high performance training centre; which consists of two weight training rooms, a cardio training room and a boxing room.