



Old Boys AFC

Academy



Welcome

Welcome to the Old Boys AFC Academy

Old Boys AFC is establishing an Academy this season to help support our young players to reach their full footballing potential. Old Boys has maintained a hugely successful junior programme over the past decade, and the creation of an Academy is a natural next step following the recent success of our Youth Development League teams and the Clubs successful entry into the Southern Premiership senior competition.

Our Academy aims to provide a holistic football and learning environment designed to support our motivated and talented players aged 11-14.



Purpose

Our purpose is to develop our young people into outstanding footballers and well-rounded youths. The Academy will be built on a long-term player development model that prepares individuals for the Youth Development League at U15's and from there to senior football at Old Boys and beyond.

Programme

Our programme is shaped around four connected pillars, each delivering targeted support to ensure sustained personal and athletic growth:



Personal Development

Help individuals to develop with a focus on values such as teamwork, respect, discipline, and sportsmanship.



Football Technique

Helping players to become technically superior.



Football Strategy

Developing our players to be adaptable and tactically aware and to problem solve collaboratively.



Physical Development and Nutritional wellbeing

Helping players to understand their body, how to correctly fuel it, and recovery and stretching techniques for injury prevention.



Development

At Old Boys AFC, our focus is on developing the whole player. By placing each individual at the heart of our programme, we aim to support lifelong growth, learning, and enjoyment of the game.

Parents and caregivers play a vital role in this process. Through open communication and collaboration, we work together to create the best possible experience for every player.



Squads

Players born: 2014 & 2015

Squad Size: Max 15 players

Schedule:

- Two weekly training sessions with the Academy, at the Club or Turf
- One weekly training session and one match with their respective Old Boys team in the Southland Football league.

Tournament: Term 4 (teams to be selected)

Cost: To be confirmed

Players born: 2013 & 2012

Squad Size: Max 15 players

Schedule:

- Two weekly training sessions with the Academy, at the Club or Turf
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Tournament: Term 4 (teams to be selected)

Cost: To be confirmed



Schedule

The programme will run across three terms, delivering two training sessions per week, with sessions designed to improve players skills and game understanding using modern coaching techniques.

Age graded teams will be selected via open trials to attend end of season tournaments in Term 4. Costs related to tournaments will be separate to Academy costs.

Coaches



Head Coach

Mira Sahib – *OFC/NZF B License holder *pending*

Mira is the current Youth Development League Head Coach at Old Boys and will set the curriculum for the Academy. He has significant experience coaching junior and youth teams in NZ and internationally.



Assistant Coach

Mike Sheppard - *OFC/NZF C License holder *pending*

Mike has significant experience working with junior and youth players and currently coaches our Division One men's team.



Assistant Coach

Jared Cuff - *Strength and Nutrition training specialist*

Jared has a Bachelor's Degree in Sport and Exercise, is a qualified Personal Trainer and is a tutor at SIT in the Sport and Exercise Dept. He holds Junior Level 1 & 2 coaching qualifications.

The coaching team will be supported by Youth coaches from our Southern Premiership squad who will be working towards coaching qualifications.



For more information:

Email : juniors@oldboysafc.co.nz

