



Base Academy
www.baseacademy.ca



Philosophy



Get started off on the right foot

The core philosophy of **Base Academy** is based on four simple principals:

Beginner to adults and all players in between – everyone should have the chance to enjoy this great game to the best of their abilities. **BASE Academy** Programs offer instruction in a fun but structured environment that promotes and allows for the improvement of individual soccer skills at an individual pace.



Activities at the right age and introduced at the right time is the key to the development of all players and the approach taken by Base Academy. Studies have shown that it takes thousands of hours of practice and years of development to produce a great athlete - so patience is the key. Players grow, develop and mature at different rates but with proper guidance and feedback everyone can maximize their potential - given time.

Specialized curriculums based on years of experience on and off the field are brought to each BASE Academy Program. Starting with fun games to excite and entertain the youngest, then building a strong foundation of individual skill work and then introducing the basics of working with a team mate the programs grow and develop right along with the players.

Excellence -- the goal of all **BASE Academy** Programs. Excellence in delivery, excellence in results and excellence in fun! The **BASE** approach is proven and will help players of all ages enjoy the game more through better skill.

Programs



JR Program

Players born 1998-2001

The continuation of individual skills with the introduction of small group play as players develop the ability to understand more complex concepts like space, movement on and off the ball, width and depth. Combination play on attack and support play while defending are the focus of this program.

Benefits/Competitive Advantages

- Taking your game to the next level!!
- Consolidate Technical Skills – Dribbling, Playing with Inside and Outside of Foot, Receiving and Heading the Ball
- Games to Teach Basic Tactical Principles
- Games to Consolidate Basic Playing Fitness

Cost \$30 | Number of Sessions 6

SR Program

Players born 1995-1997

The culmination of individual skill development and the progression from technique work to skills and tactical decision making. The where and when of feints and turns developed previously, passing for possession and penetration, scoring and finishing attitudes are all explored. The development and understanding of roles within the game and how they combine to make an effective group.

Benefits/Competitive Advantages

- Taking your game to the next level!!
- Solidify, Refine and Perfect Basic Techniques
- Confident Attack Building
- Basic Endurance and Strength
- Individual and Small Group Defending
- Develop an Understanding of Delay, Tracking, Depth and Balance

Cost \$30 | Number of Sessions 6

Prospect Players

Players born 1994-1997

Team play. Roles and functions of players within a group, movement on and off the ball, communication skills, defensive pressure and balance, man to man versus zonal defending, transitional play are all part of a comprehensive curriculum.

Registration is open to players who are playing at the premier level who are part of or wish to compete at a provincial level.

Benefits/Competitive Advantages

- Taking your game to the next level!!
- Understanding Combination Play: Support, Takeovers, Wall Play, Third Man Running, Overlaps
- Develop an Understanding of Depth and Strong Side Defending, Balance and the role of Weak Side Defenders, Concentration and Communication
- Soccer Specific Endurance
- The Principles of Team Play

Cost \$30 | Number of Sessions 6

Speed & Agility Training

Players born 1994-2001

Instruction and education are built into the training sessions for the athletes to learn and to be able to successfully implement independently running technique, jump technique, speed, agility and quickness development, and core stability, strength & power.

Cost \$15 | Number of Sessions 3