



SCHOOL FOOTBALL ACADEMIES (SFA)

ABOUT SFA

What is an SFA?

Based in secondary schools, the SFAs provide talented young football players with an enhanced training environment to develop their football abilities, while balancing the rigour of studies.

Why?

We believe that secondary schools provide a safe, controlled environment for consistent learning and development for a critical mass of players in the early stages of their academic, character and athletic development.

How?

Begin a pilot with MOE's assistance to operationalise SFAs across the island, catering to various demographics.

OBJECTIVE

To produce a cohort of players every year with a holistic development and solid foundation of physical, technical, mental and tactical skills, each of whom is primed to maximise his/her individual potential.

KEY ASPECTS

In order to achieve our goals and ensure that students receive the support they need, we will be focusing on the following core pillars:

PARTNERSHIPS

We strive to establish strong partnerships with schools that share our vision and commitment to developing well-rounded student-athletes through football.

These students will be at the heart of our plans, and will be provided with opportunities to develop their talent and skills.

ATHLETE DEVELOPMENT

To hone their skills and prepare them for the life of an athlete, these student-athletes will train 4 times a week. This includes on and off-pitch sessions.

Students will also regularly compete in level-appropriate competitions.

COACHES

Student-athletes will benefit from a dedicated full-time coaching setup comprising coaches with a background in youth coaching.

The coaching set-up will be overseen by the FAS Technical Director and ActiveSG Football Academy Principal.

SPORT SCIENCE & TECH

Strength & conditioning, nutrition, psychology and other sports science elements will be incorporated into the athletes' training regime.

Data analytics will complement their training to ensure that the programme is efficient and effective.

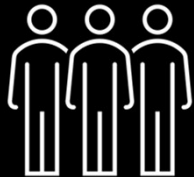
LET THEM SOAR

FEATURES OF SCHOOL FOOTBALL ACADEMIES (SFAs)

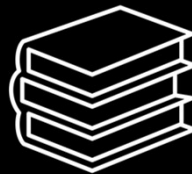
CUSTOMISED
STUDENT-
ATHLETE
PROGRAMME



EXPERT
COACHES &
SPORTS
SCIENTISTS



HOLISTIC
CURRICULUM



DATA-DRIVEN



SUPPORT FOR
ALL TO EXCEL



CUSTOMISED STUDENT- ATHLETE PROGRAMME

Daily Training Environment

Competitions

Sample Weekly Schedule

Daily Training Environment

Co-designed by SportSG, FAS, and the schools, the **Daily Training Environment** (DTE) is the environment that the student-athletes experience every day. This includes the school academic curriculum, sports training and home environment.

To create an ideal environment for student-athletes to grow and improve, the following areas must be carefully balanced:



Academics



Coaching



Nutrition



Recover



Family



Technology

Competitions

- Appropriate-level competition is an important aspect of character development for student-athletes
- All student-athletes will get the opportunity to take part in regular competitions throughout the year at a level equivalent to their abilities.

SFA teams can look forward to competitive matches against:

- ☐ Singapore Premier League youth teams
- ☐ Private academies
- ☐ Other teams of a similar standard

CUSTOMISED STUDENT- ATHLETE PROGRAMME

Daily Training Environment
Competitions
Sample Weekly Schedule

Sample Weekly Schedule

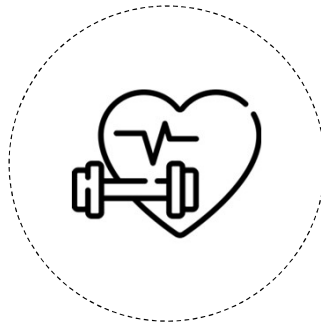
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regular School Timetable					Rest and Recovery	
Lunch Break						
Supervised Study						
*Training Sessions	*Training Sessions	*Training Sessions	Rest and Recovery	*Training Sessions		

*Training Sessions - A mixture of off-field teachings, fitness sessions, on-field training and competitions

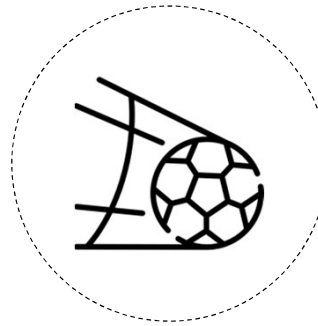
EXPERT COACHES & SPORTS SCIENTISTS

Full-time Setup

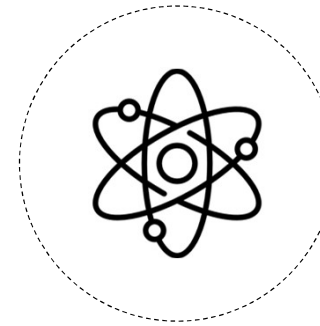
- Each SFA will be led by a full-time team of coaches, including 1 head coach, who has experience in developing youth talent
- Teams will also receive the support of specialist coaches in the following areas:



Fitness



Position-specific
coaching



Sports Science



Performance and
Data Analyst

- Each team of coaches will be overseen by the FAS Technical Director and ActiveSG Football Academy Principal with support from FAS Head of Methodology and AFA Technical Director.
- Working with partners including LaLiga to source for suitable coaches, to complement local coaches.

HOLISTIC CURRICULUM

The SFA Curriculum comprises a holistic programme that includes character development, sports science and football education.

Examples of topics include:

- Character development and athlete-life coaching
 - Applying sports-related skills to other areas of life: Decision-making, time management, building good habits
- Sports nutrition
 - Being responsible for your diet and meeting your nutritional needs for competition and recovery
- Strength and conditioning
 - The importance of being well-prepared to prevent injury



DATA-DRIVEN

Data Analytics Equipment

- Development of all footballers in Singapore, including SFA student-athletes, to be centrally managed and monitored by SportSG and FAS
- Data analytics to be used across the football ecosystem
 - Includes the installation of data analytics equipment and software at each SFA
- Students will be encouraged to use data analytics software to take ownership of their training and learning

SUPPORT FOR ALL TO EXCEL

Financial Support for Lower
Income Families

- All youth student-athletes in the SFAs will be supported to excel both academically and in football
- SFA student-athletes who require financial assistance will qualify for subsidies and support for their training and studies
 - An annual equipment and training kit allowance
 - Support for out-of-pocket expenses during overseas training camps, competitions etc
 - Additional academic support if necessary
- Other additional awards will be introduced to reward progress, desired values etc