

TuksSport High School Football Programme



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksSport

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1. Programme Focus Areas (12–18years)

Technical

- Proficiency in basic football skills
- Consistency in performing skills/techniques
- Perform skills/technique under competitive conditions
- Positional awareness and tactical knowledge
- Competition-simulation training

Tactical

- Implement team principles, positions and formations
- Play effectively in small-sided-games in training
- Implement concepts of width and depth
- Implement concepts of attack and defence
- Clarity of teams and role within the team
- Adaptation to different situations, ability to read the game
- Ability to deal with tactical problems

Physical

- Emphasis on general and balanced physical conditioning
- Flexibility training
- Soccer specific physical conditioning e.g. stamina, speed, strength, skill
- Individualisation of physical capacities to address strengths and weaknesses

Mental

- Patience, control and concentration
- Continued positive reinforcement
- Balanced and winning mentality
- Goal-setting
- Performance routines and pre-competition preparation

Lifestyle

- Employ correct nutrition/hydration practices
- Time management
- Rest and recovery
- Preparation for different environments e.g. heat/cold/rain
- Injury prevention and recovery



The TuksFootball Junior Academy is uniquely structured in order to develop, train and educate aspiring young football players to attain the heights of professional football or reach their maximum potential as athletes. We have a vision to be a and leading football programme that ensures the holistic development of footballers who have the determination to become excellent performers and worthy role models for youth, club and country. With the world-class facilities of the University of Pretoria at our disposal as well as a huge emphasis placed on education, our footballers have the best possible environment in which to attain their goals.

Goals

- To provide an environment in which talented young footballers can be developed in an integrated and holistic manner.
- To provide facilities and expertise that will enhance development and performance.
- To provide a programme for youth in the academy so that they can excel at all levels of football participation during their active years and life thereafter.
- To produce quality footballers for the University of Pretoria Football Club.
- To provide quality schooling in an excellent environment in order to further education, future career prospects as well as personal growth.

Programme Structures

The TuksFootball Junior Academy teams play in the competitive Pretoria School's League on an annual basis. Furthermore, the Junior Academy footballers are also exposed to the Football Association of Pretoria Junior Leagues where they train during the week and play competitive matches on the weekend. The Junior Academy also compete in the Johannesburg Academy League. Selected Junior Academy footballers are also invited to regularly train with the University of Pretoria FC who campaign in the South African National First Division where they are exposed to the rigours of professional football

Personal

- Interpersonal skills and learning to work in team environment
- Discipline and personal responsibility
- Commitment to improve/achieve goals
- Integration of football, career and life goals
- Economic and independence issues addressed



2. Performance Planning and Development

Athletes are required to complete assessments throughout regulating their progress. Training principles include:

- Individual skills assessment & development
- Goal-setting and compiling training interventions in the following fields:
 - Physical
 - Psychological
 - Technical
 - Tactical
 - Social

Notable Achievements

- Lerato Chabangu - Full South Africa International, South Africa u 23
- Robyn Johannes - Full South Africa International, South Africa u 23
- Bongani Khumalo - Full South Africa International, South Africa u 23
- George Maluleka - South Africa u 23, South Africa u 20
- Dumisani Masilela - South Africa u 23
- Clifford Mulenga - Full Zambia International, Zambia u 23

Professional Service

- Steve Barker –Technical Director with a Uefa A-licence qualification
- Highly qualified, professional and friendly coaches.
- Experienced in talent development and elite athlete performance.

Contact Details

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TuksSport High School & Sport programmes