



FIFE FOOTBALL PERFORMANCE ACADEMY



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The Fife Football Performance Academy continues to provide an exciting platform for boys and girls in Fife. The programme is designed to allow the kids to reach their maximum potential. We have qualified UEFA License coaches at every age group, delivering our longterm player development curriculum.

It's not only about football, we want to help the youngsters develop new skills, that will help them become good adults in the future.

We have a number of young adults who now have a career in Teaching, Sports Coaching, NHS, Physiotherapy & Sport Development... They all attended the FFPA at some stage.



What ? - Who ? - Why ?





FIFE FOOTBALL PERFORMANCE ACADEMY

Where ? - When ?



Lumphinnans Sports Hub
31 Gagarin Way
Lumphinnans
KY49HW

Block **One** - Monday 7th March - Friday 1st July
Block **Two** - Monday 18th July - Friday 7th October

Junior Academy

P4 - Tuesday & Thursday - 4pm - 5:30pm
P5 - Tuesday & Thursday - 4pm - 5:30pm
P6 - Monday & Wednesday 4pm - 5:30pm
P7 - Monday & Wednesday 4pm - 5:30pm
P4/P7s Girls - Tues/Thurs/Fri - 4pm - 5:30pm

Senior Academy

S1 to S4 Monday & Wednesday 5:30 - 7pm
S1 to S4 Girls - Tuesday & Friday 5:30 - 7pm

Goal keepers

P4 to P7 Wed 4pm - 5:30pm

Academy October Holiday Programme - Week 1 - 10th - 14th, Week 2 - 17th - 21st



- All academy players must act responsibly before, during & after each session. Inappropriate behaviour will not be tolerated.

- Players should arrive at least 10 mins before each sessions. Please call or txt if you are going to be late.

- All players must only wear the training kit provided. Each child is responsible for their own kit.

- Players must ensure they have enough to drink for each session. We highly recommend the players only drink water.

- Players must wear shin guards and boots for football sessions (the sports science sessions might require other footwear)

- Please report any broken or damaged equipment to a member of Academy staff.

- Any absence or injury must be reported at the earliest possible time. (Call or email Davie Honeyman or Lee Bailey)

- We all have a responsibility to make sure all players and visitors feel welcome.

- Inappropriate behaviour will not be tolerated. (please report any such behaviour to a member of Academy staff)

- A deliberate attempt to cause another player harm, either physical or mental will result in the individual being removed from the academy.



Academy Conduct



Key Information



The health & wellbeing of every child who attends the sessions is a priority for Fife Council. The staff at the FFPA will do everything they can to ensure this happens. It is the parents responsibility to ensure their child keeps any medication or inhalers with them at all times. Every child should also be able to administer as required. All medical information should be completed in the FFPA details form.

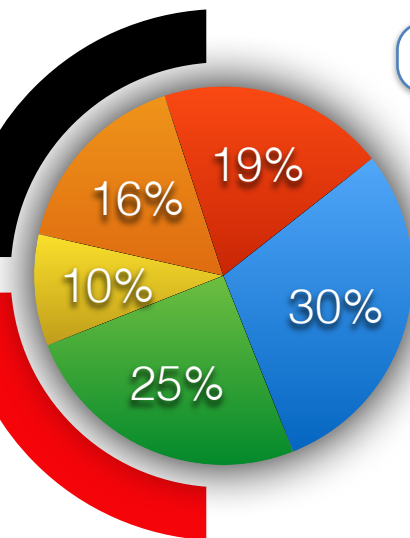
It's really important that we promote our programmes across the agreed social media platforms
(All publications will be in line with Fife Council policy)

FFPA staff will use photographs & video to promote the Fife Football Performance Academy. If you do not want your child to be included, please complete the FFPA details form.



Phase One

P4 & P5 Boys & Girls



Awareness in Games

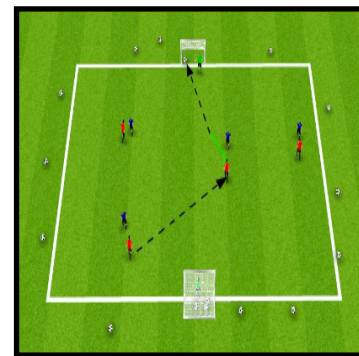
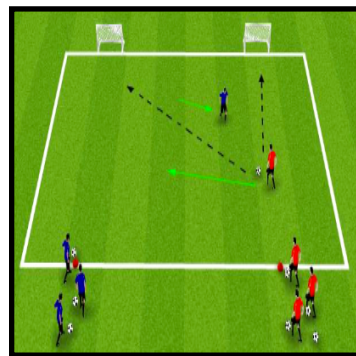
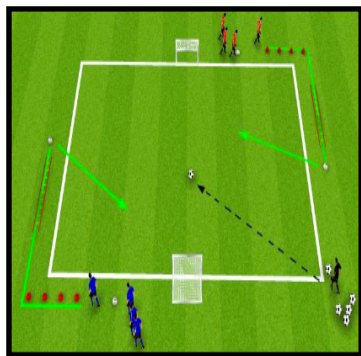
Block Practice (Technique)

Small Group Practice

Learn Sports Science

Discover New.....

Sample Session

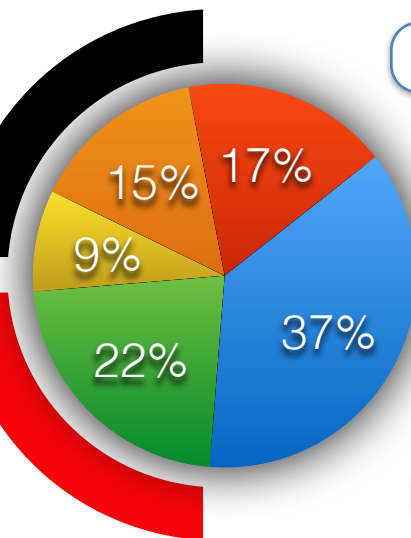


All the academy session will be delivered in line with the age and stage of your child's development.



Phase Two

P6 & P7 Boys & Girls



Awareness in Games

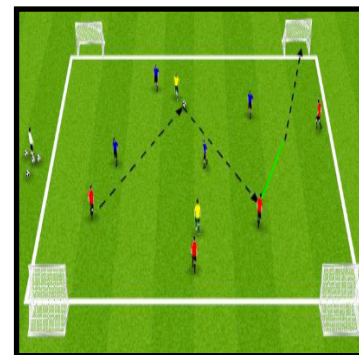
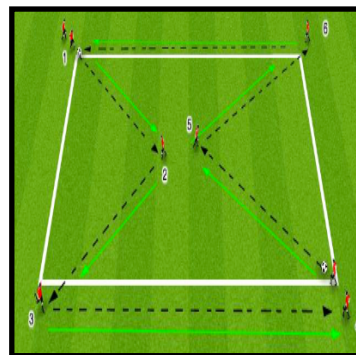
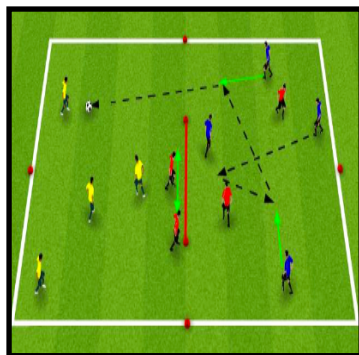
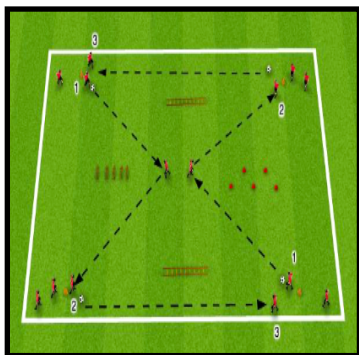
Block Practice (Ind)

Small Group Practice

Sports Science (SAQ)

Discover New.....

Sample Session

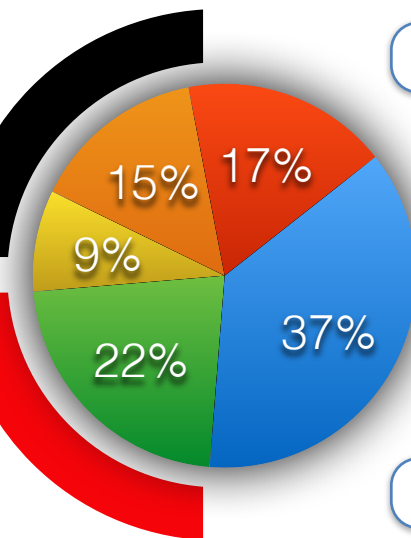


All the academy session will be delivered in line with the age and stage of your child's development.



Phase Three

S1 + Boys & Girls



Awareness in Games

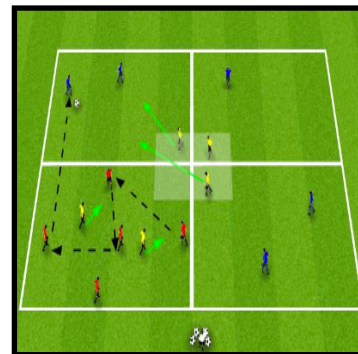
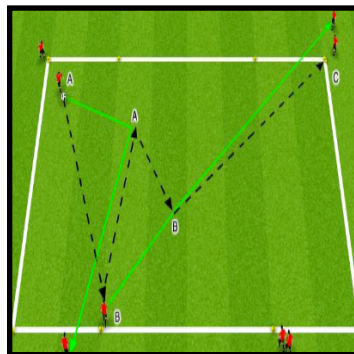
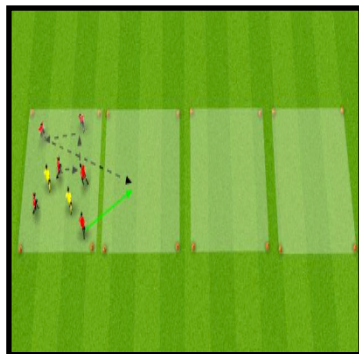
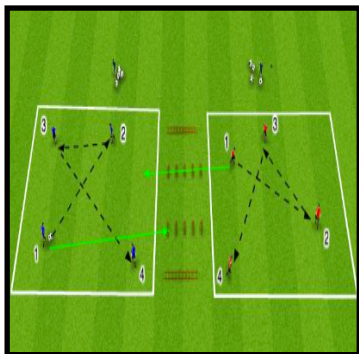
Transitions (Def & Att)

Game Situations

Sports Science (SAQ)

Understanding Weaknesses

Sample Session



All the academy session will be delivered in line with the age and stage of your child's development.



FIFE FOOTBALL PERFORMANCE ACADEMY

For the first time ever.....Fife has five football clubs playing in the Scottish Professional Football League.

Over the past seven years, we have supported the development of our young footballers in Fife. There are a number of players currently playing in the top woman's & men's leagues in Scotland & England, who at some stage attended the FFPA during their own journey to a career in professional football.



FFPA Partnerships





FIFE FOOTBALL PERFORMANCE ACADEMY



Davie Honeyman
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