

# “Aspire Sporting Academy”

**Pursuing Excellence in Sport.**



*“ To develop an initiative that provides positive sporting and educational experiences that enhances excellence, sports participation and wellbeing ”*

Woodlands School and 4 Sports are working together to produce an exciting sporting development program for pupils within school years 5&6. The Aspire Academy will provide an opportunity for all elite performers in Basildon to come together to develop existing and new skills in a variety of sports through a weekly two hour structured program. The program is **FREE** to all pupils and a mini bus service will be provided for those that need support getting to Woodlands School.

## Confirmed Supporting Partners

Our partners will be supporting the program in numerous ways; offering guidance to weekly content & structure; and providing a series of master coaching and QA sessions. Every half term the academy will receive an advanced workshop in one of our specialist areas, these

workshops will be lead by current elite coaches or athletes who will share experiences, offering invaluable advice on current issues.

- Steve Mitchell: Chairman of Basildon Active, Essex Elite Athlete Foundation, Olympic Park Coaching Academy
- Dr Gavin Sandercock, University of Essex, areas of expertise, agility and acceleration
- Mark Williams (MSc), Strength & Conditioning Coach at Southend United Football & Rugby Clubs
- Ian Gummery (MSc), London Metropolitan University, Lecturer Sports Psychology and Coaching
- 4 Sports (lead Coaching team that specialise in LTAD)
- Healthy Living Solutions, health improvement specialists!

## Academy Start Date

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Saturday 28th Feb 2015, offering 168 spaces

## Program Model

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### SKILLS ACQUISITION

- Striking!
- Object Manipulation (Passing, Receiving, Releasing)!
- Reactions (Control, Evade, Respond)

### TACTICAL

- Interaction & Interchange!
- Anticipation and Response!
- Performance & Technical Analysis

### MATCHFIT

- Functional & Efficient Movement!
- Core Strength (Key to Speed, Balance & Agility)!
- Co-ordination (levelling imbalances)

### SPORT IN MIND

- Being Prepared for Training & Competition!
- Healthy Living!
- Lifestyle Management

## Weekly Structure

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Each 2 hour weekly session will be split into three sessions:

- Fundamental Movement Skills (Functional Training / Strength & Conditioning)
- Fundamental Sports Skills
- Sports Specific Training (4-6 week rotations in various topics & sports)

## Activities for Developing Fundamental Movement Skills

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**Functional Training  
(Military Strap Trainer)**

**Agility Training  
(S.P.A.R.Q & SAQ)**

**Core Development  
(Swiss Balls, Medi Balls)**

**High Intensity Training  
(H.I.T) (Zuu, Cross Fit  
and Insanity concepts)**

## Activities for Fundamental Sports Skills

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**Indoor Archery**

**Giant Volleyball**

**Tchoukball**

**Tri Golf**

**Builders & Destroyers**

**Dodgeball**

**Street Soccer**

**Frisbee 7's**

**Wallball**

**Lacrosse**

**Freestyle Skipping**

**Builders & Destroyers**

**Handball**

**Basketball**

**Jumbo Stacks**

**Boxercise**

**Space Hopper Games**

**Baseball**

**Crazy Catch**

## Sports Specific Training

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**Football**

**Basketball**

**Touch Rugby**

**Athletics**

**Badminton**

**Hockey**

**Netball**

**Handball**

## Contact

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**Questions regarding the program please contact**

Jason Stephens (Program Manager)

**Email:** [jas4sports@hotmail.co.uk](mailto:jas4sports@hotmail.co.uk)

**Mobile:** 07913019 386

**www.4-sports.co.uk** (Reach Program)