



*Creating a fun, competitive and honest environment for students to develop as players and people*

## Nescot Football Academy Summer Activities

1. Download the "Strava" app on your phone and join our "Nescot Football Academy" online running club where you can compare distance and times with the rest of the squad. **(Please ensure you set in app privacy settings)**
2. Download Zoom and join our online body work outs every Friday Morning @ 10am

Please email [Johnsonfootballschoools@gmail.com](mailto:Johnsonfootballschoools@gmail.com) to register for work out

# Weekly Programme

1. Cover 15km on Strava across the week

- Spread this across 2/3 different days or more

2. High Intensity Conditioning (2/3 times a week)

- 6 x 100m (Length of a full sized pitch) in less than 17s with 30s rest between each

3. Strength Circuit – (2/3 times a week)

- 40s on each exercise (do as many as you can) 20s to rest and move onto the next exercise
- Do all 5 exercises then repeat 3 times.

1. Squat Jumps

2. Plank

3. Burpees

4. Mountain Climbers

5. Press ups

Focus on technique

Can you introduce a football in any activity?

Email video clips of you performing exercises for any feedback to [johnsonfootballschoools@gmail.com](mailto:johnsonfootballschoools@gmail.com)

# Technical Weekly Programme

- 1) 5 yards away from wall passing and receiving at a high tempo, mix the touches up be creative
- 2) Head tennis rally with the wall, 1- 3 touches and try not to let the ball bounce the whole time and continue the rally for 2 minutes
- 3) Same as 2, but step further back and allow the ball to bounce in front of you once before receiving
- 4) Now step roughly 20 yards back, nice clip to the wall and strike the ball first time with power and try to have a target to aim for (sign, paper stuck to wall, or chalk)
- 5) Same as 1 just further back with variations on the receiving and striking again, high tempo and be creative

**2 minutes with 3 sets**

## Key Points

Concentrate on every touch and strike, perform at a high tempo and with good clean techniques

## Bonus Exercise

Pick your favourite Premier League Volley from the video and re-enact it as best you can!!!

<https://www.youtube.com/watch?v=vvtDo71KIIE>

# Academy Success

Past students have gone on to play at a high level of non league football and been offered trials at professional league clubs. Alongside playing non league football many students find jobs in the sports industry, as coaches, personal trainers and physiotherapists. Many students last year went to University across the country and we had 2 students earn University Soccer scholarships in the USA.

Alfie is a current academy player, studying Sport and Exercise Science. He was captain of Sutton United's U16 team prior to joining Nescot. Academy Manager, Jack Johnson saw some early potential and sent Alfie to 2019 FA Vase winners Chertsey Town. Alfie made his senior debut at only 16 years old. Playing in the Isthmian League he has featured many times for Chertsey Town this season, playing against fellow Nescot team mate Archie Morgan in a fixture vs Chipstead FC. The game also featured Josh Gallagher another ex Nescot player.



Alfie

Ethan Etukudo, Nescot's current striker was also given the opportunity to train at Chertsey Town and made a great impression, making his debut at 16 years old. He has since contributed many goals to Chertsey's campaign. Both players are forming a great partnership gaining senior first team experience at Chertsey alongside training and playing in the Nescot Football Academy.

Alfie expresses a keen interest in Osteopathy and wishes to continue this after he graduates from Nescot.

# Jack Johnson

## Academy Head Coach

- UEFA A licence and FA Youth Level 3 Coach
- Fulham Academy Coach
- Owner of Johnson Football Schools
- 8-16 years old Fulham F.C Academy Coach
- Sports BTEC and football programme graduate
- Division 1 Scholarship in USA
- Non League playing career



# Lewis Lovelock

## Assistant Coach

Ex Nescot Academy Student

Full time Coach with JFS



# James Dunkin

- Strength and Conditioning Coach
- Currently working as an Academy S&C at Fulham FC
- Previously coached at first team and academy level with AFC Wimbledon, Middlesex County Cricket Club and Sutton Tennis Academy.
- BSc from University of Edinburgh & MSc from Middlesex University.

James leads gym sessions on Friday mornings





# Peter Johnson

## Head of Recruitment

- 6 league promotions with Bristol City, Yeovil Town, Cheltenham Town, Torquay United
- Also managed non league as well as youth level for Watford u18s and Latvia U21's National side



# Training Week

Developing your individual skills to be applied effectively in a successful team

Monday	Tuesday	Wednesday	Friday
Weekly Themed Session on moments of the game	Match Day Prep	Match Day	Gym Session & Technical Session
<p>6 themed topics worked on over a 6 week cycle.</p> <ol style="list-style-type: none"><li>1. Controlling Possesion (1&amp;2 third)</li><li>2. Controlling Possesion (2&amp;3 third)</li><li>3. Create and Converting Chances</li><li>4. Transition Defence to Attack</li><li>5. Transition Attack to Defence</li><li>6. Intelligent Defending/Preventing Chances</li></ol>	<p>Tactical session that will be preparation for the game the following day</p> <ul style="list-style-type: none"><li>• Patterns of Play</li><li>• Set Pieces</li><li>• 11v11's</li></ul>	<p>Competitive League Fixtures</p>	<p>This will predominantly be an indoor session in the gym and sports hall.</p> <ul style="list-style-type: none"><li>• 45 minutes - Individualised Gym Programme</li><li>• 45 minute technical sessions (5 asides, Football Tennis, etc)</li></ul>

## Potential League Fixtures

### **Tactic Southern League**

Bracknell Town  
NGP Football Academy  
Woking FC  
Farnborough Town  
Havant & Waterlooville  
Eastleigh FC  
Champion Sports  
Nescot

### **Tactic South East League**

Welling United  
Sutton United  
Whitstable Town FC  
K Sports Academy  
Ebbsfleet United  
Pro Direct Academy  
Croydon FC  
Nescot

- Cup Games
- Friendlies and Show Case Games
  - Senior Saturday Football