**Getting Ready For College**

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| Subject | Sport – **BFC Shadow Youth Team** |
| Level | Level 3 |
| Qualification | Sport & Exercise Science/Sports Coaching & Development |
| Exam board / awarding body | Pearson |

**Getting ready to study**

Many people look at professional football players and assume they have an ideal life, whereby they simply kick a football for a couple of hours a day, before going home and chilling out. The truth is, it is not that easy, hence the reason why so few players make it into the professional game.

1. **Reading** - Read the following article:

<https://www.shortlist.com/news/footballs-wonderkids-that-never-made-it>

* Even the most talented young players are not guaranteed a career as a professional football player. Why is it important for all players to have a back-up plan?
* Most young people dream about becoming a professional football player however only a handful of players see their dreams become a reality. Having read the article above, can you produce a brief action plan detailing three, non-playing career options for yourself and describe why you have chosen those options?
* Is there anything that you could learn from any of the players mentioned?

1. **Watching** - Watch the following:

https://www.theguardian.com/football/copa90/2017/apr/05/professional-football-interviews-ronaldo-bale-beckham

* What key messages stood out in this video and how do they relate to you as a person and a football player?
* What potential barriers might you face in your pursuit of becoming the best player/person that you can be?
* How will you balance the football and education to ensure that you stay on top of everything whilst trying to achieve your goals?
* What are you most looking forward to during your time on the Shadow Youth Team programme?

1. **Listen and Stay Current** - Listen to BBC and Sky Sports football podcasts to gain valuable insights to the world of professional football and hear the experiences from numerous players and managers.
2. **Get involved** - It is vitally important that you maintain your own personal fitness for either your own sport or in general for a career in the sports industry. There are a whole range of fitness programmes you can follow so try to stay active.

Below is a link to Luke O'Neil's lockdown workouts. Luke is a professional football player at Sunderland and was coached by the Shadow Youth Team’s Head Coach, Chris Andrews, when they were at Watford FC together.

https://www.youtube.com/watch?v=lUSKw1Wqd1I

Below is a link to a session that was delivered by our Head physio, Richard Jackson to our players during the lockdown.



As with any exercise ensure you only exercise within your abilities. Push yourself to improve but do not overdo your work. Build in rest days to help you recover and repair.