



Somerville L.G. Academy (*Lion – Greyhound*)

Description:

Under the club's coaching and development programme targeting "local children at local turfs" this Y7/8 higher performance programme meets for 8 weeks starting Term 3 October on Monday's with a further 4-week pre-season programme available in February.

The Somerville LG Academy sessions come under the direction of the Coaching Director who is assisted by the club's representative players and Somerville's current BlackSticks who offer various specialist skills. On occasion the programme may be contracted to an outside provider at the discretion of the club. The cost associated with this programme covers coaching staff and training shirt.

L.G. Academy is aimed at ...

1. Higher performance players (representative ability) at this particular point in their careers.
2. "Prospective" club players for the following season, in so doing widening the clubs pool for its growing Youth programme.
3. Imparting players with a greater "technical knowledge" with the belief they may go on to coach a junior team at the club within the next 2/3 years.

Selection:

As a guide the LG Academy is targeted at (Y8 school age) players. The material covered (although continually updated) largely remains unchanged each season therefore it is not recommended for players to complete 2 years of this programme.

This is an individual based selection programme (not team based). However, on occasion numbers selected will allow for game activity for the purpose of "match theory". The programme is restricted in numbers to achieve maximum learning for the group.

Invitations are offered to representative players and current club members at the completion of the AHA competition season for this age group (September).

Guidance:

Players are not bonded to the club through their involvement with the academy, however it is envisaged most will stay to reap the benefits of the clubs Youth programme heading into secondary school years.

Ideally players will be of "representative ability", but not necessarily a current representative player. The LG programme offers the opportunity for players to increase their theoretical knowledge. A degree of time is allowed for individuals to develop new techniques but attaining perfection will only come from repetition which is not afforded within the syllabus.

Aspects covered include:

Core competency to advanced skill levels

- Hitting biomechanics for power, accuracy and deception.
- Receiving techniques, deflections, aerial balls.
- Elimination techniques, dribbling and evasion principles and tactics.
- Dispossession techniques including, tackling, types of marking, channelling etc.
- Set piece skills, PC pull outs, PC stopping etc, flicking and over-heads.
- Athletic requirement programme including warm-up and stretching routines, speed and movement dynamics.
- Monitored summer physical maintenance programme and testing (Dec-Feb)
- Match analysis (out-letting, screens and presses, counter-attack theory, system line-ups).

END.

(updated Aug 2019)