



FACR Regional Academy

The academy is designated for 25 players from each U14 and U15 category (max. 50 players), which comprises ages 13 through 15. In regards to primary school attendance, the academy affects years 7 through 9. The aim of the regional academy is to bring the most talented players from a single region together in a common school, enabling them to learn and train together. For players from areas too far to commute, a separate floor with 24-hour supervision is available at a student boarding facility. Players meet at school on Monday morning and spend time together until Friday afternoon, when they leave the academy and return to their home clubs, where they participate in pre-game training and weekend league games. During the school week, players complete three specialised afternoon football training sessions (Tu, We and Th). Otherwise, the academy's entire programme is held as part of a broader school curriculum. Over the course of a week, the boys have 8 hours of sports instruction, 2 of which are physical education, 3 are expanded instruction and 3 are in groups. These 8 hours of sports instruction are led by academy coaches (appointed by FACR) and the content of the hours are: swimming, ball games, gymnastics, dynamic power, core training, martial arts, compensation exercises, athletic training, individual technique, psychology, nutrition and tactical prep. As you have noticed, there is no direct football training: this is added only as an additional sport, as ball games or individual technique training. The entire content of these hours is modified to the needs of football, of course. The academy programme is very exhausting, as players start the first class at 7 am four days a week, and