



PSA SPORTS ACADEMY



>>> WHO ARE WE?

Academy director, Kieran Turner started PSA back in 2012, aiming to provide a platform for players to grow not only as players but as people.

PSA provides football opportunities from ages 2-18 years old, covering a range of programmes and abilities.

OUR PHILOSOPHY <<<

The philosophy in place at PSA is a framework in which players experience challenging situations designed to develop their confidence to play under pressure on a weekly basis.

We foster a creative and tactical style of play preparing players to make the correct decisions in a variety of game situations.





>>> ACADEMY STRUCTURE

PSA's academy programme is an elite platform for player development aiming to bridge the gap between grassroots football and the professional environment.

Through expert coaching and guidance, our players receive the very best training experience allowing them to reach their full potential. Our extensive connections to professional clubs have led to many success stories with over 50+ players signing professional contracts.



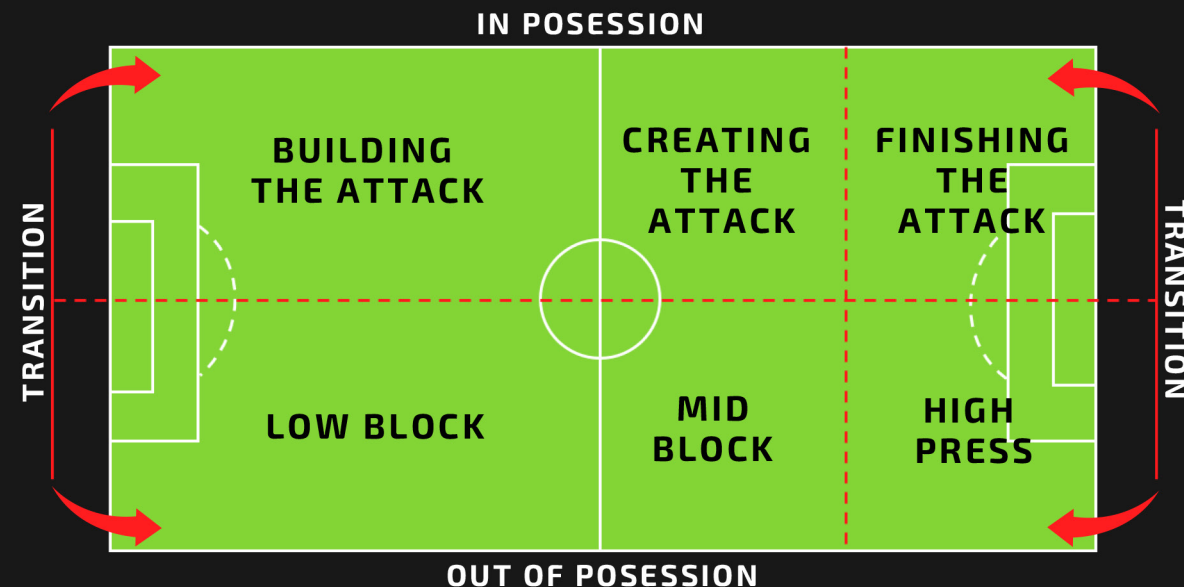
COACHING PROGRAMME <<<



We foster a creative and tactical style of play preparing players to make the correct decisions in a variety of game situations.

Our highly paced sessions demand the absolute best out of the individual player, ensuring we cover a range of scenarios on the pitch.

We cover 6 areas on the pitch as seen from the diagram, and then pick themes





PRE ACADEMY >>>

Our Pre Academy players is for our youngest players between U6-U8 levels where we select gifted and talented boys to join our groups. Boys sign professional academy forms at U9 therefore quite a few players natural progression is onto professional clubs. If players fail to make the step to professional clubs then they move into our foundation phase at PSA.



ELITE >>>

The Elite squad is our second tier at PSA and is for progressive players who show signs of potential to join our academy squad.

ACADEMY >>>

Our academy squad is for our most advanced players where players play against professional clubs and elite organisations.





PSA is one of the of the co founding teams in the JPL and has now been part of the league for 3 years.

The JPL league is the best league you can play outside of academy football. There is some massive organisations where the boys have the opportunity to play against the best teams/players outside of the professional game.

Our U12-U16 players play every Saturday while continuing to play for their grass roots club.

Why we are part of the JPL

- Puts the players needs first because we want to develop players
- Bridges the gap between grassroots football & professional academy football.
- Enables us to develop our own local players who can realistically progress all the way to their first team.
- We play league matches over 4 periods to allow for maximum coaching input and timely substitutions.
- The JPL Promotes a safe, friendly environment in which every player can enjoy their football.

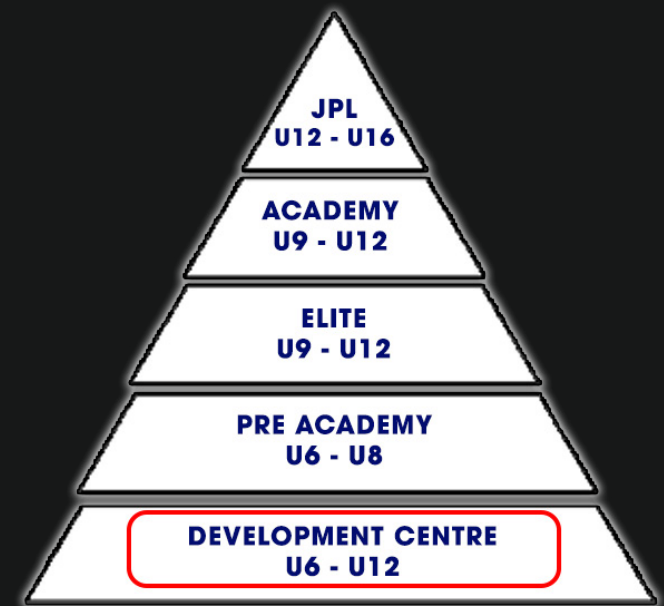


Open to children aged 6 - 12, our development centre programme provides a professional environment for players of all abilities to learn fundamental skills and develop both their technical and physical foundations.

Following the same syllabus as our academy programme, we deliver high-intensity sessions to engage and encourage players to reach their full potential and take their game to the next level.

Why join the development centre?

- A path way to the PSA programme
- Opportunity to trial for the academy and elite squads
- Our academy staff work on the same programme
- Mirrors our unique academy philosophy



1-2-1 training is one of the fastest growing ways to develop children in the last 10 years. Our Academy director Kieran is a technical 1-2-1 specialist and has seen Kieran work with a range of different Pro's, Scholars, Professional Academy players and grass root players.

PSA Elite coaching team runs 1-2-1 training regularly during the week, and also throughout half terms and pre season.

We carefully analyse and review individual performance, constructing personalised training sessions to suit each players' needs. Our 1-2-1s are a more flexible and responsive approach to player development improving performance and in turn fuelling confidence.

1-2-1 Training puts the player at the centre of learning, rather than a team, consequently engaging their attention and learning capacity.

Our technical coaches work with many players from the grassroots levels to footballers within the professional game.

What our players say...

“ I've been coming to 1-1 sessions with Kieran for a while. He has added so much to my game technically ” - **Luke O'Nien - Sunderland FC**





At PSA we are very lucky to be very well connected with professional clubs. We regularly play against local professional clubs where boys can experience the next level of football. This is vital in their development of learning.



PSA have been running Pro Training Camps for over 5 years. With only Elite players being able to attend, the quality and intensity throughout the day is extremely high.

It's the perfect way to spend a day during half term leaving and developing as a player whilst experiencing expert coaching from an elite environment.

The camps are also a great way to make new friendships with like-minded people who have a passion for football.





Our head coach Richard has had a great deal of experience in the GK world. We have seen over 7 GKs sign to professional clubs.



Our unique style at PSA allows GK to train with their normal squad as well as receive GK specific training from Richard.



All of our goalkeepers receive two hour sessions every Wednesday. 1 hour is specific to goalkeeping training and 1 hour with the outfield squad.



PSA utilises the unique style of Futsal training for its players at U7 - U10.

Futsal improves players decision making skills and provides players with more touches on the ball. Its develops the confidence of players on the ball and promotes more 1vs1 situations, asking our players to be bright and creative.

Futsal is played indoors so appropriate indoor footwear is required.

PSA has been providing elite tours for it's academy players for the last 3 years. These unique trips create the utmost professional and elite experience where players are treated like professionals for 4-5 days while away with PSA staff. Players play against some of the best organisations around the globe which provides an invaluable experience.

OUR PREVIOUS TOURS

Dutch Soccer Youth Cup - Holland, May 2017

This marked our first ever tour. We took our U11s, U14s and U15s and it was a great tournament with the highlight being the U11s finishing 3rd - they didn't lose a game all tournament or did they concede a goal!

Sirene Cup - Belgium, April 2018

We took our U11s, U14s and U15s. All teams were unbeaten throughout the tournament which was a great achievement considering PSA were the only English team competing. However...in typical English style the U11s were knocked out in the semi-final on penalties, the U14s were knocked out in the final on penalties, and the U15s in the quarter finals on penalties.

Hageland Cup - Belgium, May 2018

We took the U10s and U12s away and the boys had a fantastic tournament! After the first day both sets of boys reached the final f in both age categories, and the U12s reached the final where they lost 2-1, and the U10s came 4th. Another great achievement abroad!



PSA is very well connected with a range of different professional clubs. As well as playing fixtures with all the local professional academies we have also signed over 50+ players. We've had players sign at...



Stevenage Academy
Jack Moriarty
Under 18's



Barnet & Chile International
Max Bustamante



Arsenal Academy
Jack Swales



Barnet Academy
Alfie Bircham
Under 9's



Tottenham Hotspur
Francesco Alliotta - Under 8's
Ceri Hartshorne - Under 8's
George Stephens - Under 8's

"As a coach myself, I know the difficulties in preparing quality training sessions and the amount of work and planning that has to go into it. This is just for one age group. At PSA, they cater for a large range of ages and the professionalism and standard of coaching that the boys receive is staggering. My sons have improved in all areas of their game since joining PSA last year and they have had the opportunity to test themselves against many top academy teams. The standard is extremely high and is just the challenge they need as they try to bridge the gap between grassroots and academy football.

The coaches are friendly, approachable and most of all very talented in what they do. The training sessions are always fun, demanding and productive. It's great to see as a parent. I couldn't recommend PSA highly enough if improvement, fun and challenge is what you are looking for."

David Bower (Dad to Hugo & Jude)

Both my boys have been with PSA for the last two years, they have loved every bit of it, from the training, to the games against Academies.

I have been really impressed, talented and committed coaches who demand the very best out of the boys.

Perfect place to grow and develop into the footballer you want to be.

Stu Gower (Dad to Ben & Sam)





Kieran Turner
Academy Director

Email - Kieran@prosportsacademy.pro
Phone - 07828 688381



Cam Brooks
Head Coach

Email - Cam@prosportsacademy.pro
Phone - 07557 688305



Hannah Henson
Operations Manager

Email - Hannah@prosportsacademy.pro

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