

High Performance Academy



Our Programme

Our High Performance Football programme is for students who have completed second level, school leavers or transition year boys and girls, aged 15-18 years old, who want to experience the life of a professional footballer, Monday to Friday, 9:00am-3:00pm. This is a fun and highly competitive programme, where players will learn what it takes to play at the highest level with a combination of practical training sessions, interactive workshops, and a fully accredited education. Over a 9 month period, players are equipped with a unique insight into how professional footballers train and play, as well as an understanding of how to progress in the future, with links and pathways developed through our programme, as well as meeting their educational requirements

Our Services

Players on our High Performance Programme gain a unique insight into the demands of being a professional player; both physical and psychological, along with the techniques they use to improve their performance. Players can also expect to undergo a series of performance tests for athletic ability to evaluate their aerobic fitness, acceleration, agility, and stamina compared to an elite academy player!



Education

Enjoy a fully accredited education, which will be recognised by Tusla under Section 14 Education (Welfare) Act, 2000 (pending assessment), with up to 8 hours of educational and interactive workshops, including Maths, English, Physical Education, Nutrition Workshops, Enterprise in Sports, Personal Development, Sports Psychology and much more.



Football Curriculum & Athletic Development

Students will take part in up to 15 hours of athletic & football development including field, gym, recovery and video analysis sessions in the state of art facilities at the UL Sports arena



Opportunities & Pathways

Students will have the opportunity to take part in competitive games and tournaments, attending showcase events for scouts and scholarship opportunities in the US

Practical Training sessions

Players will train and study at the renowned UL Sports Campus, in Limerick, Ireland, in groups of sixteen or less. The programme will be delivered by UEFA qualified coaches, university graduates and qualified teachers who follow the High Performance Academy playing and educational philosophy, our football training sessions focus on the enjoyment of playing, instilling confidence and inspiring a real passion for the game. Specific topics that are taught include:

- ✓ Developing technical skills
- ✓ Interactive workshops
- ✓ Sports Psychology & goal setting
- ✓ Understanding tactics and game situations
- ✓ Developing athletic performance
- ✓ Recovery techniques & Strategies
- ✓ Nutrition
- ✓ Coaching badges and work experience
- ✓ Leadership courses
- ✓ Guest Speakers

Our Aim

We are committed to providing high quality, responsive football and educational programmes which contributes to the educational, social, economic and cultural development of the individual, along with the holistic development of your child which affords students the opportunity to attain their best whilst studying on our programme

Our Philosophy

At the High Performance Academy, our vision is to be one of the best Academies in the world, both on and off the pitch. We aim to give every athlete the tools to reach their full potential both on and off the pitch, ensuring the holistic development of the child

