



Study Group
Scheme

The Topsport Project

Eric Abrams - Bart Van Lancker
11.10.11 09:00 - 09:45



The general functioning of the topsport schools

Eric Abrams

11.10.2011, 9:00 – 9:45



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The objective of the Topsport Project



To offer a supplementary quality education, which is complementary to the education in the club (the HELP-FUNCTION)

Talented players who automatically obtain the topsport status:

- automatically as a youth international
- or after passing a selection test (elite label clubs, national label clubs and provincial final selection)

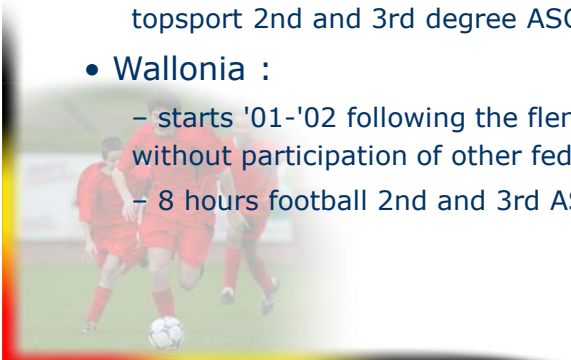


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Flanders - Wallonia



- Flanders :
 - starts in '98-'99 within a general topsport convention with the flemish authorities and together with other federations
 - 12 hours (8h football, 2h theory and 2h PhE) topsport 2nd and 3rd degree ASO and TSO
- Wallonia :
 - starts '01-'02 following the flemish model but without participation of other federations
 - 8 hours football 2nd and 3rd ASO and TSO

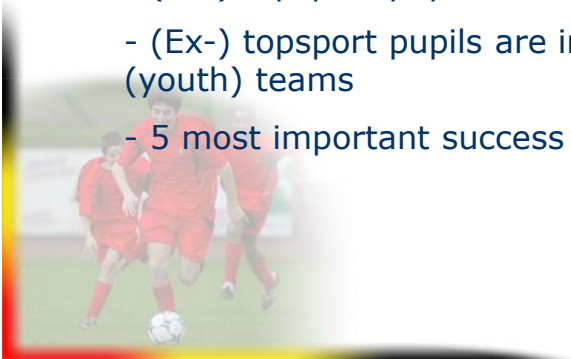


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Project increasingly successful



- High satisfaction of pupils and parents
- Increase of number of applications
- (Ex-) topsport pupils become professional players
- (Ex-) topsport pupils are involved in the national (youth) teams
- 5 most important success issues




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5 most important success issues



1. All talented players have the opportunity

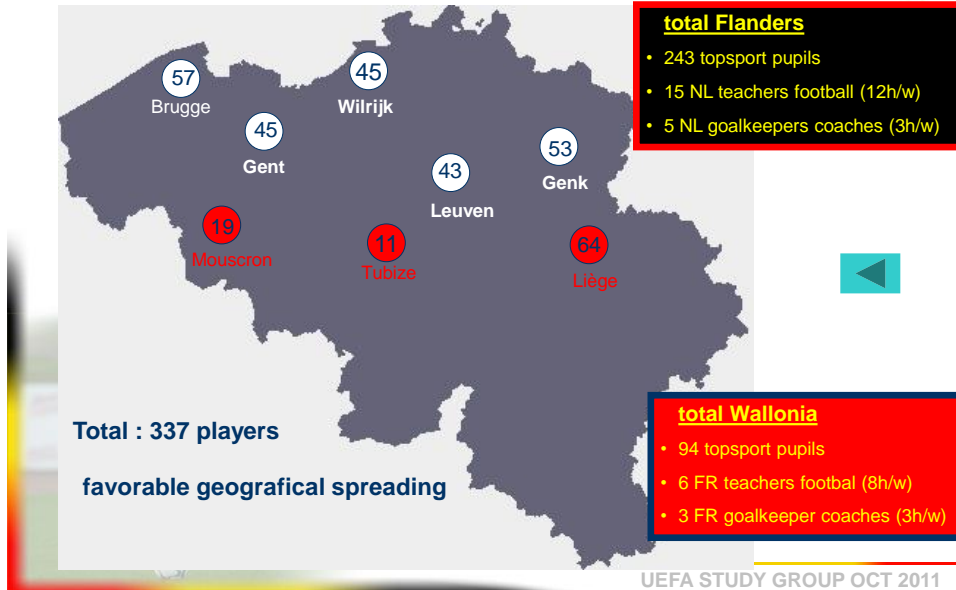
- early and late mature
- favorable geographical spreading + accessibility = "social" reassurance 
- players mainly from 1st division clubs but also from lower divisions and girls from national selections

2. Strong learning environment: the most talented players have common training sessions during 250 extra training hours per year, based upon the education vision of the Belgian FA



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Topsport for all talented players in Belgium!



5 issues of success



3. A specific educational "topsport"-management offering the possibility to obtain a full legitimate diploma

- teachers of football (experience as players and coaches, diploma UEFA-A and educational diploma)
- smaller class groups, updating courses, study guidance, adapted time table, specific exams regulations, possibility to train with the A-team

4. Guarantee for continuity and expertise

- Continuity: same staff of coaches, same learning plan
- Expertise : 13 years of know-how in Flanders and 10 years in the Walloon region



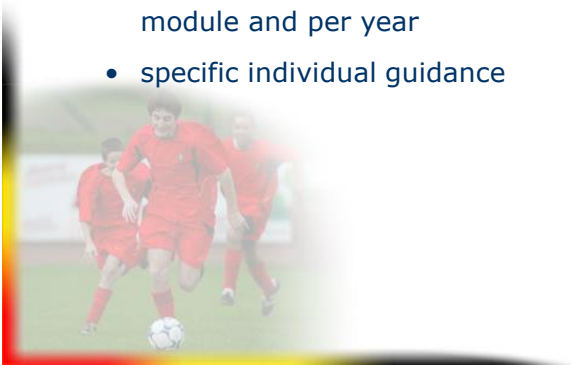
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5 issues of success



5. 100% oriented to education (individual !)

- not based upon the formation of a team
- modular system with BASICS and TEAMTACTICS final objectives and quality evaluations (7 per year)
- education objectives per training session, per week, per module and per year
- specific individual guidance



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Conclusion



- Win-win situation for player, club and federation
- Valuable cooperation project between clubs and federation
- The importance of "post-formation" : to elaborate an integration plan per player > 18 years
- The importance of an easy access: talent detection + information towards players/parents



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The specific functioning of a topsport school : GENT

Bart Van Lancker

11.10.2011, 9:00 - 9:45



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Staff Topsport GENT



THEORY :

Sabine Joye: coordinator Topsport students
individual following-up – liaison with team of teachers

PRACTICE-THEORY :

Football practice-theory (12h) : Bart Van Lancker (2° + 3° degree)

Football practice-theory (12h) : Bart Van Renterghem (2° + 3° degree)

Football practice-theory (12h) : Björn Deneve (2° + 3° degree)

Football practice-theory (8h) : Björn Deneve (1° degree)

Football practice-theory (8h) : Cedric Vlaeminck (1° degree)

Goalkeepertrainer (3h/weekly) : Franky Vandendriessche (2° + 3° degree)

Rehabilitation (2x/weekly) : Bert Sticker (2° + 3° degree)

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WEEKPROGRAM
TOPSPORTSCHOOL Gent : 2°+3° degree
YEAR 2011-2012

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
① 8u15-9u05	Football Individual training KUNSTGRASTERREIN HOGESCHOOL	Football Individual training KUNSTGRASTERREIN HOGESCHOOL	School THEORY	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL	Theory sport KUNSTGRASTERREIN HOGESCHOOL OF ZAAL OF LESLOKAAL
② 9u05-9u55	Football Individual training KUNSTGRASTERREIN HOGESCHOOL	Football Individual training KUNSTGRASTERREIN HOGESCHOOL	School THEORY	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL	Theory sport KUNSTGRASTERREIN HOGESCHOOL OF ZAAL OF LESLOKAAL
③ 10u10-11u00	Physical Education KUNSTGRASTERREIN HOGESCHOOL OF ZAAL	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL	School THEORY	Physical Education KUNSTGRASTERREIN HOGESCHOOL OF ZAAL	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL
11u00-15u20	School THEORY	School THEORY		School THEORY	School THEORY

WEEKPROGRAM
TOPSPORTSCHOOL Gent : 1° degree
YEAR 2011-2012

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
① 8u15-11u00	School THEORY	School THEORY	School THEORY	School THEORY	School THEORY
② 11u00-13u00	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL	School THEORY	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL	Football Teamtactics-basics KUNSTGRASTERREIN HOGESCHOOL
③ 13u00-15u20	School THEORY	School THEORY	School THEORY	School THEORY	School THEORY



TSS Gent



>>> **PLANNING: CONTENT and COMMUNICATION**

- Learningplan 2011-2012 ▶
- Topsportcalender (communication with clubs) ▶
- Workload (communication with clubs) ▶
- Evaluations : 6 competentions ▶

Session learningplan + individual sessions

Vision RBFA

Development function

Analyse club-school-national team

Help function

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INFORMATION



- ❖ 45 Students with topsport statute
- ❖ 40 boys – 5 girls
- ❖ 33 students on second degree (3rd-4th year) – 12 third degree
- ❖ 5 girls : 4 girls U-15 international squad – 1 girl U-19 international squad
- ❖ 9 boys : preselection U-15 squad
- ❖ 8 boys : U-16 international squad or U-16 Futurs
- ❖ 6 boys : U-17 international squad convocations
- ❖ 1 boy : U-18 international squad
- ❖ 1 boy : U-19 international squad
- ❖ 30/45 regular base international contacts
- ❖ 1 boy permanently training in the squad of premier league club KAA GENT

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Contents :
football - physical education – sport theory



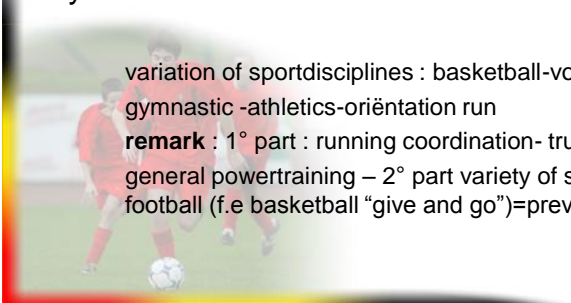
Football : 8 hours

basics-teamtactics-individual training based on a learning plan
(modules basics-teamtactics for player and goalkeeper) – individual
evaluation(module) – individual evaluation (strong-weak points)

Physical education : 2 hours

variation of sportdisciplines : basketball-volleyball-handball-
gymnastic -athletics-oriëntation run

remark : 1° part : running coordination- trunk stabilization –
general powertraining – 2° part variety of sportdisciplines always a link with
football (f.e basketball “give and go”)=prevention of injuries



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Contents :
football - physical education – sport theory



Sport theory : 2 hours

Belgian FA-structure

Belgian FA vision

Basics-teamtactics in 1-4-3-3(DVD)

Rules of the game

Self-evaluation

Lifestyle (principles – balance efforts-rest – injuries)

Hygiene

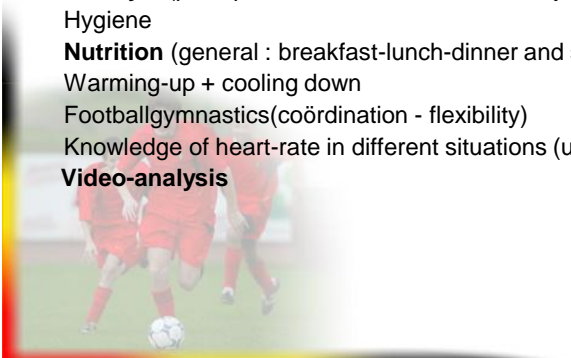
Nutrition (general : breakfast-lunch-dinner and snacks

Warming-up + cooling down

Footballgymnastics(coördination - flexibility)

Knowledge of heart-rate in different situations (utilise heart rate monitor)

Video-analysis



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Technical skill : instep kick



Right foot POS



Right foot NEG



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Technical skill : instep kick



Left foot POS



Left foot NEG



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Technical skill : instep kick
SUPPORT PHASE



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Technical skill : instep kick
SUPPORT PHASE



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Technical skill : instep kick
KICK PHASE



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Technical skill : instep kick
KICK PHASE



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Technical skill : instep kick
SWINGOUT PHASE



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Technical skill : instep kick
SWINGOUT PHASE



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The Topsport Project

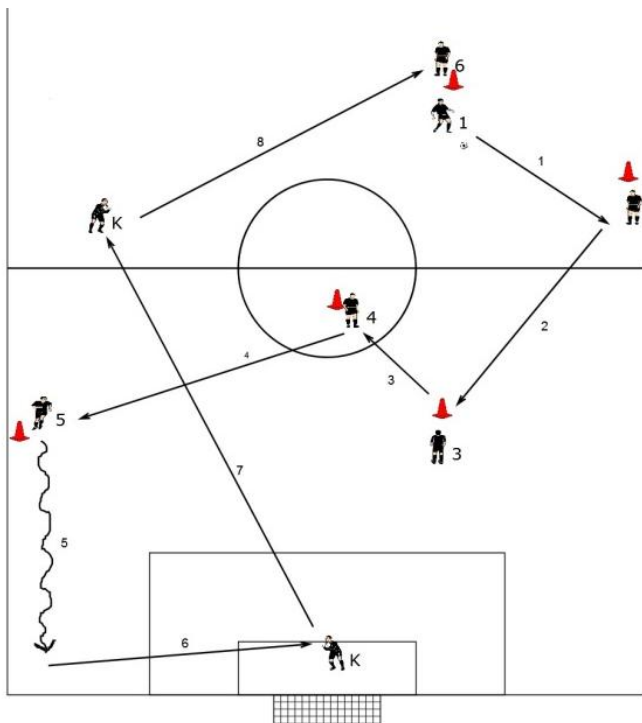
Bart Van Lancker

11.10.2011, 9:45 - 10:45

PRACTICE

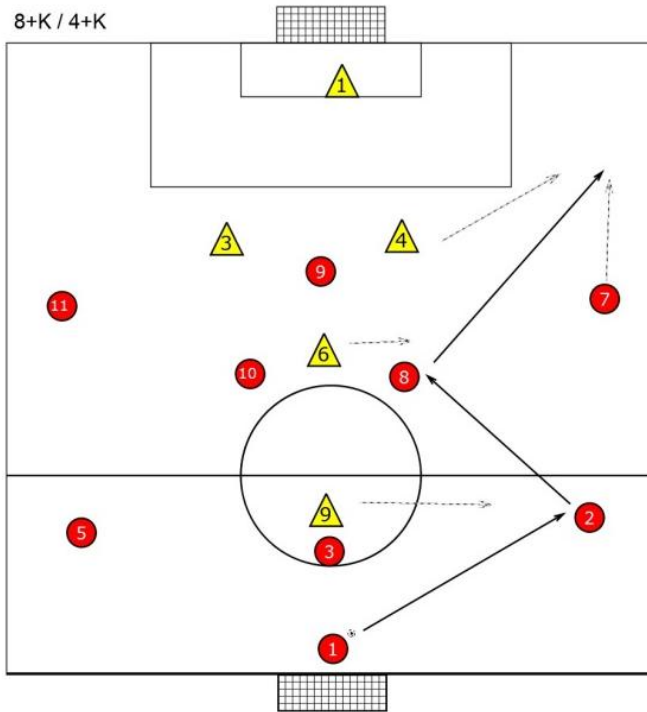


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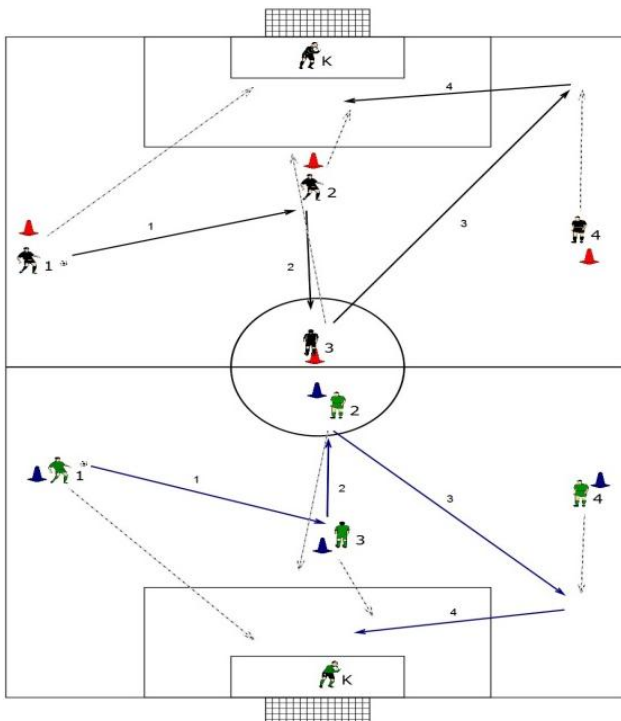


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8+K / 4+K

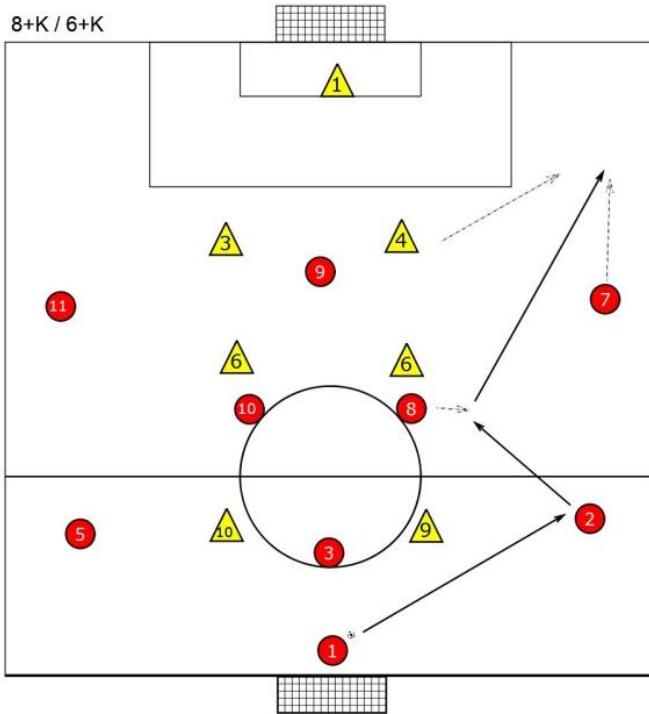


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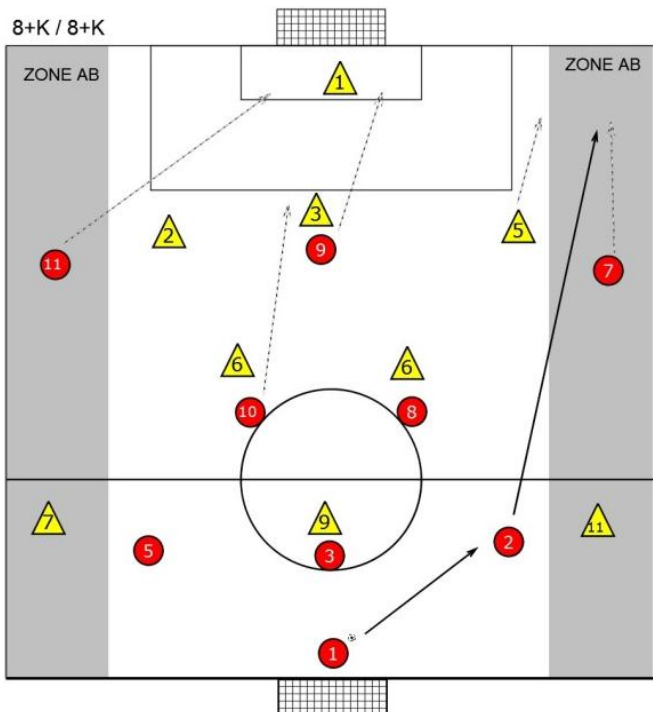
FA STUDY GROUP OCT 2011

8+K / 6+K



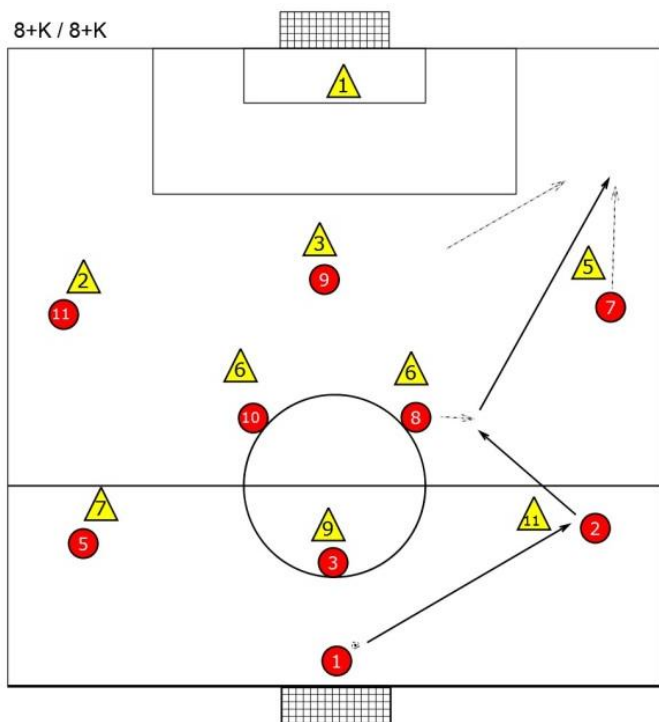
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8+K / 8+K



STUDY GROUP OCT 2011

8+K / 8+K



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