



JOINING AN **ELITE** FOOTBALL ACADEMY TEAM **THE PROCESS**

We hold trials for the teams throughout the year.

Our teams start at U9.

It is our preference that all players U9 or U10 come to development training as part of a longer development and assessment process.

We have Advanced development sessions for U11 - 13s too which mean that players are required to directly trial with the teams.

Players aged U14+ will join only on a trial basis.

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ONLINE APPLICATION

We accept applications for trial all year round via our online application at www.doncasterfootballacademy.co.uk. There are 4 main trial periods throughout the year. Summer (June) is the main trial and is free to attend.

INVITATION TO TRIAL

Following application you will receive a call or text inviting you to trial with a start date, venue and time.

If you don't receive an invitation within 3 working days please contact us.

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6-8 SESSIONS

Trials are extended 1 month trials with the team. This usually equates to 6-8 sessions. All trials are subject to space availability and criteria. The cost for this month trial is £40.

EVALUATION

Coaches make a non formal evaluation of a players suitability for the team. The player becomes a member of the team for the trial period taking part in all training and games. Coaches are asked to assess a players performance and future potential.

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TRIAL OUTCOME

Once the trial period has ended the coach will discuss the players suitability with the management team and a meeting will be arranged for general feedback on the trial. If offered a place in the team, players are given a squad number



HOW TO PREPARE FOR UPCOMING TRIALS

UNDERSTAND WHAT THEY'RE LOOKING FOR

PHYSICAL

Our club values Energy and Enthusiasm very highly. We want all of our players to work harder than the opposition so we look for this as a main quality of players joining our club. Physical fitness is one important quality to enable you to outrun the opponent but the willingness to do it consistently is even more valuable. Football is a physical sport. Speed, acceleration, strength, and cardiovascular endurance can give you an edge over your competition.

MENTAL

A player's mentality is very important to both performance and progress. Respect for all in the game is fundamental to how we run our club. We expect all Elite players to uphold this value at all times. Taking responsibility, controlling emotions and positivity are important to us.

Remember to relax and keep your mind at ease. We expect mistakes. Mistakes will not go against you. We are looking for what you CAN DO and we expect to support your areas for development.

TECHNICAL

Brilliant basic skills. First touch is very important. Passing, shooting, dribbling, tackling and ball manipulation will all be assessed too. Each of these skills can be practised independently, so you can work on your skills away from your normal training group. Don't feel the need to do everything.

EAT RIGHT

To perform at your best, be sure to eat the right foods leading up to your trial. In addition to eating a healthy, balanced diet, it's important to consume the correct amount of food at the correct time before the event.

For best results, you need to have enough carbohydrates in your system to keep you going. It's also important to be fully hydrated on the day. While

having a glass of water before the trial is recommended, downing copious amounts will not magically hydrate you. For best results, you should be drinking at least 2 litres of water per day the week before to stay fully hydrated.

GET A GOOD NIGHT'S SLEEP

Research suggests that sleep deprivation has a negative effect on athletic performance. Not getting enough sleep can lower your cardiovascular ability and decrease your muscular strength.

It's essential to get enough sleep in the nights leading up to your trial. To get your body into a routine, we suggest heading to bed the same time each night and remove technology at least an hour before bed. If possible, try to get at least eight hours of quality sleep.

SHOW YOUR STRENGTHS

We aren't necessarily looking for special skills. For the most part, we want to see that you can do the basics well in a high-pressure environment. If you're a midfielder, stick to that position and don't try to be something that you're not.

LOOK THE PART

Your first impression can have a lasting effect. Smile. If you are confident enough, introduce yourself. Things like character, effort, presence, reaction to mistakes, voice and more, can make you be seen. Be sure to have all the right training gear.

DON'T GIVE UP

Not all trials are successful. To be successful, you'll need to keep playing through the rejections. Football is a game of opinions, so don't let the opinion of one coach or club determine your future. If you don't get selected, you may need to further improve your skills. Keep training, attend more trials and be positive but realistic about your skills.

REASONS YOUR CHILD SHOULD JOIN *JOIN US* ELITE

ENJOYABLE ENVIRONMENT



DEVELOP KEY SKILLS



UEFA PROFESSIONAL COACHES



QUALITY FACILITIES



PROGRESS TO ADVANCED LEVEL COMP



www.doncasterfootballacademy.co.uk



**ACCREDITED
CLUB ★ ★ ★**
PART OF ENGLAND FOOTBALL



SCOUT CHECKLIST

ENERGY & ENTHUSIASM

FIRST TOUCH

COACHABILITY

ESSENTIAL SKILLS*

COMMUNICATION

PHYSICAL FITNESS

SUPPORT NETWORK

***ESSENTIAL SKILLS FOR EACH POSITION**

STRONG TACKLE

SCORE A GOAL

PRODUCE A GREAT CROSS/PASS

MAKE A GREAT SAVE

REACT POSITIVELY TO A MISTAKE

**#WE
ARE
ELITE**