



BFLA BERMUDA CURRICULUM

2020/2021



CURRICULUM FOCUS

4 DEVELOPMENT PILLARS

**Football/Nutrition Pillar for
Sustainable Growth**

**Players Leadership
Development Pillar to give
them tools how to lead**

**Players Career Development
Pillar for supporting success
off the field**

**Build a Culture and Climate
Pillar for Player Development**



CURRICULUM

Direction & Accountability chart

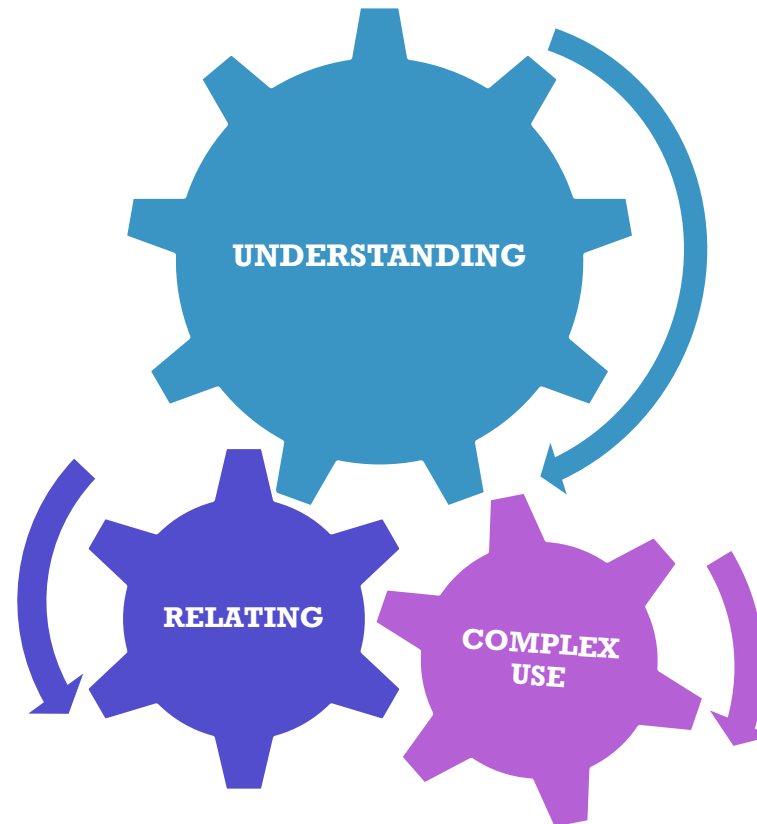
	FOOTBALL	CAREER	CULTURE	LEADERSHIP
PURPOSE	Build curriculum that encourages and develops player/team skills and understanding of game	Give player Career tools to be successful off the field.	A Climate for continued social and emotional growth and connection to the game	Players will learn how to lead from within the team.
VISION	Effective growth through an effective curriculum.	Players able to understand how to be their own agents for their career opportunities	Create a recognizable brand and people can identify	Players having the ability to lead in any
CURRICULUM	<ol style="list-style-type: none"> 24 week curriculum Develop from assessments 21 century standards 	<ol style="list-style-type: none"> Build soccer YouTube channel College search Survival tools 	<ol style="list-style-type: none"> Uniforms Power language Empowering Posters Build content Community engagement 	<ol style="list-style-type: none"> 5 levels of leadership Self Esteem and character building Manage Personality Traits
STRUCTURE & PLAN	Training twice a week and play game on weekend	Once a month teaching career building workshops	<ol style="list-style-type: none"> Build culture related brand Positive Social Media content Language building 	Once a month build leadership workshops
ACCOUNTABILITY	There will be evaluation every 4 weeks to show growth in player and coaches development	Players will develop player profiles that will support career pathways	Monthly review on branding development and effectiveness of brand	Players get to become leaders each month



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How to create Sustainable Growth in Player and Coaches Development

- Making sure each player and coach **UNDERSTANDING** what they are doing and teaching
- Players and coaches are able to **RELATE** what they are learning and teaching
- Players and Coaches able to have a **COMPLEX USE** of what they are learning





CURRICULUM

FOOTBALL/NUTRITION PILLAR

STRUCTURE AND SCHEDULE



CURRICULUM

FOOTBALL/NUTRITION

All Players and Coaches will go through a series of developmental stages of learning, they will endure a level of training workshops that would increase their understanding and knowledge of the game. The Academy curriculum has been created around players and coaches 21st Century needs. The curriculum was developed under the guidance of UEFA A licensed coach and Director of ABC Football Matters (Bermuda), this support has allowed us to have full coaching education tools (booklets) for all levels. A part of having a strong curriculum we have developed a coaching Certificate for the Academy which covers the areas of leadership, Engagement, Nutrition and Social development. Each coach will have to pass these workshops before coaching at the Academy.



CURRICULUM

SCHEDULE

TRAINING

DAY	TIMES	LOCATION
TUESDAY	6-7:30PM	BFA FIELD

DAY	TIMES	LOCATION
SUNDAY	2-3:30PM	BFA FIELD

GAMES

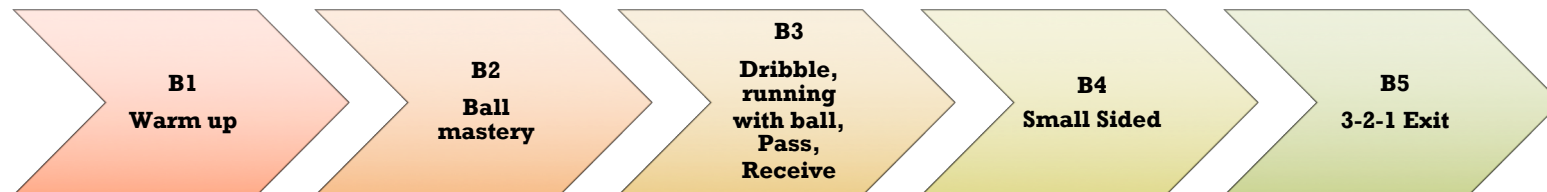
DAYS	TIMES	LOCATION
SATURDAYS	TBA	BFA FIELD



CURRICULUM

TRAINING LAYOUT

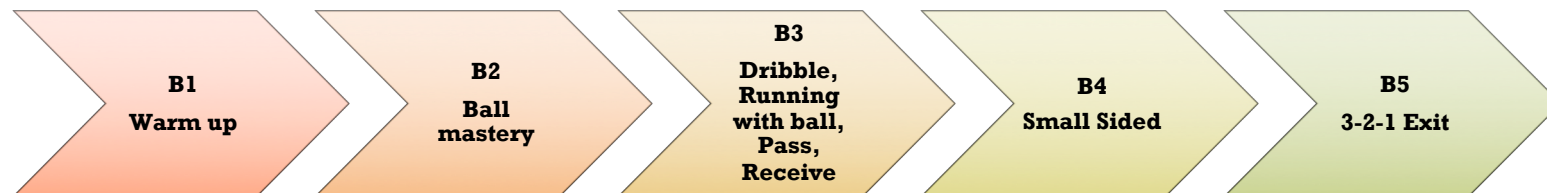
U9 Training for Tuesdays Training Sessions



U9 Training for Sundays Training Sessions



U11-U17 for Tuesday Training Sessions



U11-U17 for Sunday Training Sessions





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TRAINING PROTOCOLS

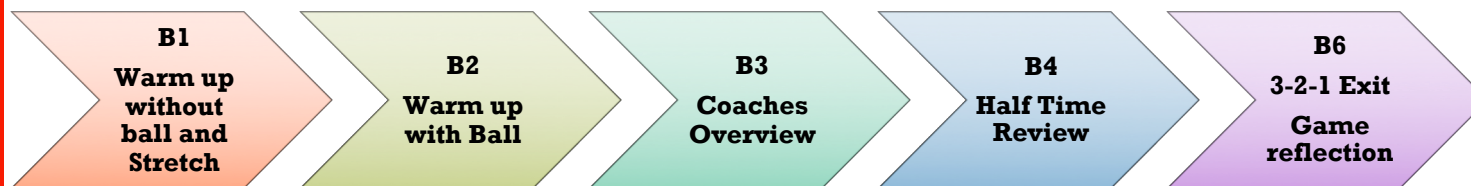
- Each Training Session all Coaches, Players and Staff **MUST** go through Covid 19 Safety Measure put in place
- All players and Coaches **MUST** wear Training gear given. Players **MUST** have shirts tucked into shorts
- Coaches **MUST** follow training Curriculum layout provided by BFLA TD
- Players **MUST** have their Ball, Mask/Bandana, water bottle and Vest at each training session
- Parents **MUST** fill out availability for their Daughter for training sessions and games
- ENJOY! ENGAGE! DEVELOP!



CURRICULUM

GAME LAYOUT

All Teams





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GAME PROTOCOLS

- Each Training Session all Coaches, Players and Staff **MUST** go through Covid19 Safety Measure put in place
- All players and Coaches **MUST** wear game uniforms given. Players **MUST** have shirts tucked into shorts
- Coaches **MUST** follow game Curriculum layout provided by BFLA TD
- Players **MUST** have their Mask/Bandana, water bottle and Vest at each game
- Parents **MUST** fill out availability for their Daughter for games
- ENJOY! ENGAGE! DEVELOP! COMPETE!



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NUTRITION PILLAR

FOCUS AND DIRECTION



CURRICULUM

NUTRITION WORKSHOP SCHEDULE

	Oct	Nov	Dec	Feb	Mar
TOPIC	What do I eat before training and games	WHY or WHEN Should I drink water and how much	How does eating healthy help my performance on field	How could I support my parents in healthy eating	Grocery Store team Challenge
HOW ITS DELIVERED	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting
WHO IS DELIVERING	TBA	TBA	TBA	TBA	TBA



CURRICULUM

LEADERSHIP PILLAR

Power of One



CURRICULUM

LEADERSHIP

Leadership is an important Pillar of the Academy, this pillar will be lead by the principles of Power of One. The Power of One is a leadership empowerment process that was created to empower young players, students and parents to build confidence, lead and create goals that will help them in their career, game and social environment. The players, parents and coaches will go through a number of empowering workshops throughout the season.



4 LEVELS (UNITS) FOR SUCCESS

POWER OF ONE

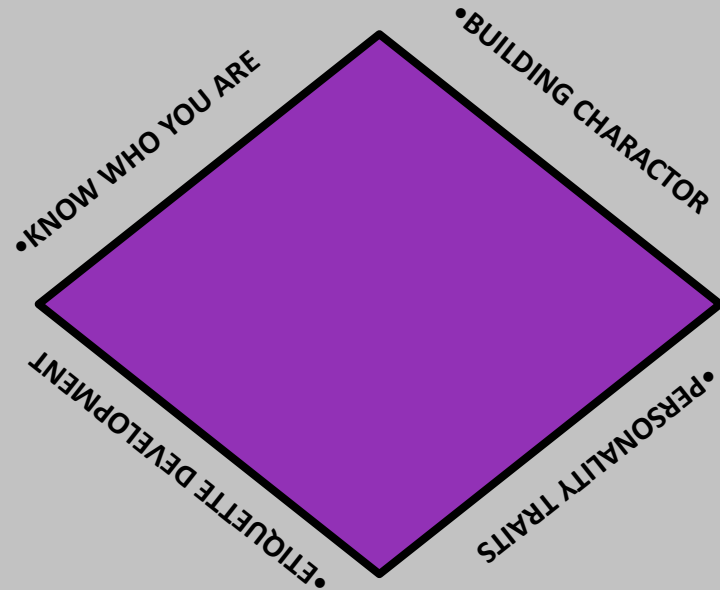
SELF ESTEEM

ENGAGEMENT

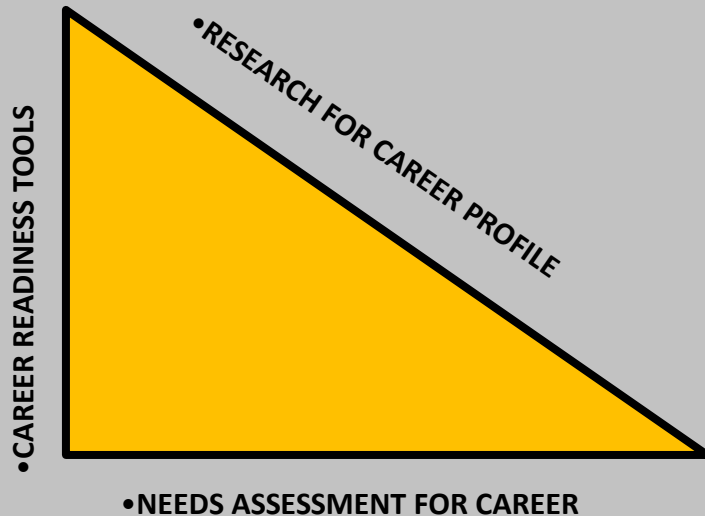
EMPOWERMENT

TOOLS FOR SUCCESS

LEVEL (UNIT) 1- SELF ESTEEM



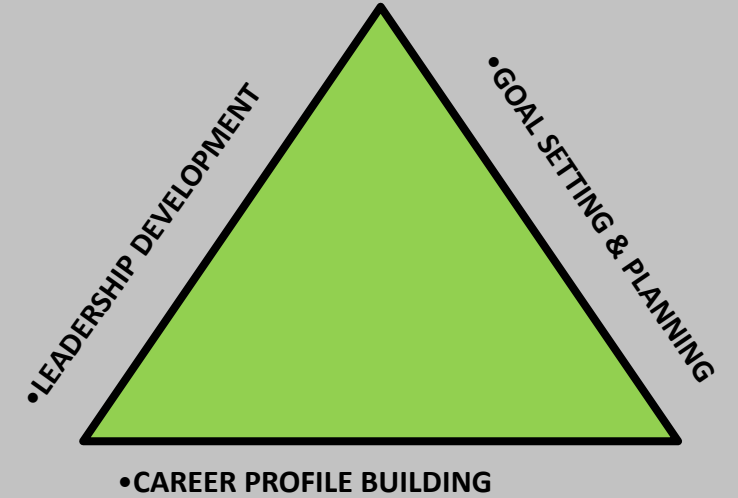
LEVEL (UNIT) 3 – TOOLS FOR SUCCESS



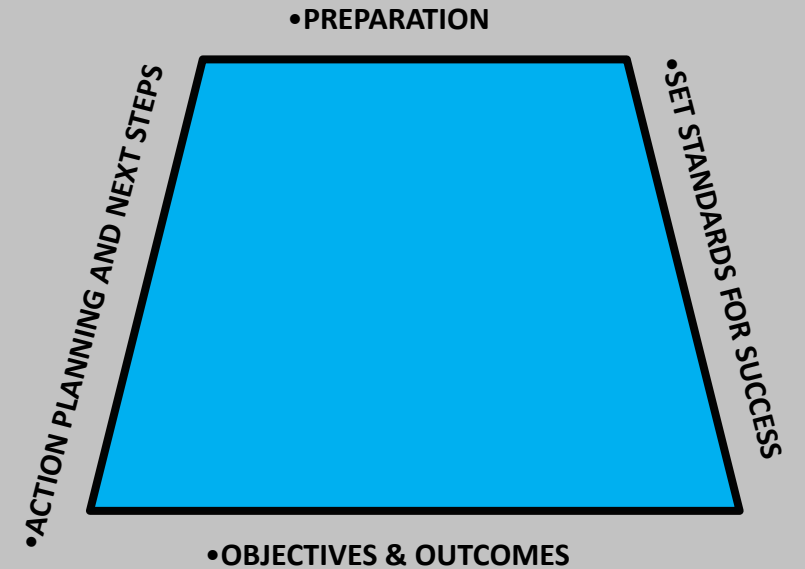
UNIT STRANDS



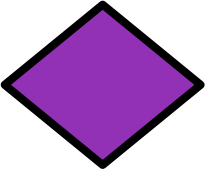

LEVEL (UNIT) 2 – EMPOWERMENT



LEVEL (UNIT) 4 – ENGAGEMENT



CURRICULUM FOR SELF ESTEEM UNIT

UNIT	STRAND	STANDARD	LEARNING GOAL	OBJECTIVE
  SELF ESTEEM	<ul style="list-style-type: none"> Know Who You Are Building Character Personality Traits Etiquette Development 	<ol style="list-style-type: none"> Define personal value system Analyze the difference between Why & PURPOSE <ol style="list-style-type: none"> Develop skills required to function in and contribute to society <ol style="list-style-type: none"> Instil students with a moral compass to understand how to interact with others <ol style="list-style-type: none"> Identify the positive and negative attributes of each personality trait Investigate the characteristic of each personality trait <ol style="list-style-type: none"> Investigate emotional intelligence and building self-management skills Demonstrate the understanding of manners 	<ul style="list-style-type: none"> Identify, list, compare & contrast personal value system including one's greatest value and least value. Differentiate between one's Why & PURPOSE understand, value and demonstrate the positive behavior traits that make them well-rounded, grounded citizens Examine social and emotional development, to better understand oneself & and work on areas of weaknesses Compare & contrast each personality trait aligning them with an example of a person, place/event or situation Identify and role play positive social skills and replacement behaviors Identify, compare and contrast levels of using your manners including, making eye contact, firm hand shake, speaking voice and tone, using salutations, etc.. 	<ul style="list-style-type: none"> Prioritize your top 5 values. Identify your greatest value using a Frayer Model Use a Venn Diagram to compare & contrast your WHY & PURPOSE with your partners Calculate your social, relationship, family school vale system chart Create a marketing strategy that promotes how each year level , M1-M3 can demonstrate positive behaviors each term and be able to measure the growth of the positive behaviors. Complete a Plus and Delta chart on social development and one on emotional development Create a survey to identify the personality trait of your peers Design a scenario where a person displaying all 4 personality traits Create a greeting and interaction scenario for greeting any guests that enter the school. Create a SBG Proficiency Scale for what positive etiquette looks like when interacting with all members of our school family and community.



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LEADERSHIP WORKSHOP SCHEDULE

POWER OF ONE UNIT 1 SELF ESTEEM

2020/21 SEASON	Oct	Nov	Dec	Feb	Mar
TOPIC FOCUS SELF ESTEEM	What is my why and purpose	Personality traits and how it effects my game and social behavior	How do I lead from my personality	Etiquette development	Character Building
HOW ITS DELIVERED	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting
WHO IS DELIVERING	TBA	TBA	TBA	TBA	TBA

CURRICULUM

CAREER PILLAR

STRUCTURE AND SCHEDULE



CURRICULUM

CAREER

Academic should be one of the biggest need in 21st century development when it comes sports. When we look at academics and sports in youth club development we must show the relationship between both of their importance, if not we will have a lot of talented players that will struggle with complex situations in the game and training. As we further coaching education 21st Century it is important that player and coaches have a growth mindset. The academy will deliver workshops that will help students transition from grade levels.



CURRICULUM

CAREER WORKSHOP SCHEDULE

2020/21 SEASON	Oct Workshop	Nov Workshop	Dec Workshop	Feb Workshop	Mar Workshop
TOPIC FOCUS	TIPS FOR SCHOOL	HOW TO ORGANIZE MY SCHOOL AND ACTIVITIES	PUBLIC SPEAKING AND MEDIA INTERVIEW TIPS	BUILDING MY SOCCER YOUTUBE CHANNEL	BUILDING MY COLLEGE PROFILES
HOW ITS DELIVERED	BY VIDEO	BY VIDEO	In person or Zoom Meeting	In person or Zoom Meeting	In person or Zoom Meeting
WHO IS DELIVERING	RESEARCH TOOL	RESEARCH TOOL	TBA	CAMERON SCHNAACK	TBA



CURRICULUM

CULTURE PILLAR

STRUCTURE AND SCHEDULE



CURRICULUM

CULTURE

Culture is what you will see, hear and feel in the academy, creating a good culture will bring about a positive climate on and off the playing field. Our game culture will develop the players to have a social and emotional connection to the game. As we want players to enjoy the game through a process that would involve team playing with rhythm, heart and desire. Teams will be a part of a branding journey that will market players through social media, communities and businesses.



CURRICULUM

WHY BUILD A GOOD CULTURE

- Culture is what we SEE, HEAR and FEEL.
- It's the way PLAY, how we ACT and what we SAY.
- Building good social environment and create norms and standards where players would be able to respect each other on and off the field
- Building a good culture will help with development of a good style of play. If we build a cultural environment that supports each others characteristics this will build trust, accountability and support the growth of each player.
- Development of a good culture supports a positive climate for players to develop and continue to be social and emotional connected to the game




CURRICULUM

CULTURE BUILDING SCHEDULE



BFLA CULTURE BUILDING

CALENDAR LAYOUT

	SEPT	OCT	NOV	DEC	JAN	FEB	MARCH	APRIL	MAY	JUNE
POWER WORD	Engagement	Hope	Perseverance	Unity	Sacrifice	Believe	Change	Growth Mindset	Encouragement	Achieve
MONTHLY THEME	Start of Season Year	Cancer awareness	Cancer Awareness	Holiday celebration	New year/ New beginning	Black History Month	Season Changes to Spring	Earth Day	Testing Time	Completion of BFLA
BFLA EVENT	What is your Niche	Players to wear something pick (ribbon etc)	Players to wear something pick (ribbon etc)	Donations for local center	Players Goal Setting	Develop their own "I HAVE A DREAM" speech	Spirit Day Changing the Culture	Tree planting	BFLA Studying tools (video)	BFLA Celebration
WORKSHOP SPEAKER OR VISIT	Teachers sharing their Niche	Cancer Survivors	Cancer Survivors	Center Visit	Parent (PTA) Sharing	Premier Visit	BFLA event layout	Agriculture Department	Motivational Video	POOL Party



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