



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



Football Academy



For more info email
Jesse Sazant - Head of Elite Academies
on jsazant@canterbury.kent.sch.uk

Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school

www.canterburyacademy.co.uk



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Football



Academy

Programme Overview

The Football Academy programme's aim is to support players in progressing to the highest level. It has a philosophy based around the technical and tactical side of the game. Players are taught the skills and understanding required to be successful in men's amateur football, to aid progression through club level and Ryman League football.

A typical week comprises: Team sessions (usually 2-3 training and 1 game), 1-2 team Strength and Conditioning sessions, Individual/Personal gym sessions or technical sessions as needed and club training and games.

The academy has an outstanding £4 million sports centre and gym facility providing top class equipment to support development, including an innovative and personalised strength and conditioning programme.

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme. These are combined with academic study.

Head Coach, Dean Grant, has 7 years experience as a coach working with younger elite players and non-league experience having played at conference level. While coaching at Arsenal FC his success enabled him to work in Iceland and Italy coaching elite players. In his career he has also had the opportunity to identify potential talent to represent England at the Danone Nations Cup and travelled the country in search of elite players.

Student successes include Sam Hallett and Elias Settoutf who were picked last season for Ryman League football; Brady Lillis playing regularly for Kent League football; Wes Miller picked as a goalkeeper, training with a first team and on the bench every week at Ryman level as back up 2nd choice goalkeeper to the first team.



Contact: Dean Grant
Email: dgrant@priestfield.com
Mob: 07711 631882

www.canterburyacademy.co.uk or Telephone 01227 463971