

# BRAZILIAN FOOTBALL ACADEMY

TEACHING THE ART OF  
BRAZILIAN FOOTBALL IN BRUNEI



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## IMPORTANT NOTES

### Uniform

- Each student should buy a practice uniform which is compulsorily to wear at every practice (refer to figure 1.0). Students may buy extra uniforms if they want.
- A football boots must be bought by the student. The head coach can assist on which are the best brands to buy available at the store.



Figure 1.0

### Player's Attendance.

- Every Player are required to bring and scan attendance card during the training (refer to figure 1.1). The academy will charge **BND \$5** for renewal of card.



Figure 1.1

- Students are expected to arrive at the field at least 30 minutes prior to the start of the first class. If student is more than 10 minutes late, he/she might not be allowed to join the class, depending of coach's discretion.

### Training Class

- In case of any cancellation by BFA, classes will be re-scheduled.
- For the student that decides to cancel the training there will be no re-scheduled unless due to medical issue.

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## 1. INTRODUCCION

Welcome to Brazilian Football Academy Sdn. Bhd. We hope that you will enjoy being with us to learn the “Brazilian style” of playing football and at the same time have lots of fun. Can you imagine yourself becoming a football star? In Brazilian Football Academy, you will have the chance to take the first step towards your dream. To achieve this dream will entirely be dependent on you.

Since the past century, Brazilian style of playing football has undoubtedly been recognized worldwide as one of the best in the sports. In recognition of this, we proudly present to Bruneian the BRAZILIAN FOOTBALL ACADEMY.

We are sure, you will find here an opportunity to develop your football skills.

It is very important that you read this handbook carefully and follow the instructions.

Its structure and staff, lessons taught, and some rules for a healthy and conducive learning environment. Therefore, enjoy yourself and welcome to the football world offered to you by Brazilian Football Academy Sdn. Bhd.

## 2. PERSONNEL INVOLVED

2.1 **The Professional staff** is responsible for running the academy’s major activity, which is football education.

- Head Coach:

The Brazilian Licensed Coach Eduardo Peixoto heads the technical aspects of the Centre to ensure that BFA’s system is applied. He has been well-trained and prepared, with extensive experience on the football scene.

- Coach:

Our Coaches work together with the head coach. They also have been well-trained and prepared, with extensive experience on the football scene.

- Assistant Coaches:

BFA has national coaches assisting the coaches during each class.

- Administrative Staff:

Supervised by Paulyne Werneck, BFA staff handles all administrative activities of the academy, such as registration, accounting, finance and public relations.

### 2.2 Assisting Professionals

These professionals are available for BFA secondary activities. They are just as important as the coaches and administrative personnel.



They are responsible for the health and well-being of the athletes whose performance in the field will be directly affected.

### 2.3 Students

Brazilian Football Academy Sdn Bhd does not discriminate against age, sex, race or faith. Anyone may join the program to play football, or any other activity proposed by the School, given that, they are physically capable of participating in the activity. The School classifies the students for training according to their age.

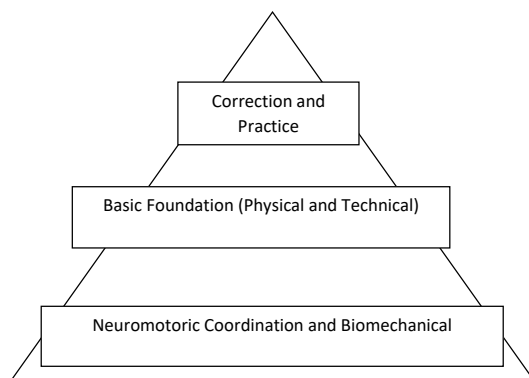
### 2.4 Parents

The parents are directly involved and responsible for their children's interest and progress in the development of their football skills. We encourage the parents to participate in Brazilian Football Academy's activities and also to encourage their children to participate in the games and practices.

## 3. PROGRAM

### 3.1 Methodology

The methodology that will be applied is called the *Brazilian Football Academy Youth Development Program*. The program focuses on three main points listed in the pyramid below:



### 3.2. Modular System

The season runs for the whole year taking approximately 10 to 11 months.

Students registered with Brazilian Football Academy will attend regular classes one or twice a week. A third class (see item 3.3) may be provided depending on the coaches' assessment, the



evaluation results and the availability of time on a schedule pre-determined by Brazil Football Academy.

Regular classes will not exceed more than 25 students per class. Running time for each class will be for a period of 50 minutes minimum and 1.5 hours maximum.

### **3.3 Special and Personal Classes**

There will also be special classes focusing specifically on the training and improving of the neuromotor and biomechanical co-ordination which are important factors for development in this sport.

Each class will have minimum of 6 students and a maximum of 15 allowing each student to receive full attention from the coach.

Personal classes will focus on the physical and technical aspects of football. Students will receive individual supervision to work on and to eradicate their weaknesses pointed out earlier during the regular classes.

The classes will be of minimum 1 hour and attendance will be limited to no more than 5 students.

### **3.4 Course Aspects and Concepts**

Important aspects and concepts will be applied and taught throughout the season, adapting them to limitations of age, sex and level of the students, as summarized below;

**3.4.1 Physiology** is the study of how the body functions. The coaches will outline the importance of this concept, applying it according to age, and highlighting the fact that each person has their own specific characteristics of growth.

#### **3.4.2 Physical**

##### **3.4.2.1 Physical Capacities**

Physical capacities are qualities innate to a person that allow the development of his/her abilities. They are either hereditary or learned. In any sports activity, there are six capacities directly involved. The ability to adapt and control each capacity varies according to age, a factor that is taken into consideration by our coaches. The capacities are:

- ✓ Co-ordination
- ✓ Strength
- ✓ Endurance
- ✓ Balance
- ✓ Speed
- ✓ Flexibility



### **3.4.2 Physical Abilities**

Physical abilities are general or specific acts, predetermined from a certain stimulus. They are learned through practice and experience.

### **3.4.3 Technical and Skill**

Throughout our program, the athlete will be submitted to the following technical exercises and skills.

- ✓ Passes (different types, distances and intensives)
- ✓ Controls (with both feet, thigh, abdomen, chest, head and shoulder)
- ✓ Trapping
- ✓ Shoots or kicks (different types, distances and intensities)
- ✓ Dribbles and feints
- ✓ Mobility
- ✓ Juggle

### **3.4.4 Tactical**

How should I be positioned inside a field? A team can win the World Cup if it has a good tactical strategy. Here the athlete will learn notions of defensive and offensive system both individually and in a group. It may be helpful to hold some theory classes for the athletes to improve their knowledge and understanding of the game. This subject will vary according to age, once each has their own capacity and sensibility of learning.

### **3.5 Friendly Matches and Competitions**

Friendly matches and competitions will be held throughout the season. Every student who has registered and is up-to-date with his or her payment may participate in the matches and competitions. For external matches (national or international), the students will be selected according to the coaches' criteria.

### **3.6 Certificate**

At the end of each season, a "Certificate of Participation in Brazilian Football Academy" will be awarded to each athlete who has participated in at least 80% of the regular classes.

### **3.7 Complementary aspects**

There are other important areas that will be taught throughout the season. These areas influence directly or assist in the process of learning football, consequently improving the athlete's performance.



Not only will the students be able to use this knowledge to improve their skills, but many principles that are taught can also be applied in other areas of their lives.

### **3.7.1. Sociability**

Football is a team game, not an individual sport. We need others and others need us. This lesson is taught both inside as well as outside the school. BFA will have a Social program (see item 3.8) to promote sociability amongst the teammates, staff and the general public.

### **3.7.2. Citizenship**

Moral values will be taught regarding human relationship and importance of being a member of a community. This will allow the students to become better athletes as well as citizens.

### **3.7.3. Discipline**

Disciplinary measures will be enforced and taught throughout the season, assisting in the shaping of the students' character.

### **3.7.4. Nutrition**

The importance of a balanced diet (fats, proteins and carbohydrates) and nutrients needed by the body will be highlighted. This will not only broaden the students' knowledge but also it will allow them to understand the relationship between nutrition and their performance.

### **3.7.5. Counselling**

According to Brazilian Football Academy, these aspects are interconnected and play a vital role in football. The athlete's mind should be totally focused on the game, without external interference. For this reason, Brazilian Football Academy will provide the service of qualified personnel to give particular assistance. Our aim is only to assist the students in this matter for the purpose of improving their skills in the game. We do not discriminate nor disrespect any cultural, social or religious beliefs that the student may hold.

## **3.8. Social Programs**

Brazilian Football Academy's philosophy is to make use of the simple rules of the game to demonstrate some of life's principles to the students. Therefore, several life's activities are integrated into the football training program. Such activities include visits to hospitals, orphanages, old folks' homes, museums, etc. Students are also encouraged to participate in some campaigns which aim to help others.



## 4.0. GENERAL GUIDELINES

### 4.1. Registration

Documents required for the student's registration at Brazilian Football Academy are 01 (one) recent photograph, a filled-in application form, a health certificate (see item 4.2), and payment of the registration fee (BND45).



### 4.2. Medical Certificate

A health certificate from a medical doctor confirming the students' health and physical fitness to participate in football training may be requested by the Head Coach.

### 4.3. Schedule

At the beginning of each month, the event schedule will be available on our social media (Instagram and Facebook). It is the responsibility of each student to check the schedule for his/her activities.

### 4.4. Uniforms

Brazilian Football Academy has two official uniforms:

1. Practice uniform: BFA jersey, blue shorts and white socks.



Each student should buy a practice uniform which is compulsory to wear at every practice. Students may buy extra uniforms if they want.

2. Competition Uniform: BFA yellow jersey, green shorts and blue socks.

BFA will have a set of competition uniforms to loan to the players.

A football boots must be bought by the student. The head coach can assist on which are the best brands to buy available at the store.

### 4.5. Class Cancellations

- Climatic Conditions – In case of rain, for safety reasons, classes may be stopped or cancelled up to one hour in advance. This will only occur if the Head Coach perceives that conditions might endanger the students or damage the field.



- Holiday – Depending on Brazilian Football Academy's Schedule, BFA may or may not be open during particular holidays.
- Field conditions – In case of flooding of the field classes may be suspended. This is to prevent damage to the grass. (e.g. flooding)
- In case of any cancellation by BFA, classes will be re-scheduled.
- For the student that decides to cancel the training there will be no re-scheduled unless due to medical issue.

#### **4.6. Discipline**

Students are expected to behave in a respectful manner towards anyone they meet inside the Academy or at any activity promoted by Brazilian Football Academy.

Brazilian Football Academy reserves the right to suspend temporarily or permanently any student who has shown inappropriate behavior in the opinion of Head Coach or the Academy Director.

We understand and respect each student's physical and technical limits. But it is required from all students to be on time for every academy activity. Students are expected to arrive at the field at least 30 minutes prior to the start of the first class, to change clothes and check administrative matters. If student is more than 10 minutes late, he/she might not be allowed to join the class, depending of coach's discretion.

#### **4.7. Restrictions**

Students are forbidden to carry or use any dangerous object or substances that may cause injury to others or themselves within the Academy or at any activity promoted by BFA. Such as:

- Cigarettes
- Drugs
- Alcohol
- Weapons
- Bracelets, earrings, piercings, watches, necklaces etc.



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