



**The Street Soccer
Junior Academy
(Years 7 to 11)**



Changing Lives Through Football



The Street Soccer Foundation

A national award-winning sport-for-change charity operating throughout England using football as a catalyst to help educate, up-skill and inspire children and young people in communities across the country. The Academy programme seeks to contribute to better and more prosperous future outcomes for all participants creating lasting change and positive impact in their lives and that of their families.

Motivating, inspiring and encouraging Academy participants to improve themselves in a safe, structured and supportive environment, our work empowers students to think and behave in a way that develops their confidence and self-belief, improve their physical and mental health and wellbeing, and to have participants learn not just for knowledge, but for positive action, so those we engage with can reach their goals both on and off the pitch; and inspire others to do the same.

Introduction

Designed as an Alternative Education Provision (AEP), the Street Soccer Junior Academy offers a structured combination of FA-qualified community football coaching, interactive and educational workshops inclusive of Cognitive Behavioural Therapy (CBT), and 1-to-1 mentoring (“Pep Talk”) sessions, delivered through 12 key themes during and throughout the academic school year at partnering Schools and Academy Trusts, designed to address the holistic development of students.

The Junior Academy programme can be booked by the Term and is most often booked and delivered with referred groups of students as a year-round intervention. Each 60-90 minute session is delivered once a week on the same day throughout the academic year, typically replacing lessons on a rotational basis.

The target audience of the Junior Academy is school children in Years 7-11 (ages 11-15), with up to 20 places per group made available for each Junior Academy delivered.

The programme uses football as the anchor sport to engage and inspire students to adopt happier and healthier lifestyles; as well as support those who struggle to engage in lessons and stay out of trouble.

The Football Coaching element (30-45 mins) will support children with their physical and mental health and wellbeing, with facilitated workshops (30-45 mins) to help develop soft skills, added with mindset coaching and tailored mentoring support.

The mentoring sessions will be an integral part of the delivery, with our Wellbeing Mentors offering one-to-one and group support, targeting social, emotional, behaviour and resilience training.

Ultimately, these sessions will seek to enable young participants to improve their self-belief, confidence and resilience, as well as enhance their behaviour and engagement.





Junior Academy Learning Topics

- Session 1: Building Resilience
- Session 2: Being a Team Player
- Session 3: Improving Behaviour
- Session 4: Managing Stress
- Session 5: Coping with Change
- Session 6: Improving Communication
- Session 7: Being Kind
- Session 8: Being Positive
- Session 9: Building Confidence
- Session 10: Stop Worrying
- Session 11: Believing in Yourself
- Session 12: Being the Best You Can Be

The Street Soccer Junior Academy is structured in 4 key phases:

1. Getting to Know You and Your Peers
2. Building Trust and Relationships
3. Acquiring a Growth Mindset
4. Self-Reflection and Success

Our coaching team on each Junior Academy will encourage participating students to journal their learnings and experience during and throughout the programme.

The Street Soccer Foundation is committed to delivering and achieving positive impact and participants on the Junior Academy can be expected to improve their physical and mental health, resilience, confidence, self-esteem, and relationships with their peers, family and teachers.

To learn more and to book the Street Soccer Junior Academy programme please contact Kay Skelton, COO & Head of Community on: kay@streetsoccerfoundation.org.uk or contact: 07429-337-994.