



FOOTBALL PROGRAM

The Marsden State High School Football program is designed to assist in the development of your child as a football player, using their passion for Football to enhance academic successes. The Program places a strong emphasis on creating Student Athletes, succeeding in both their academic endeavours and sporting endeavours. Since its inception the Program has produced many outstanding District, Metropolitan, State and Australian representatives in both football and futsal whilst preparing graduates for life after football be it playing Professionally, Tertiary/University Studies or work placement. With highly qualified staff driven by the Programs newly created goals and philosophies, Marsden State High School has established itself as the dominant Footballing school in the Logan Beaudesert area.

The Football Program unique theoretical and practical components aim to create the complete Footballer through developing:

Skills:

Ball Control, Ball Striking, Ball Distribution

Fitness:

Strength - Hypertrophy and Power exercises taught – AIS programs integrated both in weights room and free weight
Power/Reaction - A range of Plyometric activities conducted carefully balanced with tailored weights programs
Speed and/ Agility - SPARQ program implemented with a tailored game-sense, position specific approach

Knowledge of the game:

Constant video analysis sessions are undertaken allowing students to self evaluate performance. Students are encouraged to develop a greater understanding of their strengths and weaknesses. Evaluation off on field decision making, positional requirements and thought processes are enhanced together whilst developing a strong appreciation of self and peer evaluation.

The school is blessed with adequate facilities including two indoor courts, a fully equipped weight room/ gymnasium, outdoor training facilities and constant access to multimedia classrooms. Students are tested on both Theoretical and Practical (fitness and skills tests) areas – current results as well as previous results of all tests are then provided to the student and parents in the form of a Program Assessment Card.

Theory has been designed to target the interests of the young footballer and is delivered in a relevant context to them. Knowledge of coaching, match analysis, training programs, officiating, nutrition and first aid is all developed over the programs duration. The theoretical component is designed to provide maximum life opportunities for students both in and around the Football arena. Senior students are encouraged to undertake a Certificate II in Community Recreation (fitness approach) together with their Practical training – allowing the students to gain standard 4 points towards their Queensland Certificate of Education AND a Vocational Education Training qualification.

For more information on the Junior or Senior components of the Football Program please contact the school during business hours.

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