

VIRTUAL ACADEMY

PLAYER DEVELOPMENT

PROGRAM



TRAINING PLAN



THE VIRTUAL ACADEMY IS THE ULTIMATE INDIVIDUAL PLAYER DEVELOPMENT PROGRAM, DESIGNED FOR ASPIRING PLAYERS WHO WANT TO TRANSFORM THEIR GAME.

THE PROGRAM WILL FOCUS ON DEVELOPING PLAYERS TECHNICALLY, PHYSICALLY, TACTICALLY AND MENTALLY THROUGH 1ON1 VIDEO CALLS AND MENTORING WITH EX-PREMIER LEAGUE ACADEMY COACH, GLEN HICKS, ONLINE TRAINING TUTORIALS AND TECHNICAL SESSIONS, MINDSET MASTERCLASSES AND Q&A'S WITH HEAD COACH, SAUL ISAKSSON-HURST.

LEARN FROM SOME OF THE BEST YOUTH DEVELOPMENT COACHES FROM ARSENAL, MANCHESTER CITY, TOTTENHAM HOTSPUR, CHELSEA, WOLVERHAMPTON WANDERERS AND THE ENGLISH FA.

CREATED BY
SAUL ISAKSSON-
HURST

YOUR COACHES



SAUL ISAKSSON-HURST, HEAD COACH

Saul spent 10 years as a skills coach at Chelsea and Tottenham Hotspur academies. He now works one-to-one with some of the best young pros and well stocked up players from Barcelona, Arsenal, Chelsea, Tottenham, and many many more!



STEVE SALLIS MINDSET & LEADERSHIP MENTOR

International mindset guru Steve Sallis is a consultant for the English and Scottish FA's and supports several premier league and football league players with mental conditioning support.



GLEN HICKS EX-PREMIER LEAGUE ACADEMY COACH

Glen worked at a Premier Club as an academy coach with over 20 years in the coaching game. Glen will be leading on the player development with 1on1 video call to receive feedback and discuss how you can reach your full potential.



SCOTT CHICKELDAY ATTACKING COACH AND EX-TOTTENHAM HOTSPURS COACH

Ex-Lead Coach at Tottenham Hotspur and QPR with over 12 years in the academy system. Scott specialises on all areas of forward attacking play.



MARC CAMPBELL FORMER-ASSISTANT ACADEMY MANAGER WOLVERHAMPTON WANDERERS

Marc has experience developing youth players at Wolverhampton as well as an Academy Auditor for Premier League Academies.



MARK REES EX-MANCHESTER CITY ACADEMY COACH

Mark worked at Man City for many years helping develop some of the best young players including Englands Phil Foden.



CHARLIE QUIGLEY S&C SPECIALIST MIDDLESBROUGH FC

Charlie works on athletic development at Middlesbrough FC helping to develop youth players strength and conditioning.

OCTOBER 2021

M	T	W	TH	F	S	S
18 WELCOME TECHNICAL SESSION WITH SAUL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	19 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	20 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	21 30 MINUTES PRACTICE TIME	22 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	23 PLAYER OF THE WEEK ANNOUNCED	24 1-ON-1 VIDEO CALL WITH PREMIER LEAGUE COACH*
25 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	26 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	27 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	28 30 MINUTES PRACTICE TIME	29 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	30 PLAYER OF THE WEEK ANNOUNCED MINDSET MASTERCLASS	31 PLAYER PERFORMANCE REVIEW*

NOVEMBER 2021

M	T	W	TH	F	S	S
1 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	2 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	3 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	4 30 MINUTES PRACTICE TIME	5 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	6 PLAYER OF THE WEEK ANNOUNCED	7
8 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	9 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	10 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	11 30 MINUTES PRACTICE TIME	12 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	13 PLAYER OF THE WEEK ANNOUNCED	14 LIVE Q&A AND REVIEW CLASSROOM WITH SAUL
15 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	16 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	17 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	18 30 MINUTES PRACTICE TIME	19 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	20 PLAYER OF THE WEEK ANNOUNCED	21
22 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	23 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	24 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	25 30 MINUTES PRACTICE TIME	26 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	27 PLAYER OF THE WEEK ANNOUNCED MINDSET MASTERCLASS	28 1-ON-1 VIDEO CALL WITH PREMIER LEAGUE COACH*
29 SAUL TECHNICAL SESSION	30 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY					

DECEMBER 2021

M	T	W	TH	F	S	S
		1 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	2 30 MINUTES PRACTICE TIME	3 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	4 PLAYER OF THE WEEK ANNOUNCED	5 PLAYER PERFORMANCE REVIEW*
6 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	7 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	8 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	9 30 MINUTES PRACTICE TIME	10 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	1 PLAYER OF THE WEEK ANNOUNCED	12 LIVE Q&A AND REVIEW CLASSROOM WITH SAUL
13 SAUL TECHNICAL SESSION 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	14 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	15 TRAINING TUTORIAL 20 MINUTES WATCH TIME 10 MINUTES PRACTICE TIME	16 30 MINUTES PRACTICE TIME	17 30 MINUTES PRACTICE TIME UPLOAD YOUR TRAINING VIDEO TO THE TEAM LIBRARY	18 PLAYER OF THE WEEK ANNOUNCED 	19
20 CHRISTMAS BREAK.	21 CHRISTMAS BREAK.	22 CHRISTMAS BREAK.	23 CHRISTMAS BREAK.	24 CHRISTMAS BREAK.	25 CHRISTMAS BREAK.	26 CHRISTMAS BREAK.
27 CHRISTMAS BREAK.	28 CHRISTMAS BREAK.	29 CHRISTMAS BREAK.	30 CHRISTMAS BREAK.	31		

JANUARY 2021

M

T

W

TH

F

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1

2

CHRISTMAS BREAK.

3

SAUL TECHNICAL SESSION

20 MINUTES WATCH
TIME
10 MINUTES
PRACTICE TIME

4

30 MINUTES
PRACTICE TIME

UPLOAD YOUR
TRAINING VIDEO TO
THE TEAM LIBRARY

5

TRAINING TUTORIAL

20 MINUTES WATCH
TIME
10 MINUTES
PRACTICE TIME

6

30 MINUTES
PRACTICE TIME

7

30 MINUTES
PRACTICE TIME

UPLOAD YOUR
TRAINING VIDEO TO
THE TEAM LIBRARY

8

PLAYER OF THE WEEK ANNOUNCED

MINDSET MASTERCLASS

9

1-ON-1 VIDEO CALL WITH PREMIER LEAGUE COACH*

10

SAUL TECHNICAL SESSION

20 MINUTES WATCH
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10 MINUTES
PRACTICE TIME

11

30 MINUTES
PRACTICE TIME

UPLOAD YOUR
TRAINING VIDEO TO
THE TEAM LIBRARY

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TRAINING TUTORIAL

20 MINUTES WATCH
TIME
10 MINUTES
PRACTICE TIME

13

30 MINUTES
PRACTICE TIME

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PRACTICE TIME

UPLOAD YOUR
TRAINING VIDEO TO
THE TEAM LIBRARY

15

PLAYER OF THE WEEK ANNOUNCED

16

PLAYER PERFORMANCE REVIEW*

17

SAUL TECHNICAL SESSION

20 MINUTES WATCH
TIME
10 MINUTES
PRACTICE TIME

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UPLOAD YOUR
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TRAINING TUTORIAL

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22

PLAYER OF THE WEEK ANNOUNCED

23

LIVE Q&A AND REVIEW CLASSROOM WITH SAUL

***1ON1 VIDEO CALLS**

SCHEDULE CALLS WITH PREMIER LEAGUE COACHES TO DISCUSS YOUR TRAINING IN THE VIRTUAL ACADEMY AND YOUR TEAM, AFTER EACH 1ON1 VIDEO CALLS YOU WILL RECEIVE YOUR PLAYER PERFORMANCE REVIEWS HIGHLIGHTING YOUR STRENGTHS AND WHAT YOU NEED TO BE WORKING ON.

YOU WILL BE INVITED TO YOUR 1ON1 VIDEO CALL EVERY MONTH VIA CALENDLY.COM, YOU CAN PICK YOUR TIME AND DATE TO SUIT YOUR SCHEDULE.

THE VIDEO CALLS ARE SUITABLE FOR ALL TIMEZONES AND TIMESLOTS WILL BE RELEASE FOR WEEKDAYS AND WEEKENDS.

CLICK HERE TO

SAVE YOUR SPOT