

EXTRAORDINARY
BEDE'S



Bede's Football

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Our Vision

To get the best out of every individual we work with and provide every player with a future football pathway once they leave Bede's.

The Bede's Way

At Bede's we have determined six key values of Teamwork, Respect, Enjoyment, Humility, Discipline and Leadership, which underpin all of our sports provision.

Bede's Participation Programme

Participation is a key part of Bede's sporting philosophy. Every pupil, no matter what their sporting ability, has access to our comprehensive training opportunities, facilities and top-level coaching to encourage a love of sport for life.

In football, Bede's fields six senior teams and three junior teams at Years 9 and 10, allowing for high levels of participation. All coaches are given CPD training to ensure that all teams, no matter their level, play and train the Bede's way. Players move across teams throughout the season reflecting on their progress, efforts and attitude. All participation teams (U14A, U14B, U15A, U15B, Senior 1st XI, 2nd XI and 4rd XI) play across two terms, allowing pupils to play a full season from August to April - a unique model in Independent School education. All participation teams train twice a week and play matches every Saturday. All teams are mixed with girls and boys playing alongside one another across all age groups and abilities. We also run a Girls Football Programme in the Spring and Summer Terms.

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Bede's Elite Football Programme

A typical week of a Bede's Senior HUDL 1st XI Footballer:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30 - 4.30pm Squad training 4.45 - 5.45pm Yoga	2.30 - 4.30pm Squad training	5.15 - 6.30pm Video analysis	2.30 - 4.30pm Squad training or tournament fixture	1 - 2pm Lunchtime pool recovery session	Game day	Rest day

A typical week of a Bede's Junior A Team Footballer:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30 - 4.30pm Squad training 4.45 - 5.45pm Yoga	11am - 12pm Small group session 2.30 - 4.30pm Squad training	Rest day	2.30 - 4.30pm Squad training or tournament fixture	9.30-10.30am Small group strength and conditioning	Game day	Rest day

Bede's 1st XI Senior and Junior teams play between 25 and 35 matches per season against some of the top schools in the country, as well as in Premier League academies such as Brighton and Hove Albion and Crystal Palace. Our comprehensive fixtures schedule ensures that pupils consistently play in high-level matches, allowing them to be challenged and to progress.

Football Tours

Every year, Bede's Football department tours to top European academies. In the past four years, we have visited AFC Ajax in Amsterdam, The Netherlands, Real Madrid and Atletico Madrid in Spain and SL Benfica Lisbon in Portugal.

Facilities

Pitches - Bede's has seven high quality, full size grass pitches as well as a 3G astro.

Strength and Conditioning - our Advanced High Performance Strength and Conditioning coach, Tony Morriss, is on hand to provide programmes and advice in our state-of-the-art gym, which features a range of free weights, resistance machines and CV machines.

Yoga - the MJ Pavilion provides a beautiful environment for a yoga studio in the winter months.

Swimming pool - our six lane, 25m pool is regularly used for fitness and recovery sessions by the footballers.

Video analysis - room for small group and one-to-one video analysis sessions.



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Recent Developments

In 2018, Bede's became one of the few schools to be invited to take part in the HUDL National League (which we were delighted to win in the 2019-20 season). Shortly afterwards, the School invested in video analysis technology, with games recorded and uploaded to the HUDL, which can be accessed by all players.

Our Scholarship Development Programme was launched in the same year. This featured a year-round series of workshops, ranging from nutrition masterclasses to sports psychology talks, all designed to develop athletes in all areas.

January 2019 saw the introduction of Playertek tracking, which enables the coaching staff to monitor players' workload as well as gain valuable insight into metrics including top speed, distance covered and average position during a game.

Weekly yoga sessions were introduced to the Senior 1st XI in the 2018-19 season, and the result in terms of injury prevention and the players' mental wellbeing have been outstanding.

We also offer swimming recovery and hydrotherapy sessions on Fridays, which has assisted with players' recovery after midweek cup matches in preparation for Saturday games.

Formal fitness and profiling testing was introduced in 2018. All Sports Scholars and 1st XI footballers are tested in a variety of assessments, and the pupil's results and progress are monitored throughout their time at the school to ensure that they are meeting their goals and targets.

Bede's 1st XI also play top UK universities, which enables players wishing to go down this particular pathway to establish connections and gain valuable experience.

Bedes' Football Pathways and Individual Success Stories

The main aim for Bede's football is that pupils continue playing the beautiful game after they leave Bede's, whether recreationally or professionally as outlined in the pathways below.

Professional Contracts

Solly March - Brighton and Hove Albion Premiership footballer

Ellison Wright - signed by Crystal Palace in 2019 on a two year professional contract

James Norwood - current League 1 player for Ipswich Town

Isaac Drogba - signed by Guingamp FC in the French Premier League on a two year professional contract.

British Universities

Many Bede's 1st XI footballers have gone straight into top UK university football sides including: Tommy Trenaman, Loughborough, Jacob Merrick, Loughborough and Jack Dunkley, Bath

American Universities

A number of Bede's pupils have gained entry into top USA universities, often on large scholarships including:

Matthew Pickering, Dartmouth Football Scholar 2018, IVY Leagues 1st XI All Star

James Stone, McKendree University, All Star GLVC League

Leilanni Nesbeth, Florida State University, starting 2019

National Representation

Nahje Smith, Bermuda U17

Kellie Larkin, England U17

Leilanni Nesbeth, Bermuda, U18

ISFA Representatives

Toby Brown U14 2018-19

Tom Howard U16 2018-19

Nahje Smith U17 2018-19

Tom Collins U17 2018-19

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Key Football Staff



Dave Caryer, Director of Football at Bede's is a FA Youth Award UEFA B coach with 15 years of coaching experience working with 11 to 18 year olds. Dave has overseen the development of many fantastic footballers from Bede's. He joined Bede's in 2009 as Director of Junior Football before taking on the Director of Football role in 2013.



Olly Davies, Football Coach at Bede's is an ex-Bedian and founder of Swerve Soccer. At 19 years old, Olly embarked on a football coaching programme along the West Coast of America. He discovered his talent for youth coaching and went on to set up Swerve Soccer Camps, providing development programmes, clubs and residential camps for budding footballers at youth level. He works across a variety of teams as a lead coach.



Dan Harding, Football Coach at Bede's and ex-pro is an UEFA B level coach. He was first scouted at Bede's Prep School aged 12, and was signed to the Brighton and Hove Albion youth scheme by the age of 16. Dan has been capped four times at U21 international level. He currently overseas the Junior Football Academy as well as working one-to-one with our elite players.



Tony Morriss, Director of Strength and Conditioning at Bede's, is a high performance strength and conditioning coach with 20 years' experience. He has worked with elite athletes, many of them who are now at professional clubs. He works with the football teams providing group and one-to-one strength and conditioning training and advice. All players are given tailored programmes, which they are expected to follow and log.

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