

Program Structure, Resources, and Content 2025/26

June 2025



WHAT ARE THE ISSUE

At this moment we in Bermuda are trying to teach tactical development and proficiency without first teaching the players Technical and Positional development

Further, we know that players will continue to play if THEY ARE IMPROVING. Our aim is to keep as many players in the game as possible for as long as possible.



CHILDREN AGE 6 - 11

HOW? Through organized varied and fun activities.

WHY? We know that at this stage children learn through fun activities, which will be designed to develop:

- Social Skills

- Motor Skills

- Technical Skills

- Small Group Skills



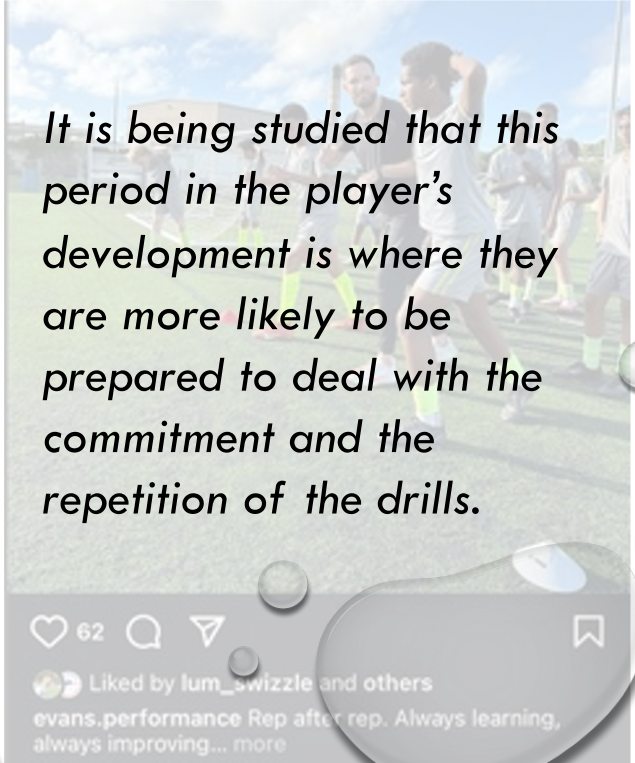
EARLY ADOLESCENT AGE 12-15

This stage of the player's development must be focused on their technical abilities, through drills that target many critical areas, with lots of repetitions.

The technical development will also include position specific work and understanding.

HOW? Each technical area is studied via well organized drills, fun games, and small sided games, using a rolling schedule throughout the season.

WHY? Because in football time is equal to space, the faster they can prepare the ball, the more space they will have, thus creating more options for the player.



It is being studied that this period in the player's development is where they are more likely to be prepared to deal with the commitment and the repetition of the drills.

62
Liked by lum_swizzle and others
evans.performance Rep after rep. Always learning, always improving... more

ADOLESCENT AGE 16-18

This period is where most Tactical Development is being done, while also focusing on other important aspect like:

Strength and Conditioning with a tactical solution

Position specific exercises supporting the tactical development



Teaching Resources

*To put on over 1,000 sessions
every season resources, facilities,
and curriculum must be fully
integrated in a seamless offering*

PLAYER CARE

Daniel Morgan and his staff at Performance Rehab will offer Bascome Football School the following:

- Injury Risk Assessment and Prevention Program
- Lecture series on nutrition, hydration, and other relevant topics
- Weekly triage session at the BAA field for all U13/15/18 players
- All co-payments capped at \$40, and once a player max out under policy, the total payment will remain at \$40/session



Visit our website at www.prltd.bm or scan the QR code below to learn more about us and our services.



38 Serpentine Rd across from Belco
T: 297-3422
E: perf.rehab@gmail.com



FACILITIES

- ✓ Goose Gosling Field
- ✓ Saltus Grammar School Fields
- ✓ BHS Gym
- ✓ Saltus Gym
- ✓ BAA Gym



Lights

Flat surfaces

Gyms

Parking and youth focused

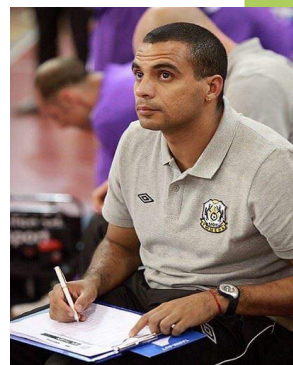
CURRICULUM DEVELOPMENT

- ✓ Bermuda's only full-time technical director of football with over 40 years of experience at all levels of football from MNST to Foundation
- ✓ Only age-appropriate Bermuda centric football syllabus built off Jacques Crevoisier's and Andrew Bascome's extensive collaboration work over 10 years



TEACHING RESOURCES

Coach	Level
Andrew Bascome	No further introduction required
Farid El Farka	UEFA A licensed having worked as youth talent developer in UK
Junior	Degree in Phys Ed Brazilian Futsal Coach Licenses Irish UEFA B coaching courses excl. exam
Liam Evans	MSc in Exercise Science Youth Athletic Development focus
Drewonde Bascome	Bermuda C license Ex-National team Senior Coach St Georges
Tyrell Burgess	CONCACAF C Ex-National team player NCAA Div II player Vancouver Whitecaps FC



TEACHING RESOURCES

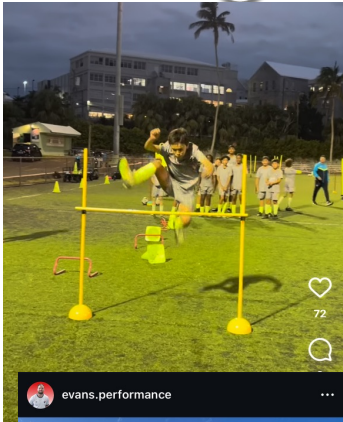
Chevone Armstrong
Rob Bernardino
Martin Brown
Showande Butterfield – Premier League Player
Craig Ferguson
Jemain Furbert – Recently Retired Premier League Player
Tim Furr
Sergio Goater – Premier League Coach
Brian Hayne
Thomas Jecoa* - Premier League Player
Ken Mahadeo
Colin McQueen
Desmond Mello
Mark Mills – Premier League Coach
Fredrick Oladapo
Jibri Salaam* - Recently Retired Premier and National Player
James Troughton
Darren Whitehead*



*) Doesn't have
player in program

TEACHING RESOURCES

Modern technology and development methodologies are continuously being incorporated in pursuit of the optimal platform for individual player development



ACCREDITATION



- ✓ Unique access to the USL Network, Resources and Pathways



USL Academy Cup Results 2024 vs 23

	U13	U15	U20
Increase in number of teams	11	9	0
Improvement in overall standing	0 positions improvement	11 positions improvement	8 position improvement
Percentile	No change in ranking, but won division title	From 93 to 65 percentile	From 92 to 71 percentile
Goal difference improvement	+17 goals*	+4 goals	0 goals*
Number of games with clean sheet	100%	75%	50%

OUR TEACHING ARSENAL

Extension
Courses*

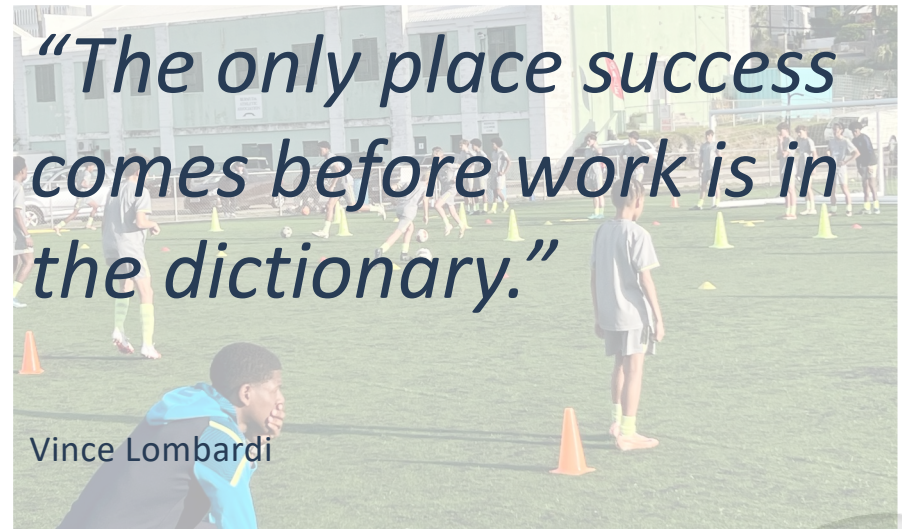
Camps*

Weekly Group
Sessions

*) Are open to all Bermuda football players



Curriculum & Season Layout



BACK TO BASICS

Understanding of, and proficiency in these building blocks will improve a player's path to success significantly regardless of their starting point

- Passing
- Shooting
- Controls
- Dribbling
- Heading



The difference between a pro and an amateur is that the pro turns the basics into second nature, making the extraordinary look effortless

PASSING

- Long pass
- Short pass
- Reverse pass
- Instep drive
- Inside of foot
- Outside of foot
- Crossing



SHOOTING

- Instep
- Inside
- Outside
- Inside instep
- Volley
- Half volley
- Side volley



CONTROLS

- Chest
- Thigh
- Sole
- Outside
- Inside
- Head



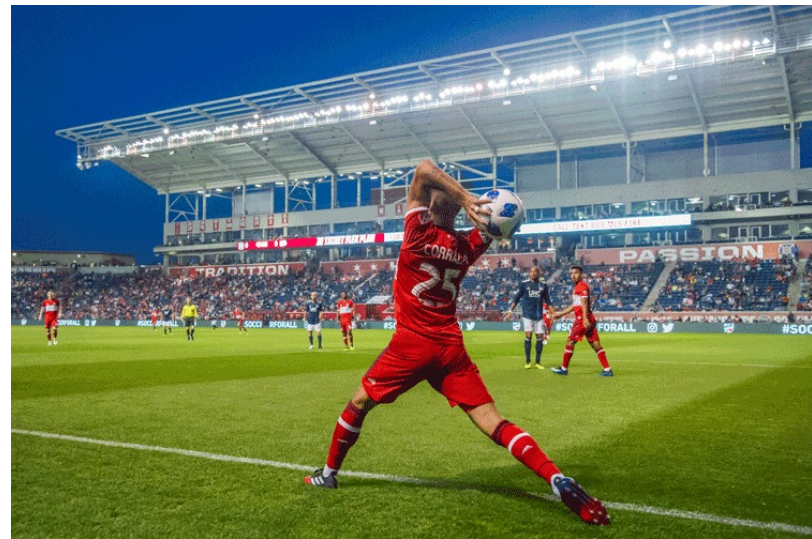
DRIBBLING

- Turning
- Feints
- Acceleration



OTHER SKILLS AREAS

- Throw Ins
- Heading
 - Defensive
 - Offensive
 - Diving
- Defending
 - 1v1
 - 1v2
 - 2v2
 - 3v2
 - 3v3



YEARLY SCHEDULE

- Each subarea within a skills area will be covered in the curriculum
- Once all subareas of a particular skills area has been covered, the curriculum will start over, however level of intensity and complexity will increase



WEEKLY SCHEDULE

For age 11 – 18

Monday:	Passing/Controls
Tuesday:	Dribbling
Wednesday:	Conditioning & Shooting
Thursday;	Tactical & Game Prep



DAILY SCHEDULE

Warm-up
Ball
mastery

Technical
Drills

Fun
Games
built
around
Technical
Drill

Game



HOW TO REGISTER FOR OUR PROGRAMS

Visit Bascome Football School's web site at www.fcbascomebermuda.com for information and to register your player in our programs, including camps

To pay the Registration Fee and Program Fees please visit our payment portal at www.shop.fcbascomebermuda.com

For any questions or issue please email us at registration@fcbascomebermuda.com



Football Matters, and we know it and practice it

