

FUTURO 2025: FOCUSING ENHANCED ATHLETIC AND ELITE TECHNICAL PERFORMANCE

About the Sessions

In 2025, every FUTURO session will focus on two distinct components to unlock the full potential and achieve peak athletic performance in players at every level. Our multiple Olympian, Du'aine, will focus on athletic performance, seeking to improve speed, agility, power, and coordination. Pat Weir's team will emphasise the development of technical skills, elevating player performance on game day. The program is designed to support players at all levels to be the best they can be.

Where and When?

Sessions will run on Monday afternoons at LM Graham Reserve (north end of Grahams 2). The first 8-week program will commence on Monday, 31st March, and we will break during the school holidays. There are two sessions to select from:

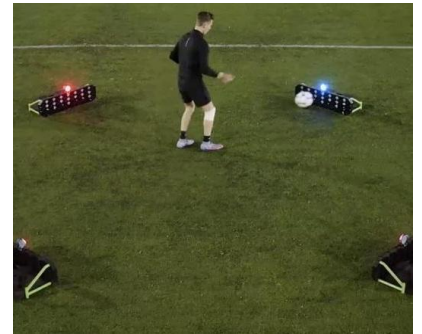
- Session 1: starts at 4 p.m. and runs through 5.30 (nine places available at time of writing)
- Session 2: starts at 4 p.m. and runs through 5.30 (sorry, this session is now full)

In each session, the coaches will form two groups, both working with a football. One group will start the session with Luca and his team, focusing on technical skills, while the other will work with Du'aine on their athletic development. There will be a brief break mid-way through the session, after which the groups will swap over.

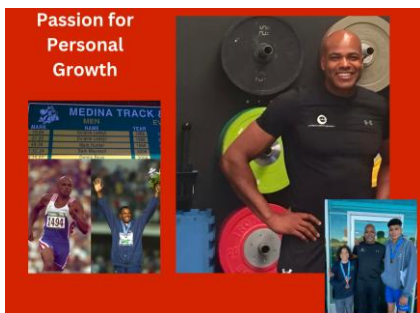
Group 1: The football development program recognises the importance of giving our kids a strong foundation in technical skills under pressure and fatigue scenarios, which players experience throughout matches. We want the best for every player within our club, and Pat's proven format provides a unique learning technique that incorporates technical skills, 1v1s, shielding, chasing, and dribbling, as well as 2v2 scenarios designed to create intensive game-like scenarios, shoot-on-sight moments, and more.

Group 2: The Athletic Development Program incorporates:

- **Speed Development:** The focus is to enhance short sprint performance and technique.
- **Jump Higher Program:** Boosts lower-body explosion for improved vertical jumps.
- **Agility Training:** Enhances lateral speed and quick direction changes.
- **FRX Training:** Improves gameplay and ball reaction time using BlazePod technology.



Let's take a moment to meet the team...



Du'aïne Ladejo serves as the Head of Athletic Development at Brookvale FC. Du'aïne is a double Olympic Medallist and the Head Performance Coach at Ladejo Sports Academy. *I am excited to share our plans for FUTURO 2025 at Brookvale FC, integrating my LSA elite performance program with Brookvale FC's flagship player development program, FUTURO.*



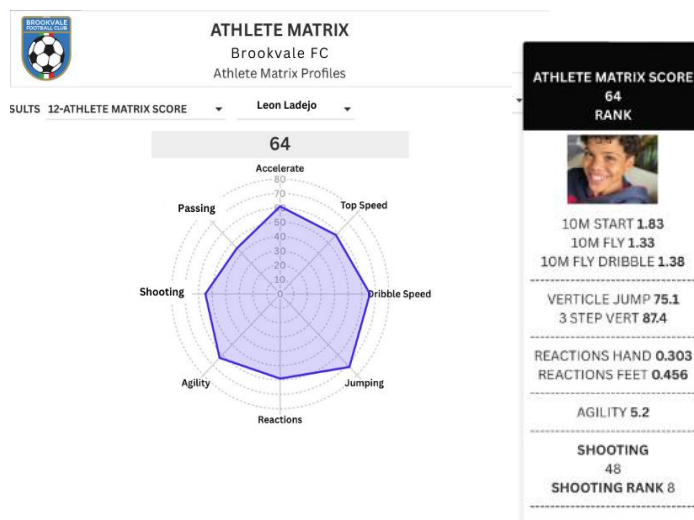
Patrick Weir is the founder of Game Ready Football. Pat, who spent 5 years playing professional football in Europe, will plan and set up the football sessions for FUTURO. Pat has guided more than 60 Northern Beaches players into NPL, A-League, and National Youth teams).



Luca Cavaliere is a current 1st-grade player at Brookvale FC, has won the Premier League and NSW championships with us, and coached at Manly United. A true gentleman, Luca brings an excellent understanding of mentoring young players to help them achieve their best personal performance.

FUTURO 2025 includes a personalised Athletic Profile for every player

Every player will be tracked throughout their FUTURO 2025 journey, building a comprehensive Athlete Matrix Profile that helps identify strengths and opportunities for improvement. We will reflect on this individualised statistical information as players progress through the program. At the end of the 8-week program, each player will receive a detailed profile, including personal statistics on core skills such as shooting and passing.



Ready to go?

Access the best coaches in the business through the 8-week FUTURO program, priced at just \$240, which is tax-deductible. Please [click here](#) to register or email futurobfc@gmail.com with any questions.