



Thank you for choosing Adam Casey's Football Academy!

As a husband-and-wife team, we are offering you a holistic coaching clinic that will focus on your Mind, Body and Soul.

Sessions run all year round, on weekdays and weekends, this also includes school holidays.

What to bring to your session: *Boots, water bottle, hat, sunscreen and wear loose sports clothing.*

PROFILE ON ADAM

I have over 30 years' experience in the sport I've devoted most of my life too. This devotion has taken me to many countries, representing Australia in youth World Cups and Olympic qualifiers, playing in the A-League and winning championships with Sydney FC. I know what it takes to become a professional player. I also know what it takes to go through hard times on and off the pitch. My goal is that every and any player that comes to us becomes an improved more confident player and young person. Despite your ability, age, or experience, if you have a passion for the game, we want you in this academy. We take a hands on & holistic approach to training and development. As an individual coach we will tailor sessions for the individual, I take a hands-on approach to training through my own participation bringing my own ability and skill set to help challenge you, we also analyze the client on each component of the session, always striving for improvement. Additionally, we will come to watch you as our client, play a game for your association club to further holistically assess where improvements can be made and tailor further sessions accordingly.

What my expectations from you as a client:

To give your best effort, I will not compare you to others, all I ask is you give 100% during our sessions and practice what you have learnt between sessions

It's important that you are respectful and listen, you should be open to suggestions and willing to try.

Be on time and put your phone in your bag once you arrive for your session.

Ask questions and be honest and open.



My Sporting Achievements:

2003 Australia u17 Joeys

2008 Australia u23 Olyroos

2008 AFC Asian Champions League (Sydney FC)

2010 A-League Premiers & Grand Final winner

- Coached by Ange Postecoglou (current Celtic FC Manager) from u15 – u20

- FIFA u17 World Cup Finland 2003

- Oceania Champions u17

- Asian qualifiers for Beijing Olympics 2008 Olyroos

- QLD Representative u11-u14 A.C.T representative u15-u16

- A-League Champions and Premiers (Sydney Football Club)

Youth Football Experience:

1997-2000 Queensland Academy of Sport (Q.A.S).

2000-2001 ACT Academy of Sport (ACTAS).

2001-2004 Australian Institute of Sport-Football scholarship (A.I.S).

From a range of experienced coaches - Steve O'Connor, Ray Junna, Mike Milovanovic, Graham Arnold acquired:

- training methods

- varieties of technical & tactical drills

- skills acquisition and mentality

Experienced firsthand world-class level of youth training programs particularly through the A.I.S program

Able to experience youth programs in different parts of the world including Boca Juniors (Argentina), Arsenal youth (England), Milk Cup Tournament (Northern Ireland), Viareggio Cup World Football Tournament (Italy). As well as time spent with EPL club Southampton at 15 years old.

Professional Football Experience:

2005-2006 Wollongong Wolves FC.

2007-2008 New Zealand Knights Football Club.

2008-2012 Sydney FC.

2013-2014 North Queensland Fury FC.

2015-2018 Dandenong Thunder, APIA Leichhardt, Rockdale City Suns

A little about Kylie

My role as the Sports Chaplain is to attend your training sessions, assist Adam during those sessions and be a friendly face for you and your family. Think of me as the face that is always present and when you are needing someone to talk to for any reason, whether it be during a personal crisis, dealing with injury, feeling stressed or overwhelmed due to pressure to succeed, I will be the nonbiased, non-judgmental person you can turn to. I'm here to offer my time to you mentally, emotionally, and spiritually.

Having worked in childcare for more than 15 years, trained as a Sports Chaplain and Youth Worker, I have learnt to listen and communicate in a compassionate manner.

I have supported family and friends through depression and hard times and know what a difference it has made by having someone to talk to.

I have watched and supported my husband through his recent years playing football and battling injuries and the pressures he places upon himself.

My aim is to help you to find a healthy balance in your life!

