



## Football South Coast Player Development and Pathway Guide

At Football South Coast we have a belief and passion that junior player development is vital to ensure the quality of football in this region. Junior development is not only about our representative players - it is fundamentally about grass roots development.

Our aim is to offer a wide range of programs for our juniors and to provide a platform to show learn new skills and techniques in a fun, inclusive and safe environment, under the guidance of our highly qualified coaching staff.

The purpose of this document is to provide an overview of each of our programs which include School Holiday Clinics, Academies, the FNSW Skills Acquisition Program (SAP) and the FNSW Regional Conference Competition.

Each program is underpinned by the national curriculum and provides motivation in a friendly environment for young players to progress at their own rate.

One of the building blocks that we encourage is the Discovery and the Skills Acquisition phase.

During the Discovery phase we allow a lot of varied fun football related games and encourage the beginning of fundamental techniques. In other words, we just love them to play. During the Skills Acquisition phase, our FSC coaches provide a solid foundation for technical skills.

## School Holiday Clinics



### What Are School Holiday Clinics?

- Football Clinics run throughout the school holidays.
- Discovering Football through fun, Interactive, engaging activities for 5yrs -13yrs to develop their footballing skills.
- Discover football in accordance with Football Federation Australia's National Curriculum building blocks for junior development.
- Develop the 4 core skills, first touch, running with the ball, 1v1 and striking the ball.
- Have fun.
- **Talent Identification by our highly qualified coaches for further development programs.**

## Peoplecare FSC Academy



### What is the Peoplecare Academy?

- Development Program for players 6-13 years of age and 10-15 years of age for Goal Keepers.
- Play for your local club but train with FSC highly qualified staff
- No selection process. Everyone is welcome.
- An intensive development program designed in accordance with Football Federation Australia's National Curriculum Guidelines for junior development.
- Discovering football through, fun, interactive and challenging activities.
- Develop the 4 core skills, first touch, running with the ball, 1v1 and striking the ball.
- Academy locations – Wollongong, Oak Flats & Bulli – **Monday & Wednesday.**
- **Talent Identification by our highly qualified coaches for further development programs and our regions elite teams.**

## Peoplecare FSC Academy (Girls)



### What is the Peoplecare Girls Academy?

- Development Program for girls U6s – U8s and U13s - U15s
- Play for your local club but train with FSC highly qualified staff
- No selection process. Everyone is welcome.
- An intensive development program designed in accordance with Football Federation Australia's National Curriculum Guidelines for junior and youth development.
- U6s – U8s training focuses on the discovery phase of football through, fun, interactive and challenging activities.
- U13s – U15s training focuses on Game Training Phase preparing players with functional game skills and developing tactical awareness.
- **Talent Identification by our highly qualified coaches for further development programs and our regions elite teams.**

## Skills Acquisition Program (Girls)



### What is the Girls Skills Acquisition Program?

- Our philosophy is to identify and coach young girls who have ambitions to play for the Illawarra Stingrays.
- The program will be run by FSC Technical Director and FSC highly qualified coaching staff.
- Our program is consistent with the FFA National Curriculum and FNSW Goals and Objectives in line with the Skills Acquisition Program (SAP).
- The program will provide young talented players an opportunity to experience an enhanced football environment, above that provided in community football that will prepare them for the technical and tactical challenges of National Premier Leagues Competitions.
- Play for your local club but train with FSC highly qualified staff
- SAP is for girls aged U9 to U12.
- **Talent Identification by our highly qualified coaches for our regions elite teams – Illawarra Stingrays and South Coast Taipans.**

## Football South Coast Development Squads



### What are FSC Development Squads?

- These programs are structured to include club involvement, where club coaches and coaching coordinators identify and nominate club players who have the potential to continue on the FSC pathway to representative teams which include SAP, RCC (Regional Conference Competition), South Coast Wolves and the Stingrays (Girls).
- Give opportunities for players to improve skills and techniques under the guidance of the FSC Technical Director, FSC Assistant Technical Director and accredited coaching staff.
- Continue identifying talented club players.
- Allow costs associated with these programs to be covered by FSC.
- Program designed for:
  - U8 and U9 Boys
  - U10 and U11 Boys
  - Combined U8 and U9 Girls
  - U10 and U12 Girls
  - Goalkeepers aged 10-15
- 6 week training program and Gala Day.

## Skills Acquisition Program (SAP)



### What is the Skills Acquisition Program?

- A representative program for the regions most talented U9, U10 & U11 players.
- Selection based criteria through trials.
- Trials open to all juniors.
- Those successful in selection into the program no longer play for their local club team.
- SAP squads represent Football South Coast in the Football NSW run competition.
- The program will provide young talented players an opportunity to experience an enhanced football environment, above that provided in community football that will prepare them for the technical and tactical challenges of FNSW National Premier League competitions.
- The program is run by FSC Technical Directors and our highly qualified staff.
- **Talent Identification by our highly qualified coaches for our regions elite teams - South Coast Wolves, Illawarra Stingrays and South Coast Taipans.**

## Regional Conference Competition Squads (RCC)



### What is the Regional Conference Competition

- In conjunction with FNSW this program will provide youth male players a development opportunity between community and Football NSW Premier League football. The Regional Conference will prepare players for the tactical and technical challenges of FNSW Premier League competition.
- Selection based criteria through RCC trials
- Trials open to players U12-U15
- Those successful in being selected into the program continue to play for their local club team
- RCC squads represent Football South Coast in the FNSW Regional Conference Competition
- **Talent Identification by our highly qualified coaches for our regions elite teams - South Coast Wolves**

## Metro Far South State Squads



### What are the State Titles?

- The Football NSW State Titles are conducted annually for Boys Grades u12 - 15 and Girls Grades u12 - 14 - 16 and are an essential part of the recognised pathway for State Team selection.
- The titles are split between July and September for selection purposes and are traditionally held in the Country areas to promote the games in the rural areas of the state of New South Wales.
- Players must reside in the Illawarra or Sutherland shire and trial for selection to represent each age group.
- **Talent Identification opportunities into NSW State Teams, AIS and National Teams.**

## South Coast Wolves



### Who are the South Coast Wolves?

- The South Coast Wolves are the regions elite Semi Professional football club competing in the NSW National Premier League.
- The National Premier League is the highest tier of football in NSW and underpins the Hyundai A-League.
- Selection based criteria through South Coast Wolves trials.
- Trials open to all ages U12-U20s.
- Those successful in selection into the South Coast Wolves no longer play for their local club team.
- **Talent Identification opportunities into NSW State Teams, AIS and National Teams.**

## Illawarra Stingrays



### Who are the Illawarra Stingrays?

- The Illawarra Stingrays are the regions elite woman's football club competing the NSW National Premier League
- The National Premier League is the highest tier of football in NSW for woman and underpins the Hyundai W-League
- Selection based criteria through Illawarra Stingrays trial.
- Trials open to all ages U13-U17s.
- Those successful in selection into the Illawarra Stingrays no longer player for their local club team.
- **Talent Identification opportunities into NSW State Teams, AIS and National Teams.**

## South Coast Taipans



### Who are the South Coast Taipans?

- The South Coast Taipans are the regions elite Futsal club competing in the NSW State League
- The NSW State League is the second highest tier of Futsal in NSW and underpins the NSW National Premier League
- Selection based criteria through South Coast Taipans trials.
- For ages 12s, 14s, & 16s Boys, 13s 15s & 17s Girls, AWD (athletes with disabilities), Development Academy (10s & 11s), Youth Men (U19s), Women (Open) & Men (Open).
- **Talent Identification opportunities into NSW Rep teams and National F-League**



## Football South Coast Development Program Ages

Age	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs
	School Holiday Clinic											
	FSC Peoplecare Academy											
	FSC Peoplecare Academy (Girls Only)		Skills Acquisition Program (Girls Only)				FSC Peoplecare Academy (Girls Only)					
					Skills Acquisition Program (Boys and Girls)		Regional Conference Competitions (Boys)					
				Boys and Girls Development Program								
						Goalkeepers Development Squads						
									South Coast Wolves			
									Illawarra Stingrays			
									South Coast Taipans			
									State Titles			