



2016 Junior Development Programs

A short explanation of the FFA National Football Curriculum:

The National Football Curriculum distinguishes 6 Building Blocks: 4 training Building Blocks and 2 playing Building Blocks.

The FFA Building Blocks Methodology is the framework that provides practical guidelines for coaches working at all levels of youth development in order to help them in answering questions such as:

- What are the mental and physical characteristics of players in the various development stages?
- What type of practices are best suited for specific age groups and why?
- How long should a session go for and how often should I train?
- How do I plan and design my sessions?
- What are points of interest when I coach my team during games?

With the aim to:

- Develop technically proficient players
- Develop tactically aware, proactive players
- Transform the physical and direct style of youth football in Australia to a successful style based upon technique and creativity
- To instil a lifelong passion and love for football in young players
- To create a real 'football culture' in Australia





What does the FFA National Football Curriculum mean to ROSC?

It is an FFA (and FFT) recommendation that players in the Game Training Phase (3-16) and players in the Skill Acquisition Phase (9-12) undertake a minimum of 4 football sessions per week. Currently the majority of our players are participating in only 3 sessions (max) and in a lot of cases, 2 sessions only.

ROSC's desire is to add an additional, top level development program that will run in conjunction with, and complement our already strong junior team based program.

Programs have been developed and will be coached by current Riverside Olympic Coaches:

- Alan Eadie (ROSC Technical Director, C Licence Accredited)
- Andrew Hall (Current Under 18s Coach, C Licence Accredited)
- Lucy Johns (Current Under 16s Boys Coach, C Licence Accredited)
- Wayne Penfold (Former ROSC Senior Men's Coach)
- ***More coaching appointments to follow...***

For our 13 to 16 year olds, we plan to introduce the **"OLYMPIC ACADEMY"** which is a Game Training Phase Program.

Olympic Academy – Age 13 -16

- The Olympic Academy has been developed to complement our current junior structure and will be for a **"selected group"** of individuals with the purpose of enhancing their game and ongoing football development.
- Open to Female and Male participants.
- Participants to be identified by: Junior Coaches, ROSC Technical Director, Senior Coaching staff. Input will also be taken from FFT technical department.
- The academy will focus on the Game Training phase of the National Curriculum. However, based on initial coaching assessment, we may also include some aspects from the Skills Acquisition Phase if it is determined that players are not yet at the desired technical level.
- FFT desire that players at this level should be doing 4 football sessions a week. In most cases our junior players are doing only 2-3 sessions. This academy is intended to help bridge the gap between what our ROSC talented juniors are doing and what other high performance clubs are doing around the state (and country).



- At this stage, it is envisaged that we will run a 10 session block in Term 2 and a further 10 session block in term 3. There is the opportunity to add more players to block 3, should we identify players of significant ability that missed the Term 2 program.
- Sessions will be run on either Tuesday nights for an hour. (Between 5pm and 6pm).
- Cost will be \$66 for the full ten week block. Registration and payment will be done online at www.riversideolympic.com.au
- All players are expected to purchase the Olympic Academy training shirt when signing up for their first 10 week block.
- Anticipated participant numbers: 30 to 40

For our 9 to 12 year olds, we plan to introduce the “**YOUNG OLYMPIC SKILLS CENTRE**” which is a Skills Acquisition Phase Program.

Young Olympic Skills Centre- Age 9-12

- The Young Olympic Skill Centre has been developed to complement our current junior structure and will be for any individual (Male or Female) who falls under the above age group.
- This program is to be run in an identical fashion to FFTs current SAP programs. (ROSC intends to get a full SAP licence in the near future.)
- The Skills centre will focus entirely on the skills acquisition phase of the national curriculum.
- A Major issue in all levels of Tasmanian Soccer is a lack of technical ability. The simplest of game plans break down due to players being unable to execute “simple” techniques (passing, dribbling, trapping) under match pressure. The goal for ROSC is to have the best level of technical ability in Tasmania) at all age levels. We are some way from this at the moment; however I believe with the right coaches involved, we **WILL** get there.
- The program will run as a 10 session block in Term 2. Another further 10 session block in term 3 will also be offered (***There is also a possibility that this centre could be run for 10 -15 weeks in the off season also***). New participants are welcome to register for term 3 without having participated in the term 2 program
- Sessions will be run on Tuesday nights for an hour. (Between 4pm and 5pm).



- Cost will be \$66 for the full ten week block. Registration and payment will be done online at www.riversideolympic.com.au
- All players are expected to purchase the Olympic Academy training shirt when signing up for their first 10 week block.
- Anticipated participant numbers: 30/40

These 2 new programs make up a vital part of ROSC's player and coach development strategy. As such it is our intent to run these sessions at the very top level for these age groups. It is expected that the quality of coaching and training provided will be over and above what would be seen at a representative level.

Opportunities also exist for identified, talented coaches to take part in this program as a way to extend their skill set and test themselves at a higher level of coaching.

Anyone wishing to sign up their child to be part of the **YOUNG OLYMPIC SKILLS CENTRE** can do so now at www.riversideolympic.com.au

Invites for the **OLYMPIC ACADEMY** will be sent to chosen participants by the middle of next week