



# 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 and 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, Academy's, the FNSW Skills Acquisition Program (SAP) and the FNSW Association Youth League 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.

Ann-Marie Balliana  
CEO

Glenn Fontana  
Technical Director

## WIN NETWORK School Holiday Clinics



### What are the WIN Network 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.**

## WIN NETWORK FSC Academy



### What is the WIN NETWORK Academy?

- Development Program for players 6-16 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 accordance with Football Federation Australia's National Curriculum Guidelines for junior and youth 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 an game training components of the game.
- Academy locations – Wollongong, Shellharbour and Bulli and Kembla Grange.
- **Talent Identification by our highly qualified coaches for further development programs and our regions**

## Girls Skills Acquisition Development Program



### What is the Girls Skills Acquisition Development Program?

- Development Program for girls U7 - U15
- Play for your local club but train with FSC highly qualified staff
- No selection Process. Everyone is welcome.
- An intensive development program designed accordance with Football Federation Australia's National Curriculum Guidelines for junior and youth development.
- U7s – U9s training focuses on the discovery phase of football through, fun, interactive and challenging activities.
- U 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?

- FSC 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 Women's Competitions
- Play for your local club but train with FSC highly qualified staff
- SAP is for girls aged U10, 11 & 12.
- **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 and U12 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.
- **Player pathway opportunities from SAP include Taipans, Regional Youth League, Wollongong Wolves and Sydney FC**

## Association Youth League Squads (AYL)



### What are the Association Youth League Squads?

- In conjunction with FNSW this program will provide youth male players a development opportunity between community and Football NSW Premier League football. The Association Youth League will prepare players for the tactical and technical challenges of FNSW Premier League competition.
- Selection based criteria through AYL trials
- Trials open to players U13-U16
- Those successful in selection into the program play only for the AYL team
- AYL squads represent Football South Coast in the FNSW Association Youth League
- **Talent Identification by our highly qualified coaches for our regions elite teams – Wollongong Wolves**

## Metro Far South State Squads



### What are the State Titles?

- The Football NSW State Titles are conducted annually for Boys Grades 13 - 15 and Girls Grades 12 - 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.
- The best players from the 2-3 Associations which form the region trial for selection in the various age groups. 16 players are then selected to represent each age group for the following regions:
- Players must reside in the Illawarra or Sutherland shire
- **Talent Identification opportunities into NSW State Teams, AIS and National Teams.**

## Wollongong Wolves



### Who are the Wollongong 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 U13-U20s
- Those successful in selection into the South Coast Wolves no longer play for their local club team
- **Talent Identification opportunities into A League Youth Teams, NSW State Teams, AIS and National Teams.**

## SYDNEY FC



### Who are Sydney FC?

- Sydney FC is an Australian professional football club based in Sydney New South Wales who has its juniors playing in the NSW National Premier Youth League.
- The National Premier League is the highest tier of football in NSW and underpins the Hyundai A-League.
- Selection based criteria through Talent Identification of Sydney FC scouts at National Premier League and Skills Acquisition Programs games.
- For ages U 13s – U18s
- **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**

## Illawarra Stingrays



### Who are the Illawarra Stingrays?

- The Illawarra Stingrays are the regions elite womans 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.**



## Football South Coast Development Program Ages

Age	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs
	FSC WIN Network School Holiday Clinic											
	FSC WIN Network Academy											
	FSC Girls Skills Acquisition Development Program											
							Girls Skills Acquisition Program					
				Skills Acquisition Program								
			Boys Development Program -club nominated players									
		Girls Development Program (club nominated players)										
				Goalkeepers Development Squads (club nominated players)								
									Wollongong Wolves - Trials			
									Illawarra Stingrays - Trials			
							South Coast Taipans - Trials					
								State Titles - Trials				
								Association Youth League Trials				