



UQFC GIRLS ACADEMY



FOR PLAYERS BORN 2004, 2005 & 2006

WHAT IS THE 'UQFC GIRLS ACADEMY' PROGRAMME?

University of Queensland Football Club (UQFC Inc) has identified the need to provide a best practice training environment for our advanced girls born 2004, 2005 & 2006.

The focus of the academy is on functional game skills with an immediate transfer into positioning and small sided games being an absolute requirement.

The academy will be aimed at girls who have a desire to train more often, enhance their technical skill development and be in a training environment with players of similar ability.

THE AIM

To provide players born between 2004, 2005 & 2006 with the necessary technical 'tools' to be able to play the game at the highest possible level with a focus on functional game skills.

THE FOCUS

The program is about fundamental technical development so the main focus of the weekly training sessions will be to develop individual technical ability.

The 'UQFC Girls Academy' will work in conjunction with the FFA National Curriculum to develop the four core skills when in possession of the ball.

The four core skills are:

- Striking The Ball
- First Touch
- 1v1
- Running with the Ball

"These four core skills cover 95% of the actions of any outfield player when in possession of the ball during a game of football. The other 5% consists of actions such as heading and throw ins." (FFA National Curriculum, 2010)

COACHES

UQFC Girls Academy programme will be facilitated by Craig Pilon, UQFC Girls and PlayStation 4 Women's National Premier League Technical Director. Sessions will also be run by FFA qualified coaches, with a minimum Skill Training Certificate and working to become FFA C Youth Licence coaches, who specialise coaching ages 9-13.

All coaches will hold a current Blue Card and First Aid certificate.

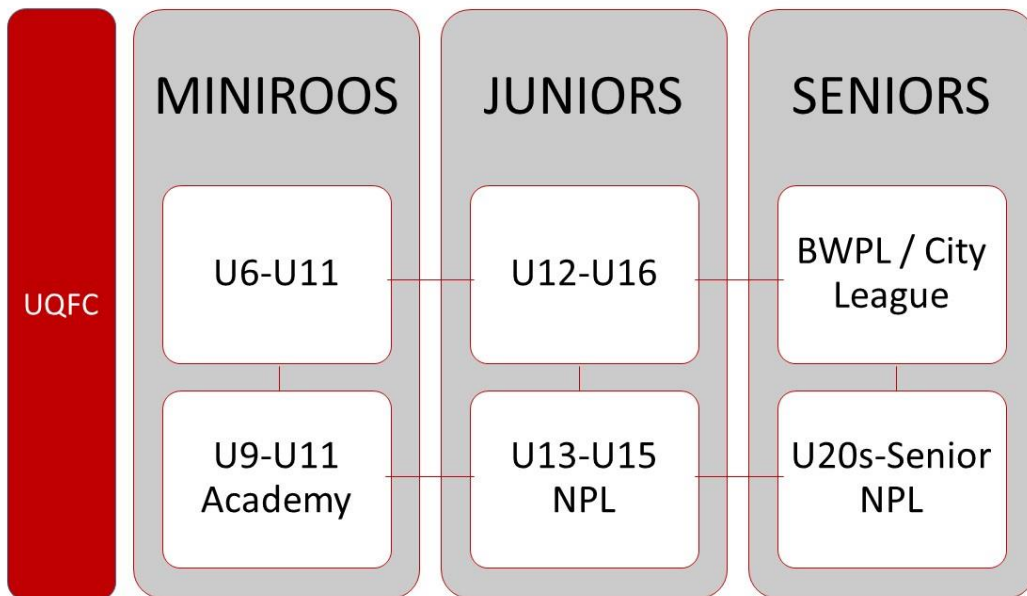
UQFC will also utilise our junior & senior female players as assistant coaches and role models throughout the academy for our younger girls to learn and aspire to be.



PLAYER PATHWAYS

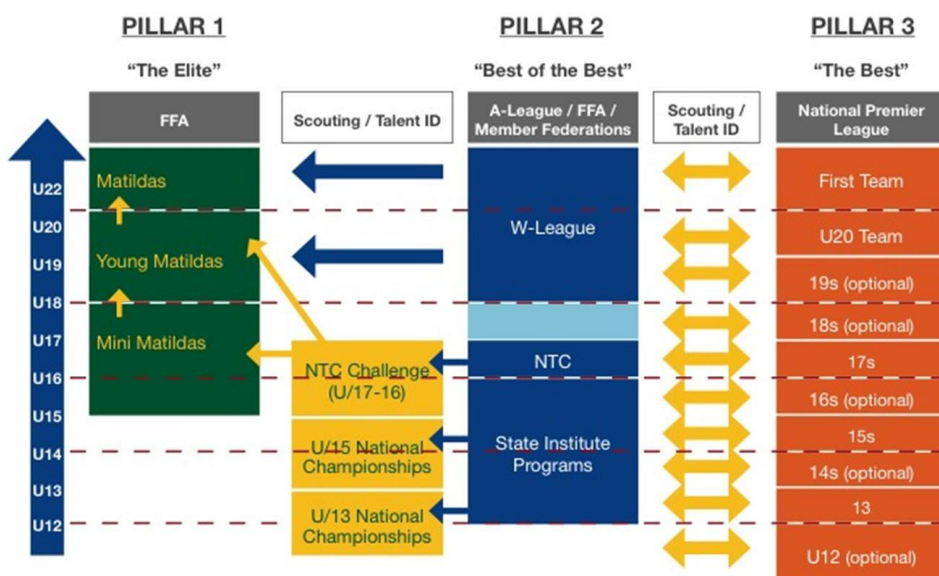
UQFC views the 'UQFC Girls Academy' as a vital tool in UQFC's Girls & Women's Player Pathway. Players now have the opportunity to play football at UQFC from ages 5 and continue playing through to adulthood at their own pace and development.

With UQFC currently holding a Women's National Premier League licence, we view the 'UQFC Girls Academy' as the important first step on this ladder at U9s, U10s & U11s.



Above: UQFC Girls & Women's Player Pathway (2015) Below: FFA Advanced Player Pathway

The Three Pillar Structure (womens)



FAQ'S

Will they play games?

Players will be encouraged to put their learnings from the academy into practice with their UQFC teams on Saturdays. The club will look to contact other National Premier League clubs who may be running academy programmes to arrange possible carnival days.

Is there a cost?

Yes, in line with Football Queensland girls programs there will be a cost of \$50 per training block to cover venue, coach & equipment costs. We request that all participants make payment in full prior to session one and fees are non-refundable once a player has attended two sessions*

*Cases will be considered by UQFC Girls and Women's committee should they fall outside the above terms & conditions.

When does it start and conclude?

Block one – 30th April – 2nd July (10 weeks)

Block two – 16th July – 17th September (10 weeks)

Where do they train?

Bottom field at Cubberla Creek Reserve, Kenmore (UQFC junior grounds).

What time is training?

4.45pm-5.45pm (60minutes)

What do I do if I cannot make a session?

We ask that you contact the coach so they can prepare accordingly. We cannot issue refunds based on attendance.

How are players selected?

All UQFC age eligible players are welcome to attend the 'UQFC Girls Academy' in year 1 (2015) however they must register their interest above. Should there be a large amount of enquires we will require 2 weeks of grading to ensure we meet our coach to player ratios and some players may miss out on block 1 after grading.

What do I wear to the academy?

Please wear your UQFC training shirt, shorts & maroon socks.

How can I register my interest?

Please register your interest below (NB. players must have an active FFA number for 2015 for insurance purposes).

<http://goo.gl/forms/OhrCJ4m1Ne>



Contact: uqfcsecretary@gmail.com | 0401 340 858



WWW.UQFC.COM.AU