

Girls U14 & U16 Academy Presentation 2024

Please feel free to ask any questions related to the slides as they come up but save any additional questions for the end as it may be covered as we go.



CTFC U14 GIRLS ACADEMY TEAM 2024

Vision – Creating Youth International Footballers

- 2026 FIFA Under 17 Women's World Cup
- 2028 FIFA Under 20 Women's World Cup

Constant – Growing young women with confidence and character.

Underpinned by an understanding that – Success is a direct product of our hard work and commitment.



CTFC U16 GIRLS ACADEMY TEAM 2024

Vision – Creating Youth International Footballers

- 2024 FIFA U17 Women's World Cup –
 Dominican Republic
- 2026 FIFA Under 20 Women's World Cup –
 Poland

Constant – Growing young women with confidence and character.

Underpinned by an understanding that – Success is a direct product of our hard work and commitment.

U14 & U16 Girls Academy Year Schedule 2024

	_		_
71	CAS	HMIC/	KE
-11	FC		012
١,		$\overline{}$	//ے
	M.	*O	y /
	11/2	_//	/

Vision - Creating Youth International Footballers - 2024 FIFA Under 17 World Cup, 2026 FIFA Under 20 World Cup

Constant - Growing young women with confidence and character

Success is a direct product of our hard work and commitment

2024 CTFC Academy Schedule - 16th Grade Academy Girls

				Febuary		March		April		May		June		July		August		September		October		November	December
Monday	1	New Years Day					1	Easter Monday					1										
Tuesday	2	NYD Observed					2	Attack CBU					2	Attack IP					1	Attack CBU			
Wednesday	3						3		1	Attack IS			3						2				
Thursday	4	:	1	B-Licence			4	Defend - WBH	2				4	Attack CP	1	Attack CBU			3	Defend SO/BO			
Friday	5		2		1		5		3	7			5	Term 2 Ends	2				4		1		
Saturday	6		3		2		6	Friendly - TBC	4	Game - Round 2	1		6	Game - Round 9	3	Game - Round 12			5	SIT Tournament Prep	2		
Sunday	7		4	B-Licence	3		7		5		2		7		4		1		6		3	1	
Monday	8		5		4	Academy Start	8		6	Player/Parents Meetings Week	3	King's Birthday	8		5	18	2		7	SIT - Dunedin	4	2	
Tuesday	9	(6	Waitangi Day	5	Defend - WBH	9	Defend SO/BO	7	Attack CP	4	SSG day	9	Coaches Choice		Transition - Attack		ree Play/Multisport day	8	SIT - Dunedin	5	3	
Wednesday	10		7		6		10		8		5		10		7		4		9	SIT - Dunedin	6	4	12
Thursday	11		8	Team Selections	7	Attack CP	11	Attack IP	9	Defend - Deep Block	6	Attack IP	11	Alan Fraser Tournament Prep	8	Attack IP	5		10		7	5	
Friday	12		9		8		12	Term 1 Ends	10		7		12	Alan Fraser - Waimak	9		6		11	Academy Finish	8	6	
Saturday	13		LO		9		13	Friendly - TBC	11	Game - Round 3	8	Game - Round 6	13	Then Treser Trenner	10	Game - Round 13	7		12		9	7	
Sunday	14		11		10		14		12		9		14	Alan Fraser - Waimak	11		8		13		10	8	
Monday	15		12		11		15		13		10		15		12		9		14	Term 4 Starts	11	9	
Tuesday	16		13		12	Attack CBU	16	Defend - Deep Block	14		11	Attack CBU	16	Free Play/Multisport day	13	Attack CBU	10		15		12	10	
Wednesday	17		14		13		17		15		12		17		14		11		16		13	11	Term 4 Ends
Thursday	18		_		14	Transition - Attack	18	SSG day	16	Charity Day	13	Attack IS	18	SSG day	15	Attack IS	12		17		14	12	
Friday	19		16		15		19		17		14		19		16		13		18		15	13	- 2
Saturday	20		17		16		20		18	Game - Round 4	15	Game - Round 7	20	Game - Round 10	17	Game - Round 14	14		19		16	14	
Sunday	21	1	18	a.	17	9	21		19		16	· ·	21		18		15		20		17	15	
Monday	22	1	19		18	Player/Parents Meetings Week	22		20		17		22	Term 3 Starts - Player/Parents Meetings Week	19		16		21		18	16	
Tuesday	23	2	20		19	Attack IP	23	Transition - Defend	21	Attack IS	18	Transition - Attack	23	Coaches Choice	20	Transition - Defend	17	Attack CBU	22		19	17	
Wednesday	24	2	21		20		24	Attack IP	22		19		24		21		18		23		20	18	
Thursday	25		22		21	Defend SO/BO	25	Anzac Day	23	Defend SO/BO	20	Attack CBU	25	Defend - WBH	22	Defend - Deep Block	19		24		21	19	1
Friday	26		23		22		26		24		21		26		23		20		25		22	20	
Saturday	27		24		23		27	Game - Round 1	25	Game - Round 5	22	Game - Round 8	27	Game - Round 11	24	Game - Round 15	21		26		23	21	
Sunday	28		25		24		28		26		23		28		25		22		27		24	22	
Monday	29		26		25		29	Term 2 Starts	27		24		29		26		23		28	Labor Day	25	23	
Tuesday	30		27		26	Transition - Defend	30	Coaches Choice	28		25	Attack CP	30		27	Attack CP	24		29		26	24	12 20 1
Wednesday	31		28		27				29		26		31	Charity Day	28		25		30		27	25	Xmas Day
Thursday		2	29		28	Attack IS			30		27	Defend SO/BO			29 30	Defend SO/BO	26		31		28	26	Boxing Day
Friday					29	Good Friday			31		28	Matariki			$\overline{}$		27	Term 3 Ends			29	27	
Saturday					30	F1 61-					29	Possible Game			31	Game - Round 16	28	Friendly game?			30	28	
Sunday					31	Easter Sunday					30						29					29	
Monday																	30					30	
Tuesday			-																			31	

Weekly Plan - Example

Cashmere Techncial FC Academy Weekly Plan											
Game	Reco	very	Condit	ioning	Organi	Organisation					
			Changing Room		Changing Room						
			PRE HAB		PRE HAB						
	Dilde		Warm Up		Warm Up						
	Biking		Rondos and		Rondos and						
	Walking Foam Rolling		Transition Games		Transition Games						
	Streching Ice Bath		Positioning Games		Positioning Games						
	Hot/Cold				Game Training						
	•		Training Game		Training Game						
Game	Recovery	OFF	Hard	OFF/Medium	Medium	OFF	Game				
Game Day	OFF	OFF	Training	OFF/School Football	Training	OFF	Game Day				
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
			,,	,		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,				
GD	GD+1	GD +2	GD -4	GD -3	GD-2	GD -1	GD				

Girls Academy Training Sessions

After collating the feedback from the 2022 season, it was decided that 90-minute sessions for the Girls Academy team was too much time to keep the player engagement high. We wanted to provide the best training sessions for the players, so we have decided to run two sessions per week, like last year.

On a Tuesday, the players will have a 60-minute Technical Development session. This session will work on the players ability with and without the ball. The focus on these sessions will challenge the players technical ability.

On a Thursday, the session will be 75 minutes and will be a Game Training session. This session will focus on more of the tactical side of the game. The session will focus on a Main Moment in the game for example Attacking, Defending, Transition to Attack or Transition to Defense.



ACADEMY TEAM PLAYING STYLE

- We will pass the ball out from the goalkeeper and back line and because of this we will make mistakes that sometimes cost us goals and games. We strongly feel this is in the best development of the players. Effectiveness today vs effectiveness in 5 years is what we are striving for as a club.
- Relatively even playing time. Some things that could impact playing time are lack of attendance or poor effort and attitude.
- At this age it is still beneficial for players overall tactical development to experience playing in different positions.



ACADEMY TEAM COACHES

14s Academy

Head Coach – Ella Jackson – OFC C-License Assistant Coach – Ava Herrick – OFC Youth Level 2

16s Academy

Head Coach – Sophie Hartshaw – OFC C-License Assistant Coach – Anna McPhie – OFC Youth Level 2



We have worked hard to try to keep our costs as low as possible to deliver a quality program in line with NZ Footballs Club Licensing requirements.

In the 2023 season, we ran over 90 sessions for our Girls Academy team players. We also provided resources for players to do their active recovery at home. We charge less than \$10 a per session bringing the total cost for the full year to \$1000 per player. Academy gear cost is not included as some players may already have gear. Players are expected to have an Academy team backpack/hoodie/training shirt/shorts/socks.

We also have our Girls Only Academy Development session on a Monday evening from 5:30 – 6:45pm for players if they want a third contact each week. This is also \$10 per session.

As part of the program last season, there was a Nutrition session ran by ARA. The club has a qualified Strength and Conditioning coach to work with our Academy teams and this season 30 minutes per week will be allocated to S&C work.

Head Coaches and Assistant Coaches have been sorted for both teams and will be announced when we announce the squads for the season.



The price of the Academy consists of costs including, but not limited to:

- Qualified coaches
- Equipment
- Maintenance of Garrick Park & Whittington Ave
- Referees
- Specified Tournament entry fees
- HUDL Subscription
- VEO subscription
- Administration fee



Grade	CTFC Registration	Sessions per 40 weeks	Academy Team Cost	Total Cost	
14 th Grade	\$240	90+	\$1000	\$1240 plus gear if needed	
16 th Grade	\$240	90+	\$1000	\$1240 plus gear if needed	

	14 th Grade	16 th Grade	Due Date
Registration	\$240	\$240	
Full Academy Team Amount	\$1240	\$1240	19/02/24
8 Instalments	\$155 x 8	\$155 x 8	19 th of each month Feb till September

Academy team gear is **not** included in the cost. Players should own an Academy team backpack / hoodie / training shorts / shirts / socks.



Payments are due either in one lump or in eight even installments. Lisa will send more details out around this.

There will be an additional fee for attending the South Island Tournament. We are still waiting for details from Mainland Football so we will confirm this as soon as we know.

We are a not-for-profit incorporated society whose only goal is to provide great development opportunities for our players. We will, as we always have, support any families who have financial barriers to participation. Families can also apply to Mainland Football's Scorching Goal for financial support.

https://www.sporty.co.nz/mainlandfootball/ABOUT-1/Resources/Scorching-Goal-1

If you have any questions regarding payment, please contact lisay@ctfc.co.nz



ACADEMY TEAM PROGRAMME DETAIL

30-week detailed training programme that incorporates:

- 2 training contacts per week plus a game during the season with a New Zealand Football qualified coach. These are compulsory team session that all players are expected to attend.
- Detailed session plans that incorporates periodisation of session topics to maximise learning
- Simple strength and conditioning sessions as a team with our club qualified S&C Coach
- Recovery sessions available for players post-game to take away and do at home
- Individual player feedback sessions with head coach during each 10-week cycle (3 times per year)
- Parent and player feedback meetings 3 times per year.
- Alan Fraser Tournament costs included (South Island Tournament separate)
- Some matches filmed using clubs three VEO cameras and use of HUDL to clip different areas of each player
- Optional Term 4 Technical Development session if numbers allow. This will come at an extra cost.



CTFC ACADEMY GOALKEEPERS

- Goalkeeper specific coaching on Tuesday or Thursday. Exact day to be confirmed soon.
- Danny Knight, the Cashmere Technical first team goalkeeper, will take the goalkeepers for some specific goalkeeper training.
- Danny has a GK C-License, the first in the country to attain this award.
- Danny works closely with New Zealand Football GK Development Manager
 Jonathan Gould and Ruben Parker, the underage NZ Football GK coach.
- Danny is the New Zealand Football U17 Men's GK coach.
- Danny also works with our Women's First and Reserve Team Goalkeepers yearround.



ACADEMY BEHAVIOUR EXPECTANCY

- Players You are role models to the younger players in our club and the Academy. We will respect all players, coaches, officials, parents and we will set the standard in Christchurch with our behaviour at all times.
- At training, players are expected to arrive before the start time of the session. To
 make the most of the session, players should engage with the coach, want to
 listen, learn and be coachable. Players are to avoid chatting while session is in
 play there is plenty of time before and after the session to chat!
- Code of conduct to sign
- Attendance please let us know any dates you will be away.
- Parents Football is a complex multi directional sport with a lot of variables; therefore, it requires players to become decision makers, hearing a lot of coaching voices from the side-line is detrimental to their development. Please keep all communications from the side-line positive, encouraging and not related to tactics, playing or coaching. The sole tactical voice they should hear is the coach and even that should be minimal.