



# UI7 ACADEMY TEAM 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 covered as we go.



## Academy Vision

Creating Youth International Footballers

- **2025 FIFA Under 17 World Cup**
- **2027 FIFA Under 20 World Cup**

**Constant** – Growing young men with confidence and character

Underpinned by everyone's understanding that –  
**Success is a direct product of our hard work and commitment**

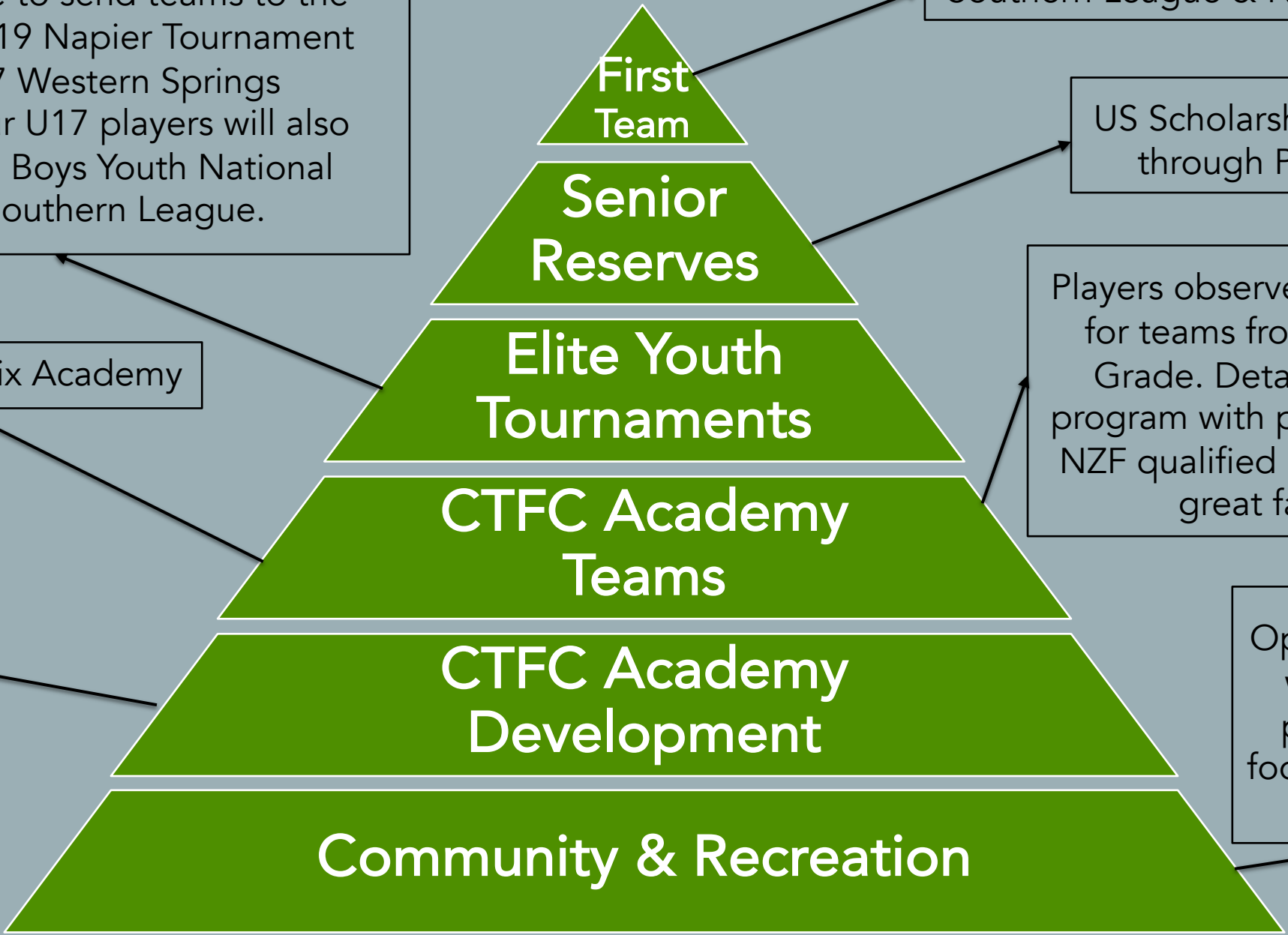
# 2025 Vision

Win the Southern League and play in the National League with 40% of first team squad developed within our club

## Projected player makeup each year to reach our goal:

- 2022 – First Team made up of 25% players developed within our club
- 2023 – First Team made up of 30% players developed within our club
- 2024 – First Team made up of 35% players developed within our club
- 2025 – Win the Southern League and play in the National League with 40% of first team squad developed within our club
- **Reserve Team** – This will always be made up of 80% or more of players that have come through the club.
  - We will continue to enter both the prestigious under 17 Auckland and under 19 Napier City main tournament every year and these squads will be made up of 100% Cashmere Technical players.
  - We are committed to providing a pathway for our players within our club.

\*percentages based on a 16-person match day squad averaged out over the season



Southern League & National League

US Scholarship Opportunities through Platform Sports

Players observed and selected for teams from 13<sup>th</sup> to 17<sup>th</sup> Grade. Detailed 40-week program with professional and NZF qualified coaches on our great facilities.

Open to all players within the club providing a fun football experience for all

We will continue to send teams to the top tier of the U19 Napier Tournament and the U17 Western Springs Tournament. Our U17 players will also compete in the Boys Youth National League – Southern League.

Wellington Phoenix Academy

Open to all players who wish to develop their skills further with NZF qualified coaches on great facilities

**First Team**

**Senior Reserves**

**Elite Youth Tournaments**

**CTFC Academy Teams**

**CTFC Academy Development**

**Community & Recreation**

# ACADEMY TEAM COSTS

We have worked hard to try to keep our costs as low as possible to deliver a quality program in line with New Zealand Football's Club Licensing requirements.

In the 2023 season, we delivered over 90 sessions for our U17 Academy team players. With the addition of the morning sessions, it increased our on-grass sessions substantially. This season coming, we will aim to deliver over 100 sessions across the three terms, with added sessions through Term 4 in preparation for Youth National League and Western Springs Tournament.

Once again, we won't be doing Sunday recovery sessions, but we will provide resources for players to do their active recovery at home post game.

Registrations fees have increased slightly from 2023 for all players across the club.

The costs for the Academy include 37 weeks of training, the increased for Garrick Park and Whittington Ave, qualified coaches, referees, gear, ARA and club S&C Coach.

# ACADEMY TEAM COSTS

Grade	CTFC Registration	Sessions per 40 weeks	Academy team cost	Total cost
13 <sup>th</sup> Grade	\$240	140	\$1650	\$ 1890
14 <sup>th</sup> Grade	\$240	140	\$1400	\$ 1640 plus gear if needed
15 <sup>th</sup> Grade	\$240	140	\$1450	\$ 1690 plus gear if needed
		Sessions per 37 weeks		
17 <sup>th</sup> Grade	\$240	130	\$1400	\$ 1640 plus gear if needed

	13 <sup>th</sup> Grade	14 <sup>th</sup> and 17 <sup>th</sup> Grade	15 <sup>th</sup> Grade	Due Date
Registration	\$240	\$240	\$240	31/01/24
Full Academy Team Amount	\$1650	\$1400	\$1450	19/02/24
10 Instalments	\$165 x 10	\$140 x 10	\$145 x 10	19 <sup>th</sup> of each month February till November

\*17<sup>th</sup> Grade Academy runs until end of October with Youth National League included. Auckland Tournament will be an added cost in Term 4, if selected.

# ACADEMY TEAM COSTS

Payments are due across the season, and we have decided to give two payment options to help families. Option 1 is to split the payment and pay the costs over 10 months in 10 installments. Option 2 is to pay the full costs upfront.

The 4<sup>th</sup> Term will have some extra costs which include Coastal Tournament entry and Western Springs Tournament entry plus coaching and training for all these tournaments.

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](mailto:lisay@ctfc.co.nz)

# TRAINING PROGRAM DETAIL

37-week detailed training program that incorporates:

- 3 training contacts per week in preseason (Term1) plus some friendly games
- 2 training contacts per week plus a game during the season with a New Zealand Football qualified coach
- Detailed session plans that incorporates periodization of session topics to maximize learning
- Charity Days so players learn about giving back to the community
- Full professional sports science support from ARA\* every second week that incorporates:
  - Physical testing 3 x per year\*
  - Individual functional movement screening (FMS) for each player\*
  - Individual program developed for each player based on FMS results as well as sessions specifically to go through the exercises\*
- Qualified club S&C Coach working with the team
- Strength and Conditioning programs provided
- Use of GPS Units to track kms covered, sprint distance and high-speed running in at least 2 games during the regular season
- Nutrition Information presentation
- Physical development sessions focused on speed/agility, strength development



# TRAINING PROGRAM DETAIL

- Individual feedback sessions with head coach during each 10-week cycle (3 times per year). This is casual feedback on what the player is doing well and what they need to work on. This will be done on the side of the pitch during training or games.
- Parent and player feedback meetings 3 times per year.
- Matches filmed using clubs three VEO cameras and use of HUDL to clip different areas of each player. This must be self-driven.
- Boys Youth National League will run at the end of Term 3 and squad will be selected from all eligible players of age in the club.
- The squad for Auckland Tournament will be selected in early November and will train through November and December before playing in the tournament in early December. Tournament dates to be announced.



**Platform**

**US SCHOLARSHIP OPPORTUNITIES WITH  
PLATFORM SPORTS**

# ACADEMY COACHES

## 14<sup>th</sup> Grade Academy

Head Coach – Danny Kane

## 15<sup>th</sup> Grade Academy

Head Coach – Craig Stewart

## 17<sup>th</sup> Grade Academy

Head Coach - Adam Searle

# ACADEMY WEEKLY SCHEDULE

## Pre-Season (Term 1) - U17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	PM Training	PM Training	PM Training	OFF	Possible Game	Possible Game

## In Season (Term 2 & 3) - U17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	AM Training PM ARA*	OFF	PM Training	OFF	Game	OFF

\*ARA gym sessions are every second week

## Term 4 - U17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Training PM	Training PM	Training PM		Possible Game	Possible Game

\*\*17s will have 3 sessions per week leading up to Coastal and Western Springs Tournaments

# ACADEMY MORNING SESSIONS

Since the 2022 season we made the decision to have one contact a week as an early morning training session. The reason behind this was that we wanted to keep ARA, as we feel this has great value for the program, but we wanted to try and make sure we could get as many grass contacts as possible per week. This will come with benefits and also potential challenges for some;

## Benefits:

1. Over the course of the season, we will have increased each player's grass time in the Academy by 32 hours.
2. Every second Tuesday evening players will be free to do extra schoolwork, another sport/hobby or anything else they wish to do.
3. Training early will help boost players metabolism, help them sleep better at night and help them make healthier choices through a healthier mindset.
4. Early morning exercise leads to the secretion of neurotransmitters that promote mental clarity and an improved attention span and they'll feel a sense of accomplishment, as well as rejuvenated and recharged for the rest of the day.

## Challenges:

It will be difficult for players if:

1. The players house is further than they are capable of biking/walking
2. The players school is further than they are capable of biking/walking

We will look at each players situation and make a call on a case-by-case basis. What we want to avoid is players not turning up because it's too tough or they don't like early mornings. There may be an option where the coach may be able to get players to schools such as Bede's, StAC, Boys High, St Thomas or Middleton Grange. Please get in touch after the presentation for more info.

We are going to have the morning sessions at Somerfield Park from 6:30am to 7:45am. Unfortunately, there is no showers there, so we are leaving enough time for players to return home to shower before school. Players are welcome to leave anytime after 7:30am if they need some time to get home before school.

# ACADEMY MORNING SESSIONS

What we ask of you as parents:

- Give it time. It can take three to four weeks to adjust to a morning training routine.
- Don't burn both ends of the candle. You'll need to establish an earlier bedtime if your player is to start waking earlier to exercise. If your players doesn't get enough sleep, it may be impossible to make the transition.
- Fuel up. It's best to have some source of fuel, but it varies from person to person. Some people have a more sensitive stomach, so you may have to experiment with your player with different foods to determine your players best pre training fuel.

Simple and easy pre training meals include:

- Fruit
- Peanut butter toast
- Smoothie
- Protein bar

I can be of assistance with preparing some meal plans if needed.

# U17 CDL START DATE & YOUTH NATIONAL LEAGUE

There has been a change to the U17 Canterbury Development League (CDL) for the 2024 season. New Zealand Football (NZF) have decided to start a Youth National League (YNL) where the best U17 players will play in a Northern League, Central League and Southern League. The top 2 teams from the Southern League will join with teams from Northern and Central Leagues in a Finals Series in the National Institute of Innovation and Sport in Wellington.

This competition is meant to fill the void left by the removal of the Canterbury United Dragons Youth Team a couple of years ago and will take the place of the National Age Group Tournament which finished two years ago.

The U17 CDL will begin earlier this year again due to YNL. U17 CDL begins on Saturday 6<sup>th</sup> April.

The Southern League Series will begin around early September after the conclusion of the U17 Canterbury Development League. It could have up to 11 teams in the Southern League. This will include six teams from Christchurch, one from Nelson and four from Dunedin/Southland/South Canterbury/Queenstown. The top two teams will go to Wellington in early November.

The cost for the YNL is included in the cost for the U17 Academy and this will include costs such as flights, buses, training ground, coaching, gear etc.

We will play our strongest squad in the YNL, and players will be competing for places in the match day squad every week. There will be a shift in mentality from development to winning in the YNL.

# MATCH PLAYING TIME

- As players move through the age groups towards Senior football the balance between development and winning changes.
- There is no right or wrong time to change the focus and opinions differ depending on what you read or who you talk to.
- At 17s Academy level, we must prepare our players for First Team/Reserve Team football.
- The mentality shift to winning in the Boys Youth National League is a good time to begin that preparation.

<b>U17 CANTERBURY DEVELOPMENT LEAGUE</b>	<b>U17 BOYS YOUTH NATIONAL LEAGUE</b>	<b>U19 COASTAL &amp; U17 WESTERN SPRINGS TOURNAMENTS</b>
<b>FOCUS ON BEING COMPETITIVE BUT PLAYER DEVELOPMENT IS ALSO KEY</b>	<b>THE CLUB SEES THIS AS A GREAT WAY TO SHOWCASE OUR PLAYERS. FOCUS ON GETTING TO THE NATIONAL PHASE</b>	<b>COMPETING TO WIN BUT HAVING A GOOD TOURNAMENT EXPERIENCE</b>



# TEAM MODEL & STYLE OF PLAY

- We will pass the ball out from the goalkeeper to the 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.
- At this age it is still beneficial for players overall tactical development to experience playing in different positions. Some players may focus on specific areas on the pitch like defender or on the left side of the pitch eg left back/left wing.
- The coach may make changes halfway through the season to the team formation. We believe this is good for players development to experience different formations.
- We want to play an attacking brand of football. We want to play a style of football that players like being a part of and supporters like watching. All of our players must be good on the ball with an ability to pass, dribble and run while also having a grasp on different tactical setups.
- We have invested in a club Strength and Conditioning Coach, Sam O'Neill, as we see the need to have players who are physically able to compete as they get to their full adult size. It is becoming increasingly clear that if our players want to make it to the top level, they must have the technical and tactical elements but also the physical attributes.

# THE 4 CORNERS

## **Psychological:**

Looking to improve the mental side of the player's game. Things like:

- Decision Making
- Playing With Confidence
- Dealing with tough situations
  - Focus
- Social Interactions

## **Physical:**

Looking to improve the physical aspects of the Player's game:

- Speed
- Agility
- Strength
- Endurance
- Balance

## **Technical:**

Looking to create technically sound players:

- Passing and Receiving
- Ball Striking
- Dribbling
- Turning
- Weak Foot

## **Tactical:**

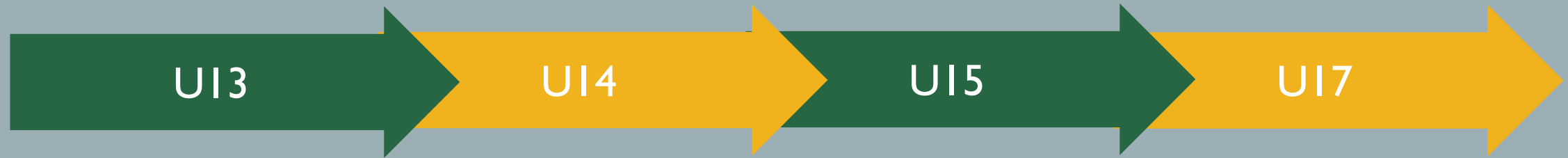
Looking to create players who can understand and implement the tactical requirements of the game:

- Basic Football Principles
- Understanding your role as an individual, as a unit, as a team
  - Playing against different styles of play
  - Learning different systems of play

These are implemented in different ways across the 4 age groups. 13s tend to focus on more the technical and psychological while the older the players get the more the focus changes to physical and tactical.

# TEAM MODEL & STYLE OF PLAY

The CTFC Academy playing approach is designed to support all footballers as they develop at different rates and ages. We aim to provide maximum playing opportunities, balanced with the need to experience on-field success through the later years. The importance of training can not be understated. Quality training is key to success. Training is where you learn. Our focus is on developing effective players and love for football over a 5-year program.



Team focus on player development and opportunities ahead of results.	Team focus on being competitive while still ensuring positive experiences and opportunities for all.
Emphasis on developing overall tactical skills and experience from playing different positions.	Greater focus on position specialisation as players mature.
Relatively even playing time for all players – with lack of training attendance or poor effort and attitude factors that could impact this. This will also apply for travelling tournaments.	Quality playing time for all players – at least half of every regular season match (averaging more than 50%) and regular starting opportunities. This will also apply for travelling tournaments.
The ball will always be passed out from the goalkeeper and backline – we accept mistakes will occur as a result.	Passing out from the goalkeeper will primarily be used – goalkeepers encouraged to explore kicking options sparingly.
Greater focus on being competitive in tournaments (particularly the CIC) – with quality playing opportunities for all.	Greater focus on results in the U15 CIC and U17 National Youth League – ensuring there are still playing opportunities for all.

# BEHAVIOR 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. Regardless of when or where, you are always a representative of Cashmere Tech. We want to avoid poor behavior that may result in your removal from the program.
- Code of conduct - to be signed
- 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.
- Parents – Parents Code of Conduct to be strictly adhered to

**QUESTIONS?**