



Club Meeting



2014

# Skills Training

Program

10's    11's    12's

## NNSWF SAP Overview - 2014

- 10's – 30 players – selected from clubs – play for Newcastle Football
- Weekly 7 v 7 – 40 X 30 pitch
- Monthly 9 v 9 – 80 x 50
  
- 11's – 30 players – selected form clubs – play for Newcastle Football
- Weekly 9 v 9 – 80 x 50 pitch
- Monthly 9 v 9 – 80 x 50
- Squad selected for the NNSWF State Titles – June Coffs Harbour
  
- 12's – 30 players – selected from clubs – play for Newcastle Football
- Weekly 11 v 11 – 80 x 50 pitch
- Monthly 11 v 11 – 80 x50 pitch
- Squad selected for the NNSWF State Titles – June Coffs Harbour

# NNSWF - Talented Player Pathway - TPP

## Choices:

Emerging Jets – Trials / Selection

Zone Skill Acquisition Program – SAP

❖ Macquarie Football

❖ Hunter Valley Football

❖ Mid Nth Coast

∞ *Newcastle Football – declined the SAP License – there will not be an SAP in the Newcastle area.*

Newcastle Football Skills Training

# Newcastle Football Focus

Skills – improve on the 4 Core skills

1. First Touch
2. One v One
3. Running with the ball
4. Striking the ball

Training – improve through regular skills based sessions

- One (min) session @ Zone training venue  
– Wallarah Oval
- One session @ Club venue
- Specialist skills sessions – as identified.

# COACHING

- NF DoC – will deliver the programs and initiate all training curriculums plus reporting structure.
- NF Staff Coaches will be accredited and assist Club Coaches at training and attend Club training sessions on a regular bases.
- NF Staff Coaches will officiate as Zone Coaches for selected squads to attend Gala Days or Tournaments.
- Club Coaches will be accredited to minimum standard: Youth Licence.

Financial assistance will be supplied by Newcastle Football

*NF - 50% of the fee to complete the Youth course*

*Coach - 50% of course fee*

*NF – reimburse the Coaches 50% when Coach has completed 2 years with their Club.*

- Club Coaches will be expected to implement all skills curriculum as instructed by the DoC. Provide verbal & written feedback as required on supplied forms.

# TRAINING

## NF venue

- 🌀 All Players will train at Wallarah Oval a minimum of once per week – two sessions may be required.
- 🌀 Players will train in NF strip – TBA – purchased through Newcastle Football – shirt / shorts / sox
- 🌀 Club Coaches will assist with Zone based Training at Wallarah.

## Club venue

- ⊕ All Teams will train @ Club venue once per week and follow the Skills program.
- ⊕ Players will be encouraged to train in their Club “uniform”.

*Selected Squads or Players will at times be required to attend additional training where & when advised, in preparation for Inter Zone Gala Days or Invitational Tournaments*

# FIXTURES & MATCH DAY

## Under 10's

All Teams will compete in their Clubs squads, identified by Club playing strips.

Fixtures will be scheduled by Newcastle Football

- In Pools / Groups – Saturday
- Teams if deemed necessary will be moved between pools
- All matches will be scheduled for Wallarah Oval 1 & 2
- Matches will be 9 v 9 x 20 mins per half – SSF Rules
- Pitch Size – 80 metres x 50 metres

Season

- Commence – Early April – TBC
- Finish – August / Sept - TBC

No Results or Points Table.



# 10's

- ✓ Streamed (skills grouped) club teams
- ✓ Monday / Tuesday program at Wallarah Oval
- ✓ Teams and club coaches work with NF Staff coaches
- ✓ Pre set program based on 4 Core skill themes
- ✓ Games played Saturdays at Wallarah oval – staff coaches present
- ✓ Pre season training February
- ✓ Wet weather plan
- ✓ Optional Clinic in holidays
- ✓ Tournament at season end
- ✓ Summer program for top groups ( not club based)
- ✓ Monitoring of progress
- ✓ Special group training - fluid

# 10's Grouping - 2013

Teams	1	2	3	4	5	6
1	Medowie 1 (8)	Cooks Hill 2 (3)	Lambton 2 (5)	Kotara South 2 (5)	<b>South Wallsend 1 (6)</b>	<b>Broadmeadow Magic 2(1)</b>
2	Bishop Tyrrell (4)	Jesmond (5)	Mayfield Jnr 2 (3)	Mayfield Jnr 1 (3)	<b>Broadmeadow Magic 1(1)</b>	<b>Raymond terrace</b>
3	Cooks Hill 3 (7)	Merewether 2 (7)	Nelson Bay 3 (8)	Medowie 3 (8)	<b>Broadmeadow Magic 3 (7)</b>	<b>Cooks Hill 1 (7)</b>
4	Merewether 3 (3)	Nelson Bay 1 (4)	New Lambton 6 (6)	Nelson Bay 2 (4)	<b>Hamilton Olympic 1 (3)</b>	<b>Hamilton Olympic 2 (3)</b>
5	Lambton 3 (2)	New Lambton 7 (2)	New Lambton 8 (2)	New Lambton 2 (2)	<b>Kotara South 1 (2)</b>	<b>Adamstown (5)</b>
6	New Lambton 4 (6)	Plattsburg 1 (6)	Newcastle Grammar (4)	New Lambton 5 (6)	<b>Lambton 1 (5)</b>	<b>Merewether 1 (5)</b>
7	Seaham Bowthorne 1 (8)	Raymond terrace	South Wallsend 3 (7)	Shortland (7)	<b>Medowie 2 (4)</b>	<b>New Lambton 1 (6)</b>
8	Tilligerry 2 (1)	Tilligerry 1 (1)	Wallsend (1)	South Wallsend 2 (1)	<b>Nelson Bay 4 (8)</b>	<b>New Lambton 3 (2)</b>

# FIXTURES & MATCH DAY

## Under 11's

All Teams will compete in their Clubs squads.

Fixtures will be scheduled by Newcastle Football

- In Pools / Groups – Saturday
- All matches will be scheduled in a Club Home & Away format.
- Matches will be 9 v 9 x 20 mins per half – SSF Rules
- TBC – NF Referees (Cadets) – Offside rule?
- Squad will be selected for the NNSWF State Titles – June – Coffs Harbour.
- Two squads will compete in the Bob Mountford Shield.

Season

- Commence –April – TBC
- Finish – August / Sept - TBC

No Results or Points Table.

## 11,s

- ✓ Streamed (skills grouped) club teams
- ✓ Wednesday/ Thursday program at Wallarah Oval
- ✓ Teams and club coaches work with NF Staff coaches
- ✓ Pre set program based on 4 core skills themes
- ✓ Home and away
- ✓ Pre season training February
- ✓ Monthly gala days on Sundays - TBA
- ✓ Monitoring of progress
- ✓ Summer program for top groups ( not club based)
- ✓ Special group training – fluid, one night per week

## 11's Grouping - 2013

Teams	1	2	3	4
1	Cooks Hill (3)	Jesmond (5)	<b>Adamstown (5)</b>	<b>Broadmeadow Magic 2(1)</b>
2	Kotara South 2 (6)	Beresfield (6)	<b>Broadmeadow Magic 1(1)</b>	<b>Broadmeadow Magic 3 (7)</b>
3	Lambton 3 (1)	Lambton 2 (1)	<b>Hamilton Azzurri (8)</b>	<b>Kotara South 1 (6)</b>
4	Merewether 3 (7)	Mayfield Jnr (7)	<b>Merewether 1 (3)</b>	<b>Lambton 1 (5)</b>
5	Raymond Terrace 2 (2)	Minmi (4)	<b>Merewether 2 (4)</b>	<b>Medowie 1 (8)</b>
6	Seaham Bowthorne (8)	New Lambton 3 (2)	<b>New Lambton 2 (6)</b>	<b>bye</b>
7	Wallsend (5)	Plattsburg 1 (8)	<b>Raymond Terrace 1 (2)</b>	<b>New Lambton 1 (2)</b>
8	Medowie 2 (4)	Stockton (1)	<b>South Wallsend 2 (7)</b>	<b>South Wallsend 1 (3)</b>

# FIXTURES & MATCH DAY

## Under 12's

All Teams will compete in their Clubs squads.

Fixtures will be scheduled by Newcastle Football

- In Grades – Saturday
- All matches will be scheduled in a Home & Away format.
- The majority where possible Home matches will be played at Edden Oval.
- Matches will be as per Interdistrict Rules.
  
- Squad will be selected for the NNSWF State Tiles – June – Coffs Harbour.

Season

- Commence – April– TBC
- Finish – August / Sept - TBC

Competition Points will be as per Interdistrict Rules

## 12's

- ✓ Graded club teams – entered in 12's Inter (A & B)
- ✓ Teams and club coaches work with NF Staff coaches
- ✓ Pre set program based on 4 core skill themes
- ✓ Home and away
- ✓ Pre season training February
- ✓ Monthly gala days on Sundays - TBA
- ✓ Monitoring of progress
- ✓ Summer program for top groups ( not club based)
- ✓ Special group training – fluid, one night per week

## 12's Grades - 2013

Teams	A	B	C
1	<b>HAMILTON OLYMPIC 1</b>	<b>HAMILTON OLYMPIC 2</b>	<b>LAMBTON 1</b>
2	<b>BROADMEADOW MAGIC 1</b>	<b>NEW LAMBTON Jnr 1</b>	<b>NELSON BAY 1</b>
3	Maitland JFC 1	<b>BROADMEADOW MAGIC 2</b>	<b>PLATTSBURG 1</b>
4	Charlestown	<b>SOUTH WALLSEND 1</b>	<b>COOKS HILL 1</b>
5	Edgeworth	Singleton JSC 1	Valentine
6	Lake Macquarie City	Cessnock PCYC	Bellbird Junior
7	Valentine	Belmont	
8	Warners Bay	Toronto Awaba	



Projected Player involvement.				2014	2015	2016
NNSWF SAP			10's	30	30	30
Newcastle Football				160	160	160
NNSWF SAP			11's	30	30	30
Newcastle Football				80 / 160	80 / 160	80 / 160
NNSWF SAP			12's	30	30	30
Newcastle Football				100 / 140	100 / 140	100 / 140