



# Emerging Program 2023

## Information Pack





# About the Emerging Program

The Emerging program is a development program that was established with the aim to provide a challenging, fun and competitive training and playing environment where our talented and committed young players can develop their technical skills, game understanding and most importantly enjoy themselves. The program is for players aged 9-12 years and forms part of our performance player pathway.

Our training methodology is consistent with Football Australia's Skill Acquisition Manual and aims to develop players in a holistic way that ensures they are consistently practicing football-specific skills in realistic game situations. The program is overseen by C-Licence Head Coaches and the Majura FC B-Licence Technical Director.

Our passionate and dedicated coaches aim to create an environment where players are provided with plenty of positive reinforcement and opportunities to develop their football skills. We believe a positive learning environment is key for players to develop confidence in themselves and take their football as far as possible.

In the Majura FC Emerging program, players will be given the platform to improve technically, develop social skills, learn to train with a structured approach and most importantly grow a love for football.

Players will also develop key attributes such as team-work, sportsmanship and respect for others.





# Skill Acquisition Phase

## *The Golden Age of Motor Learning*

The Skill Acquisition Phase is a crucial stage in the development of players' technical and motor skills that occurs between the ages of 9 to 12 years.

The learning and improvement of the technical core skills of football occurs at an accelerated rate during this stage as players are adaptive to learning motor skills, they are well balanced and coordinated and are highly enthusiastic. Players in this stage are also physically and mentally ready for a more structured approach to training.

In no other development phase will motor learning happen faster than here, thus it makes sense that we make optimal use of this period to lay a sustainable technical foundation.

With all this information and research in mind, the goal for us in this training phase is for players to gain a solid foundation in technical skill before entering the next phase of development. If players do not gain this skill foundation during this phase, it will be very difficult to make it up later.



### Technical Core Skills

- **First Touch**

*Controlling the ball with specific body parts*

- **Striking the ball**

*Short and long passing, crossing, shooting*

- **Running with the ball**

*Dribbling at speed (with space) or in tight areas, changes of direction*

- **1v1 Attacking**

*Skills, feints, changes of speed and direction to beat an opponent*

- **1v1 Defending**

*Applying pressure, delaying, covering*



# Training

Training sessions are where the most teaching and learning takes place. In modern times, we have limited time to work with players, which means every opportunity to do so is of great value. To provide players with plenty of opportunities to practice and develop their skills, the Emerging program consists of two (2) compulsory training sessions and one (1) optional small-sided games session per week plus one (1) game on the weekend. Football Australia considers 3 sessions plus 1 game a safe work-load for players in the Skill Acquisition Phase.

Our coaches utilise a holistic approach to training through football-specific practices that ensure high levels of repetition and where players can develop their perception (what they see), decision-making (what action they choose) and execution (how well they execute the action).

The Emerging program follows a training curriculum which aims to give players the platform to develop all the core skills, game understanding and apply the principles of play. Players will also be encouraged to work on skills in their own time as well as take part in the Majura FC Skills Academy to supplement their team training.

**Full** commitment of both players and parents is required to get the absolute benefit of the program and to ensure players do not miss out on key information and practice time. Parents cannot expect substantial development from the players if they are not training and playing consistently.





# Competition

The Emerging teams will compete in Division 1 Capital Football competitions as well as in cups, gala days and friendly games against other performance teams.

Playing in as many competitive games as possible ensures the program is:

- Exposing our players to high quality, fun competitions
- Providing the players the opportunity to showcase the skills they have learned and practiced at training
- Catering to the players' love of competing together and challenging themselves
- Assessing the overall improvement of players

*The Under 9 Boys team will be a training squad and will compete in gala days, cups and friendly games. During the season, players will play for a team of their choosing in the Under 9 Majura FC MiniRoos competition.*



## Key Competitions Played in 2022

- SAP Gala Day
- Kanga Cup
- Wanderers Cup
- U12's 9v9 Mid-Week Competition
- Lightning Cup
- Friendlies
- *The Emerging U12 Boys played over 40 games in season 2022!*



# Trials

Trials for the Emerging program will occur in November 2022 following the Premier League trials. For the Boys program there will be three sessions per age group where players will be assessed on their dominance of the four core skills, game understanding and attitude.

For the girls, as 2023 will be the first year of the Emerging program we will run an extended open training process starting with our 'Girls Summer Football' program which will then lead to the trial sessions. We believe this is a softer introduction into a performance program and it provides a comfortable and fun environment for girls to try the sessions and most importantly enjoy themselves.

Players who are not selected into the Emerging program for 2023 will then be invited to attend the grading sessions in February 2023 to be placed in our Development and Community teams. These teams are a crucial part of our club and form part of our community pathway. Players in Development teams may be invited to train or play with the Emerging teams throughout the year.

All players will be expected to trial in their current age group. In the Under 9 boys and the Under 10 girls we will accept players trialling a year up (Under 8 boys and Under 9 girls respectively). Players may also be asked to trial a year up if they have excelled in the trials and have been identified by the coaches and selectors.

If we are unable to select enough players for a particular Emerging team, we will hold further trials at a future date. Training sessions will begin as scheduled even if the squad has not been finalised.



In 2023, the Emerging Program will field teams in the following age groups:

- Under 9 Boys (*Training squad*) - *2014/2015 born*
- Under 10 Boys - *2013 born*
- Under 11 Boys - *2012 born*
- Under 12 Boys - *2011 born*
- Under 10 Girls - *2013 and 2014 born*
- Under 11 Girls - *2012 born*
- Under 12 Girls - *2011 born*





# Calendar

Majura FC Emerging Program Calendar 2023																																																
Month	Nov-22			Dec-22			Jan-23			Feb-23			Mar-23			Apr-23			May-23			Jun-23			Jul-23			Aug-23			Sep-23																	
Week Ending	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17		
Stage	Boys - Program Trial Period Girls - Summer Football Program			Training Period			Program Break																		Training Period			In-Season																				
Monday																																																
Tuesday																																																
Wednesday																																																
Thursday																																																
Friday																																																
Weekend																																																
Legend	<ul style="list-style-type: none"> <li>Program Trials/Girls Summer Football Program</li> <li>Training Session</li> <li>Small-Sided Games Session (Optional)</li> <li>Capital Football Season Game</li> <li>Friendly Match or Cup / Gala Day</li> <li>School Holidays</li> <li>Program Break</li> <li>Parent Introduction Night - Friday 3rd of February</li> </ul>																																															

- The program duration is approximately 36 weeks starting in the first week of November and running through to late September.
- There will be a five-week break in late December/January and a one-week break in July following Kanga Cup.
- Please note competition dates are yet to be confirmed by Capital Football and matches, Gala Days and training days are subject to change. Some training days may also differ depending on the particular team.



# The role of the Parents

Our goal at Majura FC is to not only improve the players' football skills, but to provide an environment where they have fun and develop important values such as passion, respect, friendship and belonging.

As parents/guardians, you play a crucial part in the development and most importantly the enjoyment of the players so it is important for all to share the vision of helping them in their footballing journey and provide the best environment we possibly can for them to thrive in.

At Majura FC we pride ourselves on having a culture of community, positivity and inclusiveness. With this being said, we have made a commitment to promote good sportsmanship which includes players, coaches and spectators **at all events**. Profanity, degrading remarks, and intimidating actions directed at coaches, referees, players, support staff and other spectators will not be tolerated.

By adhering to the key expectations, we can ensure players and coaches are both given the best chance to improve and enjoy themselves.



# Key Parent Expectations

- Make every reasonable effort to facilitate the players attending **all** training sessions, games and competitions
- Advise the coach of any absences well in advance. If a player is sick or injured please ensure you communicate with your coach as early in the day as possible. Coaches spend a lot of time planning training sessions and it is unfair on them for parents to provide short or no notice of a player's absence
- At training and games allow the coach to coach and **always** refrain from giving your own instructions. Players learn by making their own decisions, they don't learn when they are told what to do and will get overwhelmed if they have multiple people giving them instructions
- Always demonstrate a calm and supportive behaviour at training or games and provide plenty of positive reinforcement
- Refrain from entering the field of play while training or a game is taking place
- Remember the aim of the program is for players to learn and have fun, not to win games





# Testimonials

*The Emerging Program is a fantastic opportunity for players to develop strong technical play and immerse themselves in a highly competitive team environment. The coaching is professional and structured to provide the players a diverse range of opportunities to build on their skills including preseason competitions, intra & inter club friendlies and weekly team training.*

**- Iain, parent from U11 Boys**

*Aurora has really enjoyed the challenge of the Emerging program. The coach has encouraged a wider understanding and interest in the game while teaching consistency and broadening the players' abilities in all areas. The Emerging Program has encouraged Aurora to develop skills in positions that are not necessarily her favourite to play and given her a new understanding of how a team works together. The two training sessions have really been great to solidify the players' abilities and fitness.*

**- Nat, parent from U11 Girls**

*Our son has been part of the Under 10 Emerging program this year. He has learnt so much and grown as a player and person guided and led by the great coaching staff and team. This is setting for him the foundations of playing in competitive sport and we would recommend it to anyone.*

**- Michelle, parent from U10 Boys**

*The Majura U11's Girls Emerging Program has been a positive learning initiative for my daughter Sophia. As a result of this program, Sophia has developed her technical abilities, game awareness and has grown in confidence. Thank you to the coaches, Grace and Jasmine, for your commitment during the year.*

**- Phil, parent from U11 Girls**

*Being a part of the Emerging U12s team has been a fantastic experience for my son. His ability to read the game and his technical knowledge has improved out of sight and he has learnt so much from his coach, Chris. Bring on the 2023 season!*

**- Sonia, parent from U12 Boys**





*Note: Sections of this information pack have been adapted from the following documents*

*The Football Coaching Process (2013), Kelly Cross*

*FA Skill Acquisition Manual (2019)*

*Canberra United Academy, 2016 Information Package*

*Photo Credit: Anthony Caffery Photography*

