

West Wanderers

FOOTBALL CLUB INC TOOWOOMBA



Skills Academy 2017

Open to West Wanderers Under 9,10 & 11 Boys and Girls

The West Wanderers Skills Academy -

The Skill Acquisition Phase of the National Curriculum was designed by the FFA and plays a pivotal role in the building blocks of player development. This phase is designed to develop the 'functional game skills' and technical ability to provide a foundation for the next phase of development of our player at the club.

The Skills Acquisition Phase of the National Curriculum focuses on 4 Core Skills:

- 1. FIRST TOUCH** – Controlling the ball with all allowed body parts
- 2. STRIKING THE BALL** – This includes all forms of striking the ball such as short/long passing, shooting, & crossing.
- 3. 1 v 1** – All moves, feints and accelerations to get past and away from an opponent
- 4. RUNNING WITH THE BALL** – At speed (with a lot of space) or 'dribbling' (in tight areas), this includes techniques for protecting the ball and changing direction

- When - The program will run for 9 weeks in Term 2 & 9 weeks in Term 3 (further details to be provided).
The training will be on Monday nights either from 5.00pm to 6.00pm or 6.00pm to 7.00pm.
- Cost - \$110, which includes the costs for 4 carnivals and a training shirt for the academy.
- Trials - Trials for inclusion in our academy teams will be held on Monday 24th April (further details to be provided).
- Contact - If you are interested, please email your interest in the program to Rob Fowler (Director of Coaching) to fowler-family@bigpond.com.
If you have any questions regarding the program, please call Rob on 0438 697 962.