



# JULY CAMPS

*Registrations open now!*



**ALSTONVILLE FOOTBALL CLUB** *Alstonville, NSW*

## MON 4th - TUES 5TH JULY

AGE	PROGRAM	TIME	COST	DAY RATE
U8 - U11	SAP Development	9:00am - 1:00pm	\$120	\$60
U12 - U16	Development	9:00am - 1:00pm	\$120	\$60

### GIRLS

U8 - U11	SAP Development	9:00am - 1:00pm	\$120	\$60
U12 - U16	Development	9:00am - 1:00pm	\$120	\$60

## WED 6th JULY

U8 - U11	Strikers Day	9:00am - 1:00pm	\$60
U12 - U16	Strikers Day	9:00am - 1:00pm	\$60
U8 - U11	Goal Keepers Day	9:00am - 1:00pm	\$60
U12 - U16	Goal Keepers Day	9:00am - 1:00pm	\$60

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## DEVELOPMENT - U8 - U11 SAP

The Skill Acquisition Phase (SAP) is a key component of Football Federation Australia's national curriculum. SAP is designed to perfect and accelerate the skill development of identified players between the critical ages of 9 to 12.

This is the age group universally acknowledged to be the optimal mental and physical phase in which children are able to learn motor skills.

SAP's aim is to provide the necessary technical 'tools' to be able to play the game at the highest possible level with a focus on functional game skills, with an immediate skills transfer into positioning and small-sided games being an absolute requirement.

\*U8 to U11 Girls will follow a similar SAP curriculum.

## FQPL & JPL DEVELOPMENT - U12 - U16

The development camp will deliver coaching sessions covering technical practices, skills practices, small sided games, functional practices, phases of play and games (age appropriate).

The Game Training Phase is a key component of Football Federation Australia's national curriculum. The Game Training Phase is exceptionally suited for developing tactical awareness and insight, whereas the purpose of the Skill Acquisition Phase is to acquire their core skills, the Game Training Phase is about learning how to apply them in a functional way. In the Game Training Phase the focus shifts towards learning to play as a team and developing an understanding of the team tasks during the main moments (attacking; defending; transitioning), as well as the specific tasks that go with the individual team positions.

\*U12 to U17 Girls will follow a similar curriculum.

## GOAL KEEPERS CAMP U8 - U16

We are pleased to announce a one day intensive Goalkeeper Camp.

GK's will cover handling, diving, footwork, shot stopping, communication, distribution and match play. The day will help keepers with their decision understand and think about options available.

## STRIKERS CAMP U8 - U16

Join our coaches as they focus on everything to do with a striker, whether that be finishing inside or outside of the box, curling in the perfect free kick or holding the ball up to bring team mates into play - the strikers day covers it all. Coaches will focus on the technique of your strike as well as creating game related scenarios that play out in games every week. The day will help our stickers to understand and think about options available.

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