**Development Program**

Each year we run a Development Program (DP) for children selected into the club’s graded teams. Those teams play in the local CDSFA competition on weekends and are typically placed in Division 1 of their respective age groups. \*

Selection into the DP is via an annual grading process and this process usually takes place in November/December each year.

The DP provides a great opportunity for your child to be coached by qualified and club approved football coaches. We aim to create the ideal environment for your child’s individual growth.

Player development is right at the heart of what we do because we believe that developing players is the best way to keep a child interested and engaged in a sport.

In our program, teams in the U8 - U12 age groups train twice a week with the club coaches and for games on the weekend they are led by a parent volunteer coach and manager. Teams in the U13 - U16 age groups train with the club coaches for one session a week. A second training session and weekend games are led by the parent volunteer coach and manager. It is strongly recommended to parent volunteer coaches to be present at DP training sessions, it is then and there the connections are made. DP coaches are following clubs annual coaching plan for each age group, and it is important that parent volunteer coach understands the details. There will be a meeting prior season for team Coaches and managers.

**Annual plan**

The DP season plan is based around the Australian soccer pathway but also includes more detailed aspects of technique and tactics of game play. The plan is general and each coach within the DP will be allowed to include his or her own personal interpretation of selected skills and strategies.

Within the overall DP plan, we have 3 main annual plans (U8+U9, U10+U11 and U12-U16). Plan will be available to parent volunteer coaches prior the season.

To support the plan, we aim to build a strong and connection between the DP coaches and the parent volunteer coaches. This is to help the parent coach take the lessons from the DP sessions into games and to also allow for learning from games to be fed back into the DP training sessions.

**Sessions**

DP sessions are held at the Waterfront Drive pitches in Callan park. Sessions run on Tuesdays, Wednesdays, Thursdays and Fridays. Sessions start at 4:30pm, 5:40pm or 6:50pm. Younger age groups are scheduled in the earlier time slots and older age groups in the later ones.

Sessions are mix of game training, situation training and skill practice.

For DP sessions, teams use half of a full-sized pitch and all the training equipment is provided.

**Sessions vision**

* Chaotic games with open solutions
* Multiple tasks at once
* No individual core skills in single session, all crossovers
* Games rather than drills
* Adaptation to challenge
* Good flow of session
* Repetition is the key

**Parent coach and DP coach**

* The parent coach should be aware of the training plan and after discussion with DP coach help to incorporate relevant problems from game days.
* The parent coach is welcome to consult or be part of sessions at any time.
* We strongly recommend participating and coaching your team, gaining experience, and learning new approach to coaching.
* The DP coach will follow the BDFC annual plan but will be open to accommodate your thoughts on improvement.

**Individual development program (IDP)**

If you child is not in a graded team but is keen to improve their skills with some extra training, then you might like to consider the IDP.

The IDP sessions are led by the same DP coaches that we use for the graded teams. All the training conditions and the environment are the same as for the graded teams.

Since 2019 season we offered successfully: IDP U8/U9 boys, U9/10/11 girls only, U13/14/15 boys and O30Women.

**Additional info and policies**

* More detailed info about DP on www page: [BDFC www page](https://www.balmainfootball.com.au/development-program-timetable/)
* Behavioural issues can arise during the season, please refer to our [policies](https://www.balmainfootball.com.au/wp-content/uploads/2018/12/Balmain-DFC-Behaviour-Management-Procedures-letters-removed.pdf)
* [Specialised goalkeeping sessions](https://form.jotform.com/210498478562871) are available for graded and non-graded players. If your DP team does not have a dedicated goalkeeper (U8-U11 are recommended to rotate goalkeepers on regular bases, U12- U16 are recommended to have a dedicated goalkeeper) we will do arrangement to ensure your team has an experience with goalkeeping. Goalkeeper of graded teams can use this program for free.
* In case of rained out session of DP program = grounds are closed, we have arranged an alternative program to keep the team together. DP coaches will be conducting Zoom sessions using their knowledge of the game, pre recorded sessions, video game analysis and exercises with or without a ball on limited space.

\*Recommendation to CDSFA about placement is provided based on results from grading process.

**Radim Mokrohajsky**

Technical Director

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Individual game skills*** | | | |  |  |
|  | Attacking skills | | |  |  |
|  |  | Behaviour without the ball | | | |
|  |  | Passing the ball | | |  |
|  |  | Receiving the ball | | |  |
|  |  | Dribbling | |  |  |
|  |  | Beating an opponent | | | |
|  |  | Shooting | |  |  |
|  | Defending skills | | |  |  |
|  |  | Marking player with the ball | | | |
|  |  | Marking player without the ball | | | |
|  |  | Marking space | | |  |
|  |  | Capturing the ball | | |  |
|  |  |  |  |  |  |
| ***Game combinations*** | | |  |  |  |
|  | Attacking combinations | | | |  |
|  |  | Passing | |  |  |
|  |  | Position swap | | |  |
|  |  | Action pass and go | | |  |
|  | Defending combinations | | | |  |
|  |  | Securing other teammates | | | |
|  |  | Passing over responsibility for attackers | | | |
|  |  | Multiplying defenders, doubling up | | | |
|  |  | Cohesion in zonal defending | | | |
|  |  |  |  |  |  |
| **Game systems** | | |  |  |  |
|  | Attacking systems | | |  |  |
|  |  | Combination play | | |  |
|  |  | Contra attack | | |  |
|  |  | Build up | |  |  |
|  | Defensive systems | | |  |  |
|  |  | Zonal defence | | |  |
|  |  | Personal defence | | |  |
|  |  | Combined defence | | |  |

**Annual training plan is based on**