

TALENTED FOOTBALL PROGRAM
Program Outline

Sydney FC Program	Football South Coast Development Program
<ul style="list-style-type: none"> • Full time Sydney FC Appointed Head Coach • Minimum AFC/FFA B-License external or internal coach's • Training sessions directed and written by Sydney FC Academy Schools coaching staff • Individualised Athlete Development Plans • Full Access to S2S Digital Portal • Strength and Conditioning programming • (Age specific) • Strength and Conditioning coach • Video analysis during training sessions/games • Bus costs to Ian McLennan Park for training • Athlete load management • Academic mentoring & access to Learning Centre during school time • Exclusive access to Sydney FC talent ID days/Gala Days/Potential selection for national/international trips • Sports Psychology Sessions • Theory workshops 	<ul style="list-style-type: none"> • Minimum C-License Coaches • Detailed session planning/programming • Full access to S2S Digital Portal • Strength and conditioning programming • Individualised Athlete Development Plans • Liaising with partner physiotherapists when players are injured or overloaded • Academic mentoring/access to Learning Centre during school time • Bus costs to Ian McLennan Park for training • Sports Psychology Sessions • Theory workshops
Program Cost: \$1200	Program Cost: \$800

Talented Football Program

FREQUENTLY ASKED QUESTIONS

<p>How many days a week do the students train?</p> <p>The Sydney FC Squad does 3x Field and 1x Gym sessions per week.</p> <p>The Year 7/8 FSC Development Squad do 2 field sessions per week and Year 9/10 do 3x field and 1x gym session per week.</p>	<p>Do they have to play for a certain team to be in the Sydney FC program?</p> <p>The Sydney FC program has a minimum requirement for players to be in Division 1 community league teams. The majority of the players in this program are playing at NPL1/2 or GCL/AYL levels</p>
<p>Do they have to play for a certain team to be in the FSC Development program?</p> <p>The FSC Development Program has a minimum requirement for players to be playing in a community league team.</p>	<p>Who are the coaches?</p> <p>Domenico Tripodi: Sydney FC Appointed Coach Daniel Naumovski AFC/FFA B- License Jonathon Forster: AFC/FFA A- License Enzo Sansone: AFC/FFA B- License Coach Michael Panozzo: AFC/FFA B-License Coach (completing) Bradley Moriera: AFC/FFA C-License Coach Paul Waine: FFA State Level Coach David Curley: Goal Keeper Coach</p>
<p>When do the students train?</p> <p>Year 7/8 train 2x during school hours and complete 1x session before school.</p> <p>Year 9/10 train 3x during school hours and only miss roll call on Monday mornings.</p> <p>Year 11/12 do two sessions before school (Monday/Tuesday) and 1x session during school on a Thursday afternoon.</p>	<p>Do they miss any school?</p> <p>Students do not miss any class time and complete all lessons just like any other school. The only time they miss any class time is if they are participating in a trial game, Talent Identification day, competition game.</p>
<p>How do you make sure the players are not overloaded?</p> <p>The players are monitored constantly at training. The S2S digital platform allows the players and coaches to upload their training and playing data each day/week.</p> <p>Player performance is an indicator for load management, and this is cross referenced with the S2S player platform</p>	<p>What do players do if they are injured or overloaded?</p> <p>Solution 1: Overloaded players are utilised at training in a way that they can still participate in the session, maintaining their learning, but decreasing their training load/intensity.</p> <p>Solution 2: Complete a gym program under the supervision of a strength and conditioning coach.</p> <p>Solution 3: Students book in to the Study Hub to complete school work during the training session block.</p>
<p>How many games do they get?</p> <p>They do not play a set amount of games. This is dependent on the players selection into a school squad to compete in sports high school competition games, Sydney FC Talent ID days and other gala days/state knockouts. The focus is primarily training and technical development.</p>	<p>What are the benefits of the program?</p> <ul style="list-style-type: none"> • Full time program-year round football program • Fully aligned with the Sydney FC Academy • Proven pathway to the Sydney FC Academy • Aims to maximize individual athletic and academic potential • Individualised Athlete Development Plans • Expands opportunities for both Talent ID and Talent Development • Focuses on Individual development in a team environment • Increases individual volume of training • Holistic and sustainable • Cost effective and value for investment • Expands the Sydney FC family • Fully accredited staff • Specialised goalkeeper training • Holistic approach to player development that focuses on more than just football performance.