



CAPALABA FC

Player/Parent Information Meeting

15th February 2022



1

AGENDA

- *Player Welfare (High Performance Unit)*
- *Coaches Support 2022 & beyond...*
- *Season Playing Fees*
- *Player Self Registration*
- *Apparel*
- *Dress Code*
- *Key Game Dates*
- *Communication Protocols*
- *Bluecards*
- *Complaints Procedure*
- *General*



2

Introduction:

WHO AM I.....

- ▶ Shaun McAney
- ▶ Club President



3

Played Football in UK as a Jnr	85' Played Jnr Colts CFC / 1 st team / Rep Football	2010 Coaching at CFC
Run 2 x Small Businesses for 20+yrs • Outdoor Education • Corporate Training	Last 10 years at CFC • Minirooms • Coaching • Committee Member 6 yrs • Women's TD 2 yrs • NPL Snr Program	Understand on/off field what it means to be a CFC Member
Opportunities to play/Coach at a players/Coaches desired level	Foster a Positive culture	My door is always open




4



Capalaba FC - 'Club Shield'

5



Capalaba FC - 'Club Shield'

Shield for 2022

- SAP Program (Silver rated Bronze 2021)
- SAP Girls Program x 1
- FQ Bronze Development NPL Academy
(Increased from 2020)

6



Capalaba FC - 'Club Shield'

Targets for 2023

- SAP Program (Silver rated)
- SAP Girls Program x 2
- FQ Silver Rated NPL Academy
- Further increase of 25% in club assessment
- Retain 80% of players

7

Vision Statement

Vision

Mission

Values

- *For all Capalaba Bulldogs teams to play in the highest league possible and to play a pro-active brand of football, with technical & athletic players who have good qualities in perception, decision making & execution.*
- *Teams to create goal scoring opportunities through creative individual play and team combination play.*
- *To maintain the highest possible standards and create a learning & winning environment where players strive to be their best and encouraged to reach the next level.*

8

Mission Statement

Vision

Mission

Values

- *Identifying and developing the talents of locally based footballers with a view to preparing them for the elite levels of the game.....learning life skills on the journey.*

9

Values Statement

Vision

Mission

Values

In fulfilling our purpose we will uphold our core values of:

- *Friendly & welcoming environment for all*
- *Fair and positive participation opportunities for all*
- *Assisting people to realise their potential – players, coaches & volunteers*
- *Recognising & rewarding volunteers*
- *Fun, safety and enjoyment in a family orientated environment*
- *Strong community involvement*
- *Approachable personnel*
- *Open, two-way & transparent communication*
- *Foster Club harmony & accept differences*
- *Club is a home away from home*

10

Club Goals

Over the next three years CFC will focus its resources on:

- Increasing membership growth, particularly juniors
- Improving volunteer recruitment, growth & retention
- Improving the image and profile of the CFC
- Enhancing the clubhouse & playing facilities
- Improving social activities and inclusion within the club
- Continuing to build relationships with key stakeholders
- Improving marketing and communication activities
- Increasing the financial position through grants & fundraising
- Developing teams that are competitive at all levels

Our Club Strategic Plan defines HOW we will achieve these Goals.



11



Club Support & Administration

SEASON PLAYING FEES

- ▶ Deposits all paid
- ▶ Full Payment by direct deposit, cheque, cash, credit card, EFTPOS
- ▶ Payment Plans in place
- ▶ Any queries please email Nicola
- ▶ accounts@capalababulldogs.com



12



CLUB SUPPORT & ADMINISTRATION

PROGRAM INCLUSIONS

- ▶ Qualified Accredited Coaching Staff (FFA C License and above) Technical Director
- ▶ Support Personnel - Physiotherapy Triage, Sports Trainer/ Physio attendance at all home games & trainings
- ▶ 3 nights per week of training, 9 month season of friendly, pre-season and fixture matches
- ▶ All playing equipment
- ▶ All referee, coaching, club & equipment fees
- ▶ Match analysis sessions
- ▶ Player assessments
- ▶ FFA/FQ registration
- ▶ Player insurance
- ▶ Field Maintenance / Lighting




13



CLUB SUPPORT & ADMINISTRATION

Financial Hardship

- ▶ Enquiries to:
footballadmin@capalababulldogs.com
- ▶ to book a meeting by the 19th March



14



Club Support & Administration

PLAYER REGISTRATION

- ▶ *Playfootball.com on-line system*
- ▶ *Self Registration*
- ▶ *Majestri Database Player Profile (T&Cs/media consent etc)*
- ▶ *Club Support if needed*

15

Club Support & Administration





APPAREL

- ▶ Playing Kits
- ▶ Training Kits
- ▶ Club Apparel for Game Day
- ▶ Shop Open Tues. & Thurs. 5.30pm -6.30pm

16



Club Support & Administration



DRESS CODE FOR ALL GAMES

(Home and Away)

- ▶ *Club Polo*
- ▶ *Black Travel Shorts*
- ▶ *Black Shoes*
- ▶ *Black Socks*
- ▶ *Club Tracksuit (Winter)*




17


Change Rooms/ Dugouts

Volunteer run club, please ensure changerooms & dugouts are left clean & tidy

Players to use provided bins

Players to get changed inside the changerooms not the clubhouse or deck


Gameday - Check changeroom allocation on door for your team



18

Changeroom Allocation


Example.....



Change Room Allocation

Sunday 18/04/2021

TEAM	HOME CLUB	CHANGEROOM	AWAY CLUB	CHANGEROOM	Allocated Time slot	KICK OFF	FIELD
NPL U13	CAPALABA FC	Home 2	Southside Eagles	Away 2	12.30pm	2.00pm	FIELD 2
NPL U15	CAPALABA FC	Home 1	Southside Eagles	Away 2	2.30pm	4.00pm	FIELD 2
NPL U18s	ROAR	Away 1	Capalaba	Home 1	12.30pm	2.00pm	FIELD 1
NPL U23s	ROAR	Away 1	Capalaba	Home 2	2.30pm	4.00pm	FIELD 1
NPL 1st Team	ROAR	Away 2	Capalaba	Home 1	4.45pm	6.15pm	FIELD 1





KEY

	Please Put Nets Up /Corner Flags
	Pull down Nets /Flags
	Put up & Pull Down Nets & Flags



19



Game Day - Nets, corner flags

- ▶ First team allocated to the field will need to put the nets up
- ▶ Last team allocated to take them down.
- ▶ Parents please get involved and help your coaches out
- ▶ Please check fixture list to see if this applies to your home game each week and make plans for it. We will ensure that a list of fixtures is displayed on the noticeboard at the club and also on the website. This will also be evident on the Changeroom Allocations



20



21

Yearly Planning

The yearly Planning will incorporate a 40 week Program beginning at the conclusion of team selections and concluding after the last fixture. **Sample as shown:**

January 2022						
<div> <div>December 21</div> <div>February 22</div> </div>						
27	28	29	30	31	1	2
					New Year Day OFF SEASON	OFF SEASON
3	4	5	6	7	8	9
New Year Public Holiday OFF SEASON	OFF SEASON	OFF SEASON	OFF SEASON	OFF SEASON	OFF SEASON	OFF SEASON
10	11	12	13	14	15	16
Paul Ed/Roy Wise 5:30pm Pre-Season Coach Meeting (DPL/W & SAP) NFL SIZING NIGHT (No Cycle)	NFL/W SNR Training Start Date	Sports Session Planner Outboarding 6:30pm - 7:30pm 8pm Admin	NFL/W SNR Training (No Cycle)	DNA Webinar Supporting Youth Coaches 7:30pm-8:30pm	WEEKEND OFF	WEEKEND OFF
17	18	19	20	21	22	23
NFL/W SAP /NR TRAINING Start Date	(No Cycle)				WEEKEND OFF	WEEKEND OFF
24	25	26	27	28	29	30
(Cycle 1 - Week 1) SCHOOL RESUMES		Australia Day			WEEKEND OFF CLUB OPEN DAY 9-2pm	WEEKEND OFF
31						
		Notes				

Calendar Templates by Vertex42
<https://www.vertex42.com/calendars/>

22



UPCOMING EVENTS



CLUB SHIELD

SILVER
SAP CLUB
2022

BRONZE
ACADEMY PROGRAM
2022



Club Events 2022

- ▶ Referee & Rules Meeting
- ▶ Nutrition & Injury Prevention Workshops
- ▶ Coach Education Workshops
- ▶ Mid-Season Coaches Meeting
- ▶ Player Assessments & Progress Reports
- ▶ Player/Parent Meetings
- ▶ Coach Review Meetings
- ▶ Player Retention Lists
- ▶ End of Season Coaches Meeting
- ▶ Trials for 2023
- ▶ End of Season Presentation Day/Evening/Night
- ▶ 2022 Season Start - 26th February 2022
- ▶ Pink Weekend - TBC 2022
- ▶ Salvation Shield - 26th June 2022
- ▶ Max Haynes Memorial - TBC

23

Club Support & Administration

COMMUNICATION PROTOCOLS

- ▶ Team Managers - First stop
- ▶ Not Coaches
- ▶ All information re playing, training
- ▶ Spond App, Website, Social Media
- ▶ Club information - Emails (Majestri)




Icons shown: SMS, WE, Google talk, and a camera icon.

24



Wet Weather

- ▶ *Either the TD (Roy), the groundsmen (Cobby & Darryl) or Shaun will conduct a ground inspection if we have experienced a lot of wet weather or storms are expected*
- ▶ *All coaches will be notified*
- ▶ *Parents will be notified through Spond, Facebook & email*
- ▶ *The TD will try to organize an alternative solution/venue for training. Highly likely Moreton Bay Boys College Indoor court*
- ▶ *HPU may offer home training solutions if excessive wet weather*

25

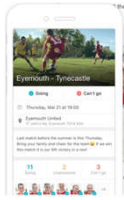


Coaching Support for 2022!

- ▶ *Our Coaches are important to the club and our goal for 2022 is to further develop our coaching staff.*
- ▶ *Paul Edwards has conducted a Training Needs Analysis for Coaching Staff 2022*
- ▶ *Some of the investment the club has made to assist our coaches development journey at Capalaba FC in 2022....*

26

Spond - Attendance & Communication App



▶ In 2022, Capalaba FC will be using the SPOND App. This can be downloaded for free. Coaches and Managers will set themselves up as Administrator

▶ Managers will invite all players via your email address

▶ Training & games events will be setup by the Manager in App

▶ This is part of our compliance, and we will need to export a report in June and at the end of the season

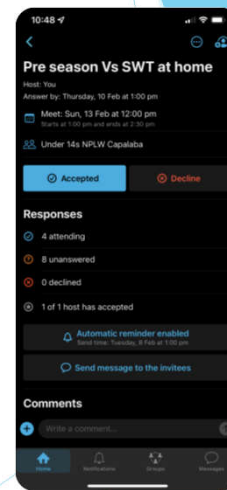
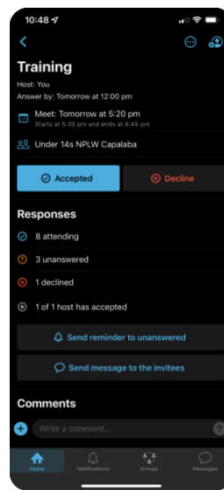
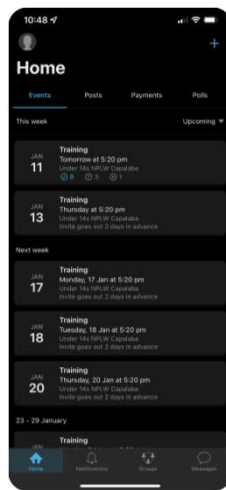
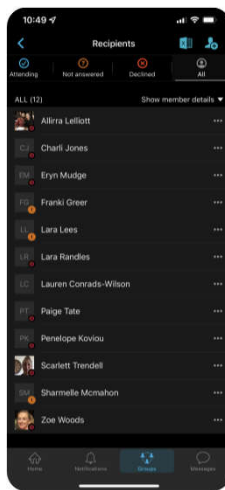
▶ Even if injured or sick, players need to respond

▶ [Spond - best free sports team management app](#)




27

Attendance & Communication App



28



veo Camera

- ▶ Veo Analytics
 - ▶ All features of Veo Editor
 - ▶ AI statistics
 - ▶ Heatmaps
 - ▶ 2D map
 - ▶ Momentum graph
- ▶ Upload footage to Denmark, takes 3 hours until you can download
- ▶ Up to coaches to sort with TD/Club who is using and when. Coaches are responsible for the camera and it must be returned to the football office.
- ▶ Ideally the Coach, TD or Admin will upload the footage to Veo so it can be downloaded by the Coach.

▶ Visit <https://event.veo.co/veo-editor?qa=2.85744026.2099638131.1641731527-1089244340.1629329625> for more info

29



INSPIRETEK Club Player Wellness App

- ▶ Wellness
 - ▶ Athletes have the ability to track and reflect on wellness factors such as activity, sleep, fatigue, nutrition, pain and mood to better understand how wellness impacts performance.

30



Sports Session Planner

The screenshot displays the Sports Session Planner web application. At the top, there are navigation tabs: Home, Create Session, Create Match, My Sessions, Club Sessions, Session Library, and Contact. The main content area is divided into several sections:

- My Stats:** Includes a 'Session Overview' table with columns for Sharing Status, Training Sessions, and Match Fixtures. It also shows 'My Activity' for the last month, including Log-ins, Sessions Created, Sessions Viewed, and Pages Viewed.
- New Features:** Promotes the 'SessionBuilder and Set-pieceBuilder' now available in the Session Editor.
- Event Calendar:** Shows a calendar for January 2022, displaying sessions and matches. It includes a 'My Schedule' section with a dropdown for the number of days (currently set to 5) and a note about creating a training session or match.
- Video Tutorials:** Lists various tutorials under 'Session Creator - Advanced' and 'Session Creator - Overview'.
- Club Stats:** Includes an 'Activity Summary' section.
- Recently Viewed Sessions:** A section for sessions recently viewed.
- Favourite Sessions:** A section for favourite sessions, with a note that no favourites have been added yet.

► This professional software is being used by our coaching staff in 2022.

31



Sports Session Planner



BP - Playing out from the back U14 WNPL

Category: Tactical: Playing out from the back
Skill: Mixed age

Pro-Club: Capalaba Bulldogs FC
Paul Edwards, Brisbane, Australia

Setup



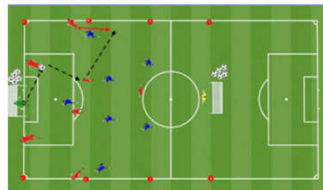
Passing practice (20 mins)



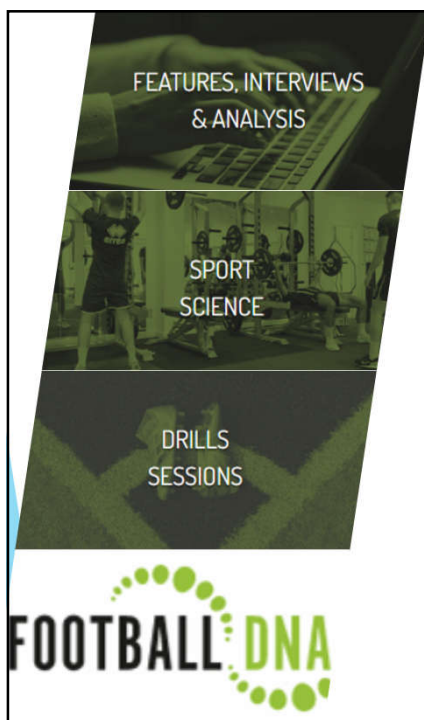
Positioning Game (20 mins) (20 mins)



Game Training (30 mins)



32



FEATURES, INTERVIEWS
& ANALYSIS

SPORT
SCIENCE

DRILLS
SESSIONS

FOOTBALL DNA

► Football DNA is the ultimate platform for coach and player development using our exclusive video football coaching content from top coaches and experts in the game. Giving you access to hundreds of coaching practices and sessions on video that is perfect for grassroots football coaching and up to the elite levels of the game from U5 - Adults

33



SPORT
SCIENCE

DRILLS
SESSIONS

► Football DNA conducted a Coach Education Webinar in January for our coaching staff. This was done by the Crystal Palace Academy Coach

FREE WEBINAR FOR CLUBS!

FREE COACH EDUCATION WEBINAR FOR
CAPALABA FC



TOPICS:

- HOW TO PREPARE, PLAN & DELIVER COACHING SESSIONS
- KEY COACHING TIPS & TRICKS
- SESSION IDEAS & PRACTICES
- Q & A

PAUL BARRY
UEFA A LICENCE & ACADEMY COACH

FRIDAY 14TH JANUARY 2022 7:30PM

WWW.FOOTBALLDNA.CO.UK

The link to join is:

<https://us02web.zoom.us/j/89059993753pwd=OHZMT1hXazhUSWxodVR3MzhkVnIDZz09>

34




Goalkeeper Coach

► The club will be using John Garside Goalkeeper Coaching for the 2022 season.



Professional Goalkeeper Tuition

35




Club Support & Administration

Bluecards

Organisational Portal

- 106 Registered Coaches/Managers/Volunteers
- The changes to the blue card system started on 31 August 2020. These changes affect applicants, card holders and organisations.
- The No Card, No Start law –you cannot work or volunteer in a position requiring a blue card until your application is approved. As a volunteer you are entitled to obtain a blue card at no cost to yourself. It is club policy for all coaches and managers to have a Blue Card.
- A new rule for expiring cards –if you don't renew by the expiry date, you will be subject to the No Card, No Start law



36



Club Support & Administration

Bluecards

Organisational Portal




- Easy to register
- www.qld.gov.au or Google search Register for a Bluecard
- Processing time - If you apply online, you should allow 5 business days for your application to be processed.
- Prove your identity - work with the Department of Transport and Main Roads (TMR) to verify your identity and obtain the photo for your blue/exemption card.
- You will need a customer reference number (CRN) from TMR before you apply for your blue card. You can find this number on any product TMR has issued to you, such as:
 - ✓ a Drivers Licence
 - ✓ adult proof of age card
- Please send a copy of your Bluecard Number & DOB to President@capalababulldogs.com



37

Game-Day Protocols

Home and Away Games

- ▶ Arrive 60 mins before kick off
- ▶ Adhere to the club's dress code
- ▶ Locate changing rooms and warm up area

38

Club Support & Administration

COMPLAINTS PROCEDURE

- ▶ Member Protection Policy
 - ▶ www.PlayFootball.com.au
 - ▶ www.footballaustralia.com.au
- ▶ The FFA National Member Protection Policy (MPP) provides procedures that support FFA's commitment to eliminating discrimination, harassment, child abuse and other forms of inappropriate behaviour from Football.
- ▶ Further, it sets out codes of conduct and behaviour that form the basis of appropriate and ethical conduct by which everyone must abide



39

FOOTBALL
QUEENSLAND

BULLDOGS


Club Support & Administration

COMPLAINTS PROCEDURE

- ▶ Who this Policy Applies To
 - ▶ FFA, Member Federations, District Associations, Competition Administrators, Clubs, Officials, Intermediaries and Players (whether they are in a paid or unpaid capacity). To the fullest extent possible, it also applies to parents and guardians of Players and to Spectators at Matches.
 - ▶ Covers Child Protection
 - ▶ Selection of suitable employees/volunteers
 - ▶ Anti-discrimination & harassment
 - ▶ Smoking policies
 - ▶ Bullying



40



Club Support & Administration

COMPLAINTS PROCEDURE

- ▶ Complete a FFA Complaint Form -
- ▶ **In-Formal (6.4)**
 - ▶ focus on resolution not substantiation
 - ▶ Observation / Counselling/ Mediation/ Education possible solutions for the complainant
- ▶ **Formal (6.9)**
 - ▶ When not appropriate to resolve through informal process
 - ▶ Approach an external agency such as anti-discrimination or Equal opportunity Commission
- ▶ Manager or Technical Director
- ▶ Escalate to Club Admin
- ▶ Trained Member Protection Information Officer (IMPO) FQ

41

Club Support & Administration

COMPLAINTS PROCEDURE



- ▶ Treat all seriously
- ▶ Decision on Informal or Formal
- ▶ Confidentiality
- ▶ Act and resolve promptly
- ▶ Escalate if necessary

42



Club Support & Administration

GENERAL

- ▶ **Volunteers**
 - ▶ Always looking for volunteers to get involved
- ▶ **Team Managers**
 - ▶ Managers and Coaches Meeting
 - ▶ Club Members - Open Door Policy
- ▶ **Club Sponsors / Partners**
 - ▶ Stuart Greaves sponsorship@capalababulldogs.com
- ▶ **COVID-19**
 - ▶ Phil Basnett VP Covid Officer
 - ▶ Policies will be updated on the website under Policies & Procedures

JERSEY SPONSORSHIP
MINI ROOS
JUNIORS
SENIORS
MEN & WOMEN


FIELD SIGNAGE
PREMIUM
NON-PREMIUM
CAR PARK SIDE
SCOREBOARD

PROMOTE WITH US HERE


43

Covid Safe

- ▶ Please ensure ALL Players & visitors adhere to the current Queensland Health Guidelines
- ▶ General principle is if you are feeling unwell or have Covid Symptoms please stay at home
- ▶ As the guidelines for Covid are constantly changing, please follow the State Government guidelines
- ▶ Unless you're double vaccinated then you are not permitted inside the club-house when the bar is in operation, as per the Office of Liquor & Gaming.
- ▶ Currently masks must be worn inside the clubhouse at all times



COVID-safe Behaviours



44

Looking forward
to a successful
2022 Season!

CAPALABA FOOTBALL CLUB

BULLDOGS

BULLDOG IN 20

ACT FAST. LIMITED PLACES REMAIN.



45

FOOTBALL QUEENSLAND

BULLDOGS

CLUB SHIELD

SILVER
SAP CLUB
2022

BRONZE
ACADEMY PROGRAM
2022

**NPL, NPLW
Program**

2022



46

Introduction:



► WHO AM I.....

► Roy Wiseman

Technical Director

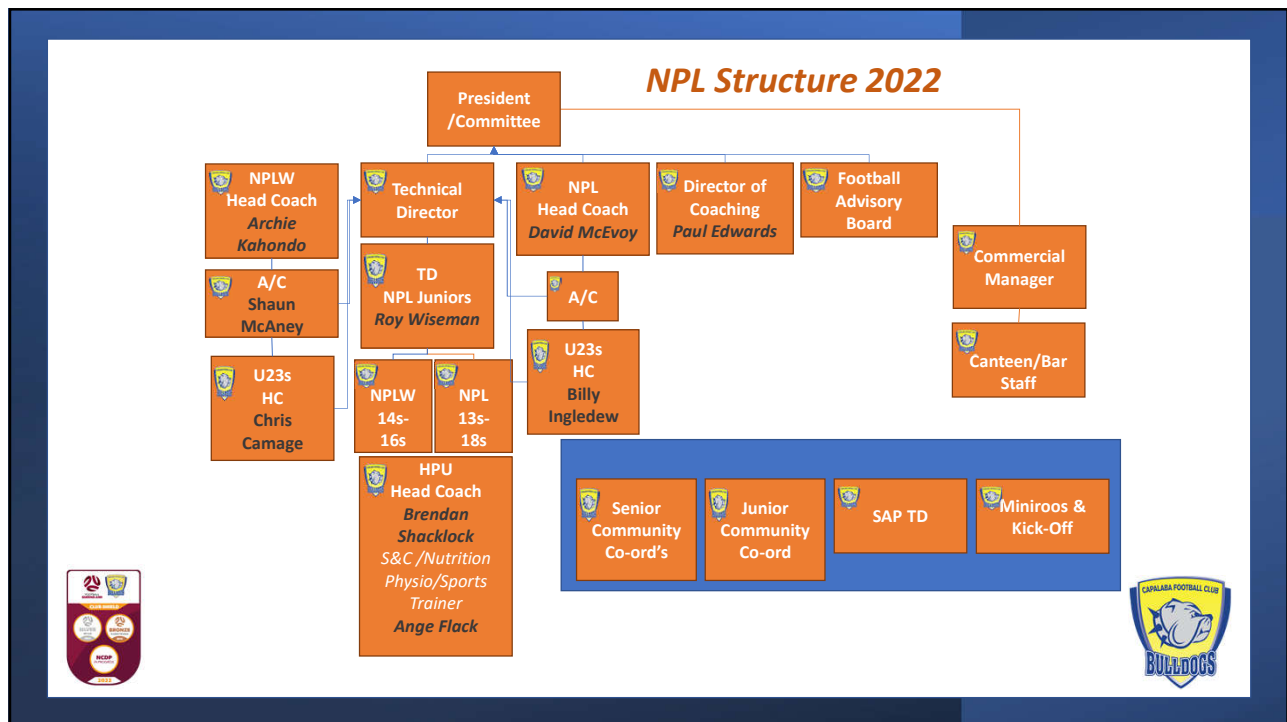
NPL/W Juniors (13s - 18s)



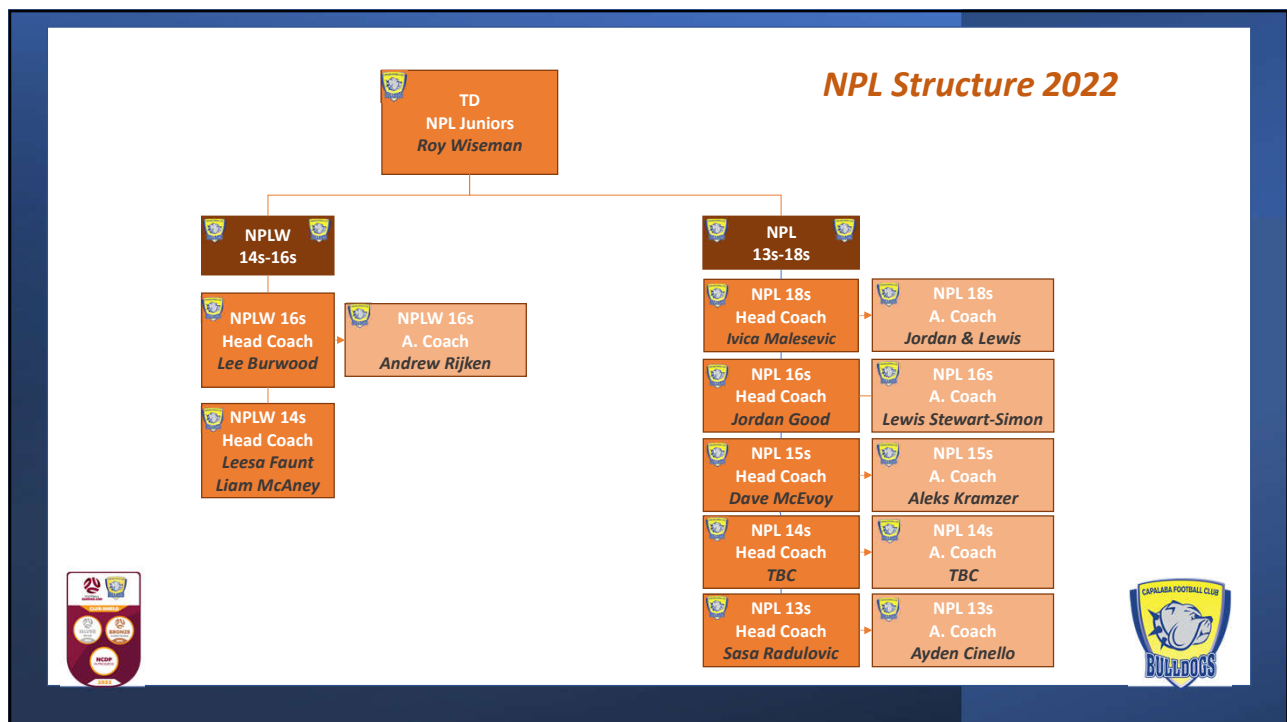
47



48



49



50

Club Model

In general, one can distinguish three “models” by which Football Clubs operate technically:

Coach Centred Model
Club Centred Model
Owner Centred Model



51

Club Model

The Club has a clear identity:

It will be working under the guidance of a.....

Club Centred Model



52

Club Identity

1. *A uniqueness in how we operate, certainly in Brisbane & Queensland.*
2. *The platform to educate footballers in other aspects of life.*
3. *A commitment to developing footballers at your club in a controlled format year after year.*



53

Vision Statement

Vision

Mission

Values

Junior Football Vision:

- *Prepare players for senior football by teaching them to apply the functional game skills in a team setting*
- *Develop tactical awareness, perception and decision-making through a game-related approach to training*
- *Develop creative individual skills and techniques*
- *Develop a positive team culture motivating players to always try their best and never give up*
- *Create a professional and fun learning environment for the players.*
- *Not win at all costs*

54



Philosophy Statement

The Capalaba Bulldogs ball possession (BP) philosophy, reads:

► Possession-based football with structured build-up, creative combination play, good decision making and individual skill to create and capitalise on goal-scoring opportunities.



55

NPL & NPLW “GOAL”

The purpose of the NPL/W is to give a clear pathway to young aspiring footballers into the higher echelons of the Australian game (Capalaba FC - NPL, A-League Youth Teams, A-League and National Teams).

The plan will allow all key stakeholders (Club Committee, Technical Director, Youth Coaches, Players, Parents and Volunteers) the opportunity to work towards the clubs Vision and Philosophy.

The guiding principles for the program are in adherence to the FFA's National Curriculum.



56

Shape

1-4-2-3-1



57

Decision Making

Good Decision making is
CRITICAL to elite level
performance



58

Decision Making - Simplified Model

- ▶ **SEE** - Input from game picture
- ▶ **THINK** - Decision
- ▶ **PLAY** - Game Action or Output



59



NPL Junior Targets

▶ The purpose of the Academy is to give a clear pathway to young aspiring footballers into the higher echelons of the Australian game (Capalaba FC NPL/W 1st Team, A-League & National Teams).


▶ Direct links to the TSP programme, QAS programme and the Brisbane Roar teams.

▶ Promote 2 players into the Capalaba NPL/W Senior program (or higher) each season.

▶ All key stakeholders (Club Committee, Technical Director, Youth Coaches, Players, Parents and Volunteers) will have the opportunity to work towards the clubs Vision and Philosophy.

▶ Retain 80% players for the 2023 season

60



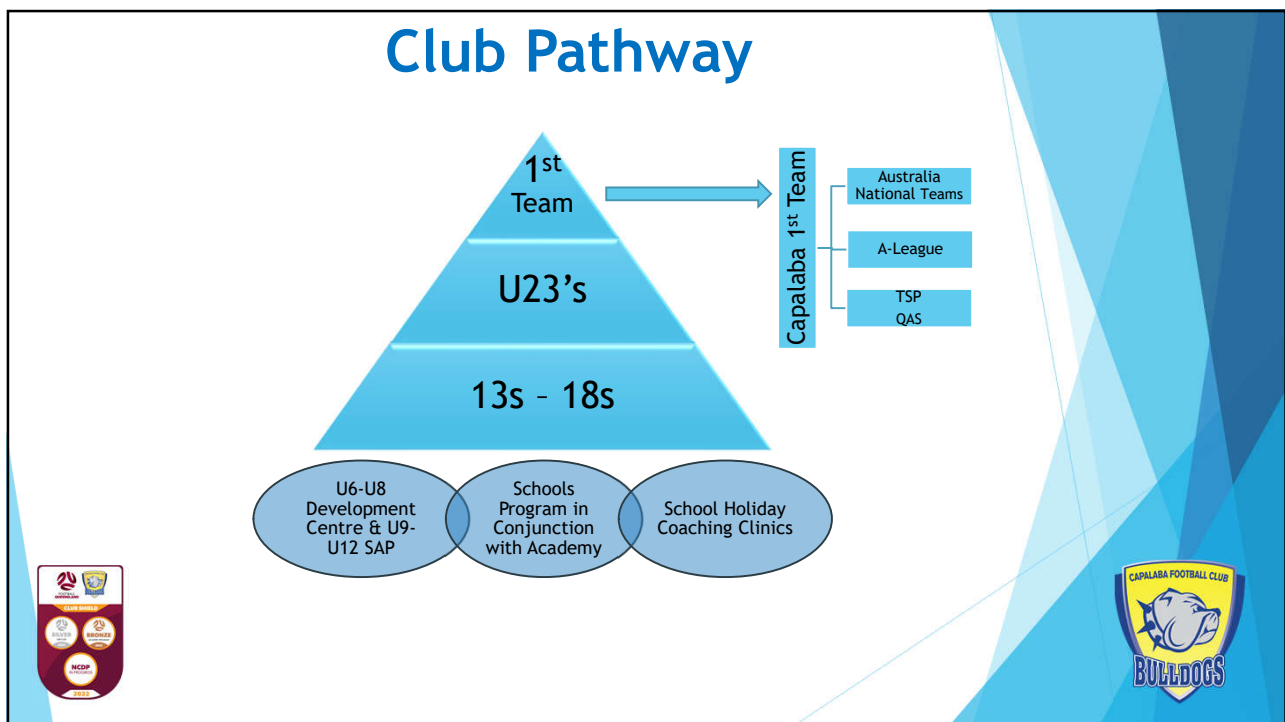
Capalaba Bulldogs Former Youth Players

- Claire Polkinghorne - Present Matilda, Brisbane Roar.
- Stuart McLaren - Present Scotland U/16 Head Coach, Former Brisbane Roar & Perth Glory Player.
- Michael Zullo - Socceroo & Sydney FC Player
- Jordan Thurtell - AIS & Perth Glory
- Matthew Byrne - FK Donji Srem (Serbia)
- Emma Godden - Southampton Ladies (UK)

Other Notable Products:

- Matthew Thurtell - Bentleigh Greens (Melbourne)
- Ross Archibald - Former Melbourne City player
- Chelsea Fairburn - QAS U/16 (2019)
- Jayden Rodgers - TSP U15/U16 (2020)
- Lauren Vashina - QAS U16 (2020)


61



62




63



Coaches Responsibilities

Player Assessments & Progress Reports

- ▶ It is envisaged that player assessments will be completed during the season.
- ▶ At the midpoint of the season (approx. June/July) coaches will hold player assessment and progress report meetings with the player and parent. Player/Parent interviews will be conducted with the Head Coach, and when necessary the club Technical Director.
- ▶ Players/Parents will be given specific feedback based on the individual and provided with copies of the player assessment and the progress report from the Head Coach.



64

Goalkeeper (#1)			
Competence Profile & Assessment Form			
E=Excellent G=Good I=Improving			
Ball Possession (Own Team)			
Playing out & support to defensive line			
Goal kick			
Volley and Dropkick			
Throwing & rolling			
Positioning in relation to the play			
Ball Possession (Opponent)			
Starting position and footwork			
Stance / Set position			
1v1 Duel (Opponent coming toward goal)			
Catching technique (Scoop/Cup/W)			
Diving			
Parrying/Deflecting			
Handling crosses (intercepting & punching)			
Tactical insight / Decision making			
Goalkeeping Fitness			
Explosivity in goalkeeping actions			
Quick recovery between two explosive actions			
Maintaining explosivity of goalkeeper actions			
Maintaining quick recovery between explosive goalkeeper actions			
Flexibility / Agility			
Coordination			
Personality Characteristics			
Organising & Leadership (BPO & BP)			
Ability to perform under pressure			
Bravery & Decisiveness			
Ability to learn (Is the player 'coachable'?)			
Ability to focus / Concentrate			
Presence / Personality / Charisma			
Handling disappointments			
General attitude, discipline & conduct			
Self image / Assessment			

Player's Name: _____

Additional Remarks: _____






65

Offensive Midfielder #10			
Competence Profile & Assessment Form			
E=Excellent G=Good I=Improving			
Ball Possession (Own Team)			
Receiving / First touch			
Effective combination play			
Creating scoring opportunities ('killer pass')			
Finishing Skills (Shooting / Heading)			
Ability to take on defenders 1v1			
Ability to keep the ball in tight areas			
Handling Speed			
Tactical insight / Positioning			
Ability to use both feet			
Transitioning BPO to BP			
Effective running with and without the ball			
Ball Possession (Opponent)			
Defensive Positioning (Blocking pass lines)			
Pressuring / Dueling			
Disturbing & tracking			
Tactical insight: 'reading' the game; anticipating			
Transitioning BP to BPO			
Football Fitness			
Explosivity in football actions			
Quick recovery between two explosive actions			
Maintaining explosivity during 60 minutes			
Maintaining quick recovery during 60 minutes			
Speed & Coordination			
Personal Characteristics			
Creativity; ability to improvise			
Game Intelligence / Cleverness			
Ability to learn (Is the player 'coachable'?)			
Task Awareness & consciousness			
Motivation			
Handling disappointments			
General attitude, discipline & conduct			
Self image / Assessment			
Ability to maintain focus			

Player's Name: _____

Additional Remarks: _____






66



67



68

U13s - U18s Cycle 1				
CYCLE 1	Monday	Wednesday	Friday	Sat/Sun
WEEK 1	BP – Playing out from the back TEAM SHAPE	BP – Structured Build up through the thirds	BPO-BP Transition to attack Counter Attacking	OFF SEASON
WEEK 2	BP – Structured buildup from Dead ball-Goal Kick Inc. Game Awareness P1 Scanning	BPO – Defensive Shape Confront/Restraining Lines	BPO – Creating a Midfield Block	OFF SEASON
WEEK 3	BP>BPO – Regrouping & Pressing	BPO – Defending in & Around the Penalty Area	Coaches Topic Set Plays	PRESEASON GAME WYNNUM
WEEK 4	BP – Switches of Play	BP Build up play in a 4.2.3.1	BPO>BP Counter Attacking or Consolidation	PRESEASON GAME SWT
WEEK 5	BP Patterns of Play	BPO Defensive Shape/s	BPO Defending Crosses Final Third	PRE-SEASON GAME
WEEK 6	BPO Defending when outnumbered	BP>BPO Defensive Organisation	Training Games Coaching Assessment	ROUND 1

69

U14s NPLW Cycle 1				
CYCLE 1	Monday	Wednesday	Friday	Sat/Sun
WEEK 1	TECHNICAL 1 st Touch / to control with Deception (C1/W3/S1)	TECHNICAL – 1 st Touch to play forwards C1/W2/S1)	TECHNICAL 1 st Touch – to setup pass. Scanning C2/W1/S1)	OFF SEASON
WEEK 2	TECHNICAL Short Passing FWDS (C1/W1/S2)	TECHNICAL Killer Pass (C1/W4/S2)	BP – Playing out from the back – Team Shape	OFF SEASON
WEEK 3	BP Playing out from the Back TEAM SHAPE	BP – Structured Build up through the Thirds	TECHNICAL 1v1 Defending (C3/W3/S2)	
WEEK 4	TECHNICAL 1v1 Defending Stopping FWD Passes (C1/W3/S2)	BPO Defensive Shape	BP>BPO Defensive Organisation	PRESEASON GAME SWT
WEEK 5	TECHNICAL R.W.T.B (C1/W2/S2)	BP Penetration from Wide Areas	BP Structural Build Up from Dead Ball – Goal Kick	PRE-SEASON GAME SAMFORD
WEEK 6	BP>BP Transition to attack Counter Attacking	TECHNICAL S.T.B C2/W2/S2)	Training Games Coaching Assessment	ROUND 1



70



71


Capalaba FC - Session Plan

Session Planner C1S1

SAPCC Session Planner

Cycle #	1	Week #	1	Session #	1	Duration	70min
Session Details							
Session Objective	By the end of the session the players will have improved their ability to beat players in 1v1 situations using deception, feint and a CoD (change of direction)						
Core Skill	1v1						
Specific Aspect	1v1 to beat a defender using deception, feint and change of direction						
Key Player/Team Inspiration	Neymar, Ronaldinho, Wenzel-Halls, Luongo, Berisha, Daniel Arzani, Haley Raso						
Delivery Method	Whole – Part – Whole (Game Related Practice – Isolated Practice - Game)						



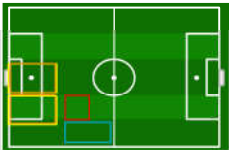
Prepare – Pitch Organisation

Arrival Activity (AA) Adjust the size and position of each box to accurately match the size and space where the exercises will (or should) occur.

Game Related Practice (W) Ball Movement

Isolated Practice (P) Player Movement

Game (W) Running With The Ball

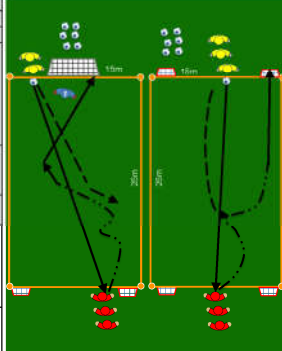


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to 1v1's" OR Coach to refer to Arrival Activities Examples


Game Related Practice (Whole)

Players Involved	ALL - 11 + GK (+/-2)
Areas & Size	2 or 3 areas of approx. 25m x 15m
Timing	20min
Rules/Explanation & Scoring Method	<p>Player at one end plays the ball to the opposite side and then becomes a defender.</p> <p>Player that receives the ball becomes an attacker and takes the defender on.</p> <p>Once the attacker has had a shot, they become the defender and a new attacker drives in to create a 1v1.</p> <p>Once you have defended you leave the square and rejoin your line.</p>
Step Up	Must be over half-way to score a goal
Step Down	Wider area
Exercise Task / Challenge	Defender is only able to put pressure
Player Task / Player Actions	<p>"Today it is all about beating the defender through deception/feint or CoD"</p> <ul style="list-style-type: none"> Can you identify the opponents positioning early and try to move toward goals as soon as possible. Can you be smart and send a player the wrong way? Try to deceive your opp. by feinting one way and go the other
Coaching Cues	<ul style="list-style-type: none"> If they are closing quickly look to shift their weight by changing direction Try to accelerate after deceiving them. If they come close keep the ball out of their tackling range




Adjust GRP based on actual number of players attending the session consider using players/bouncers

72



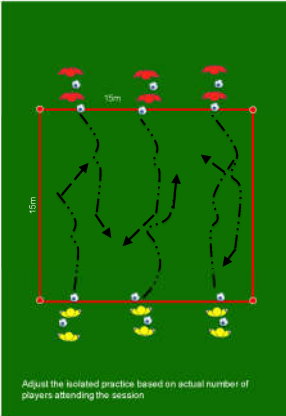
Capalaba FC - Session Plan

Session Planner C1S1



Isolated Practice (Part)

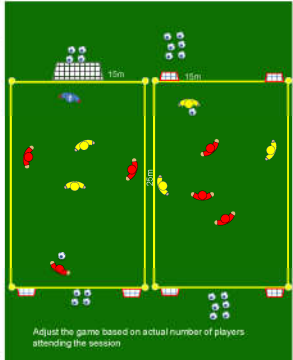
Players Involved	ALL - 12 players
Areas & Size	Areas of approx. 15m x 15m
Timing	15min in total
Rules/Explanation & Scoring Method	<p>Both players to keep control of the ball at all times.</p> <p>Players have to take the ball to the opposite end and take on the player in front of team in a 1v1 - 6 players go at the same time with the ball (3 on each side).</p> <p>Progression: players can also tag other players. All players keep track of their own score.</p> <p>Running away = +1 for not getting tagged.</p> <p>Tagging = +1 for a tag.</p> <p>Once your turn is up, go to the opposite side and swap roles.</p>
Step Up &	Smaller area.
Step Down	1 player per team tagging with a ball (starting in the middle of the area) and now trying to win the ball off the player of the opposite team.
Coach's Notes	<p>One player (player 10) starts with the most successful runs to the opposite side without losing the ball in 3 minutes.</p>
Player Behaviors	<ul style="list-style-type: none"> Identifying the distance between yourself and the tagger (keep your head up). Using deception to put defender off balance. Using pace after a CoD to get away from tagger. Being creative in their use of skill moves to trick the tagger.



Adjust the isolated practice based on actual number of players attending the session

Game (Whole)

Players Involved	ALL - 11 + GK
Areas & Size	Approx. 25m x 15m per area
Timing	24min (4 x 6min)
Shape/Formation	3v3's
Rules/Explanation & Scoring Method	<p>Free game 3v3</p> <p>Scoring team retains the ball</p> <p>Goal = 1pt</p> <p>Goal after a 1v1 deception/CoD = 3 pts</p>
Step Up:	Join fields together and make 6v6.



Adjust the game based on actual number of players attending the session

Home Challenge

Coach: "Love to see if you can practice your change of direction and pace" – OR Coach to refer to Home Challenge Examples

73



Coaches Other Responsibilities



Annual Plans



Game Reports
(weekly)



Attendance Records
(weekly)



Attend Coaching
Workshops
(monthly)



Intra-Club Coach
Meetings (monthly)



74



Please NOTE:

▶ As you can see, the coaches are very busy developing your son/daughter to enhance their footballing progress.

▶ So please if you have a concern or question, in the 1st instance, go through the team manager, especially if it isn't football specific.

▶ If the manager is unable to provide an answer, they will then pass it on to the relevant person that can ensure you are informed correctly.



75




Setting the Standard

Training Expectations:

- ▶ Set time is START time not arrival time!
- ▶ If you are unable to attend let the coach know no later than 1:00pm on the afternoon of the training session.
- ▶ Shin pads to be worn in every training session!
- ▶ All parents must keep off the fields and stay behind the fencing/pitches or up by the clubhouse.

76




The image shows a vertical banner for the NPL Youth Football Queensland Club Shield 2022. At the top is a photo of a young male player in a yellow jersey. Below it, the text 'NPL YOUTH' is prominent. Further down, it says 'FOOTBALL QUEENSLAND'. The main section is titled 'CLUB SHIELD' and features two circular medals: 'SILVER SAP CLUB 2022' and 'BRONZE ACADEMY PROGRAM 2022'. At the bottom is a large bulldog head logo with the word 'BULLDOGS' underneath.

Setting the Standard

Playing Expectations:

- ▶ Set arrival time is usually 1 HOUR before kick off.
- ▶ If you are unable to attend let the coach know during the week or ASAP.
- ▶ Shin pads to be worn in every game!
- ▶ Playing time will be similar for all players based on the season, NOT PER GAME. (This can vary depending on training attendance, general attitude, etc.)

77



The image shows a vertical banner for the Capalaba Football Club Bulldogs. At the top is a photo of a young male player in a yellow jersey. Below it, the text 'CAPALABA FOOTBALL CLUB' is prominent. Further down, it says 'BULLDOGS'. The main section is titled 'CLUB SHIELD' and features two circular medals: 'SILVER SAP CLUB 2022' and 'BRONZE ACADEMY PROGRAM 2022'. At the bottom is a large bulldog head logo with the word 'BULLDOGS' underneath.

Non-Capalaba Football

- ▶ We will encourage and support players taking part in other football or additional training, however it MUST always be secondary to any Capalaba commitments and be a benefit to the players development, not a hindrance.
- ▶ Absence from training
- ▶ Equality of opportunity in playing time must be matched by equality of commitment from players to their team training and individual tasks. A reduction in training could see a reduction in playing time and opportunities.

78



79

Training Schedule & Field Allocations 2022

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
Field 1	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30
												NPL or NPLV 1st Team (WOMEN'S GAME ONLY)
Field 2	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30
Carpark		NPLV 14 (5.30 - 6.45)	NPLV 1st Team (7.00 - 8.30)		NPL 13 (5.30 - 6.45)	NPLV 1st Team (7.00 - 8.30)					NPLV 14 (5.30 - 6.45)	NPL or NPLV 1st Team (7.00 - 8.30)
North		NPLV 16 (5.30 - 6.30)	NPLV 23 Team (7.00 - 8.30)		NPL 16 (5.30 - 6.45)	NPLV 23 Team (7.00 - 8.30)					NPLV 16 (5.30 - 6.45)	NPL 23 (7.00 - 8.30)
Field 3	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30
Skatepark		NPL 14 (5.30 - 6.45)	NPL 23 (7.00-8.30)		NPL 14 (5.30 - 6.45)	NPL 23 (7.00-8.30)					NPL 13 (5.30 - 6.45)	NPL 18+ (7.00-8.30)
East		NPL 19 (5.30 - 6.45)	NPL 1st Team (7.00 - 8.30)		NPL 19 (5.30 - 6.45)	NPL 1st Team (7.00 - 8.30)			Club 2 Women (7.00 - 8.30)		NPL 16 (5.30 - 6.45)	NPLV 23 (7.00-8.30)
Field 4	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30
North		NPL 18 (5.30 - 6.45)			NPLV 16 (5.30 - 6.45)						U19 SAP (6.45 - 8.00)	NPL 18 (5.30 - 6.45)
			NPL 18 (7.00 - 8.30)			NPL 18 (7.00 - 8.30)						
South											U19 SAP (6.45 - 8.00)	
Field 5	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30	4.30-5.30	5.30-7.00	7.00-8.30
North		NPL 13 (5.30 - 6.45)			NPLV 14 (5.30 - 6.45)			SAP GK (4.30 - 5.30)		NPLV 14 (7.15 - 8.30)	U19 SAP (6.45 - 8.00)	NPL 14 (5.30 - 6.45)



80



81





2022 ADVANCED FOOTBALL PYRAMID SEQ JUNIOR GIRLS

JUNIOR GIRLS FACT SHEET



In 2022, the Advanced Junior Girls competitions will continue within the existing NPL Girls (U14 & U16) structure and results will remain decoupled from NPL Women's competitions



The Advanced Junior Girls structure in 2022 will provide a smooth transition between age groups by connecting SAP Girls (U10 to U12) to the NPL competitions (U14 to First Team)



Clubs involved in the Advanced Junior Girls structure will be assessed as part of the club licensing process for the NPL Girls competitions



The Advanced Junior Girls structure will sit above the Community Junior Girls structure, allowing for future movement between leagues to be determined by club assessments that consider technical outcomes and other related factors



83



84



85


Introduction:


BRENDAN SHACKLOCK (SHACK)

- ▶ *Head of Performance*
- ▶ *Capalaba FC High Performance Unit*


Experience...

- ▶ Brisbane Roar Women's (2020/21)
- ▶ QLD Reds Rugby (2019/20)
- ▶ Brisbane Lions AFC (2017-2019)
- ▶ University of Queensland (2015-2017)






SILVER
SAP CLUB
2022



BRONZE
ACADEMY PROGRAM
2022



NCDP
IN PROGRESS

86



BIOLOGICAL MATURITY

- ▶ Biological maturation is the progress of a player towards their adult state
- ▶ Biological Maturity is different to chronological age.
- ▶ Players all start puberty (growth spurt) at different times and take different lengths of time to move through this area of their life.
- ▶ Physical windows of opportunity exist based on markers around the onset of puberty that allow us to train and take advantage of an athlete's physical maturation.

87



ATHLETE BIOLOGICAL MATURITY

- ▶ **Early mature players:** *biologically speaking far more mature (difference up to 2 years with late mature players). Fast developers.*
- ▶ **Normal mature players:** *biological age and age by birth or calendar are the same. In line with their age group for development.*
- ▶ **Late mature players:** *Biologically speaking less mature (difference up to 2 years with early mature players) These players are not necessarily small nor will they be the smallest when they grow into adult players.*



88

What does this mean on the field?

Early Developers	Late Developers
Advantages: <ul style="list-style-type: none"> • Greater power • Physicality • Explosiveness 	This shows up in the following: <ul style="list-style-type: none"> • Game intelligence • Find easier solutions without the ball • Improved technique may be the result
More efficiency in the scoring zone <ul style="list-style-type: none"> • Better infiltration • Power shooting and heading 	On the down side: <ul style="list-style-type: none"> • Anxiety may be increased if they are left out of play • They may avoid the duel because they think they can't win




89

Effect on Sport Performance

Early Maturers	Late Maturers
Generally little sport encouragement is needed as their superior/size and strength tend to motivate them	Patience is essential (especially in the part of parents)
This results in better self esteem	Encouragement is crucial or they may drop out of sport
Often chosen in sports teams ahead of late developers	Foster a positive attitude to physical activity
Late developers can catch up to them which can ultimately be de-motivating	Late developers eventually catch up
May drop out of sport if overtaken by late developing peers	
Coaches need to reduce their dependency on strength and power to achieve success and rather focus on skill development	




90



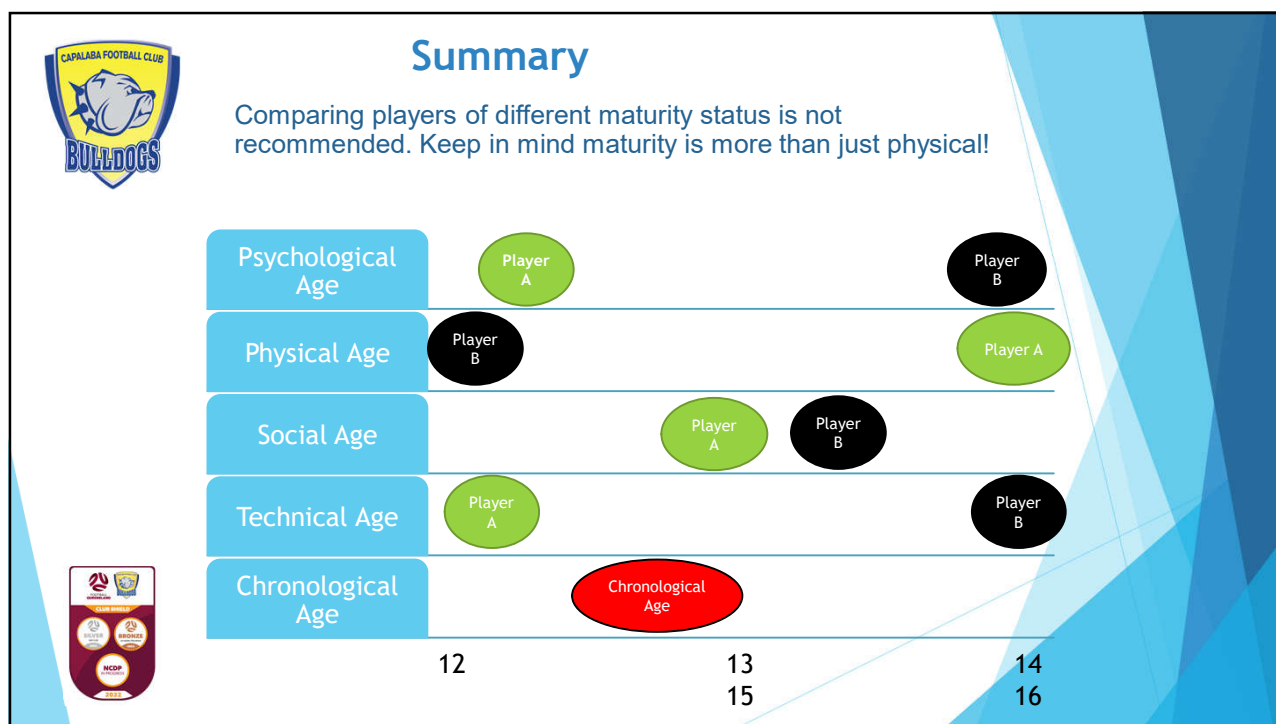
OTHER ISSUES

There may be a **temporary decline** in **balance skills** and **body awareness and control** during the **adolescent growth spurt**

The key message is these differences (positive or negative) are **TEMPORARY**.



91



92

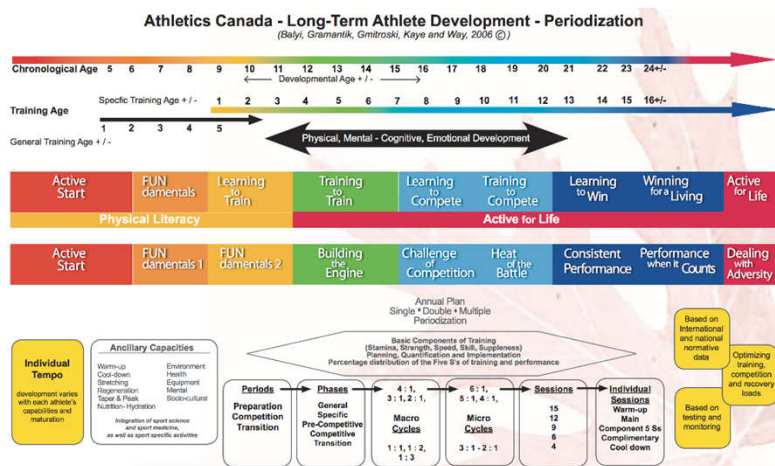
SOLUTION: LTAD Model



Model/System allows appropriate *physical training exposures* based on *window's of opportunity* in a developing athlete's life.



Focus on Fundamentals of movement quality to compliment football development.



93

High Performance Unit - 2022

Provide support to enhance player physical development by supporting:

Players
Coaches
Parents

94



How we do this....

Sport Science/S&C:

Wellness, Rehabilitation, Prehab, Anthropometric Testing, Speed/Endurance Testing & Development (where appropriate) & Load Monitoring (where appropriate).

Sport Psychology:

Mental Skills Training & Support

Physiotherapy:

Screening & Injury Management Support

95


iNSPIRETEK

Tools:


Player Welfare (HPU & InspireTEK)



- ▶ Wellness tracking app for 2022 Academy Pathways.
- ▶ **Track Injuries and Rehab**
- ▶ Provide Coaching Resources regarding **injury prevention** and **performance enhancement** on-field.
- ▶ Track overall general mood and mentality to ensure **burnout is avoided** in-season.




96



Athlete Monitoring System


- ▶ Training load
- ▶ Sleep quality
- ▶ Energy levels
- ▶ Fatigue
- ▶ Eating habits
- ▶ Areas of soreness
- ▶ Sickness
- ▶ Training Performance
- ▶ Work OUTSIDE of the Program.

▶ By monitoring all of these areas and more, we will see the “whole picture” when assessing players.



97

Sport Science



- Set **testing dates** throughout the training year. 2-3 ideally to measure fitness qualities.
- Movement, Speed, Coordination, Potentially conditioning.
- Provide a **return to play pathway** within the club structure that deals with each player's individual physiotherapist.
- Develop testing that is **best practice for football**. Ensure that all testing is measured according to proper protocols and recorded.
- Offer **external service provision** (Strength/Power/Speed development for interested parents/athletes 1-2xWeekly).

98

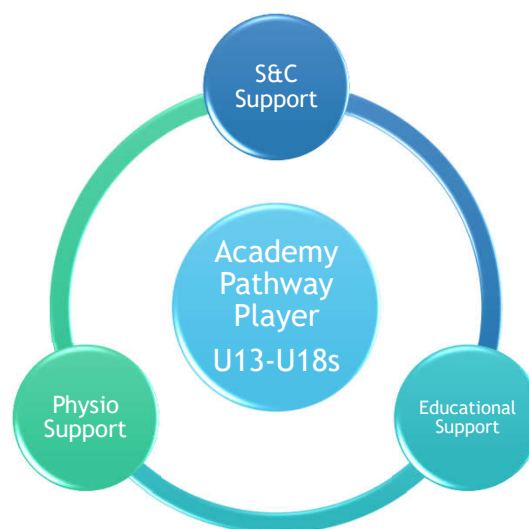
HPU Physical Development Provision

- ▶ **Coaching:** Speed, Agility, Movement Quality, Injury Prevention Delivery work provided in a 25min Window from 5pm-5.25pm for all Academy Pathway Athletes at Capalaba.
- ▶ **1xWeekly:** Every Thursday Afternoon ongoing from start of Block 2 on-field.
- ▶ **Physical Performance Testing** night and team reports to track ongoing performance and development improvements across season 2022.
- ▶ **Offer external service provision** (Strength/Power/Speed development for interested parents/athletes)



99

Athlete Support Model - Capalaba 2022



100