



Football Technique Development Program to complement your club training

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Program Director



TECHfootball+ *Giving you the technical edge* is a trademark of Eltham Redbacks FC



Giving you the technical edge



TECHfootball+ is brought to you by Eltham Redbacks FC as part of the club's Junior Football Development Program

What is **TECH**football+ ?

TECHfootball+ is a program offered at Eltham Redbacks FC and it's part of the club's junior football development program. The program sponsor is Murray Ovens (Technical Director, ERFC) and Cameron Lockhart (President, ERFC). All program sessions are personally conducted by Vaughan Coveny.

The **TECH**football+ program provides an additional weekly intensive Technical Football training session which complements club team training. The focus is on developing the player's individual technique. Participants do not have to be playing at the club to join the program.

TECHfootball+ program is school-term based. The abbreviated 'Term 2' Program will commence 4th June with the last session for 'Term 2' on 2nd July.

The program is available for the following players:

- **U10** – players born in 2001/2002*
- **U12** – players born in 1999/2000
- **U14** – players born in 1997/1998

All sessions conducted on Saturday mornings at Eltham North Soccer Reserve (Top Pitch)

*The program accepts higher ability players born in 2003/2004. Please contact Murray Ovens to discuss via technicaldirector@elthamredbacksfc.org.au

TECHfootball+

How much practice is required?

Well, a lot more hours of practice in addition to club training sessions is required if a player wants to be technically proficient. The figures on the right illustrate the hours of practice for 'Elite' players (adapted from a presentation by Dr Mark Williams: The Science of Learning at the 2010 FFA National Coaching Conference).



Andre Merelle, technical director of French Football Federation (FFF's) National Technical Centre at Clairefontaine, arguably the best youth soccer development center in the world, has the following views.

The French focus a great deal on technique.....The players must play with the ball as much as possible from an early age, the younger the better.

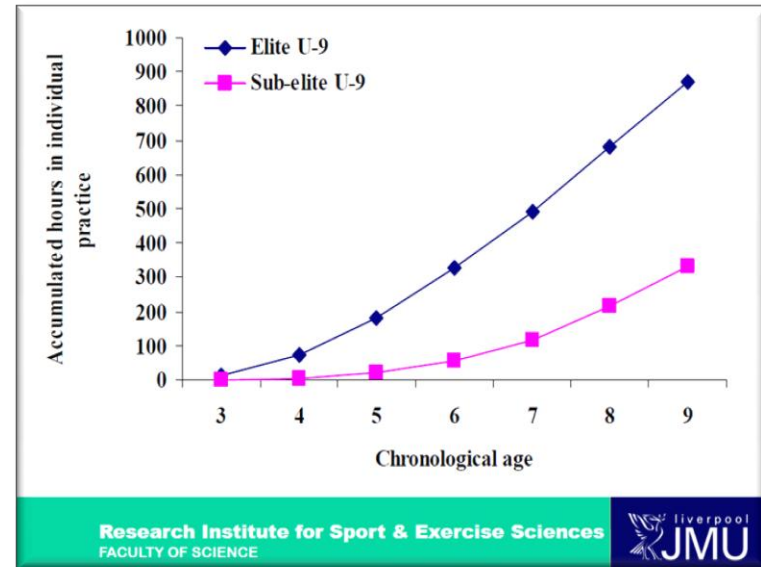
The players that are involved in these [football] schools are at all levels and play for their own club. An example of a young players training program would be to train 2 to 3 times at school and train 1 to 2 times with the club and play on the weekend. The focus is on technique.....the players need to be training 4-5 times per week in order to get to a decent level.

The development of technique needs to start as soon as possible..... to be a good footballer you need to be taught very early. You have to play every day, touch the ball every day, that is what Zidane and co. have done... play, play, play.....

(Source: <http://www.mrfootball.net/pd112/infacademy.doc>)

TECH football+ Practice makes perfect

- complements club training
- encourages individual practice
- focus on perfecting the technique



Practice History of Academy Player

- 9-10 years
- 850 hours per year
- 18 hours per week
 - team practice = 4 hrs
 - individual practice = 5 hrs
 - street football - 'play' = 9 hrs
- 7500 hours

Research Institute for Sport & Exercise Sciences
FACULTY OF SCIENCE



TECH football+

TECHnique & football

Technique *noun* the method of doing something skilfully
Oxford The Australian School Dictionary 2nd Ed

Age 9 to 13: Skill Acquisition Phase (the 'Golden Age')

TECHfootball+ follows the FFA
National Football Curriculum

- Provide the necessary technical 'tools' to be able to play the game on the highest possible level
- Focus on FUNCTIONAL GAME SKILLS
- This is the decisive age group for acquiring the perfect technical foundation (the 'Golden Age' of motor learning)

TECHfootball+
will teach

- 1 v 1
- First Touch
- Running with the ball
- Passing
- Shooting
- Receiving & support
- Tactical awareness

TECHfootball+
teaching approach

- Demonstration
- Repetition
- With both feet
- Challenging and game-related
- With game-specific resistances
- In Football (training) **T**echnique, **I**n-sight and **C**ommunication are distinguishable but not separate

Key information at a glance

Q	A
What is TECH football+ ?	is a technical development program, coinciding with school terms. The abbreviated 'Term 2' program starts 4 th June with the last session on 2 nd July.
Who can join the program?	The program is available for the following players: <ul style="list-style-type: none">• U10 group – players born in 2001/2002*• U12 group – players born in 1999/2000• U14 group – players born in 1997/1998 *Higher ability players born in 2003/2004 are welcomed. Contact Murray Ovens via technicaldirector@elthamredbacksfc.org.au
Who will be conducting the program?	All sessions will be conducted by Vaughan Coveny
Do I have to be an Eltham Redbacks player to join?	No, you do not have to be an Eltham Redbacks player. The program is open to all players.
When are the sessions?	All sessions are conducted on Saturday mornings (exact session times will be advised closer to the commencement date)
Session duration	60 mins for U10 group 75 mins for U12 & U14 group
Location	Eltham North Soccer Reserve (Cedar Ave, Eltham North) – Top pitch
Program cost	\$180 (incl GST) per 10 weeks term (equivalent to \$18 per session) Abbreviated 'Term 2' Program Cost = \$90 (incl GST) – 5 weeks
Uniforms	Yes, all players of the program will require to purchase a kit (shirt, shorts, socks). An one-off cost of approx \$50

About **TECH**football+ Uniform

All program participants are required to purchase a uniform (white shirt, black shorts, red socks).

If you are an existing Eltham Redbacks player, you will only need to purchase the shirt as you would already have the black shorts and red socks as part of your playing kit, unless you would like an additional pair of shorts/socks.



\$20 (est)



\$16 (est)



\$10 (est)

Can be purchased from the club

TECHfootball+

Register now on:

www.trybooking.com/PSY

limited places per group

Enquiries: secretary@elthamredbacksfc.org.au



TECHfootball+