



Giving you the technical edge

Football Technique Development Program to complement your club training

Vaughan Coveny
Program Director



is a trademark of Eltham Redbacks FC



Giving you the technical edge



“..... an individual player’s technical football ability is the most important developmental element”

Murray Ovens (Technical Director, Eltham Redbacks FC)

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. Term 1 Program will commence 11th February with the last session for Term 1 on 31st March.

The program is available for the following players:

- 7 to 11 yrs age group – players born in 2001 to 2005
- 12 to 16 yrs age group – players born in 1996 to 2000 and invited high ability players born after 2000

All sessions conducted on Saturday mornings at Eltham North Soccer Reserve

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.

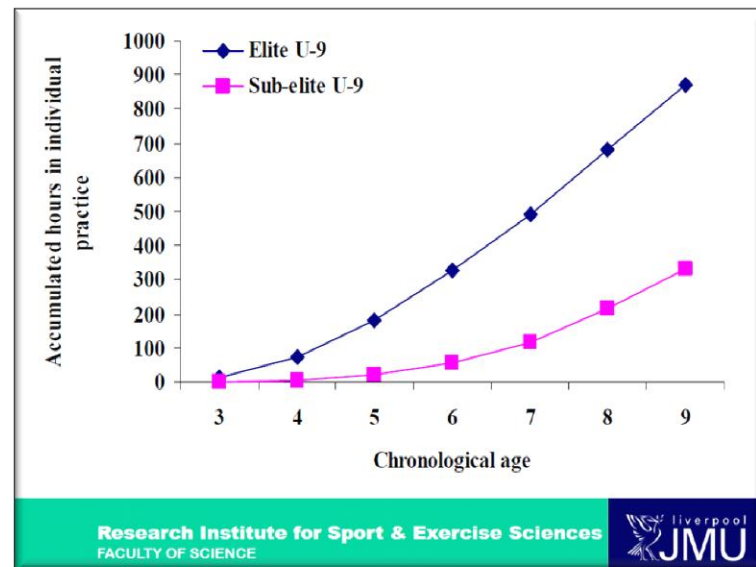
The players that are involved in these [football] schools are at all levels and play for their own club. An example of a young players training program would be to train 2 to 3 times at school and train 1 to 2 times with the club and play on the weekend. The focus is on technique.....the players need 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+ ?	TECH football+ is a technical development program, coinciding with school terms. Term 1 (2012) program recommences 11 th Feb with the last session on 31 st March.
Who can join the program?	The program is available for the following players: <ul style="list-style-type: none">• 7 to 11 yrs age grp – players born in 2001 to 2005• 12 to 16 yrs age grp – players born in 1996 to 2000 and invited high ability players born after 2000
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 <u>7 to 11 yrs:</u> 8.30am to 9.30am <u>12 to 16 yrs:</u> 9.35am to 10.45am
Location	Eltham North Soccer Reserve (Cedar Ave, Eltham North)
Program cost	\$160 (incl GST) for Term 1 (8 sessions) - equivalent to \$20 per session
Uniforms	Yes, all players of the program will require to purchase a kit (shirt, shorts, socks). An one-off cost of approx \$50 For returning players, it is the same kit

About Vaughan Coveny



Vaughan Coveny

Director of **TECHfootball+** program

Vaughan will personally conduct all the sessions.

Vaughan has a distinguished playing career. His senior club career spanned 20 years, with a notable stint at South Melbourne during the National Soccer League era. He also played in the A-League, for the Newcastle Jets and Wellington Phoenix. Vaughan was also a New Zealand All Whites representative from 1992 onwards. He was included in the New Zealand side for both the 1999 Confederations Cup finals tournament, and the 2003 Confederations Cup finals tournament playing against the likes of Brazil and Ronaldhino. He ended his international playing career with 64 A-international caps to his credit. Vaughan became New Zealand's highest goal scorer (still a current record in the New Zealand national football team) on 27 May 2006, when he scored twice in the "All Whites" 3–1 victory over Georgia, bringing his total A-international goal tally to 28.

Playing & Coaching Experience:

Asian AFC B Licence 2009

Asian AFC A Licence (Part 1) 2010

Asian AFC A Licence (Part 2) to conclude 2011

Current Coach Football Federation Victoria
SEDA Program

Current U15 Victorian State Country Team

2011 New Zealand U20 Head Coach
(USA Tour)

2010 South Melbourne Head Coach
(Victorian Premier League)

2007 - 2010 Genova International Soccer School
Academy Coach

2008-09 A-League Player Wellington Phoenix

2007 A-League Player Newcastle Jets

Pre-2007 300+ games & 100+ goals
South Melbourne FC
(10 years National Soccer League)

TECHfootball+

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: co.x.luu@gmail.com



TECHfootball+