



Girls U14 & U16 Academy Presentation 2024

Please feel free to ask any questions related to the slides as they come up but save any additional questions for the end as it may be covered as we go.



CTFC U14 GIRLS ACADEMY TEAM 2024

Vision – Creating Youth International Footballers

- 2026 FIFA Under 17 Women's World Cup
- 2028 FIFA Under 20 Women's World Cup

Constant – Growing young women with confidence and character.

Underpinned by an understanding that –
Success is a direct product of our hard work and commitment.



CTFC U16 GIRLS ACADEMY TEAM 2024

Vision – Creating Youth International Footballers

- 2024 FIFA U17 Women's World Cup – Dominican Republic
- 2026 FIFA Under 20 Women's World Cup – Poland

Constant – Growing young women with confidence and character.

Underpinned by an understanding that –
Success is a direct product of our hard work and commitment.

Weekly Plan - Example

Cashmere Technical FC Academy Weekly Plan							
Game	Recovery		Conditioning		Organisation		Game
	Biking Walking Foam Rolling Stretching Ice Bath Hot/Cold Compression		Changing Room		Changing Room		
			PRE HAB		PRE HAB		
			Warm Up		Warm Up		
			Rondos and Transition Games		Rondos and Transition Games		
			Positioning Games		Positioning Games		
			Conditioning Game		Game Training		
			Training Game		Training Game		
Game	Recovery	OFF	Hard	OFF/Medium	Medium	OFF	Game
Game Day	OFF	OFF	Training	OFF/School Football	Training	OFF	Game Day
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GD	GD +1	GD +2	GD -4	GD -3	GD-2	GD -1	GD

Girls Academy Training Sessions

After collating the feedback from the 2022 season, it was decided that 90-minute sessions for the Girls Academy team was too much time to keep the player engagement high. We wanted to provide the best training sessions for the players, so we have decided to run two sessions per week, like last year.

On a Tuesday, the players will have a 60-minute Technical Development session. This session will work on the players ability with and without the ball. The focus on these sessions will challenge the players technical ability.

On a Thursday, the session will be 75 minutes and will be a Game Training session. This session will focus on more of the tactical side of the game. The session will focus on a Main Moment in the game for example Attacking, Defending, Transition to Attack or Transition to Defense.



ACADEMY TEAM PLAYING STYLE

- We will pass the ball out from the goalkeeper and back line and because of this we will make mistakes that sometimes cost us goals and games. We strongly feel this is in the best development of the players. Effectiveness today vs effectiveness in 5 years is what we are striving for as a club.
- Relatively even playing time. Some things that could impact playing time are lack of attendance or poor effort and attitude.
- At this age it is still beneficial for players overall tactical development to experience playing in different positions.



ACADEMY TEAM COACHES

14s Academy

Head Coach – Ella Jackson – OFC C-License

Assistant Coach – Ava Herrick – OFC Youth Level 2

16s Academy

Head Coach – Sophie Hartshaw – OFC C-License

Assistant Coach – Anna McPhie – OFC Youth Level 2



CTFC ACADEMY TEAM COSTS

We have worked hard to try to keep our costs as low as possible to deliver a quality program in line with NZ Footballs Club Licensing requirements.

In the 2023 season, we ran over 90 sessions for our Girls Academy team players. We also provided resources for players to do their active recovery at home. We charge less than \$10 a per session bringing the total cost for the full year to \$1000 per player. Academy gear cost is not included as some players may already have gear. Players are expected to have an Academy team backpack/hoodie/training shirt/shorts/socks.

We also have our Girls Only Academy Development session on a Monday evening from 5:30 – 6:45pm for players if they want a third contact each week. This is also \$10 per session.

As part of the program last season, there was a Nutrition session ran by ARA. The club has a qualified Strength and Conditioning coach to work with our Academy teams and this season 30 minutes per week will be allocated to S&C work.

Head Coaches and Assistant Coaches have been sorted for both teams and will be announced when we announce the squads for the season.



CTFC ACADEMY TEAM COSTS

The price of the Academy consists of costs including, but not limited to:

- Qualified coaches
- Equipment
- Maintenance of Garrick Park & Whittington Ave
- Referees
- Specified Tournament entry fees
- HUDL Subscription
- VEO subscription
- Administration fee



CTFC ACADEMY TEAM COSTS 2024

Grade	CTFC Registration	Sessions per 40 weeks	Academy Team Cost	Total Cost
14 th Grade	\$240	90+	\$1000	\$1240 plus gear if needed
16 th Grade	\$240	90+	\$1000	\$1240 plus gear if needed

	14 th Grade	16 th Grade	Due Date
Registration	\$240	\$240	
Full Academy Team Amount	\$1240	\$1240	19/02/24
8 Instalments	\$155 x 8	\$155 x 8	19 th of each month Feb till September

Academy team gear is **not** included in the cost. Players should own an Academy team backpack / hoodie / training shorts / shirts / socks.



CTFC ACADEMY TEAM COSTS

Payments are due either in one lump or in eight even installments. Lisa will send more details out around this.

There will be an additional fee for attending the South Island Tournament. We are still waiting for details from Mainland Football so we will confirm this as soon as we know.

We are a not-for-profit incorporated society whose only goal is to provide great development opportunities for our players. We will, as we always have, support any families who have financial barriers to participation. Families can also apply to Mainland Football's Scorching Goal for financial support.

<https://www.sporty.co.nz/mainlandfootball/ABOUT-1/Resources/Scorching-Goal-1>

If you have any questions regarding payment, please contact lisay@ctfc.co.nz



ACADEMY TEAM PROGRAMME DETAIL

30-week detailed training programme that incorporates:

- 2 training contacts per week plus a game during the season with a New Zealand Football qualified coach. These are compulsory team sessions that all players are expected to attend.
- Detailed session plans that incorporate periodisation of session topics to maximise learning
- Simple strength and conditioning sessions as a team with our club qualified S&C Coach
- Recovery sessions available for players post-game to take away and do at home
- Individual player feedback sessions with head coach during each 10-week cycle (3 times per year)
- Parent and player feedback meetings 3 times per year.
- Alan Fraser Tournament costs included (South Island Tournament separate)
- Some matches filmed using club's three VEO cameras and use of HUDL to clip different areas of each player
- Optional Term 4 Technical Development session if numbers allow. This will come at an extra cost.



CTFC ACADEMY GOALKEEPERS

- Goalkeeper specific coaching on Tuesday or Thursday. Exact day to be confirmed soon.
- Danny Knight, the Cashmere Technical first team goalkeeper, will take the goalkeepers for some specific goalkeeper training.
- Danny has a GK C-License, the first in the country to attain this award.
- Danny works closely with New Zealand Football GK Development Manager Jonathan Gould and Ruben Parker, the underage NZ Football GK coach.
- Danny is the New Zealand Football U17 Men's GK coach.
- Danny also works with our Women's First and Reserve Team Goalkeepers year-round.



ACADEMY BEHAVIOUR EXPECTANCY

- Players – You are role models to the younger players in our club and the Academy. We will respect all players, coaches, officials, parents and we will set the standard in Christchurch with our behaviour at all times.
- At training, players are expected to arrive before the start time of the session. To make the most of the session, players should engage with the coach, want to listen, learn and be coachable. Players are to avoid chatting while session is in play – there is plenty of time before and after the session to chat!
- Code of conduct – to sign
- Attendance - **please let us know any dates you will be away.**
- Parents – Football is a complex multi directional sport with a lot of variables; therefore, it requires players to become decision makers, hearing a lot of coaching voices from the side-line is detrimental to their development. Please keep all communications from the side-line positive, encouraging and not related to tactics, playing or coaching. The sole tactical voice they should hear is the coach and even that should be minimal.