



Hi we have had lots of great questions about our Pathways Program

So I wanted to clear a few things up and give people some clarity about what the Pathways Program is, and why it has been established.

The program is similar to a football academy aimed at developing young footballers. However, this is more than just weekly training, it's a training methodology targeting young players on how to play football properly, to meet the club's specific standard and prepare them for a Premier League career and beyond. The Pathway teams will compete as a team and will participate in the ActewAGL and Miniros competitions in Canberra. They will additionally be registered to compete in Kanga Cup and other tournaments/carnivals along with pre-arranged "friendlies" with like Academy teams. Pathways is more than just an academy, it will provide an intensive training model incorporating the Australian Football Curriculum skills acquisition and the GUFC preferred mode of play. Unlike similar programs, Pathways will also be a competitive GUFC team that participates in Division One of the weekly Football Australia sanctioned league in Canberra. GUFC plays in the highest league in the ACT region and the NPL and competes nationally in the NPL Cup. The Pathways Program has been established to:

- Provide a in-house Academy to identify, develop and nurture our youth footballers;
- Provide a step platform for youth players to prepare for a Premier League career;

AND

- Develop our youth into Premier League players and beyond.

## **What do you get ?**

We are offering a high performance program with committed coaching and support staff that addresses football training and youth development holistically. It will challenge your children to grow and mature as players and as individuals.

Offering includes:

- A Comprehensive Training Program geared to each developmental level of play. A program that deals with all aspects of football development including preparations for players to reach NPL.

- A club and team atmosphere that creates a sense of family, community, loyalty, and promotes a love for the game of football. An atmosphere that provides opportunities for players and their families to have a football experience that goes beyond the playing field and includes interaction between the various teams through training, travel, and social events.

## How will Pathways Develop Players?

GUFC will develop players by providing a training program with coaches that are committed to the individual's development. From day one you learn the basic skills and expectations required of a NPL player.

Concentration on:

- Development of individual technique
- Football skills based on the GUFC system
- Strategies tactics and technique
- Specialist training methods for outfield players
- Specialist training for goalkeepers

Youth development is critical at all levels, however at GUFC we believe that when a player reaches the under 10 age group, an excelling player seeks additional challenge and training and we have developed this program to provide the opportunity for them to receive the challenge and provide them the best exposure and preparation for high performance football..

Training will vary in time, intensity and philosophy. Following a general football training syllabus it will involve the following:

- Pathways Players train 2 times during the mid week, learning skills and techniques
- On the weekend (normally a Saturday), Pathways Players will play a football match against another competition team or academy team
- Approximately every 2-3 weeks Pathways players will attend a session on team tactics, health and Nutrition
- Up to 28 football matches in any 1 season
- Under-10s, and 11s, matches are 9-a-side
- Under 12's matches are regular 11-a-side matches
- Pathways players are given all-round assistance from the clubs staff
- Players are given practical homework. For example training drills that can be practised outside of academy training hours
- Parents are given training on nutrition and mental preparation
- Players are trained specifically on agility

## What is the training program based on and how is it different to regular training

Below we will look at how the pathways teams will be trained and educated. We will focus on the 4 main moments in the game building a training plan of both Skill Acquisition and Game Training

### **Key**

*BP= Ball Possession*

*BPO= Ball Possession Opposition*



These 4 Main Moments are broken down into the playing style with the outcome of winning matches and Premier League Development

Having said that, how do we make this come to life? What are the for example some of our principles that we add to playersa devlopnyt For premier League.

e.g. attacking principles (tactical) that will make these collective attacking principles come to life?

- Third Man runs
- One-two's
- Killer Passes
- Creating passing lines
- Creating 2v1 situations (overloads)

These are just a few of the attacking principles that will enable players to bring the collective attacking principles to life, this combined with their abilities we will help them understand when to apply the action or concept at the right time.

I sincerely believe that providing this type of information is the key to demonstrating to people that we truly understand what we are doing and more importantly why we are doing it.