



GUNGAHLIN UNITED FOOTBALL CLUB

CENTRE OF EXCELLENCE

2020-21 PROGRAM

COMMENTS FROM THE 2019-20 CoE SURVEY



Well done GUFC for a great academy and passionate coaches. Juniors is the pathway to the higher level so if you look after your juniors like you have [...] you will create a strong first division team in years to come.



2019-20 CoE Parent



Having experienced a few other football training programs with my kids, the quality of the coaches, training program and communication is up there with the best. It is a credit to GUFC to have a program of this high standard within the club.

2019-20 CoE Parent



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GUFC'S CENTRE OF EXCELLENCE

At GUFC, our aim is to provide the best environment for the participation and fullest development of its members in Football and we are strongly committed to the values that define what the Club believes in. One of the most important offerings a club can do is commit to the development of its junior players. At GUFC, we are focused on developing from within our player community, with the aim to provide a pathway for all our junior Gunners so they may grow and develop to play in our Premier League teams.

Our values drive us to provide the best environment for participation and development of our members. These values are respect, professionalism, commitment, inclusiveness, community and enjoyment. We aim to provide a pathway for all our junior Gunners to grow and develop as players in the hope that they will continue their player development journey within GUFC.

WHY WOULD I CHOOSE THE GUFC CENTRE OF EXCELLENCE?

The Centre of Excellence is unique to Gungahlin United Football Club, with our next program starting in October 2020 and running over the off-season. The program is led by our Director's proven method of youth development for players who are committed to their progress and looking to head down the path of performance-based football. The Centre of Excellence allows for our younger players to effectively prepare for Division 1 and Pathways and is designed to help prepare the most driven players for National Premier League (Men's, Women's and Youth) in the ACT and beyond.

The Centre of Excellence is spearheaded by our internationally recognised Centre Director, Marcial Munoz, who has proven success as a local, state and national player and coach. Marcial is a recognised specialist in youth development and skills acquisition and most recently led GUFC's NPL1 Men's team to win the Grand Final in the 2019 Season, despite a minus-6 point start before the season began. Marcial is joined by a number of qualified and passionate coaches who all bring a wealth of experience, skills and knowledge, so CoE participants will be well supported by staff with individual feedback.

The Centre of Excellence focuses on commitment, loyalty, progression, mindset, strategy, skill, humility and focus. As a professionally developed program based on Marcial Munoz's coaching wisdom and experience, you will not get this level of training at any other academy in the ACT.



DIRECTOR OF THE CENTRE OF EXCELLENCE

The CoE includes a tailored training program led by our highly qualified CoE Director, Marcial Munoz. Marcial brings a wealth of experience and qualifications, including:

- A Licence* □
- Football Conditioning Licence* □
- FFA Skills Acquisition Specialist Licence* □
- Many years' experience as NPL coach in both* □
- Men's First Grade and Youth* □
- 2019 National Premier League 1 Men's First Grade* □
- Championship winner (GUFC Head Coach)* □
- Head Coach for SAP program at Capital Football* □
- Head Coach, National Youth Championships* □
- U13s (3 years)* □
- Assistant Coach, Foxtel Youth League* □
- Canberra United (2017-18)* □



WHAT IS THE CENTRE OF EXCELLENCE?

The Centre of Excellence aims to provide players with a holistic approach to their development, offering an 18-week “School of Football” style that has been constructed to provide players the best chance to develop the skills and knowledge required for performance-based football. We aim to teach and educate our players technically, tactically, physically and mentally.

Players will develop the fundamental individual techniques including:

- Dribbling* □
- Passing and receiving* □
- 1v1 Duels (attacking and defensive)* □
- Heading* □
- Shooting* □

The coaching of these skills draws on practices that provide players with game awareness, insight and understanding. Drills and exercises with high volumes of repetition to practise a skill or movement in isolation and game-like situations allow players to perceive, make decisions and execute actions freely and effectively.

At the GUFC CoE, we desire to challenge the status quo and provide the framework to further develop our players with the drive and ambition to be the future of our Premier League, as well as have the tools to represent the ACT and beyond.



Players at the GUFC CoE will be trained and developed to play football with a playing style that is recognisable, attractive, offensive-minded, creative and fast. The aim is to produce exciting, attacking and intelligent players, so they can compete at the highest possible levels.

WHO IS THE CENTRE OF EXCELLENCE FOR?

This program is designed for boys and girls interested in playing at a competitive level either in Pathways or Division 1 Community with a vision to play in Premier League.

Age groups include:

- ▣ U12 Boys and Girls (Born before 31/12/2008), turning 12 by 31/12/2020
- ▣ U11 Boys and Girls (Born before 31/12/2009), turning 11 by 31/12/2020
- ▣ U10 Boys and Girls (Born before 31/12/2010), turning 10 by 31/12/2020
- ▣ U9 Boys and Girls (Born before 31/12/2011), turning 9 by 31/12/2020

Notes:

Under 9s must trial.

All players are expected to train in their age groups. Exceptions will only be given by the Academy Director. Please refer to the GUFC [Playing Up in Age policy](#) (available on our website) prior to registering for more information.

WHAT IS THE TRIAL PROCESS?

As the Centre of Excellence caters for young players with the desire to play in GUFC's performance-based streams, a trial process ensures players will be suitable for the intensive program.

Players **under 9 years of age** and players that are not currently playing in Community Division 1 or Pathways teams with GUFC **will need to be assessed.**

The CoE Trial Date is **Sunday 23 August 2020.**

You can register for the Trial by emailing coe@gufc.org.au and including the player's name, age and date of birth.

Previous CoE players are not required to trial.



COE TRAINING APPROACHES

CoE Coaches adopt a number of approaches to teach players and nurture skill development, including isolated practices, constraints-based and game-based approaches.

ISOLATED PRACTISES

Isolated practices provide a relatively constant practice environment and a high volume of repetition. These practices narrow the focus to a specific moment or 'action'. Isolated practices will be used in specific sessions to develop or refine specific movement and actions before the skill in focus is applied in other approaches.

CONSTRAINTS-BASED APPROACH

Drills within a constraints-based approach establish an environment that is constrained (i.e. conditioned games) by the coaching variables (for example, space, time, ball, opponent and/or goals), which aim to shape the skill development of players. Constraints will likely change as the practise progresses to continue testing and developing players' skills.

GAME-SENSE APPROACH

This method of coaching will allow coaches to use game-based practices to help players further develop tactical awareness and understanding in a setting that promotes learning and problem-solving in match-like situations.

IN-HOUSE COACHED SMALL SIDED GAMES

To complement all the technical and tactical development, games will be held to ensure players can apply and test their new and developing skills and understandings in a game setting. This is also an opportunity for coaches to track players' progress and provide tailored feedback.

PLAYER EVALUATIONS

Player evaluations will be delivered shortly after the completion of the program. Evaluations will be a guide to present to players and their parents of the progress made during the CoE program and identify key areas for continuous improvement.



WHAT DOES IT COST TO ATTEND THE COE?

The all-inclusive cost for the program is \$600.

This cost covers the 36 sessions over 18 weeks (2 school terms), playing kit and player evaluation.

Payments can be made in 2 instalments in October and December (payment dates to be confirmed).

Players will receive a discount if paying in full prior to the commencement of the training program. The discounted cost for the program is \$550.

HOW MANY SESSIONS ARE THERE?

As this is a high-performance program, all players will be expected to attend 2 training sessions per week, for a total of 36 sessions over 18 weeks. Training will be held at Nicholls Synthetic Ovals. Training times and further information will be emailed directly to CoE participants prior to commencement.

PLAYER KIT

Players will receive the following official UMBRO Gungahlin United CoE items in their kit:

- ▣ *Training jersey*
- ▣ *Shorts*
- ▣ *Socks*
- ▣ *½ zip long sleeve training top*

Players are expected to wear their playing kit to every session.

WEATHER CANCELLATIONS

In the event of inclement weather, we expect our players to arrive at the venue as scheduled where the Centre Director will make the final decision on whether or not to train. We continue to train in the rain, with our venues providing shelter in the event of electrical storms. We do not offer reimbursement for weather delays, however, if enough time is missed we will look at providing a make-up session.

Any cancellation prior to the session starting will be announced via email from our CoE Coordinator and on social media. Please do not contact the Club via social media to confirm if CoE training is going ahead.



PATHWAYS ALIGNMENT

The CoE will not replace the grading process for Pathways or Division 1 or 2 Community teams, but assist players who are aspiring to play in our top teams. The CoE complements our programs run during the regular season.

HOW DO I REGISTER?

Registrations for the 2020-21 Centre of Excellence will open early August 2020.

Refer to Club emails, our website and supporting social media for advice regarding registrations for the 2020-21 CoE program.

Places are limited. Register today so your player doesn't miss out!

CONTACT

For any questions contact coe@gufc.org.au.

Louise Williams
Centre of Excellence Coordinator
Gungahlin United Football Club



*DEVELOPING CREATIVE, OFFENSIVE-MINDED
AND INTELLIGENT FOOTBALL PLAYERS.*

