



Belconnen United Football Club



2018 Skills Acquisition Program

A program to help talented junior players develop foundational technical and functional game skills.

Who is this program for?

The BUFC Skills Acquisition Program (SAP) for 2018 is designed for junior players from Belwest, Belsouth and Belnorth U10 to U12 Division 1 teams who may be planning to play at the NPL Level in the future.

What is the aim of the program?

BUFC will offer a structured program to:

- Develop and refine 4 core skills identified by the FFA National Curriculum – First touch; 1 V 1; Running with the ball; and Striking the ball.
- Improve game awareness – Perception, Decision Making and Execution (PDE) which will form the basis of any player assessment at future trials.
- Provide a mentoring relationship for coaches from the affiliated junior clubs to deliver the sessions under the guidance of the Belconnen United technical directors.
- With specialist goal keeping sessions run by Finn Jurak.

When does the program run?

Term	Dates	Duration	When	Where
1	Mon 5/2 to 9/4	10 weeks Preparation for grading and season start	Mondays: Boys & Goal keepers - 6pm to 7pm, Girls – 7 to 8pm	AIS Synthetic
2	Mon 30/4 to 2/7	10 weeks SAP Program	Mondays: Boys & Goal keepers - 6pm to 7pm, Girls – 7 to 8pm	AIS Synthetic
3	Mon 23/7 to 24/9	10 weeks SAP Program	Mondays: Boys & Goal keepers - 6pm to 7pm, Girls – 7 to 8pm	AIS Synthetic
4	Mon 15/10 to 10/12	9 weeks SAP Program	Mondays: Boys & Goal keepers - 6pm to 7pm, Girls – 7 to 8pm	AIS Synthetic

How much does the program cost?

The cost of the program will be \$150 per term, plus a once off cost for the 2018 BUFC training shirt of \$25. Players must be registered players and wear football boots and shin pads to all sessions.

For more information:

Contact Ulisses da Silva, Technical Director on technical@bluedevilsfc.com or Dom English, Womens Technical Director on wpltd@bluedevilsfc.com.

Book online now at: <https://www.trybooking.com/TOLG>