



AC UNITED FC

Football philosophy and development

We expect all players, coaches, supporters and administrators to live our values on and off the field. We remember our values through the acronym PRIDE:

- ▶ **Passion:** We instil love for the sport that encourages football for life.
- ▶ **Respect:** We respect fellow teammates, coaches, and the club, and support them to our utmost in our team endeavours. We also show the same respect to opponents and referees.
- ▶ **Integrity:** We act in a fair and consistent and transparent manner.
- ▶ **Dedication:** We expect all members to make a commitment to the club and to its teams (teamwork).
- ▶ **Excellence:** We set, work towards, and achieve the highest standards.

VALUES



CULTURE

- ▶ Standards, behaviour and personal conduct
- ▶ Relationships between staff, players, parents and external
- ▶ Code of conduct

FOOTBALL APPROACH

- ▶ National curriculum
- ▶ Coach development
- ▶ Player development
- ▶ Focus on 'home grown' talent

FOOTBALL PHILOSOPHY PILLARS



The ACUFC philosophy provides a framework for great cultural values, and a contemporary approach to player development, coach development and style of play...

WHY HAVE A CLUB FOOTBALL PHILOSOPHY ?



EXPECTATIONS FOR COACHES (1)

- ▶ Safety and well-being of players
- ▶ Delivery of appropriate content to the highest standard
- ▶ Assist in the development of the players personality, self confidence, motivation, concentration and communication skills
- ▶ Instil the highest possible standards to ensure players are pushing themselves to excel

ACUFC FOOTBALL PHILOSOPHY



EXPECTATIONS FOR COACHES (2)

- ▶ Demand good behaviour and personal conduct
- ▶ Maintain and display high standards of behaviour and appearance, and lead by example
- ▶ Complete the required reports and assessments
- ▶ Develop a positive relationship with players and parents
- ▶ Work collegiately with other coaches and TD with the club vision as a focus

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EXPECTATIONS FOR PARENTS

- ▶ Contact with coaches and coaching staff
- ▶ Communication with coaches, coaching staff and administrative staff
- ▶ ACUFC Parent/Guardian Code of Conduct
- ▶ Etiquette at training, matches, tournaments

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ADMINISTRATION

- ▶ Registration on Playfootball.com
- ▶ Working with vulnerable people certificate
- ▶ Coaches and team managers who are well supported
- ▶ Communication to parents and players
- ▶ Handbook for parents and players

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FOOTBALL APPROACH

- ▶ Age and program related goals
- ▶ Game related approach
- ▶ Proactive style of play
- ▶ Possession based approach (dominate through 'effective possession')
- ▶ Creative combination play
- ▶ Strong 'team mentality'
- ▶ Emphasis on technique before tactics
- ▶ Guided discovery for players and coaches

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COACH EDUCATION AND DEVELOPMENT

- ▶ Requirement and support for coaches to be accredited with AFC/FFA certification
- ▶ Mentoring from senior coaches
- ▶ ACUFC coaches working together as a team
- ▶ Development opportunities
- ▶ Working with SDSFA to identify and develop new coaches
- ▶ Encourage female coaches
- ▶ Significant focus on coach development

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COACHES MUST BE ABLE TO:

- ▶ Analyse football
- ▶ Define football moments
- ▶ Design and implement session to realise training aim
- ▶ Understand “Holistic vs Isolated approach”
- ▶ Communicate positively and effectively in an age appropriate way

Perception, decision making and execution

vs

Drills, lines, cones

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DEVELOPMENT PATHWAY

The continued success of ACUFC requires the maintenance of a system that both nurtures homegrown talent and values coaches

ACUFC FOOTBALL PHILOSOPHY



The ACUFC Football Performance Program aims to assist players and coaches develop their skills and capabilities within a high performance environment in line with the FFA Curriculum and Whole of Football Plan

FOOTBALL PERFORMANCE PROGRAM

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue background.

Age and Program Related Goals

ACUFC FOOTBALL PHILOSOPHY



PATHWAYS Program Approach

- ▶ Specialized age appropriate coaching
- ▶ The BEST with the BEST
- ▶ Purposeful practice to 'automate' the core skills
- ▶ Development over results
- ▶ Developing match winning players for ACUFC, NSW, and Australia

SKILLS ACQUISITION TRAINING



Competitive Teams

COACHING GOALS

- ▶ Main moments in the game
- ▶ Positional play
- ▶ Measure by results

TRAINING PROGRAM

- ▶ Training: 2 times per week
- ▶ Time/volume: 1.5 hours per session

PERFORMANCE PHASE



