

Ourimbah United Football Club

FALCONS ACADEMY - INFO SHEET & FAQ

What is the purpose of the academy?

To provide selected players with an opportunity to receive higher level training and improve their football skills. As a club we wish to do everything we can to help our next generation of junior stars develop and grow within our club.

Who is eligible, and what is the selection criteria?

The academy is aimed at players in the U10 – U13 age group both boys and girls. The Academy Coach will scout the teams early in the season looking for players who really show some potential, and who they feel would benefit from additional training and support. It is not aimed at beginner level players, and the training activities will require players to be at a certain level of skill to benefit.

What type of activities will be conducted in the training sessions?

The activities will be group-based drills specifically designed to work on players general ball movement, first touch, and being able to read the play. It is also designed to help the players work within a small group (as they do on field) to keep possession and create opportunities.

Will you be following specific curriculum type training plans?

No. There are numerous other resources and training academies out there that fill this space. Our Academy and training will be based around where our players are currently at with their own game, so the time we spend with them is more relevant to them. This is one of the reasons we offer this academy to selected players only.

Is there any cost?

No. The Academy is run by dedicated volunteers so you can be assured the time they spend is because they just love helping our juniors develop their skills and have some fun.