

Overnewton Anglican Community College Melbourne City College of Football Program 2018 PROGRAMMING OPTIONS



The Melbourne City College of Football Program at Overnewton Anglican Community College provides a range of options for students in Years 3 – 12.

The program aims to:

- Appoint leading Melbourne City FC coaches to oversee football programming and elite stream management, applying world's best practice and methodology
- Deliver elite, development and community football programs for talented male and female players
- Design programs to support players of varying age, skill and experience
- Provide representative learning and training opportunities beyond the existing inter-school structure
- Respect the importance of the academic and wider Co-curricular program
- Respect the College's commitment to the Association of Co-educational Schools (ACS) and School Sport Victoria (SSV) and ensure the programs align with seasonal commitments
- Undertake selected sessions before-school as to not to conflict with after-school commitments (including club training)

2018 Melbourne City College of Football Program

1. Elite Program (Male Years 7-9)

Boys within the Years 7 – 9 'Elite Program' will complete 1 session per week before school with a leading Melbourne City FC coach

(3 x 5 week cycles – 7.00 – 8.30am on Thursday mornings)

Term 1: (1/3, 8/3, 15/3, 23/3, 29/3)

Term 2: (26/4, 3/5, 10/5, 17/5, 24/5)

Term 3: (2/8, 9/8, 16/8, 23/8, 30/8)

Boys in Years 7, 8 and 9 will complete a 'year round' football program.

In Terms 1 & 4, Tuesday afternoons will be dedicated for students to complete a football education program led by a Melbourne City FC coach which will consist of

- Practical training sessions (at school and the City Football Academy)
- Theoretical education sessions
- Matches against Affiliate and Local Schools

Notes:

- *Year 7 & 8 students will complete this program in place of ACS Summer Sport*
- *Year 9 students will complete this program as part of the 'Year 9 elective block' (Sports Officiating requirement).*
- *There is an expectation these students will play ACS Soccer during Winter (Terms 2 & 3)*

Boys within the Elite Program will play in representative tournaments against affiliate schools, the Bill Turner Cup and undertake in-season visits to the City Football Academy.

2. Elite Program (Male Years 10-12)

Boys within the Years 10 – 12 ‘Elite Program’ will be coached by a leading Melbourne City appointed coach during the ACS 1st Grade Soccer Competition.

In addition, they will complete 1 session per week before school which will have a recovery/strategy focus:

(3 x 5 week cycles – 7.00 – 8.30am on Thursday mornings)

Term 1: (1/3, 8/3, 15/3, 23/3, 29/3)

Term 2: (26/4, 3/5, 10/5, 17/5, 24/5)

Term 3: (2/8, 9/8, 16/8, 23/8, 30/8)

A Melbourne City FC coach will work with College coaches during team selection and training sessions.

Boys within the Elite Program will play in representative tournaments against affiliate schools and undertake in-season visits to the City Football Academy.

3. Elite Program (Female Years 7 - 12)

Girls within the Years 10 – 12 ‘Elite Program’ will be coached by a leading Melbourne City appointed coach during the ACS 1st Grade Soccer Competition.

Girls within the Years 7 – 12 ‘Elite Program’ will complete 1 session per week before school with a leading Melbourne City FC W-League Player / coach.

(3 x 5 week cycles – 7.00 – 8.30am on Thursday mornings)

Term 1: (1/3, 8/3, 15/3, 23/3, 29/3)

Term 2: (26/4, 3/5, 10/5, 17/5, 24/5)

Term 3: (2/8, 9/8, 16/8, 23/8, 30/8)

A Melbourne City FC coach will work with College coaches during team selection and training sessions.

Girls within the Elite Program will play in representative tournaments against affiliate schools, the Bill Turner Cup and undertake in-season visits to the City Football Academy.

4. Development Programs (Males and Females Years 7-9)

Boys and girls within the ‘Development Program’ will complete 1 session per week before school with a Melbourne City FC coach.

(3 x 5 week cycles – 7.00 – 8.30am on Thursday mornings)

Term 1: (1/3, 8/3, 15/3, 23/3, 29/3)

Term 2: (26/4, 3/5, 10/5, 17/5, 24/5)

Term 3: (2/8, 9/8, 16/8, 23/8, 30/8)

Boys and girls within the Development Program may have opportunities to train with the elite group and play in representative tournaments. Students in this program will be invited to undertake in-season visits to the City Football Academy and play in friendlies against affiliate schools.

- *See TRIAL INFORMATION LETTERS for trial dates (boys in Years 6, 7 & 8 in 2017 will trial for 2018 programs in Oct/Nov 2017). All other trials, senior boys and all girls’ trials, will take place in Feb/Mar 2018*
- *See 2018 EXPRESSION OF INTEREST for levy information*