

# 2022 SEASON YOUTH PREMIER TEAMS



The Auckland City FC Academy is a holistic football program that prepares players for the demands of the modern game at whatever level they aspire to. Our program is built on four guiding principles: Coaching, Training, Feedback and Performance. Our teams compete in the NRFL Youth and NRF Championship competitions.

## Coaching and Training

- Qualified youth coaches, supported by a professional technical team.
- Accredited New Zealand Football Talent Development Program.
- 30-week program with 2-3 trainings per week, based on best-practice and modern methodologies to improve to skill learning and tactical development.
- Tactical sessions are focused on how to apply our principles of play to football situations.
- One session per week utilises small-sided games to enhance decision-making, individual ball skills, combination play, creativity, and improvisation.

## Feedback and Performance

- Focus on player welfare through injury prevention and physiotherapy support.
- Educational workshops on various aspects related to being a footballer.
- Video tools and analysis to support player learning individually and as a team.
- Individual feedback on technical, tactical, social and cognitive areas of development.

## Academy Trials:

- Monday and Wednesday: 6:00pm to 7:30pm
- 2, 9, 14 and 16 February
- Seymour Park, Royal Oak



**More Information**

Email: [director@academy.football](mailto:director@academy.football)