

## UWANFC ACADEMY PLUS

In 2022 UWANFC has taken time to analyse our feeder system to the State League (SL) competition coupled with a review of our readiness to attain a National Premier League (NPL) licence. This analysis was complete with a review of youth performance pathways in Perth, Australia and in UK/European Youth Academies.

In 2023 UWANFC implemented a professional performance program aimed to provide youth athletes a clear, aspirational pathway to SL or NPL competition. This program is consistent with the Youth Performance Plan delivered by the Premier League. From 2023 we will advance the Academy program for youth members under two classifications:

- 1) Academy Program – 30-week program with 3 hours of coach time per week.
- 2) Academy Plus Program – 40-week program with 5-6 hours of coach time per week.

The Academy Plus Performance Program aims to provide a structured program to produce future athletes, delivered in an enjoyable environment that maximises players development. The program is aimed at providing the attributes for athletes to play in the UWANFC first team. The players within this program are developed to progress to higher level football.

The objectives of the program are to:

- 1) Produce better footballers by introducing a professional training environment for youth players.
- 2) Provide a clear training program for youth footballers that provides them the learning framework to progress to the highest performance stages in football.
- 3) Provide a clear aspirational pathway for youth footballers to transition to NPL competition.

The Academy Plus Performance players stay with their Academy team and are provided an intensive and enhanced professional coaching environment for extended development.

The Academy Plus Performance Program offers players:

ACADEMY PLUS	PRE SEASON	SEASON	POST SEASON
	2023		
	24 Jan - 23 February	26 Feb - 15 Sept	10 Oct - 7 Dec
Tuesday	Training	Team training	Training
Wednesday	Strength & Conditioning	Training	Strength & Conditioning
Thursday	Training	Team training	Training
Friday		Strength & Conditioning	

- An additional training session per week with high level technical and game-centred learning with a focus on technical and tactical development
- Athletic development with weekly strength and conditioning sessions targeting football specific components of fitness (total of four training sessions per week)
- ‘Drop-in’ special education masterclass from coach invitees, including goalkeeper training (if required)
- Education sessions to round an athlete including sessions on nutrition, mental development, managing injuries, managing school-life balance etc.

- Comprehensive player data analytics including establishing a player dossier
- Academy Plus Player Kit (training shirt, shorts, socks, track suit, bag)

This program requires a strong commitment from players.

Two age groups have been trialled in 2023 including U13–U14-year-olds and U15-U17year-olds. UWANFC would like to expand this program for the second half of 2023.

The program is led by Technical Directors Lawrence Lewis (FFA B Licence) and Dan Evans (FFA A Licence).

Players are identified, during the Academy season as having the technical skills and aptitude to succeed in this program.

Participation in the Academy Plus Performance Program is not compulsory and does not limit a player's involvement in UWANFC.