



GOLD COAST UNITED
SAP INFO KIT

WELCOME TO THE GCU SAP PROGRAM

SAP is short for Skills Acquisition Program.

SAP is a nationally recognised training program endorsed by Football Federation Australia (FFA) and conducted in each state throughout Australia. The program is a key component of the FFA National Football Curriculum.

In QLD, an SAP training program can only be conducted by a football club who has been issued an SAP licence by Football QLD and have properly licensed/accredited coaches.

We are pleased to say that Gold Coast United have been issued a 5 year SAP license by Football QLD.

WHAT IS SAP

SAP is regarded as the foundation of player development.

It is an elite development program designed to perfect and accelerate the skill development of identified players between the critical ages of Under 9 to Under 12 by having the “best of the best” training and playing together. The period between ages 9 to 12 in a young sportspersons development is also referred to as the “Golden Age” of motor learning. This period is universally acknowledged as the optimal window for learning and acquiring new technical and muscle movement (motor) skills for young players. If development of football skills during this period is missed then this time or critical learning process cannot be made up later.

It is therefore very important to understand that the main objective of SAP training is to use this “Golden Age” optimal window to develop young players **individual skill** and develop the necessary technical “tools” to be able to play at the highest level.

Training sessions during this period specifically focus on the **4 core** functional game skills listed below:

- **First touch**
- **1v1**
- **Running with the ball**
- **Striking the ball**

The other 2 important constant skills players are encouraged to develop during this phase of development are:

- **Communication**
- **Scanning / Awareness**

Whilst the focus of SAP training sessions is to develop the 4 core functional skills, players are also introduced to other elements of football during SAP through what is called HIDDEN LEARNING. These aspects of the game are not necessarily stressed and coached but are automatically built-in to the practices, especially in 1v1 and small sided games.

Therefore, the role of our SAP coaches is to prepare players for team football (11 v 11 on a full size field) by developing the functional game skills and individual skill. It is not to focus on team football during SAP years.



OUR COACHES

This stage of player development is the most crucial! Acquiring technical skill is a must for players who want to get to the highest level.

Gold Coast United have made sure the coaching appointments within these age groups are of the highest calibre. Highly qualified coaches but also a great fit for coaching the U9s-U12s age groups. The skillset the coaches have will create an excellent environment for the best young players to develop their technical ability and prepare them for 11v11 football.

Our team of professional SAP coaches Shannon Mckluckey, Shane Robinson and Alex Bundalo are second to none.

They have played the game at a high level and bring with them a fantastic mix of youth and experience.

Shannon is currently completing his FFA A License and along with coaching a team he will be a major figure head within the SAP program.

Alex is an ex professional player who was an Australian U20 & U23 International. He was also an Australian Schoolboy International.

Shane was a member of Ange Postecoglou's Australian U20 Preliminary Squad in 2002 and has played for Brisbane Strikers and Brisbane Olympic.

Shannon, Alex and Shane along with other coaches will deliver a professional, high quality player focused SAP program.



2018 SAP PROGRAM STRUCTURE

AGE GROUP BOYS	Goal Keeper	Players	Squad Total	Games	Duration of Game	Field Size Metres	Ball Size	Formation
U9 Boys - Born 2009	1	9	10	7 v 7	3 X 20 min	45L x 35W	3	1-3-3
U10 Boys - Born 2008	1	11	12	9 v 9	3 X 25 min	65L x 45W	4	1-3-2-3
U11 Boys - Born 2007	1	11	12	9 v 9	3 X 25 min	65L x 45W	4	1-3-2-3
U12 Boys - Born 2006	1	11	12	9 v 9	3 X 25 min	65L x 45W	4	1-3-2-3
Total Players	4	42	46					
U9/10 Girls - Born 2008/09	1	11	12	9 v 9	3 x 25 min	65L x 45W	4	1-3-2-3
U11/12 Girls - Born 006/07	1	11	12	9 v 9	3 x 25 min	65L x 45W	4	1-3-2-3
Total Players	2	22	24					

Our SAP program will run for 40 weeks with 3 training sessions per week.

Games will be played every weekend on a home and away basis against other SAP clubs starting from 10th /11th March (subject to FQ confirmation) and finish on 16th September.

To ensure optimal development of players, SAP games will reflect the FFA small sided games football formula. The formations provide a logical progression to the 1-4-3-3 National Curriculum formation being used in the National Premier League.



TRIAL DATES

U9 Boys

8:00am to 9:15am

Saturday 7th, 14th, 21st, 28th October 2017

U10 Boys:

9:30am to 10:45am

Saturday 7th , 14th , 21st , 28th October 2017

U11 Boys

8:00am to 9:15am

Sunday 8th, 15th, 22nd , 29th October 2017

U12 Boys

9:30am to 10:45am

Sunday 8th , 15th , 22nd, 29th October 2017

U9/10 Girls

4:00pm to 5:15pm

Saturday 7th , 14th October 2017

U10/12 Girls

4:00pm to 5:15pm

Sunday 8th , 15th October

The above trials will be held at the award winning 5 Star Royal Pines Resort field.

Royal Pines Resort

Ross St, Benowa QLD 4217

Specific dates and times may be subject to review due to the large numbers of trial registrations

All players who have registered to trial **MUST** be present on the 1st day of the trials for their age group.

