

Wide Bay Representative Program 2010



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Summary

The following program has been developed to give ownership to the entire Wide Bay football community to develop both players and coaches at all levels of the game.

- ✓ Wide Bay Rep players will **train with Wide Bay exclusively** from Feb to June as part of the Centre of Excellence (COE) Academy
- ✓ Wide Bay rep players will play weekly club fixtures with their own club, in their own CA (preferably one age group higher than their age)
- ✓ COE teams will play eight (8) intra or interzone matches on designated Sundays
- ✓ From July 15, the COE program will finish, allowing players to train with their clubs in the lead up to the end of the season. Technical training sessions will be maintained for all players named in State squads or teams in the lead up to their State selection academies.
- ✓ COE teams will attend two State selection events, one is an intensive two-day academy in Wide Bay (April for boys; June for girls); the second is the Rebel Sport Junior Premier League (Townsville in June for boys; April in Rockhampton for girls)
- ✓ The WB QSL Academy team (a squad of up to twenty Under 16/17 boys) will attend the same training routine as the other COE teams; will play with their club in their local competition and will travel as a team to invitational games as set out and organised by the RDO with the purpose of having them exposed to QSL coaches and selectors' from the following QSL clubs: Bundaberg Sprit, Sunshine Coast Fire, CQ Cougars, Queensland Academy of Sport and Whitsunday Miners, Toowoomba Raiders Youth.
- ✓ Three development teams will be part of the program in 2010 – Under 12, Under 13 and Under 14/15 Boys. These players will be invited to train in their CAs as per the COE program and attend team training on designated Sundays from February to June.

COE Training

The training program for COE players will span three nights per week. Training sessions will run from February to June during which time COE players will not train with their club. The program will be made up of two CA (home town) based training sessions and one centralised team training session in Maryborough.

Development team players may also attend the two CA training sessions. The training sessions will be:

Tuesday: Technical Training 1.5 hours

(first touch, direction, creativity, decision making, space, timing, game awareness)

Wednesday: Conditioning 1 hour

(fitness, core strength, agility, flexibility)

Thursday night: Team training 1.5 hours

This training session will be held in Maryborough as per the current model with buses running from Gympie and Bundaberg (and possibly Hervey Bay) to transport players to and from training.

Connecting Grassroots to the COE Program

In order to bridge the current disconnect between club, CA and COE players and coaches, this program proposes that each week, coaches and players from clubs be invited on a rotational basis, to the CA technical training sessions. This allows both players and coaches to have 'hands on' experience of the COE program. This is one way in which skills and experience can be passed on throughout the Zone at all levels.

Commitment Required by CAs for the Success of the Program

This proposal relies on the philosophy that the entire Wide Bay football community plays a role in developing players to the highest levels of skill, enjoyment of the game and attainment their goals (whatever their goals may be). To enable this proposal to work a certain level of commitment is required by CAs.

- ✓ Availability of one lit field on Tuesdays and Wednesdays in each CA for training as well as all fields on Thursday nights in Maryborough
- ✓ Support for games against CA rep teams in line with this program
- ✓ CAs and clubs supporting the notion the COE players have to train with Wide Bay exclusively from Feb to June, but can play with their clubs as per local fixtures.