



Birkenhead United AFC

Girls Only - Skill Centre 2024

Parents Presentation 6th December 2023





Vision & Values

- B – Bravery
- I – Integrity
- R – Respect
- K – Knowledgeable
- O – Outstanding

"Fostering Football's Future"



Skill Centre Philosophy for 2023/24

- Maximum enjoyment, maximum ball rolling time, maximum decision-making
- The 4Rs
 - Receiving, Releasing, Retention, Running with the Ball (RWTB)
- Sessions
 - Arrival activities, ball mastery, 1v1 & 2v2 moments, positional games, small sided games, individualised approach
- Mixed age street football



The 4Rs

Receiving

Definition:

A player's ability to receive and control the ball to ensure the next football action can be executed as quickly and effectively as possible.

What it looks like in the game:

- Receiving on the back foot
- Receiving on the near foot (if pressured)
- Receiving on the full (volley)
- Receiving on the half volley
- First touch into space or away from opponent

Releasing

Definition:

A player's ability to strike the ball by passing or shooting with control, accuracy, disguise, shape, weight or power.

What it looks like in the game:

- Short passing
- Long passing
- Shaped/curved passing or shooting
- Side foot finish
- Laces finish
- Power finish

RWTB

Definition:

A player's ability to travel at speed over the ground with the ball at their feet. Most likely to include bigger touches of the ball out in front of their body.

What it looks like in the game:

- Accelerating into space with the ball
- Driving in open space with the ball
- Beating an opponent at speed
- First touch into space

Retention

Definition:

A player's ability to retain the ball individually in 1v1, 1v2 (or more) type situations. Dribbling and ability to protect the ball are key components of retention.

What it looks like in the game:

- Dribbling with the ball
- Retaining the ball under pressure from opponent(s)
- Strength on the ball in duels



The 4Rs

Receiving, Releasing, Running with the Ball, Retention

Angela Pavic – Wellington Phoenix - Q&A



- Introduction
- Why do you Love playing Football?
- Can you tell us about your experience in a Junior and Youth Pathway Programme?
- What is the one piece of advice you would give to any Girl aspiring to improve their game?
- How important is Technical competence in Football?
- Any other Questions?

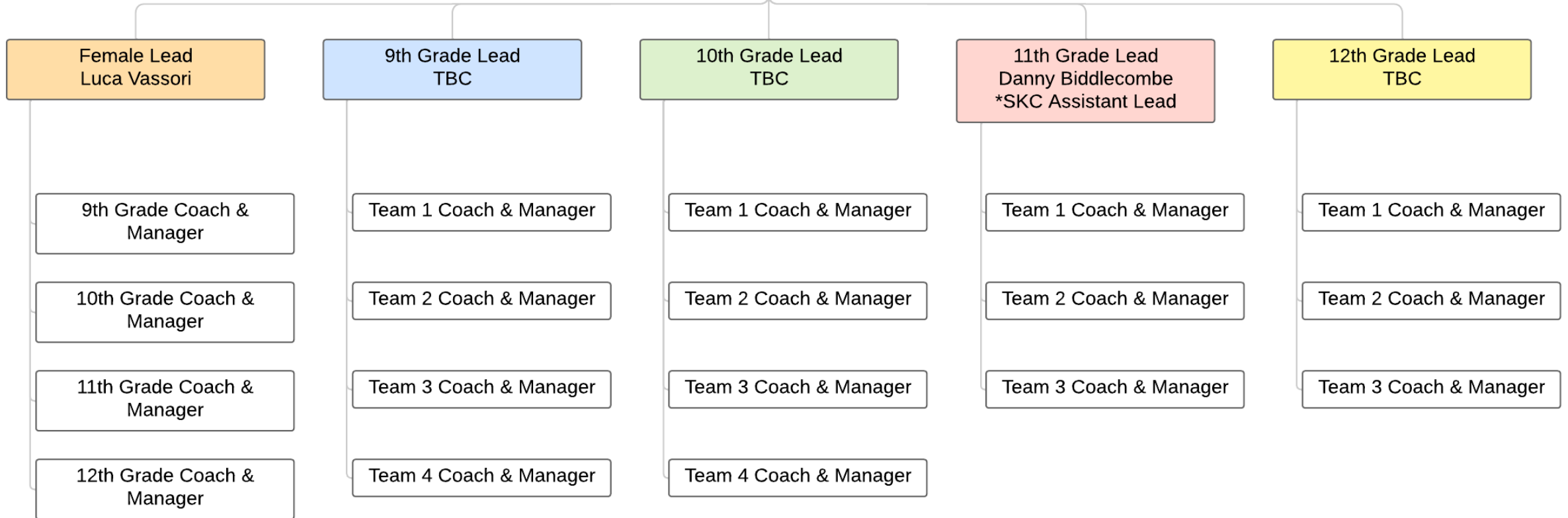


Proposed Org Structure 2024

BUAFC - SKC - 2024

SKC Lead
Keith Lesslie

SKC Admin
Kylie Dalton





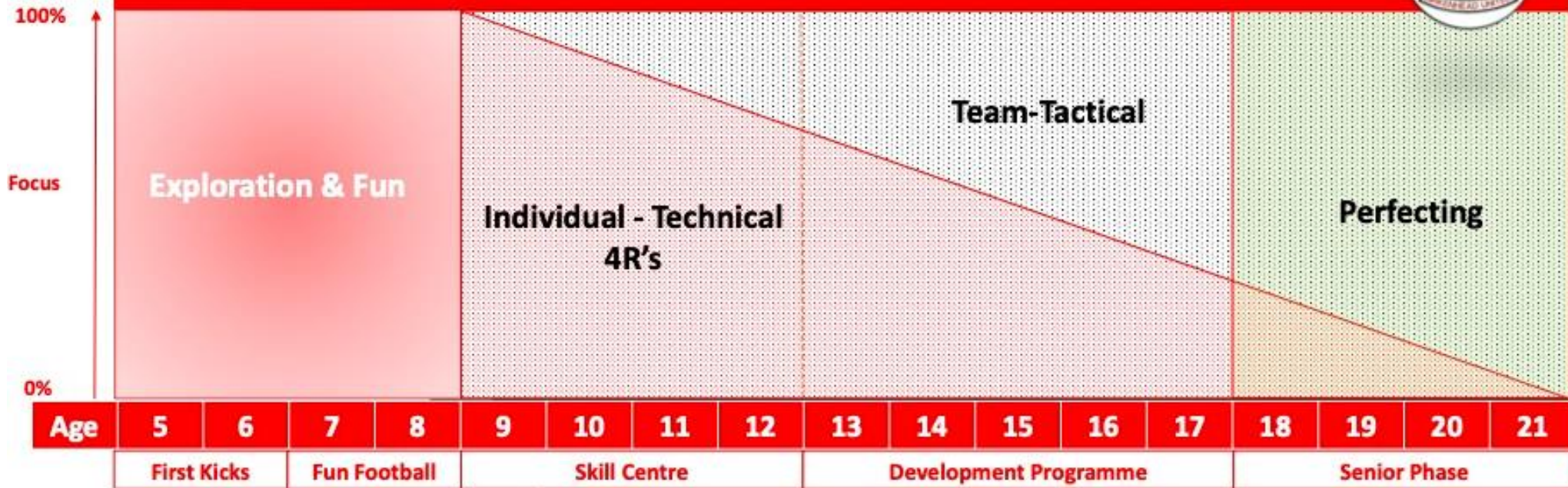
Why focus on individualising the programme

- Quality youth development is about every individual within the group
- To develop more technically competent (and confident) players
- Development of super-strengths
- Coaches may set individual challenges within the practice to manage challenge points





BUAFC – Player Competency Journey/Timeline





Skill Centre 2024 Schedule - Example

January	February	March	April	May	June	July	August	September	October	November	December	Weekly Themes
1 Sun	1 Wed	1 Wed	1 Sat	1 Mo	1 Thur	1 Sat	1 Tue	1 Fri	1 Sun	1 Wed	1 Fri	Term 1 W1 Releasing W2 Receiving W3 Retention W4 Running with the ball W5 Releasing W6 Receiving
2 Mon	2 Thu	2 Thu	2 Sun	2 Tue	2 Fri	2 Sun	2 Wed	2 Sat	2 Mon	2 Thu	2 Sat	
3 Tue	3 Fri	3 Fri	3 Mon	3 Wed	3 Sat	3 Mon	3 Thu	3 Sun	3 Tue	3 Fri	3 Sun	
4 Wed	4 Sat	4 Sat	4 Tue	4 Thu	4 Sun	4 Tue	4 Fri	4 Mon	4 Wed	4 Sat	4 Mon	
5 Thu	5 Sun	5 Sun	5 Wed	5 Fri	5 Mon	5 Wed	5 Sat	5 Tue	5 Thu	5 Sun	5 Tue	
6 Fri	6 Mon	6 Mon	6 Thu	6 Sat	6 Tue	6 Thu	6 Sun	6 Wed	6 Fri	6 Mon	6 Wed	
7 Sat	7 Tue	7 Tue	7 Fri	7 Sun	7 Wed	7 Fri	7 Mon	7 Thu	7 Sat	7 Tue	7 Thu	Term 2 W1 Retention W2 Running with the ball W3 Releasing W4 Receiving W5 Retention W6 Running with the ball W7 Releasing W8 Receiving W9 Retention W10 Running with the ball
8 Sun	8 Wed	8 Wed	8 Sat	8 Mon	8 Thu	8 Sat	8 Tue	8 Fri	8 Sun	8 Wed	8 Fri	
9 Mon	9 Thu	9 Thu	9 Sun	9 Tue	9 Fri	9 Sun	9 Wed	9 Sat	9 Mon	9 Thu	9 Sat	
10 Tue	10 Fri	10 Fri	10 Mon	10 Wed	10 Sat	10 Mon	10 Thu	10 Sun	10 Tue	10 Fri	10 Sun	
11 Wed	11 Sat	11 Sat	11 Tue	11 Thu	11 Sun	11 Tue	11 Fri	11 Mon	11 Wed	11 Sat	11 Mon	
12 Thu	12 Sun	12 Sun	12 Wed	12 Fri	12 Mon	12 Wed	12 Sat	12 Tue	12 Thu	12 Sun	12 Tue	
13 Fri	13 Mon	13 Mon	13 Thu	13 Sat	13 Tue	13 Thu	13 Sun	13 Wed	13 Fri	13 Mon	13 Wed	Term 3 W1 Releasing W2 Receiving W3 Retention W4 Running with the ball W5 Releasing W6 Receiving W7 Retention W8 Running with the ball W9 Releasing W10 Receiving
14 Sat	14 Tue	14 Tue	14 Fri	14 Sun	14 Wed	14 Fri	14 Mon	14 Thu	14 Sat	14 Tue	14 Thu	
15 Sun	15 Wed	15 Wed	15 Sat	15 Mon	15 Thu	15 Sat	15 Tue	15 Fri	15 Sun	15 Wed	15 Fri	
16 Mon	16 Thu	16 Thu	16 Sun	16 Tue	16 Fri	16 Sun	16 Wed	16 Sat	16 Mon	16 Thu	16 Sat	
17 Tue	17 Fri	17 Fri	17 Mon	17 Wed	17 Sat	17 Mon	17 Thu	17 Sun	17 Tue	17 Fri	17 Sun	
18 Wed	18 Sat	18 Sat	18 Tue	18 Thu	18 Sun	18 Tue	18 Fri	18 Mon	18 Wed	18 Sat	18 Mon	
19 Thu	19 Sun	19 Sun	19 Wed	19 Fri	19 Mon	19 Wed	19 Sat	19 Tue	19 Thu	19 Sun	19 Tue	Denotes School Holidays Denotes Street Football Nights (Mixed Age) Denotes Coaches Meetings/Workshops Denotes Public Holiday Denotes Parents Night
20 Fri	20 Mon	20 Mon	20 Thu	20 Sat	20 Tue	20 Thu	20 Sun	20 Wed	20 Fri	20 Mon	20 Wed	
21 Sat	21 Tue	21 Tue	21 Fri	21 Sun	21 Wed	21 Fri	21 Mon	21 Thu	21 Sat	21 Tue	21 Thu	
22 Sun	22 Wed	22 Wed	22 Sat	22 Mon	22 Thu	22 Sat	22 Tue	22 Fri	22 Sun	22 Wed	22 Fri	
23 Mon	23 Thu	23 Thu	23 Sun	23 Tue	23 Fri	23 Sun	23 Wed	23 Sat	23 Mon	23 Thu	23 Sat	
24 Tue	24 Fri	24 Fri	24 Mon	24 Wed	24 Sat	24 Mon	24 Thu	24 Sun	24 Tue	24 Fri	24 Sun	
25 Wed	25 Sat	25 Sat	25 Tue	25 Thu	25 Sun	25 Tue	25 Fri	25 Mon	25 Wed	25 Sat	25 Mon	
26 Thu	26 Sun	26 Sun	26 Wed	26 Fri	26 Mon	26 Wed	26 Sat	26 Tue	26 Thu	26 Sun	26 Tue	
27 Fri	27 Mon	27 Mon	27 Thu	27 Sat	27 Tue	27 Thu	27 Sun	27 Wed	27 Fri	27 Mon	27 Wed	
28 Sat	28 Tue	28 Tue	28 Fri	28 Sun	28 Wed	28 Fri	28 Mon	28 Thu	28 Sat	28 Tue	28 Thu	
29 Sun		29 Wed	29 Sat	29 Mon	29 Thu	29 Sat	29 Tue	29 Fri	29 Sun	29 Wed	29 Fri	
30 Mon		30 Thu	30 Sun	30 Tue	30 Fri	30 Sun	30 Wed	30 Sat	30 Mon	30 Thu	30 Sat	
31 Tue		31 Fri		31 Wed		31 Mon	31 Thu		31 Tue		31 Sun	



Training Week

**Monday: Age Group Training - Carousel
Shepherds Park**

U9/10 4.15pm – 5.15pm

U11/12 5.30pm – 6.30pm

2-3 Coaches per Age Group

**Wednesday: Age Group Training - Team
Shepherds Park**

U9/10 4.15pm – 5.15pm

U11/12 5.30pm – 6.30pm

GK Training with Silvio





Skill Centre Fee Structure 2024

- Term 1 – 6 weeks commencing February – 12 Contacts
- Term 2 – 10 weeks commencing April – 30 Contacts
- Term 3 – 10 weeks commencing July – 30 Contacts
- 72 Contacts Total
- SKC Training shirt included in fees
- Qualified and Volunteer Coaches
- Fee structures below cover Term 1, 2 & 3
- \$600 - \$8.33 per contact

• *Fees above exclude Registration fee payable prior to season commencement

No one left behind:

Payment plans and hardship grants are available. Contact Ross Frisby. ross@buaafc.org.nz



Questions

