

THE NATIONAL FOOTBALL CURRICULUM

“THE ROADMAP TO INTERNATIONAL SUCCESS”

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FOOTBALL
FEDERATION
AUSTRALIA

AN OFFICIAL FFA PUBLICATION



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Foreword



How should Australians play football? What skills and style best suit our nation and our hundreds of thousands of players? These are fundamental questions that should engage the minds of everyone involved in the game from the professional tier to the grassroots.

The FFA National Football Curriculum not only provides answers, but explains the philosophy behind how we should play and illustrates practical steps that bring the thinking to life in training and matches.

The first version of the National Curriculum in 2009 was a breakthrough in setting out a broad agenda, but this second version is presented in a way that will resonate in schools, clubs, academies and elite development pathways, in fact anywhere football is played.

I'm delighted to formally publish the National Curriculum and I commend the FFA Technical Director Han Berger and his coach education team for the meticulous approach to this work.

Having this Football Curriculum available for all the coaches across the nation is a key part of FFA's Strategic Plan to make football the biggest and most popular game in Australia.

I look forward to seeing the football that will flow as this curriculum influences our next generation of players.

David Gallop
Chief Executive Officer, FFA



David Gallop
Chief Executive Officer, FFA

Preface

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I am proud to present the second edition of the FFA National Football Curriculum (NFC), with the sub-title “The Roadmap to International Success.”

Although there have been many positive developments since the introduction of the first NFC in 2009, the understanding of it in the broader football community can still be much improved especially at grassroots level.

The first edition mainly explained the philosophical starting points but lacked detailed explanation and practical examples.

This new version explains the mental and physical characteristics of children and young adults during the various developmental stages and how these stages are linked. It also contains Model Sessions for every phase and explains how to

organise sessions and plan 6-week training cycles for a season.

The Curriculum is a practical guide for coaches and players of every age, gender or level as well as their parents.

The National Football Curriculum intends to deliver an **Australian** playing and coaching philosophy based on analysis of top football and scientific research, taking the specific circumstances and characteristics of Australian football into consideration.

So, it is not someone's opinion or a copy of another country's curriculum.

It is aimed at a **fundamental transformation** of the way football is played and coached in Australia, especially at youth level, in order to develop future generations of players and teams that will enable

Australia to maintain a leading position in world football, particularly within the Asian Football Confederation.

I hope this new version of the National Football Curriculum will create a better understanding of what high quality youth coaching is about and therefore help to dramatically raise the standard of our game at grassroots level.

After all, only a strong and broad foundation will create quality at the top.

Many challenges still lay ahead but if we all work together in the interest of our great game, we can overcome any roadblocks and hurdles and make Australia truly a World Leader of the World Game.

I'd like to especially thank my colleague Kelly Cross for his contribution to the realisation of this Curriculum. My thanks are also due to Ange Postecoglou, Ben Coburn and Dr. Donna O'Connor for their peer reviews of this book.



Han Berger