



2024

Palmerston North United Football Academy



Previously Red Sox-Massey Academy





The Vision



- **Academy**

Definition:

- **A place of study or training in a special field**
- **A society or institution of distinguished scholars and artists or scientists that aims to promote and maintain standards in its particular field**

Only with positive actions will we turn our vision into reality





The Vision

Palmerston North United Football Academy

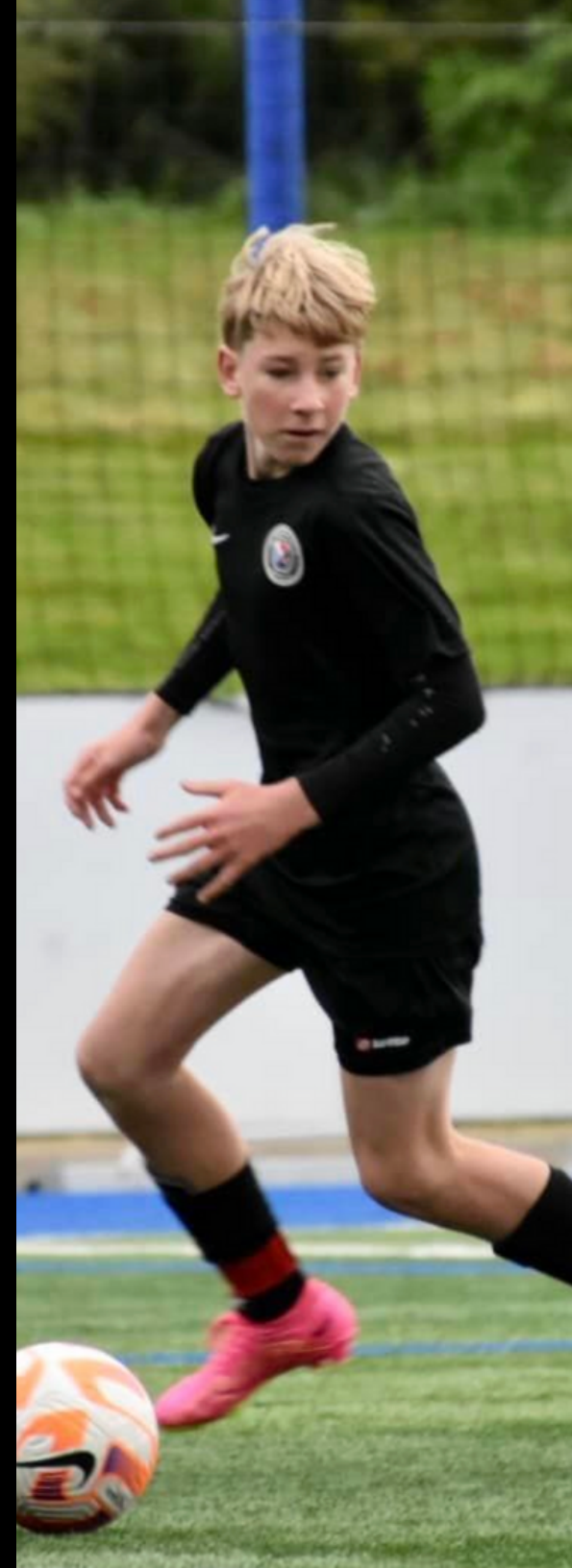
We are an academy for junior/youth football associated with the Red Sox Junior Football Club and Palmerston North Utd Football Club, in Palmerston North, New Zealand.

Our Academy is currently for players ages 8-15 (birth years 2008-2016) with the passion and ambition to become better football players. 2016 players, turning 8 in 2024 should be fairly advanced in regards to football passion and ability in comparison to their peers to get the most from the Academy.

Last year's registrants will be invited to join the academy before it is opened to players who have not previously attended. Players from other clubs are able to train at the academy as well as playing for their regular winter clubs.

We offer a safe and fun learning journey with our experienced, passionate, qualified coaches.

Only with positive actions will we turn our vision into reality





Who We Are For



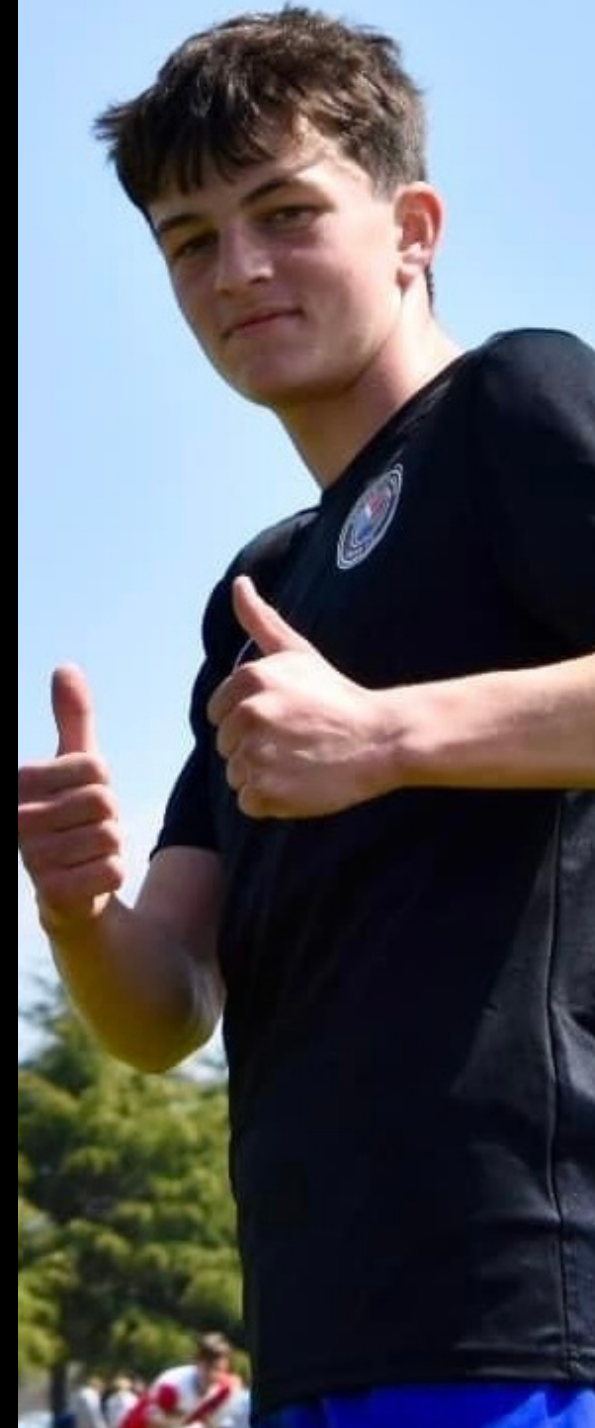
There is no trial process to join the Academy.

We do expect the players to have a huge passion for football and are able to behave in an appropriate manner so all players can get the most out of the Academy experience. Some younger children are ready for the programme we provide and some may need to wait till they are a little older before registering. We let parents judge whether they think their child is ready for the experience. If you are unsure please get in contact to ask any questions you may have.

We also have the expectation that players are able to kick a ball fairly well before joining as the places to learn the very basics are at home in the garden or with one of the community based clubs, such as Red Sox JFC.

If the attitude or ability level is below the minimum to be able to join in the Academy activities we may transfer the player to a beginner group if available or they may be asked to return at a later date when the correct attitude or ability is achieved.

Only with positive actions will we turn our vision into reality





Our Values

Positivity

We want our players to have a positive, growth mindset. Mistakes and losses are merely an opportunity to learn and improve. Our academy will offer a safe and positive environment for players to challenge themselves.

Commitment

We expect our players to commit to the programme with attendance and attitude that match that of the coaches. It is a more professional experience than our community-based Red Sox JFC associates and we expect those attending to behave in such a manner to ensure all players get the most from the programme.

Enthusiasm

Our coaches and players will be enthusiastic about the programme and we will nurture a life long love of the game. We love seeing players enthusiastic about the next training session because they have so much fun.



Only with positive actions will we turn our vision into reality



Our Values

Whānau

Our community-based Red Sox JFC club take pride in the family-feel we have created. Our Academy strives to achieve the same feeling.

Excellence

Getting players to be the best they can be both as individuals and within a team.

Inclusiveness

We want to break down barriers. Discrimination of any kind by players, coaches or any person involved with the academy will not be tolerated.

Only with positive actions will we turn our vision into reality





Football Philosophy



Many football philosophies have been written and most say the same thing with different words. Ours is simple:

We want players to play with the belief that “the ball belongs to us”. We work hard, individually and collectively, to win the ball and then treasure it when we have it, opening spaces by player and ball movement to create as many goal-scoring opportunities in a game as possible.

We believe football should be played at a fast pace, with all players having an awareness of all roles on a football pitch. Technical skill levels should enable players to be confident on the ball to make things happen and their football intelligence levels high so they can effectively influence the game even without the ball (most of the game!).



Only with positive actions will we turn our vision into reality



Football Philosophy contd



Achieving our football philosophy goal

For the player age group we work with there are 3 areas of focus:

1. Individual skill development
2. Early tactical awareness and football intelligence
3. Speed, movement and fitness

Only with positive actions will we turn our vision into reality





Our Way - Methodology



To achieve our goal of an environment where we can improve our players and help them excel our programme will run during school terms 1, 2 and 3.

For the under 10 age group (mixed boys and girls) training will be on Tuesdays for 90 minutes.

For the U13/U14/U15 boys age groups training will be for 90 minutes weekly on Mondays and a game day every other Thursday (15 sessions per term).

2024 will see the launch of our girl only groups (age groups planned to be U12 and U15 but will depend on numbers). The girl groups will train for 90 minutes on Tuesdays with a game day every alternate Thursday (15 sessions per term).

Sessions will focus on technical skills, gameplay and progressing to tactical awareness and football intelligence depending on age, according to the weekly topic.

Thursday sessions (game day) will be a continuation of working on the topics from the previous 2 weeks with an extended match between the academy players.

Player engagement will be encouraged by use of player self-assessment tools as well as regular feedback being offered by our coaches.

Only with positive actions will we turn our vision into reality





Methodology contd



Goalkeeping

We have a dedicated goalkeeper coach, Brooklyn Browne who works separately with the goalkeepers on Mondays and Wednesdays (depending on group numbers)

Our goalkeeping programme has had huge success with a number of our goalkeepers being recognised for their ability level at the national tournaments we have attended.

High school aged players

A number of our older players are progressing through the various levels of the school football pathway. We have a close association with Palmerston North Boys High School and work closely with their Junior A and Junior B coaches and programme to ensure the players receive a complimentary experience between the school and Academy.

We also have players who attend other high schools in Palmerston North and players who are home schooled.



Only with positive actions will we turn our vision into reality



Player Opportunities



We try and give our players the best opportunities possible and attend a number of national tournaments throughout the season, some over multiple days.

We try and give all players the opportunity to represent the Academy at a tournament. For multi-day tournaments we will be asking for expressions of interest and then selecting those players who are performing the best in training sessions.

There is an additional \$50 cost to attending any tournaments so only those players attending the tournaments are required to pay.

Depending on numbers we may not be able to take all academy players to the tournaments. Signing up to the academy neither guarantees a spot in the travelling teams or commits you to the additional costs involved with travel to these tournaments.

Other game days will be arranged against teams from other regions, in which we involve as many players as possible. We are hoping to have even more of these in 2024 with our link to the Ricki Herbert Football Academy now established.

Only with positive actions will we turn our vision into reality





Venue and Prices



Venue

We have secured the use of the international standard facilities at the Massey Sports and Event Centre (formerly Massey University Sport and Rugby Institute) on the Palmerston North Massey University campus.

The outdoor pitches are the best there are in the region.

Prices

U10s grade (2014-2016): \$180 for term 2, \$330 for terms 2 and 3

All other grades (2008-2013): \$240 for term 2, \$440 for terms 2 and 3

Players are expected to purchase a training/playing kit too which will be in the region of \$100



Only with positive actions will we turn our vision into reality



Training Days

Training Days during terms 1, 2 and 3

Every Monday 4.30-6.00pm - boys birth years 2009-2011 (some 2008 boys will be allowed to register by agreement)

Every Tuesday 4.30-6.00pm - girls birth years 2009-2013 (some players outside these ranges may be allowed to register by agreement) and mixed 2014-2016 group

Every Wednesday 4.30-6.00pm - boys birth years 2012-2013

Match play training alternate Thursdays 4.30-6.00pm - birth years 2008-2013

Only with positive actions will we turn our vision into reality





Ricki Herbert Football Academy Partnership



To ensure our players have the best opportunities we have partnered with the Ricki Herbert Football Academy.

The Ricki Herbert Football Academy have a number of selected partners nationwide. The partnership offers a number of opportunities:

- **Game days against the other partner Academies**
- **Invites to the Ricki Herbert holiday programmes**
- **Invites to the Ricki Herbert National Camp in January where there is a selection process for the Ricki Herbert International travelling team (trips to Australia annually)**
- **Access for our most advanced players to Ricki Herbert's professional pathway contacts**

Only with positive actions will we turn our vision into reality





Player Progression



After playing for Red Sox JFC for 4 years and being part of our Academy since day 1 it was with great pride that we congratulated Anahera Easton on signing with the Wellington Phoenix Academy for 2024.

Unfortunately this means she will no longer be attending our Academy but we wish her well on her footballing journey - next stop the Football Ferns!



Only with positive actions will we turn our vision into reality



Summary

Summary

We believe our coaches have the knowledge, passion and enthusiasm to offer a great experience to develop the ambitious junior footballer.

A number of our coaches hold the NZF highest junior football coaching badge and are now progressing through the senior coaching badge pathway.

We are sure your junior footballer will have a wonderful experience as part of our development programme.

Additional information

For Red Sox JFC players, financial support can be provided to help players attend the academy on a case by case basis.



Only with positive actions will we turn our vision into reality

Thank you!

Feel free to reach out to us if you have any questions.



Phone Number

Adam Rose: 021 061 5837

Donald Piper: 021 687 201

Email Address

academy.pnufc@gmail.com