

Belnorth FC Technical Director's Report 2022

Thank you for the opportunity to serve as Belnorth FC's Technical Director for 2022.

My aim for the 2022 Winter Season was to support the development and success of players and coaches across all age groups whilst increasing/maintaining participation rates of players at Belnorth FC. This was achieved through various resources and programs, including Belnorth's Junior Pre-season Program, group training sessions, plans and resources, specific goalkeeper training, and mentoring junior coaches.

Belnorth's Pre-season Program was conducted over six weeks for players aged 5-12 years and hosted over 120 players. Players were split into groups by age/skill ability and coached by the same coach for the entirety of the program. This enabled coaches to become familiar with players' skills and ensure players developed accordingly. The program was structured to focus on one core skill per week (first touch, 1v1, running with the ball, striking the ball), with the final two weeks beginning to integrate skills. The majority of the feedback from this program was positive. A big thank you to the squad of Belnorth coaches who participated in this program.

Group training sessions were introduced for junior teams in 2022. This meant that each team was allocated 1-2 training sessions per week alongside other teams of the same age/skill level. These sessions allowed Belnorth teams to play games against each other at the end of training sessions. They encouraged further communication between coaches of the same age groups to allow for integrated training sessions and the possibility of borrowing players when needed. There were only three teams that chose different times/locations to train.

Resources were provided to coaches of all age groups from U5-U18. These included season training templates (for U5, U9-U18) and specific activities. I was also available to attend training at the coach's request. These resources supported coaches in developing their coaching skills further through practice rather than observation.

Goalkeeper training was conducted by myself and Erik Scholte for ages 10-18 years – exceptions for younger players were made on an individual basis. The program hosted 22 players. There were four sessions per week (U10, U11, U12 & U13 and U14-U18) which backed onto group training sessions to allow for keepers to attend their goalkeeper training either before or after their team training session on the same night. Separating goalkeeper training sessions into age groups ensured that every player was learning skills specific to their age and skill level and also allowed for greater repetition of activities due to the small number of players per group.

Two junior coaches joined Belnorth's ranks for 2022. Both Chara Sbirakos and Aj Schiavello have previously played with Belnorth FC and were eager to coach and learn. Chara was mentored throughout the pre-season program and took on the U8/9G Belnorth Roses, while Aj coached the U10 Open Belnorth Warriors. Chara and Aj's coaching abilities improved throughout the year, and I hope to see them around the grounds for future seasons.

Thank you to the committee for the support throughout the season and to all the coaches that were involved with Belnorth FC during 2022. I wish Belnorth FC the best of luck for the future, and I look forward to seeing further growth and development of the club.

Esperance Anderson
Belnorth FC Technical Director 2022