



Pathways for Development

## Female Football at Northbridge FC

## More Choices...



Northbridge FC has the objective of being the premier destination for Female Footballers on the Lower North Shore. Our vision for the growth of Girls and Women's Football at NFC is underpinned by one very important principle:

We Provide Girls and Women with more CHOICES for their football development and enjoyment.



- **Community Football** – for girls who want to have fun with their friends
- **Academy Football** – for girls who take their football a little more seriously
- **High Performance Football** – for girls who love their football and want to follow the FFA Pathway



# Community Football

If your daughter is looking for a fun and friendly social environment to play a team sport then NFC is definitely the right place. Make sure she brings her friends along as well. The more social the better.

## **Competitions:**

Teams play in NSFA Community Football Competitions.

## **Structure:**

- Selection – usually friendship groups
- Training – usually one night per week
- Coach – the Club can provide access to a coach or you can have a qualified parent
- Manager – usually one of the parents



# Northbridge Academy

For Girls who take their football a little more seriously

The Academy Program follows the NSFA Curriculum\* for girls:

1. The aim of Sapphires is to provide a positive and engaging environment that allows the player to fall in love with the beautiful game
2. Diamond League is a girls-only competition that enables girls to develop their technical football skills and “football confidence”. The competition was created to bridge the gap between representative football and club football

## Competitions:

NSFA Sapphire League (U8 – U11) \*\*

NSFA Diamond League (U12 – U18)

Girls can also play in the Boys Mixed Teams

\* More details can be found here: <https://nsfa.asn.au/players/women-girls/>

\*\* Northbridge academy teams are likely to start at U10 or U12, depending on demand



## Structure:

- Training – 2 nights per week starting in February
- Coach – Appointed by the Club
- Selection – via a trial process in November
- Manager – usually a parent
- Tournaments – Kanga Cup in July school holidays

# High Performance Football - North Shore Mariners

The NSM Program follows the FFA Curriculum and Pathway for Female Football:

1. Skill Acquisition Phase
2. Game Training
3. Performance Phase

## **Competitions:**

- FFA/FNSW Girls Skill Acquisition Program (GSAP)
- Tournaments:
  - Proctor Cup in Bathurst (weekend in February)
  - Kanga Cup in Canberra (July School Holidays)
- Girls can also play in the Boys Mixed SAP Teams

## **Structure:**

- Training
  - 2 nights per week in November / December
  - U12s up do 3 nights per week starting in February
  - U10s and U11s have a 3<sup>rd</sup> skills session each week (99% attend!)
- Coach – Appointed by the Club
- Selection – via a trial process in November
- Manager – usually a parent

More details can be found here:

<https://footballnsw.com.au/players/player-pathways/womens-pathway/>