



# HILLS FOOTBALL DEVELOPMENT



## ACADEMY HANDBOOK



# HF DEVELOPMENT ACADEMY HANDBOOK

## INTRODUCTION

The Hills Football Development Academy aims to strengthen grassroots football by providing all community players with the opportunity to access high quality coaching and player development opportunities. In doing so, the Academy aims to strengthen the technical foundation for all players within the Hills and raise the quality of football and player engagement with the world game.

This handbook is a comprehensive guide for those registered as part of our HF Development Academy Program, extending the delivery of the Academy Program beyond that just on the field. We acknowledge that during our ACademy Program we typically only get to work with our participants for their 1 hour session and hence we require more touch points for our full mission and aim to be fulfilled. Additionally, the handbook gives additional information related to the delivery of the Academy Program which gives parents/guardians/participants understanding and optimises the delivery of the Program.

We thank you for choosing Hills Football Development for your child's football development journey. We're thrilled to be part of their development both as a player and as an individual.



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# WHO ARE HILLS FOOTBALL DEVELOPMENT

Hills Football Development is the result of a collaboration between Hills Football and Hills United Football Club, two highly respected entities in the football community. In 2021, both organisations joined forces to rebrand their renowned Development Programs and established Hills Football Development.

Hills Football Development is dedicated to nurturing grassroots football in the Hills Area, aiming to enhance the overall participation and quality of the sport with a particular focus on the MiniRoos and Skill Acquisition Phase.

HF Development embraces the Hills United Team Model. This model encapsulates the HF Development Philosophy of the development of an individual's technique, decision-making skills, and love for the game.

Moving away from 'typical' isolated football drills, sessions conducted in HF Development Programs are holistic, fun, innovative and dynamic.

A vital component in the Hills Football Player Pathway, participants involved in HF Development Programs are given the platform to show their potential and reach their footballing goals.

We are devoted to developing grassroots footballers in the Hills



## OUR HILLS FOOTBALL MEMBER CLUBS

Hills Football Member Clubs are integral to the success of the HF Development Academy. We work closely with the clubs to ensure that our program complements and enhances the training that participants receive at their local club.

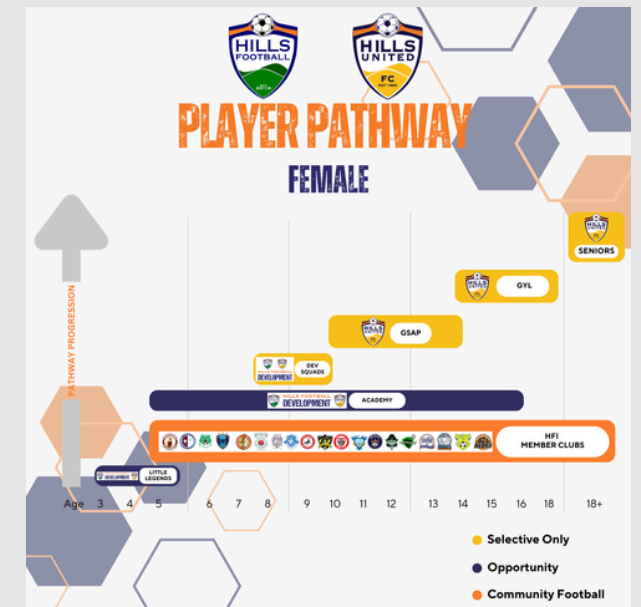
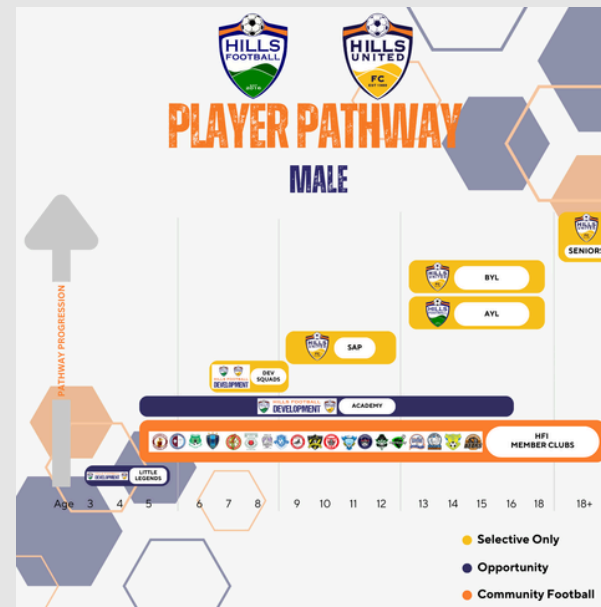
HF Development heavily encourages all participants to be registered for one of our HFI Member Clubs.



# PLAYER PATHWAY

It is part of our Philosophy that we believe any player if given the opportunity and platform can progress in our player pathway.

The Hills Football Development Academy serves to be a vital part of this pathway as we strive to enhance the football experience and ability in the hills for our young players. We believe in supporting our participants to fully reach their potential and achieve their footballing goals, whether that's progressing to a higher division or reaching an elite pathway.



# EXPECTATIONS

## HILLS FOOTBALL DEVELOPMENT COACHES

- Creating a positive learning environment
- Commitment to ensuring an SAFE environment both physically and mentally
- Using the power of encouragement to get the best out of participants
- Actively supporting and providing feedback to participants throughout duration of session
- Ensuring there is maximum ball rolling time throughout session
- Ability to answer questions from both players and parents
- Hold a high standard of integrity, professionalism and compassion before/during/after Academy Sessions

## PARENTS / GUARDIANS

- Foster a safe learning environment for participants both your child and others
- Communicate and collaborate with HF Development Coaches and Staff
- Ensure players arrive AT LEAST 10 minutes before designated start session time
- Parents/Guardians are NOT permitted to step on the training field unless instructed to by one of the HF Development Academy Coaches or Staff
- Ask questions to your children after the session about what they had learnt
- Support participants in completing Homework activities

## PARTICIPANTS

- Show respect to all coaches, players and other staff
- Do not bully or harass other participants
- Participate and focus to the best of their ability at ALL times
- Ensure they are staying in their designated field
- Respect to the equipment and facilities provided during Academy Sessions
- Players do not enter the field until they are called upon by HF Development Academy Coaches or Staff
- Assist in packing up and gathering equipment after allocated session
- Complete Homework activities



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# GROUP ALLOCATION

To fully optimise development during our HF Development Academy, participants are grouped based on similar ability levels. A level playing field gives participants greater time on the ball and more opportunity for repetition of key learning outcomes. It also allows our coaches to adapt delivery based on the ability of the group, which enables a more suitable and challenging training environment.

Note - we do not take friend requests.

Please note, groups ARE NOT FINAL. We acknowledge that we do not always get Group Allocation correct, and therefore throughout the Term, coaches will directly be changing the groups of the participants.



TRAINING GROUP	LEVEL (1 BEING THE HIGHEST)	CHARACTERISTICS
YELLOW	1	Participants at this level demonstrate high levels of proficiency in the Core Skills of football, as well as advanced decision-making abilities for participants of their age. They display excellent control over the ball, can execute techniques with ease, and possess excellent game awareness.
RED	2	Participants at this level demonstrate above satisfactory level of proficiency in the Core Skills of football and have solid decision-making abilities for participants of their age. They have a good understanding of the game, can execute basic techniques effectively, and possess some game awareness. With further training and development, they have the potential to reach higher levels of proficiency in both skills and decision-making.
BLUE	3	Participants at this level demonstrate a satisfactory level of proficiency in the Core Skills of football and have satisfactory decision-making abilities for participants of their age. They have a very basic understanding of the game, can execute some techniques effectively, but need further training and practice to improve their decision-making and game awareness. With continued effort and support, they can progress to higher levels.
GREEN	4	Participants at this level demonstrate a moderate level of proficiency in the Core Skills of football and have basic decision-making abilities for participants of their age. They have a very limited understanding of the game, can execute some techniques effectively, but need further training and practice to improve their decision-making and game awareness. With continued effort and support, they can progress to higher levels.



# UNIFORMS

Only HF Development Uniforms are permitted to be worn during HF Development Academy Sessions, This includes jerseys, shorts and socks.

Participants will be given the option to purchase uniforms as part of the registration process as well as being available for purchase during the first 4 weeks of the Academy Term.

After these 4 weeks, uniform orders must be made by contacting HF Development directly.

Should your child not wear the correct uniform during a session, they will be reminded by the coach to wear the correct uniform. Should this happen on several instances, eligibility to participate in the HF Development Academy will be reviewed.



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## INDIVIDUAL ITEMS



**JERSEY**  
**\$30**



**RAIN JACKET**  
**\$35**



**SHORTS**  
**\$20**



**JACKET**  
**\$65**



**SOCKS**  
**\$10**



**TRACKSUIT PANTS**  
**\$55**

## PACKAGES



**PLAYER KIT**  
**(INCLUDES JERSEY, SHORTS & SOCKS)**  
**\$35**



**WINTER PACKAGE**  
**(INCLUDES JACKET & TRACKSUIT PANTS)**  
**\$100**



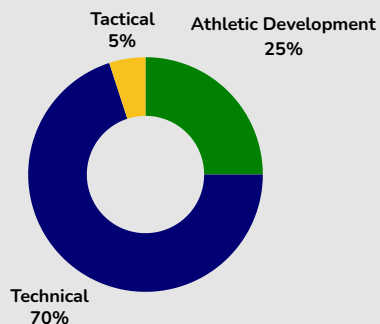
**FULL PACKAGE**  
**(INCLUDES JERSEY, SHORTS, SOCKS, RAINJACKET, GYM BAG, JACKET & TRACKSUIT PANTS)**  
**\$150**



# LEARNING OBJECTIVES

## AGES 3-8

### DISCOVERY PHASE



In this age bracket, the focus is on **DEVELOPING** a love for the game, fundamental technical football skills and gross motor skills

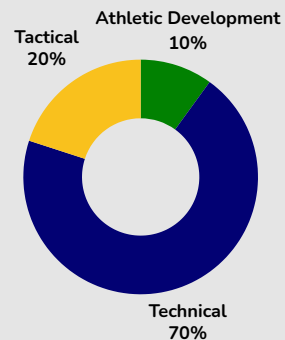
By the end of this phase participants should attain the following characteristics & abilities;

- Basic levels of intrinsic motivation
- Basic levels of resilience and determination
- Understand the concept of Football game-play

- Understanding of how to manipulate the ball to;
  - dribble towards a direction
  - strike the ball towards a direction
- basic ability to strike, control and dribble with both feet
- maintain possession of the ball from a defender

## AGES 9-12

### SKILL ACQUISITION PHASE



In this age bracket, the focus is on **DEVELOPING** technical skills and understanding of when to apply in game situations.

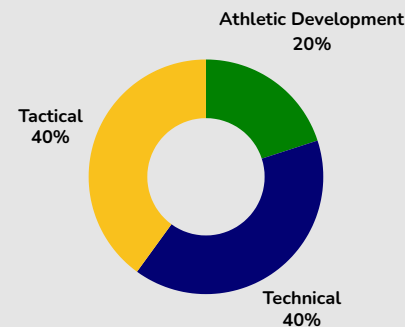
By the end of this phase participants should attain the following characteristics & abilities;

- High levels of intrinsic motivation
- High levels of competitiveness, resilience and determination
- Basic understand of roles and responsibilities of positions

- Basic understand of key game model principles and implementing onto game situations
- Understanding of how to manipulate the ball to;
  - beat a defender with a skill, dribble or pass
  - strike the ball with desired ball speed for correct situation
  - Take a first touch to beat a defender, maintain possession, or set up a pass/shot

## AGES 13-16

### GAME TRAINING PHASE



In this age bracket, the focus is on **DEVELOPING** perceptual, decision-making, and execution of technical skills and applying in-game situations linked to game model and main principles.

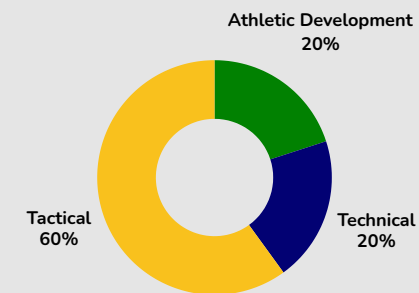
By the end of this phase participants should attain the following characteristics & abilities;

- Extremely high levels of intrinsic motivation
- Extremely high levels of competitiveness, resilience, and determination
- High understanding of roles and duties of specific positions

- Understanding of key game model principles and implementing onto game situations
- Understanding of interconnectivity of an individual to a larger team scale
- Basic kinesthetic sense of performing individual technical skills
- Understanding of game situations to make decisions to positively impact team - e.g. anticipating defensively, predetermining attacking patterns of play, reading attacking and defensive cues

## AGES 16+

### PERFORMANCE PHASE



In this age bracket, the focus is on **PERFORMING** in line with the Game Model and Key Principles.

In this phase participants should showcase the following;

- Extremely high levels of intrinsic motivation
- Extremely high levels of competitiveness, resilience, and determination
- High understanding of roles and duties of specific positions
- High understanding of key game model principles and implementing onto game situations

- Understanding of interconnectivity of an individual to a larger team scale
- High kinesthetic sense of performing individual technical skills
- Understanding of game situations to make decisions to positively impact team - e.g. anticipating defensively, predetermining attacking patterns of play, reading attacking and defensive cues



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# HOMework PROGRAM

Ball mastery exercises are specifically designed to improve a players' technique with the ball (both left and right foot), enhance coordination & agility and fitness, & controlled speed with the ball.

Ball Mastery comes from work with the ball to the point where it feels comfortable, like second nature, instinctive, and therefore develops the confidence of an individual on the ball.

All Academy participants will receive a homework document with a vast range of ball mastery skills to be performed at home. Players will receive a video demonstrating the skills and furthermore, all skills will also be demonstrated by coaches during sessions.

## BETTER NEVER STOPS

We heavily encourage participants to complete homework activities on a weekly basis 2-3 times per week.

Please note, players develop at different rates - some players will see early improvement while others may take a little longer. The key to success is persistence and encouragement.

[HOMework ACTIVITY LINKED HERE](#)

**ON A WEEKLY BASIS, A SET  
OF 8-10 SKILL EXERCISES  
SHOULD BE COMPLETED AT  
HOME PRACTICE 2-3 PER  
WEEK**



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# REFUND POLICY

The following incorporates what is stated in the HFI Refund Policy-

- Make-up sessions will be available to participants who miss any sessions (in replacement of a refund) however, makes up be conducted within the same term of the original missed session. Makeup sessions are also subject to availability (i.e if a Session on a different day is at Capacity, makeup will not be provided due to unavailability)
- Session cancelations due to weather are under no obligation to be made up however HFI will endeavor to arrange a make up if possible.
- All late registration prices will be charged the same as registrations prior to the start of the program. Where available make up sessions will be provided to accounted for the missing sessions. Make up sessions need to be completed under the same standards above

## REFUND AMOUNT

For any approved refund, the following formula will be applied:  
**Total cost of registration – Admin cost (20% of total cost of registration) – sessions the participant was enrolled for before making request = eligible refund amount**



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# HILLS FOOTBALL DEVELOPMENT



**FOR ANY FURTHER QUESTIONS ABOUT THE PROGRAM, DON'T HESITATE TO GET IN TOUCH WITH US VIA**  
**[HFDEVELOPMENT@HILLSFOOTBALL.COM.AU](mailto:HFDEVELOPMENT@HILLSFOOTBALL.COM.AU)**