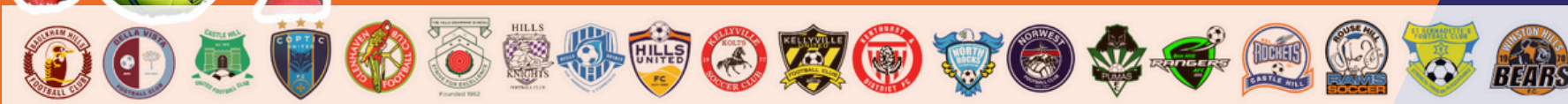




HILLS FOOTBALL
DEVELOPMENT



LITTLE LEGENDS HANDBOOK





HF DEVELOPMENT LITTLE LEGENDS HANDBOOK INTRODUCTION

HF Development Little Legends is designed to be an introduction to sports for preschool-aged participants in an inclusive, fun, and engaging way. Each week provides a different theme and focuses on developing fundamental football skills through play-based learning.

The aim of Little Legends is for young players to develop a love for football which encourages all participants to progress their football journey into an Under 6 age group at a Member Club.

This handbook is a comprehensive guide for those registered as part of our HF Development Little Legends Program, extending the delivery of the Little Legends Program beyond just the field. We acknowledge that during our Little Legends we typically only get to work with our participants for their 30 min to 45 min session and hence we require more touch points for our full mission and aim to be fulfilled. Additionally, the handbook contains further information related to the delivery of the Little Legends Program which provides parents/guardians/participants with 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.



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

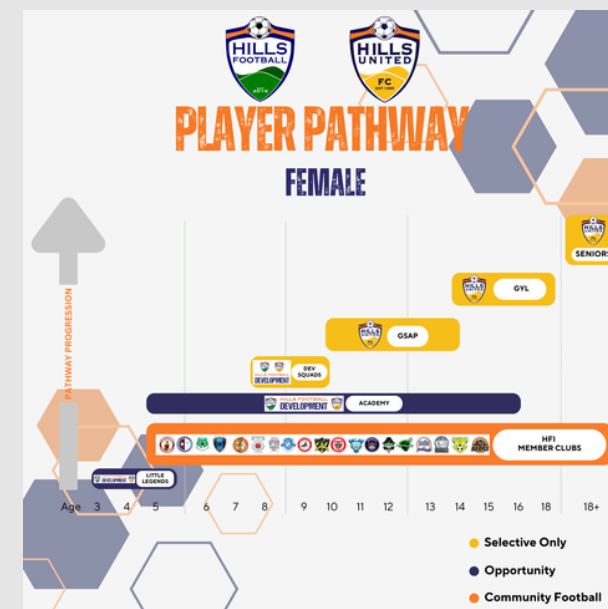
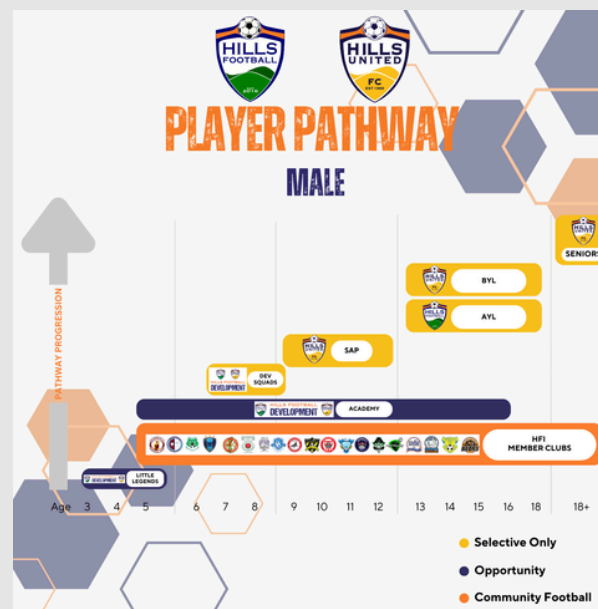
Hills Football Member Clubs are integral to the success of the HF Development Little Legends Program. We work closely with the clubs to ensure that participants have opportunities to continue to progress on the Hills Football Player Pathway, and register for a HFI Member Club.



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 Little Legends Program serves to be a vital part of this pathway as the first step and introduction to Football. 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.



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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 Little Legends 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 5 minutes prior to session to begin the sessions at the allocated time
- Parents/Guardians are NOT permitted to step on the training field unless instructed to by one of the HF Development Little Legends Coaches or Staff
- Ask questions to your children after the session about what they had learnt
- Support participants through positive encouragement

PARTICIPANTS

- Show respect to all coaches, players and other staff
- Do not bully or harras other participants
- Participate and focus to the best of their ability at ALL times
- Ensure they are staying in their designated field
- Respect the equipment and facilities provided during Little Legends Sessions
- Assist in packing up and gathering equipment after allocated session





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UNIFORMS

Only HF Development Uniforms are permitted to be worn during HF Development Little Legends Sessions held at our office Bella Vista location. This includes jerseys, shorts and socks, with the player kit also including a bag and ball.

Participants will be given the option to purchase uniforms as part of the registration process, returning Little Legends participants are welcome to wear previously ordered kits, or to reorder.

Little Legends in **HFI MEMBER CLUBS:**

Uniforms for Little Legends programs held through our Member Clubs in the Winter season are dictated by the club, players may be asked to order a kit through HF Development, or through the club, or they may simply be provided with a jersey. Please contact hfdevelopment@hillsfootball.com.au for clarification on your Winter Season uniform.

Little Legends in **PRESCHOOLS:**

Participants who register through their preschool have the *option* to purchase a player kit, complete with jersey, socks, shorts, bag and ball. This is not mandatory to participate through preschools.



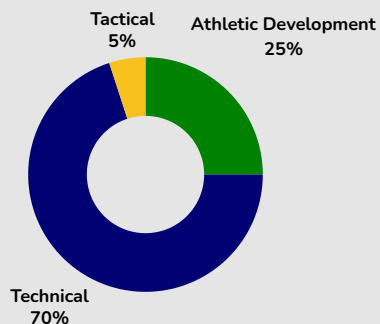
PACKAGE



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

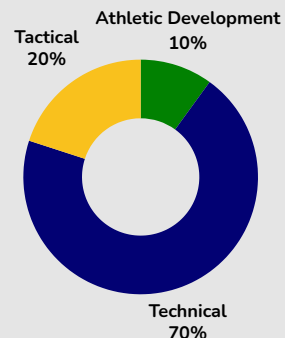
By the end of this phase participants should attain the following characteristics & abilities;

- 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.

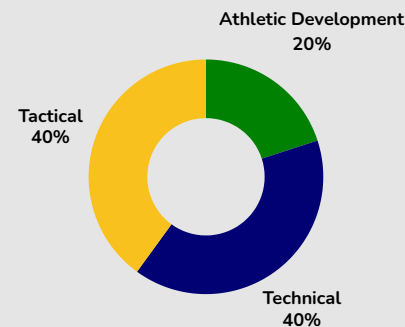
By the end of this phase participants should attain the following characteristics & abilities;

- 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.

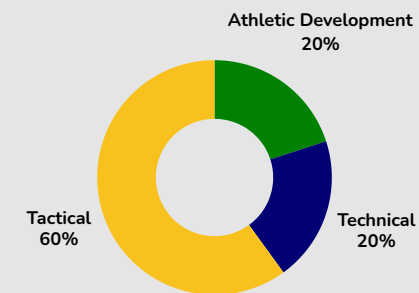
By the end of this phase participants should attain the following characteristics & abilities;

- 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 Little Legends 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 provide homework sheets to help develop players confidence, fundamental movement skills, foundational ball skills and foster a love for physical activity through football.

The skills vary in complexity to allow every individual child to experience success whilst also being challenged. 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.

The attached homework sheets can be filled out with ticks, stickers, stamps, etc., as a fun system to encourage skill development, patience and physical activity in their weekly routine.

[HOMework ACTIVITY LINKED HERE](#)

**ON A WEEKLY BASIS, A
SET OF 3-5 SKILL
EXERCISES SHOULD BE
COMPLETED AT HOME
PRACTICE 2-3 TIMES 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 must be conducted within 3 weeks 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).
- For Sessions in External Operated Centres (e.g. Preschools and Member Clubs) no makeup sessions will be available if a child misses a session due to unavailability
- Session cancellations due to weather are under no obligation to be made up however HFI will endeavour to arrange a make up where 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 account 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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FOR ANY FURTHER QUESTIONS ABOUT THE PROGRAM, DON'T HESITATE TO GET IN TOUCH WITH US VIA
HFDEVELOPMENT@HILLSFOOTBALL.COM.AU