Bella Vista FC Club Player Program

2025 Season

Program Booklet











INTRODUCTION

Welcome to the Hills Football Development Club Player Program (CPP) at Bella Vista FC!

This season, Bella Vista FC is participating in the Hills Football Development Club Player Program —an initiative designed to strengthen grassroots football by providing Coach Mentoring and Player Development opportunities across all Hills Football (HFI) Member Clubs.

During the program, Hills Football will be delivering the Coach-the-Coach sessions during your club's training on Tuesday Nights.

The CPP Coach-the-Coach Delivery provides Hills Football Coach Mentors will work directly with Bella Vista Coaches, offering guidance, feedback, session plans, and ongoing support.

Our goal is to create an environment where both players and coaches grow—not just for this season but for the long term. We encourage club coaches to actively engage, collaborate, and embrace this opportunity to enhance their coaching journey.

At the heart of everything we do is a simple question: How can we create an environment where players and coaches want to come back—Next week, Next year, and for life?

Let's work together to instill a lifelong love for football!





PROGRAM DELIVERY

The Club Player Program at Bella Vista FC will be delivered to the U6's & U7's for an 8-week block.

See below for Program Breakdown.

Coach-the	Week 1	Week 2	Week 3	Week 4
	Session 1	Session 2	Session 3	Session 4
	Safety and Organisation	Positive connection & care with	Ability to consistently engage	Ability to effectively engage
	Set up, Session plan, mental/physical	players	participants	participants
	safety for players	Session Previews and Wrap Ups	Game-based activities, SOCHANGEIT	Body Language, Attitude
	Week 5	Week 6	Week 7	Week 8
	Session 5	Session 6	Session 7	Session 8
	Ability to manage individuals & the	Using Effective Communication	Using the Power of Encouragement	Creating Positive Learning
	group	Concise, clear, positive,	On the run, highlight/reinforce effort	Environments
	Group Management, Attention Tools	demonstrations, enthusiasm	and positive behaviour	Questions, Interventions

COACH DELIVERY FOCUS

The table above depicts what HFI Coaching Mentors will focus on each week of the Coach-the-Coach Program. Weekly Resources will be provided linked to the development of the specific Coaching Tool and/or behaviour.

Tools and behaviours are linked to outcomes to foster a session that is Player Centric and focused on creating an environment making Football the highlight of the participants week.

SESSION STRUCTURE

Each component of the session provides the coach a way to ensure there are high levels of engagement, learning and development throughout the session.



WHAT DO WE MENTOR COACHES ON

ORGANISATION

- Prepared & efficiently set up before
 people arrive
- Clear flow & chain of learning
- Effective management individual, teams, time.

COMMUNICATION

- Positive, energetic body language
- Use of effective words linked to Key
 Learning Outcome
- Effective use of Demonstrations
- Using the Power of Encouragement
- Use of questions to develop cognitive decision making

EXPECTATIONS

Hills Football Development Responsibility

- Training Plan for duration of Program distributed.
- Conduct a Coach's meeting prior to the session of the week. Held 15-minutes prior to the start of the session. In this meeting the following will be provided:

PLAYER ENGAGEMENT &

ENJOYMENT

LEARNING

Positive, useful and timely feedback to

Using Reflection as a tool for self

Connection, care & belief of participants

Participants developing a love for the

- An overview of session plan within training program.
- Giving Coaches 'Focus Points' prior to sessions.
- Ask Coaches if there is any particular area they would like support or feedback
- Actively supporting and providing feedback to Coaches
- Where required demonstrate coaching behaviours, activities and knowledge to Coaches
- Creating a positive learning environment
 - Where questions are encouraged
 - Coaches are empowered to develop
 - Support wherever necessary

HFI Member Club Coaches Responsibility

- Register for MiniRoos Coaching Course prior to start of Program
- Review Session Plan prior to arriving at the session
- Bring relevant and adequate equipment to all sessions
- Be in attendance for Coaches meeting each week (15-minutes prior to start time)
- Create a positive and supportive environment for their players
- Communicate and collaborate openly with HF Development Coaches

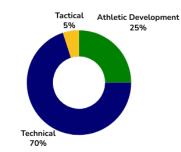
UNDERSTANDING THE PARTICIPANTS

The discovery phase refers to participants between the Ages of 5-8. Participants within this age group have the following characteristics;

- Enjoy playing, not watching
- Limited attention span
- Effort is performance if they try hard, they are doing well
- Active imaginations
- Typically have 2 speeds Extremely fast and stopped
- Still developing coordination
- First interaction with football

LEARNING OUTCOMES

As per The Hills Way, football Learning Outcomes are based on the characteristics of the developmental phase, setting a platform to enable a more enjoyable Player Experience and a heightened Player Development base.



In this development phase, 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 confidence
- 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







BALL MASTERY

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.

Hills Football heavily encourages that each session within the Skill Acquisition Phase starts with an arrival activity of Ball Mastery.

The Coach to select 10 skill moves for players to complete. Each exercise should be performed twice for 30 seconds or 1 minute each.

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

To view Ball Mastery skills – click on the following link https://www.youtube.com/watch?v=IeMYh7roBjk https://www.youtube.com/watch?v=PuF_gM2S7rk



MINIROOS COACHING CERTIFICATE

As part of the Club Player Program, Coaches are rewarded with a MiniRoos Coaching Certificate at the completion of the Program. Before the beginning of the Program – we require all Coaches to register in order to attain their certificate. An email will be sent prior to the Program with a link to register.

Please note – the course is free and easy to navigate. Once registration has been completed, Online Modules will also need to be completed – these take 10-20 mins each.

The MiniRoos Coaching Certificate is for Coaches working with participants 5-8-yearold. The emphasis is on a holistic game-based approach i.e. learning by PLAYING football. Limited coaching but organising FUN football exercises is the key to helping players build intrinsic motivation and a love for the game.

For more information about Coaching Courses and other Coaching Resources including Coaching Workshops and Tools, head to our website https://hillsfootball.com.au/coaches-hq/





Discovery Phase Training Program Session #01 Learning Outcome – Running with the ball



Was your session ENGAGING

faces · Were all players involved in the session Tell the team and individuals what they did well. **HIGH FIVES!**

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Discovery Phase Training Program Session #02 Learning Outcome – Running with the ball



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Discovery Phase Training Program Session #03 Learning Outcome – Beating a defender with a dribble



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Discovery Phase Training Program Session #04

Learning Outcome – Beating a defender with a dribble



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Discovery Phase Training Program Session #05

Learning Outcome - Striking the ball



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Discovery Phase Training Program Session #06

Learning Outcome – Striking the ball



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Discovery Phase Training Program Session #07 Learning Outcome – Passing and receiving



COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING

- Did players end the session with smiles on their faces
- · Were all players involved in the session

Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. **HIGH FIVES!**

WRAP UP!

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Discovery Phase Training Program Session #08 Learning Outcome – Passing and receiving



- · Was your session SAFE
- Was your session ORGANISED Was your session ENGAGING

- Did players end the session with smiles on their faces
- Were all players involved in the session

HILLS FOOTBALL

HILLS

Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!