



Balmain & District FC Development Program

Each year Balmain & District Football Club (BDFC) run a Development Program (DP) for children selected into the club's graded teams. Those teams play in the local Football Canterbury Association (FC) competition on weekends and are typically placed in Division 1 of their respective age groups*.

Selection into the DP is via an annual grading process and this process usually takes place in November/December each year.

The DP provides a great opportunity for your child to be coached by qualified and club approved football coaches. We aim to create the ideal environment for your child's individual growth.

Player development is right at the heart of what we do because we believe that developing players is the best way to keep a child interested and engaged in a sport.

In our program, teams train twice a week with the club coaches and for games on the weekend they are led by a parent volunteer coach and manager. Sessions are planned ahead and prepared in line with the club's philosophy and annual coaching plan.

It is strongly recommended that parent volunteer coaches be present at DP training sessions, as it is then and there the connections are made. Teams are starting to train from the earliest possible day after we start our field allocations, which is generally in early March. The program concludes in August, with breaks only during school holidays. Each player and team's coaches and managers are briefed on specific details during the induction nights.

**Recommendations to FC about placement is provided based on results from the grading process.*

Annual Plan

The DP season plan is based around the Football Australia (FA) pathway, but also includes more detailed aspects of technique and tactics of game play. The plan is general and each coach within the DP will be allowed to include their own personal interpretation of selected skills and strategies.

Within the overall DP plan, we have 3 specific plans based on age groups: U8-U9, U10-U12, and U13-U16. Plans will be available to parent volunteer coaches prior the season.



To support the plan, we aim to build a strong connection between the DP coaches and the parent volunteer coaches. This is to help the parent coach take the learnings from the DP sessions into game days.

Training Sessions

DP training sessions are held at the Waterfront Drive Sporting Ground in Callan Park. Sessions run on Tuesdays, Wednesdays, Thursdays, and Fridays, starting at 4:30pm, 5:40pm, and 6:50pm. Younger age groups are scheduled in the earlier time slots and older age groups in the later ones.

Sessions are a mix of game training, situational training, and skills practice.

For DP sessions, teams use half of a full-sized pitch, and all the training equipment is provided.

Training Session Principles

- Chaotic games with open solutions
- Multiple tasks at once
- No individual core skills in single session, all crossovers
- Games rather than drills
- Tactical intelligence of players
- Adaptation to challenge
- Good flow of session
- Repetition is the key

Parent Coach and DP Coach

At BDFC we firmly believe in the positive impact of volunteering, and our approach to team coaching within our development program embodies a hybrid system. This involves engaging both professional coaches and parent volunteer coaches. While the professional coaches are responsible for delivering the training program, the parent volunteer coaches are tasked with overseeing the game day proceedings.

- The parent coach should be aware of the training plan and, after discussion with DP coach, assist to incorporate relevant problems from game days.
- The parent coach is welcome to consult or be part of DP sessions at any time.
- We strongly recommend participating and coaching your team, gaining experience, and learning a different approach to coaching.



- The DP coach will follow the BDFC annual plan but will be open to accommodate your thoughts on improvement based on match-day performances of the team.
- We recommend all parent coaches undertake a Foundation of Football course with Football Canterbury/Football NSW prior to the season to develop a base of coaching knowledge to assist in the delivery of Development Program

Player Pathways Program (PPP)

(Formerly known as the Individual Development Program (IDP))

If your child is not in a graded team but is motivated to improve their skills with some extra training, then you might like to consider the PPP.

The PPP sessions are structured in the same way as DP training sessions and have a major focus on the skills and technical abilities of participating players. No team affiliation is necessary, individual registrations are welcome.

Since 2019 we have successfully delivered IDP for U8/U9 Boys, U9/U10/U11 Girls, U13/U14/U15 Boys, and O30/O35 Women.

Additional info and policies

- More detailed info about DP is available on our website: [BDFC DP information](#)
- Behavioural issues can arise during the season; for more detail, please refer to the club's [DP Behaviour Management procedures](#)
- [Specialised goalkeeping sessions](#) are available for graded and non-graded players. If your DP team does not have a dedicated goalkeeper (U8-U11 are recommended to rotate goalkeepers on a regular basis; U12-U16 to have a dedicated goalkeeper), we will arrange to ensure your team has some exposure to goalkeeping training. Goalkeepers for graded teams can use this program at no additional cost
- In case of rained out sessions of DP program (when grounds are closed), we have arranged an alternative program to keep the team together. DP coaches will be conducting online sessions (via Microsoft Teams) using their knowledge of the game, pre-recorded sessions, match analysis (video), and exercises with or without a ball in a limited space
- BDFC's DP [behaviour policy](#) is available on our website



- [Play the Balmain Way](#) is a document that showcases the true BDFC character as a player.

Radim Mokrohajsky

Technical Director

Balmain & District Football Club



Annual Training Principles

Individual Game Skills

Attacking Skills

- Behaviour without the ball
- Passing the ball
- Receiving the ball
- Dribbling
- Beating an opponent
- Shooting

Defending Skills

- Marking player with the ball
- Marking player without the ball
- Marking space
- Capturing the ball

Game Principles

Attacking Principles

- Passing
- Position swap
- Action pass and go

Defending Principles

- Securing other teammates
- Passing over defensive responsibility for attackers
- Multiplying defenders, doubling up
- Cohesion in zonal defending

Game Systems

Attacking systems

- Combination play
- Counter-attack
- Build-up

Defensive systems

- Zonal defence
- Personal defence
- Combined defence