



# Girls U15 & U17 Academy Presentation 2026

Please feel free to ask any questions related to the slides as they come up but save any additional questions for the end as it may be covered as we go.



# CTFC U15 GIRLS ACADEMY TEAM 2026

## **Vision – Creating Youth International Footballers**

- 2028 FIFA Under 17 Women's World Cup
- 2032 FIFA Under 20 Women's World Cup

**Constant** – Growing young women with confidence and character.

**Underpinned by an understanding that –**  
Success is a direct product of our hard work and commitment.



# CTFC U17 GIRLS ACADEMY TEAM 2026

**Vision – Creating Youth International Footballers**

- 2026 FIFA U17 Women's World Cup – Morocco
- 2028 FIFA Under 20 Women's World Cup

**Constant – Growing young women with confidence and character.**

**Underpinned by an understanding that –**  
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# GIRLS ACADEMY GOALS 2026

## CLUB GOALS:

TO PLAY IN THE NEW ZEALAND NATIONAL LEAGUE IN 2027 AND BEYOND

TO HAVE A SQUAD THAT IS FILLED WITH PLAYERS DEVELOPED WITHIN OUR CLUB

40% OF THE WOMEN'S FIRST TEAM SQUAD DEVELOPED THROUGH OUR CLUB PATHWAYS

TO ACHIEVE THIS, WE MUST START FROM THE BEGINNING, ENSURE OUR FIRST KICKS AND FUN FOOTBALL IS FULL OF ASPIRING YOUNG GIRLS WHO LOVE THE SPORT. WE MUST EDUCATE OUR COACHES TO BE THE BEST THEY CAN BE SO THEY CAN TEACH AND IMPROVE OUR PLAYERS. WE MUST CREATE PROGRAMS THAT CAN DEVELOP OUR PLAYERS INTO NATIONAL LEAGUE LEVEL PLAYERS.



We will continue to send teams to the top tier of the U19 Coastal Tournament and the U17 Western Springs Tournament. These are a great way to showcase our players to teams and coaches nationally.

South Island League & National League 2027



Open to all players who wish to develop their skills further with NZF qualified coaches on great facilities

# U15 & U17 Girls Academy Year Schedule 2026



**Vision - Creating Youth International Footballers - 2024 FIFA Under 17 World Cup, 2026 FIFA Under 20 World Cup**

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2024 CTFC Academy Schedule - 16th Grade Academy Girls

# Weekly Plan - Example

Cashmere Technical FC Academy Weekly Plan							
Game	Recovery		Conditioning		Organisation		Game
	Biking		Changing Room		Changing Room		
	Walking		PRE HAB		PRE HAB		
	Foam Rolling		Warm Up		Warm Up		
	Stretching		Rondos and Transition Games		Rondos and Transition Games		
	Ice Bath		Positioning Games		Positioning Games		
	Hot/Cold		Conditioning Game		Game Training		
	Compression		Training Game		Training Game		
Game	Recovery	OFF	Hard	OFF/Medium	Medium	OFF	Game
Game Day	OFF	OFF	Training	OFF/School Football	Training	OFF	Game Day
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GD	GD +1	GD +2	GD -4	GD -3	GD-2	GD -1	GD

# Girls Academy Training Sessions

After collating the feedback from the 2023 & 2024 season, it was decided that 90-minute sessions for the Girls Academy team was too much time to keep the player engagement high. We wanted to provide the best training sessions for the players, so we have decided to run two sessions per week, like last year.

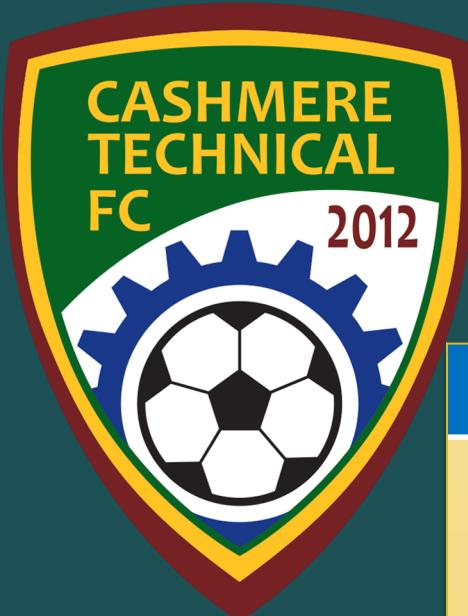
On a Tuesday, the players will have a 75-minute Technical Development session. This session will work on the players ability with and without the ball. The focus on these sessions will be to challenge the players technical ability and improve the players with and without the ball. These sessions will be filled with rondos, possessions games, positional play and small sided games.

On a Thursday, the session will be 75 minutes and will be a Game Training session. This session will focus on more of the tactical side of the game. The session will focus on a Main Moment in the game, for example, Attacking, Defending, Transition to Attack or Transition to Defense.



## ACADEMY TEAM PLAYING STYLE

- We will pass the ball out from the goalkeeper and back line and because of this we will make mistakes that sometimes cost us goals and games. We strongly feel this is in the best development of the players. Effectiveness today vs effectiveness in 5 years is what we are striving for as a club.
- Relatively even playing time. Some things that could impact playing time are lack of attendance or poor effort and attitude.
- At this age it is still beneficial for players overall tactical development to experience playing in different positions.



# ACADEMY TEAM PLAYING PHILOSOPHY

<u>U12/U13/U14</u>	<u>U15/U16/U17</u>
Team focus on players development and opportunities ahead of results.	Team focus on being competitive while still ensuring positive experiences and opportunities for all.
Emphasis on developing overall tactical skills and experience from playing different positions.	Greater focus on position specialization as players mature.
Relatively even playing time for all players – with lack of training attendance or poor effort and attitude factors that could impact this. This will also apply for travelling tournaments.	Quality playing time for all players - at least half of every regular season match (averaging more than 50%) and regular starting opportunities. This will also apply for travelling tournaments.
The ball will always be passed out from the goalkeeper and backline – we accept mistakes will occur as a result.	Passing out from the goalkeeper will primarily be used - goalkeepers encouraged to explore kicking options sparingly.
Greater focus on being competitive in tournaments (particularly the Alan Fraser) – with quality playing opportunities for all.	Greater focus on results in the U16 league and U17 western Springs Tournament – ensuring there are still playing opportunities for all.



# ACADEMY TEAM PLAYING PHILOSOPHY

- As players move through the age groups towards Senior football the balance between development and winning changes.
- There is no right or wrong time to change the focus and opinions differ depending on what you read or who you talk to.
- At 17s Academy level, we must prepare our players for First Team/Reserve Team football.
- The mentality shift to winning in the latter half of the 17s season is a good time to begin that preparation.

<b>U15 CANTERBURY DEVELOPMENT LEAGUE &amp; U17s CANTERBURY CHAMPIONSHIP LEAGUE</b>	<b>U15 ALAN FRASER TOURNAMENT &amp; U17 WESTERN SPRINGS TOURNAMENT</b>	<b>U15 &amp; U17 SOUTH ISLAND TOURNAMENT</b>
FOCUS ON BEING COMPETITIVE BUT PLAYER DEVELOPMENT IS KEY	THE CLUB SEES THIS AS A GREAT WAY TO SHOWCASE OUR PLAYERS. FOCUS ON GETTING AS FAR IN THE TOURNAMENT AS POSSIBLE	COMPETING TO WIN BUT HAVING A GOOD TOURNAMENT EXPERIENCE



## ACADEMY TEAM COACHES

### 15s Academy

Head Coach – Ella Jackson – OFC C-License

### 17s Academy

Head Coach - TBC



## CTFC ACADEMY TEAM COSTS

We have worked hard to try to keep our costs as low as possible to deliver a quality program in line with NZ Footballs Club Licensing requirements.

In the 2023 season, we ran over 90 sessions for our Girls Academy team players. We also provided resources for players to do their active recovery at home. We charge less than \$12 a per session bringing the total cost for the full year to \$1100 per player. Academy gear cost is not included as some players may already have gear. Players are expected to have an Academy team backpack/hoodie/training shirt/shorts/socks.

As part of the program last season, there was a Nutrition session ran by ARA. The club has a qualified Strength and Conditioning coach to work with our Academy teams and this season 30 minutes per week will be allocated to S&C work.



# CTFC ACADEMY TEAM COSTS

The price of the Academy consists of costs including, but not limited to:

- Qualified coaches, or coaches working towards qualification
- Equipment such as goals, mini goals, bibs, balls, cones, bands etc
- Maintenance of Garrick Park & Whittington Ave
- Referees (if applicable)
- Specified Tournament entry fees
- HUML Subscription (for video analysis)
- VEO subscription (for recording the games and/or training)
- Mental Performance (4 workshops per year)
- Strength & Conditioning (weekly)
- The use of GPS Units (twice a season at least)
- Administration fee



# CTFC ACADEMY TEAM COSTS 2026

Grade	CTFC Registration	Academy Annual Training Fees	Total Cost	Training Weeks/ Sessions	Academy Fees Payments Terms	Available Tournaments
15 <sup>th</sup> Grade	\$255	\$1,200	\$1,455 Plus gear if needed	30/60 + 20 games	Upfront on 20 <sup>th</sup> March 2026 or 5 x \$240 monthly instalments	Alan Fraser/South Island Tournament
17 <sup>th</sup> Grade	\$255	\$1,200	\$1,455 Plus gear if needed	30/60 + 20 games	Upfront on 20 <sup>th</sup> March 2026 or 5 x \$240 monthly instalments	Alan Fraser/South Island Tournament/ U17s Western Springs

Academy team gear is **not** included in the cost. Players should own an Academy team backpack / hoodie / training shorts / shirts / socks.



## CTFC ACADEMY TEAM COSTS

Payments are due either in one go or in six even installments. We will send more details out around this once selected.

The Alan Fraser tournament entry fee is included in the cost.

There will be an additional fee for attending the South Island Tournament. We are still waiting for details from Mainland Football so we will confirm this as soon as we know.

We are a not-for-profit incorporated society whose only goal is to provide great development opportunities for our players. We will, as we always have, support any families who have financial barriers to participation. Families can also apply to Mainland Football's Scorching Goal for financial support.

<https://www.sporty.co.nz/mainlandfootball/ABOUT-1/Resources/Scorching-Goal-1>

If you have any questions regarding payment, please contact [gm@ctfc.co.nz](mailto:gm@ctfc.co.nz)



# ACADEMY TEAM PROGRAMME DETAIL

## 32-week detailed training programme that incorporates:

- 2 training contacts per week plus a game during the season with a New Zealand Football qualified coach. These are compulsory team session that all players are expected to attend.
- Detailed session plans that incorporates periodisation of session topics to maximise learning
- Simple strength and conditioning sessions as a team with our club qualified S&C Coach
- 17s Academy team introduced to Strength and Conditioning.
- Recovery sessions available for players post-game to take away and do at home
- Individual player feedback sessions with head coach during each 10-week cycle (3 times per year)
- Parent and player feedback meetings 2 times per year.
- Alan Fraser Tournament costs included (South Island Tournament separate)
- Some matches filmed using clubs five VEO cameras and use of HUML to clip different areas of each player
- Optional Term 4 Technical Development session if numbers allow. This will come at an extra cost.



## CTFC ACADEMY GOALKEEPERS

- Goalkeeper specific coaching on Tuesday or Thursday. Exact day to be confirmed soon.
- Danny Knight, the Cashmere Technical first team goalkeeper, will take the goalkeepers for some specific goalkeeper training.
- Reuben Harrison, our Reserves GK, will lead the Girls Pre-Academy and Girls Academy goalkeeper sessions each week.
- Danny has a GK B-License, the first in the country to attain this award.
- Danny works closely with New Zealand Football GK Development Manager Jonathan Gould and Ruben Parker, the underage NZ Football GK coach.
- Danny is the New Zealand Football U17 Men's GK coach.
- Danny also works with our Women's First and Reserve Team Goalkeepers year-round.



# ACADEMY BEHAVIOUR EXPECTANCY

- Players – You are role models to the younger players in our club and the Academy. We will respect all players, coaches, officials, parents and we will set the standard in Christchurch with our behaviour at all times.
- At training, players are expected to arrive before the start time of the session. To make the most of the session, players should engage with the coach, want to listen, learn and be coachable. Players are to avoid chatting while session is in play – there is plenty of time before and after the session to chat!
- Code of conduct – to sign
- Attendance - **please let us know any dates you will be away.**
- Parents – Football is a complex multi directional sport with a lot of variables; therefore, it requires players to become decision makers, hearing a lot of coaching voices from the side-line is detrimental to their development. Please keep all communications from the side-line positive, encouraging and not related to tactics, playing or coaching. The sole tactical voice they should hear is the coach and even that should be minimal.



Questions??