

Developing **Ball**, **Game**, **Mind** & **Body** Center

Four Corner development model

TECHNICAL	TACTICAL	SOCIAL-EMOTIONAL	PSYCHOLOGICAL	PHYSICAL
To create space to set up to dribble	Understands to assist and or produces goal-scoring opportunities	Stays positive after making a mistake	Positions well in open play	Performs various movement patterns fluently



Richmond FC ADA (Advanced Development Academy)



FOUNDATION STAGE 1 U8-U10	FOUNDATION STAGE 2 U11/U12	GROWTH STAGE U13/U14	ADVANCED STAGE U15/U18
20 Sessions (Jan - June)	20 Sessions (Jan - June)	20 Sessions (Jan - June)	20 Sessions (Jan - June)
Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4,	Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4,	Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4,	Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4,
\$450	\$450	\$450	\$450
30 Sessions (Jan - Aug)	30 Sessions (Jan - Aug)	30 Sessions (Jan - Aug)	30 Sessions (Jan - Aug)
Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4/11/18/25, July 1/8/15/22/29, Aug 6,	Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4/11/18/25, July 1/8/15/22/29, Aug 6,	Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4/11/18/25, July 1/8/15/22/29, Aug 6,	Jan 15/22/29, Feb 5/12/19/26, Mar5/12/26, Apr/2/9/16/23/30, May 7/14/21/28, June 4/11/18/25, July 1/8/15/22/29, Aug 6,
\$600	\$600	\$600	\$600
Save \$75 by registering for all 30 sessions up front! With your season ticket	Save \$75 by registering for all 30 sessions up front! With your season ticket	Save \$75 by registering for all 30 sessions up front! With your season ticket	Save \$75 by registering for all 30 sessions up front! With your season ticket

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The ADP academy will incorporate 3 levels of play,

Entry level, Intermediate and Performance.

Players will be grouped with an emphasis on extending and supporting the players stage of development.

These programs will be delivered by the **RFC Technical Director!**

The Four Corner LTPD model consists of technical, psychological, physical and social/emotional components.

Each corner of the model reflects a wide aspect of a player's development that has to be considered.

The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game.

The Four Corner approach places the player at the center of the development process, with soccer experiences that meet the four key needs of the player.

To help simplify the players understanding of the 4 corners, we use the terminology below.

Technical - The Ball: **Tactical - The Field:** **Social Emotional & Psychological - The Mind;** **Physical - The Body**

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PROGRAM OVERVIEW

All sessions will be based on the principals of play.

- Individual attacking & defending.
- Small group attacking and defending.
- Patterns of play templates.
- Attacking & Defending principals.
- Game related activities that incorporate, all aspects of the game with the ball.
- Finishing involving a range of passing and player movement.
- Flexibility exercises that include the very latest speed exercises ABC's.
- Player awareness (Game Literacy) involving team shaping, from defence to attack.
- Individual development focusing on players.
- Most advanced Pre-During & Post training and game diet and nutrition hand outs.
- Player feedback on individual performance evaluation in training and games, with structured action plans for future development.
- Guaranteed friendly learning environment for all participants to develop.

Venue: Hugh Boyd Day: Friday Start Time: 5.30pm to 6.30pm