

# 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 ODA (Open 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 ODA academy is aimed at bridging the gap between recreational and competitive soccer. The ODA will incorporate 3 levels of play, **Entry level, Intermediate and Performance**. There will be an emphasis on Individual and small group development, using deliberate practice. Players will be extended and supported to help find their level of play.

### Overview:

The Open Development Academy is a new and exciting soccer program which ensures every child has fun while developing soccer and physical literacy skills. The IDA program also uses soccer as a vehicle to develop social skills and core values such as sportsmanship, teamwork, fair play and respect.

Players will train weekly in a developmentally stage and age appropriate program; The program will be delivered by the licensed coaches from the RFC technical Team.

**Venue: Minoru      Day: Friday      Start Time 5.30pm to 6.30pm**

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### Program Overview:

- Ball Mastery - Exercises where each player will work alone with a ball, High repetitions using parts of the body.
- Speed - Exercises and games that improve acceleration, running with and without the ball and changes of pace.
- Receiving and Passing - Exercises to improve a player's first touch, so important at all levels and to encourage and teach accurate creative passing.
- Finishing - Exercises and games that teach technique and encourage instinctive play.
- Moves (1v1) - Exercises and games that teach game winning individual moves that can create space amongst the most packed of defences.
- Group Attack - Exercises and games that improve small-group combination play with emphasis on fast break attacks.
- Tactical Awareness - through game literacy activities.
- Hand Outs - Principals of Play defending and attacking, Game day Nutrition booklet.