

FOOTBALL SOUTH AUSTRALIA 2024 GOALKEEPER PROGRAMS



DESIGNED FOR SA GOALKEEPERS WITH HIGH POTENTIAL AND A DEEP DESIRE TO BE THE BEST THEY CAN BE PLAYING THE GAME THEY LOVE

PERFORMANCE PHASE

TRAINING TO COMPETE AND COMMITTED TO PLAY AT THE HIGHEST LEVEL POSSIBLE. CAREER PLANNING FOR IDENTIFIED PLAYERS

FSA FULL TIME PROGRAMS

FT FSA SQUADS

BOYS U16 2x 2008/09 BORN GK'S
GIRLS U18 2X GK'S (06-08)

44 WEEK PROGRAM
4 SESSIONS PER WEEK
FSA COMPETITION
NATIONAL CHAMPIONSHIPS

FSA PART TIME PROGRAM

FSA PART TIME PROGRAM

BOYS U16 2X GK'S'S
GIRLS U18 2X GK'S

SELECTED GK'S
1 SESSION PER WEEK WITH GK COACH AND FSA FT TEAM

FSA GK DEVELOPMENT PROGRAMS

GK TRAINING GROUP

SMALL GROUP (1.6 COACH TO PLAYER RATIO)
1X SESSION PER WEEK
REMAIN AT CLUB

SELECTED (AND/OR CLUB NOMINATED)
TERM BY TERM BOOKINGS

YOUTH DEV PHASE

LEARNING TO TRAIN AND DEVELOPING KEY SKILLS AND AWARENESS. POTENTIAL HAS BEEN RECOGNISED AND REPRESENTING THE STATE.

FT FSA SQUADS

BOYS U14 2X 2010 BORN GK'S
GIRLS U16& U15 4x 2008/9 GK'S

44 WEEK PROGRAM
4 SESSIONS PER WEEK
FSA COMPETITION
OPTIONAL SA REGIONAL AND INTERNATIONAL EXPERIENCE

FSA PART TIME PROGRAM

BOYS U14 2X GK'S'S
GIRLS U15/16 4X GK'S

SELECTED GK'S
1 SESSION PER WEEK WITH GK COACH AND FSA FT TEAM

GK TRAINING GROUP

SMALL GROUP (1.6 COACH TO PLAYER RATIO)
1X SESSION PER WEEK
REMAIN AT CLUB

SELECTED (AND/OR CLUB NOMINATED)
TERM BY TERM BOOKINGS

FOUNDATION PHASE

DEVELOPING THE FUNDAMENTALS OF THE GAME AND HOLISTIC DEVELOPMENT. EMERGING POTENTIAL TO COMMIT TO LONG TERM DEVELOPMENT.

FT FSA SQUADS

BOYS U13 1X 2011 BORN GK'S
GIRLS U13&U14 4X 2010/2011 GK'S

44 WEEK PROGRAM
4 SESSIONS PER WEEK
SQUAD APPROX. 18 PLAYERS
FSA COMPETITION
OPTIONAL SA REGIONAL AND INTERNATIONAL EXPERIENCE

FSA PART TIME PROGRAM

BOYS U13 2X GK'S'S
GIRLS U13/14 4X GK'S

SELECTED GK'S
1 SESSION PER WEEK WITH GK COACH AND FSA FT TEAM

GK TRAINING GROUP

SMALL GROUP (1.6 COACH TO PLAYER RATIO)
1X SESSION PER WEEK
REMAIN AT CLUB

SELECTED (AND/OR CLUB NOMINATED)
TERM BY TERM BOOKINGS

2024 FSA DEVELOPMENT CENTRES TERM 1,2 AND 3

SELECTIONS FROM 2023 SUMMER SAP (CLUBS NOMINATE PLAYERS)
EXTRA WEEKLY TRAINING FOR CLUB BASED PLAYERS
2012, 2013 & 2014 BORN PLAYERS (U10/12)
(18 BOYS & 12 GIRLS)
REGIONAL CENTRES IN RIVERLAND, WHYALLA AND LIMESTONE COAST
30X SESSIONS AND 3X GALA DAYS

OTHER OPPORTUNITIES TO REPRESENT THE STATE

CLUB NOMINATION PLAYERS SEPTEMBER 2024
FSA WILL ARRANGE SELECTION SESSIONS LATER IN 2024
ENTRY INTO 2025 FSA DEVELOPMENT CENTRES

IDENTIFICATION THROUGH CLUB NOMINATIONS TO FSA OR FSA

COACHING STAFF SCOUTING

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