

TECHNICAL REPORT CAPITAL FOOTBALL U17
2008 FOOTBALL FEDERATION AUSTRALIA
NATIONAL YOUTH CHAMPIONSHIPS FOR GIRLS



7/12/2008

Tournament Results

Match Day 1

South Australia 1 Capital Football 1

Match Day 2

Capital Football 4 Northern Territory 0

Match Day 3

Capital Football 1 Victoria 1

Match Day 4

Football West 2 Capital Football 1

5/6 Playoff

NSW Country 1 Capital Football 0

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Match Day 1 Saturday July 5 vs South Australia



Match Statistics

Starting line Up 4-2-3-1

Half time Score

Capital Football 1 South Australia 0

Half Time line Up 4-2-3-1

Full Time Score

Capital Football 1 South Australia 1

Goals

Capital Football

Kochinos 30min

South Australia

Unknown 62 min

Substitutions

On

Black



Bisset



Lynch



Subs Not used

Hart

Weatherly

Off

Hagen 45 Min

Clout 45 Min

Kochinos 64 Min

Key Pre-Match Coaching Instructions

- 1)Keep our Defensive Shape and pressure opposition high up the pitch
 - 2)In transition defensively show players to the inside, make runs and passes predictable, win possession via interception, tackle or error quickly and in attacking or middle thirds
 - 3)Quick restarts
 - 3)Relax, Enjoy the experience of being at a National Championships
 - 4)Our Tournament Benchmarks
- Highest work ethic of all teams present at NYC
 Unquestioned unlimited and absolute desire to work and support one another no matter what

Key Half Time Coaching Instructions

- 1) Keep Possession, execute complete passes more consistently
- 2) Midfield 3 need to become less predictable, interchange more often
- 3) 4 defensive players must remain disciplined and keep our team defensive shape

Match Day 2 Sunday July 6 vs Northern Territory



Match Statistics

Starting line Up 4-2-3-1

Half time Score

Capital Football 2 Northern Territory 0

Half Time line Up 4-2-3-1

Full Time Score

Capital Football 4 Northern Territory 0

Goals

Capital Football

- Studman 12min
- Allan 25 Min
- Lynch 39 Min
- Clout 65 Min

Substitutions

On

Off

- Bisset ↔ Kochinos 25 Min
- Walters ↔ Hart 45 Min
- Hagen ↔ Black 45 Min
- Pearson ↔ Raymond 50 Min
- Clout ↔ Lynch 50 Min
- Kochinos ↔ Weatherly 63 Min

Key Pre-Match Coaching Instructions

- 1) Control the speed and tempo of the game
- 2) Keep possession, play out of back, use numerical advantage across middle of the pitch
- 3) On transition show players inside channels, high pressure, attack with speed and numbers on turnover of possession
- 4) Midfield 3 support and get beyond our striker
- 5) Relax and Enjoy the experience

Key Half Time Coaching Instructions

- 1) Get Back to Basics- Pass and Move
- 2) Movement “off” the ball will determine quality of movement “of” the ball
- 2) Composure on the Ball

Match Day 3 Monday July 7 vs Victoria



Match Statistics

Starting line Up 4-2-3-1

Half time Score

Capital Football 1 Victoria 0

Half Time line Up 4-2-3-1

Full Time Score

Capital Football 1 Victoria 1

Goals

Capital Football

Kiting 13 Min (pen)

Victoria

Unknown 55min

Substitutions

On

Off

Kochinos ↔ Hart 45 Min

Clout ↔ Weatherly 45 Min

Subs Not used

Pearson

Lynch

Black

Key Pre-Match Coaching Instructions

- 1) High Tempo with ball, High Tempo without the ball
- 2) Defensively make the direction of play predictable-Starts with first defender
- 3) Striker needs to bring 3 attacking midfielders into the game, lay ball off, look for a return pass or make a run to create space
- 4) Anticipate play-‘act’ don’t” react” -attack the ball-clinical finishing

Key Half Time Coaching Instructions

- 1) Forward/attacking midfielders need to hold ball up until support arrives
- 2) Forward/attacking midfielders Get to the byline before delivering a cross
- 3) Mid/Def deliver balls beyond the defence
- 4) Arrive into areas at pace-don’t just drift-make yourself difficult to defend against

Match Day 4 Tuesday July 8 vs Western Australia



Match Statistics

Starting line Up 4-2-3-1

Half time Score

Capital Football 1 Western Australia 1

Half Time line Up 4-2-3-1

Full Time Score

Capital Football 1 Western Australia 2

Goals

Capital Football

Walters 6 Min

Western Australia

8 Min

55 Min

Substitutions

On

Off

Allan ↔ Black 25 Min

Kochinos ↔ Lynch 35 Min

Subs Not used

Hart

Weatherly

Clout

Key Pre-Match Coaching Instructions

- 1) Composure and high tempo with ball/patience without the ball
- 2) Be careful of counter attacks on transition
- 3) More Movement off the ball from attacking midfielders-interchange positions-challenge defenders
- 4) Pay attention/take advantage at Set pieces

Key Half Time Coaching Instructions

- 1) Compete for every ball
- 2) Work through fatigue
- 3) Everything to play for, lets win match in regular time
- 4) Don't panic if we concede a goal/respond
- 5) Enjoy the experience/Atmosphere

5 vs 6 playoff Friday July 11 vs NSW Country



Match Statistics

Starting line Up 4-1-3-2

Half time Score

Capital Football 0 NSW Country 1

Half Time line Up 4-1-3-2

Full Time Score

Capital Football 0 NSW Country 1

Goals

NSW Country

12 Min

Substitutions

On

Off

Hart ↔ Kochinos 22 Min

Pearson ↔ Raymond 22 Min

Lynch ↔ Bisset 50 Min

Weatherly ↔ Pearson 60 Min

Sub not used

Black (Injured)

Key Pre-Match Coaching Instructions

- 1) Formation 4-1-3-2. Attacking midfielders now have greater defensive obligations
- 2) Fullbacks overlap at every opportunity, get more players forward
- 3) Movement off the ball
- 4) Win and execute from set pieces
- 5) Selection and accuracy of final pass

Key Half Time Coaching Instructions

- 1) Wait 10 Mins then go 3 at back, Studman forward, Walters midfield, Hart to fullback
- 2) Get players forward, keep possession, deliver balls into dangerous areas
- 3) Remember our team benchmarks-Work ethic-desire to work for each other

Appearance Table

x Starting lineup

- Substitute

NA Unavailable due to injury

Player	SA	NT	VIC	WA	NSW
Maja Blasch	x	x	x	x	x
Becky Watts	x	x	x	x	x
Rebecca Kiting	x	x	x	x	x
Bronwyn Studman	x	x	x	x	x
Millie Black	-	x	NA	x	NA
Chrissy Walters	x	-	x	x	x
Regan Hart	-	x	x	-	-
Lucy Allan	x	x	x	-	x
Erica Weatherly	-	x	x	-	-
Charlotte Lynch	-	x	-	x	-
Krista Hagen	x	-	x	x	x
Ellie Raymond	x	x	x	x	x
Liz Pearson	x	-	-	x	-
Erin Clout	x	-	-	-	x
Sophie Kochinos	x	x	-	-	x
Jenni Bisset	-	-	x	x	x

Goals

	Goals from open play	Goals from restarts (Corners, Free kicks, Pen)	Total	Goals/game
Goals Scored	5	2	7	1.4
Goals Conceded	2	3	5	1.0

TOURNAMENT PREPARATION

Pre- Tournament Preparation Schedule

The tournament preparation schedule consisted of three distinct phases, 'player identification', 'team training and 'pre tournament' over a planned period of 4 months.

WEEK	PHASE	DAY/DATE	TIME	ACTIVITY	LOCATION
1	Identification	Mon April 28	6:00PM	Open Trials	Kambah 3
2	Identification	Mon May 5	6:00PM	Open Trials	Kambah 3
3	Identification	Mon May 12	6:00PM	Invitational Trials	Kambah 3
4	Identification	Mon May 19	6:00PM	Invitational Trials	Kambah 3
		Wed May 21	7:45PM	Match	Kambah 3
5	Team Training	Mon May 26	6:00PM	Training Session	Kambah 3
		Wed May 28	7:45PM	Match	Kambah 3
		Fri May 30	7:00PM	Parents/Players Meeting	Woden Tradies
6	Team Training	Mon June 2	6:00PM	Training Session	Kambah 3
		Wed June 4	7:45PM	Match	Kambah 3
7	Team Training	Mon June 9	6:00PM	Training Session	Kambah 3
		Wed June 11	7:45PM	Match	Kambah 3
8	Team Training	Mon June 16	6:00PM	Training Session	Kambah 3
		Wed June 18	7:45PM	Match	Kambah 3
9	Pre-Tournament	Mon June 23	6:00PM	Training Session	Kambah 3
		Wed June 25	7:45PM	Match	Kambah 3
10	Pre-Tournament	Mon June 30	6:00PM	Training Session	Kambah 3
		Wed July 2	7:45PM	Match	Kambah 3
		Thur July 3	7:00PM	Pre-Tournament Parents Meeting	Woden Tradies
	Travel	Fri July 4		Travel Day	Canb/Syd/Coffs
	Tournament	Sat July 5-12		Tournament	Coffs Harbour

Phase 1- Player Identification

The initial phase involved a six week period (March/April) in which staff conducted scouting of Women's Premier League, State league, Junior league and ACT Academy of Sport matches. During this period a number of age eligible athletes were observed and identified.

Two open trials (April 28., May 5) were then held in conjunction with the CFA U17 centre of excellence. A pool of seventeen players emerged from these trials.

Bec Gratton
Erica Weatherly
Millie Black
Emily Forner
Charlotte Lynch
Britney Foley

Lane Sainty
Liz Pearson
Krista Hagen
Regan Hart
Claire Radcliffe
Emma Gronow

Tara Pateman
Melissa Taglieri
Clarrissa Zaffina
Natina Skinner
Erin Clout

Invitational trials were postponed (April 12, 19) as ACTAS players were unavailable due to training commitments. Open trials were extended for these two weeks and then the ACTAS players were made available for trial (May 28, June 4).

Squad Selection

On June 4 a squad of sixteen players and three provisional players was named.

1.	Maja Blasch	GK	Canberra City
2.	Becky Watts	D	ACTAS
3.	Rebecca Kiting	D	ACTAS
4.	Bronwyn Studman	D	ACTAS
5.	Millie Black	D	Belconnen United
6.	Chrissy Walters	D	ACTAS
7.	Regan Hart	D	Weston Creek
8.	Lucy Allan	M	ACTAS
9.	Erica Weatherly	M	Belconnen United
10.	Charlotte Lynch	M	Woden Valley
11.	Krista Hagen	M	Weston Creek
12.	Ellie Raymond	F	ACTAS
13.	Liz Pearson	F	Canberra Grammar
14.	Erin Clout	F	Woden Valley
15.	Sophie Kochinos	F	ACTAS
16.	Jenni Bisset	F	ACTAS

Phase 2- Team Training

Due to the extension of the identification phase the team training phase was reduced to two weeks (June 11, 18). The squad met twice participating in two full intra-squad matches with ACT school-girls representatives assisting in rounding out full teams.

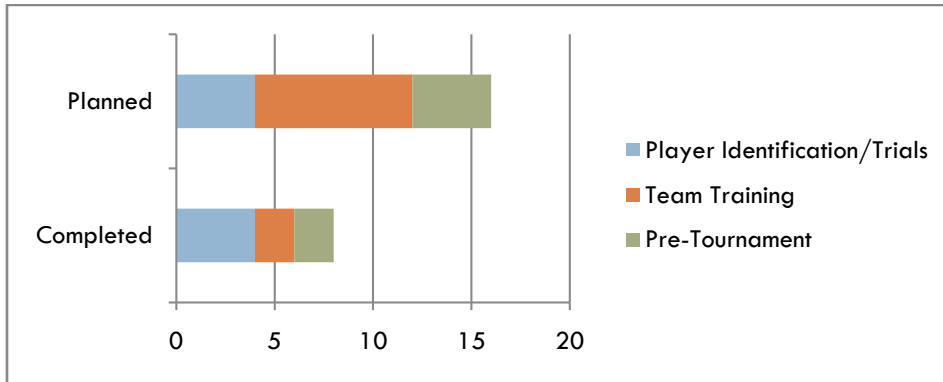
Phase 3- Pre-Tournament

The squad participated in two competitive matches vs a Belwest/Weston Creek WPL combination.

Preparation- Evaluation

Given the numerous challenges in scheduling trials and subsequent training sessions our planned preparations were reduced by two thirds from eighteen contacts to six. However we were still able to protect the integrity of the CFA selection process and maintain a transparent, fair and inclusive trial process by completing the four scheduled trials.

Planned Contacts vs Completed Preparations



Given that nine members of the final squad were current ACTAS team members and the remaining seven players trained regularly with the CFA centre of excellence the effect of this overall reduction in contacts was ‘cushioned’ and we still had enough opportunity to prepare a well organized squad capable of competing against the best female U17s in the country.

Recommendations

1. Retain the CFA centre of excellence as a year-long development pathway model for this age group.
 - More actively promote the program to member clubs (Junior and Senior) and CFA U15s .
 - Encourage eligible participants to engage with Women’s Premier League or State League clubs.
 - Schedule regular competitive matches against WPL, WSL and ACTAS teams.
 - Integrate some activities training modules/ activities into the proposed Women’s A-League schedule.

2. Integrate better through formal governing policy the relationship with the ACTAS Program.
 - Both CF and ACTAS need to provide greater leadership in strategic planning, scheduling, selection and execution of the NYC program and preparations.

TEAM PREPARATION/ STYLE OF PLAY



Fig. 1-Player movement

Team planning-4-2-3-1

The selection of the 4-2-3-1 starting position as our favoured formation for the majority of the tournament was based on several factors;

- 1) Limited preparation time- Instructions regarding style of play needed to be concise, easy to understand and consistent.
- 2) Available players- Highly talented and mature defensive players, but no established goal scorers required a system that enabled wide defensive players to 'get forward' on every possible occasion so we could attack with numbers
- 3) Tournament competition format- Given the shortened duration of matches (70 min), high quantity of matches and tournament regulations (two start rule) it was assumed that scoring first in matches was a distinct advantage thus a flexible but very attacking system was deemed necessary.

Key Characteristics/Roles

Back Four (4/6)

- Always have a minimum of four defenders (Two central defenders, two defensive midfielders) who retain their position and shape regardless of where a loss of possession occurs.
- Fullbacks may overlap on every possible occasion with reduced risk defensively if they cannot recover immediately.
- If fullbacks are caught forward and opposition counterattacks with quick transition and or long diagonal or channel pass central defenders must be prepared to recover quickly or defend 1 v1 with even numbers.

Defensive Midfield (2)

- Two holding midfielders provide constant cover for the fullbacks and attacking midfielders.
- Assist Central defenders with constant pressure on opposing forwards from behind.
- As a central 'shield' are well positioned to intercept passes to opposing forwards
- In possession connect the back four with front players, recycle balls that are intercepted and quickly change the point of attack.
- Support from behind to relieve pressure and help retain possession

Attacking Midfield (3)

- Provide constant horizontal and vertical movement and interchange of positions to off balance and confuse defenders
- Provide constant supporting runs behind and beyond the striker
- Isolate defenders 1 on 1 in final third
- Overload central areas of the pitch
- Restrict passes and channel defenders 'inside' to central areas our players occupy
- On turnover of possession attack quickly and directly

Striker (1)

- Act as target with back to goal
- Stretch defence as far forward as possible
- license to turn and take on players in attacking third
- Add soft but exaggerated defensive pressure forcing players inside

TOURNAMENT REVIEW

Match/Result Analysis

Defensively our players adapted extremely well to the demands of the system of play imposed by the 4-2-3-1 formation. Our Central defenders (2) and defensive midfielders (2) consistently displayed a firm grounding and understanding of their roles and performed accordingly. Our fullbacks did not attempt to receive the ball from the goalkeeper early enough and due to most teams pressing style of play we were forced to kick out from the back more often than we would have liked. Both fullbacks attempted to get forward at every opportunity but fatigue combined with poor technique often led to a loss of possession or breakdown of play. Our percentage of successfully delivered balls from wide areas was disappointing and is a technical area which needs to be reviewed.

Our ability to attack consistently was hampered by our inability to retain good and consistent possession and poor movement off the ball by our three attacking midfielders and striker. All players placed in the attacking midfield role struggled with the concept of interchanging positions frequently and as a result we were quite predictable in getting forward. Technical breakdowns occurred frequently and the technical grounding (especially under pressure) of our elite players needs to be reviewed and expanded.

Against teams that physically imposed themselves at times we were overrun and lacked the ability to attack and compete for the ball. As a result we were often denied possession of the ball, and lost tackles we were favoured to win. We need to review ways in which to encourage our players to be individually and collectively more competitive.

Leadership

The inception of a leadership group of four players was very successful. Given the challenges we faced in preparation prior to arriving at the championships it was difficult to build a firm rapport and foundation between players and staff. The leadership group assisted us in accelerating this process and communicating effectively with the entire group while at the same time giving senior players and key influencers a vested interest in the decision making process.

Performance Anxiety

There appears to be a common and historical ingrained belief that the ACT is inferior to larger states. There seems to be very little understanding amongst the players of the vast geographic, programming and training advantage we have over the larger states. This unique advantage needs to be communicated to our players more effectively to help discount the historically driven inferiority complex we appear to have.

TOURNAMENT ARRANGEMENTS

Tournament

- NNSW Tournament organization and location is excellent. Stadium facilities are excellent. Field facilities given the poor weather remained first class.
- Warm up facilities were poor.
- Training facilities were adequate.

CF Travel

- Chartered Jets were excellent. Avoiding the delay and extended travel via a stopover in Sydney means our players experience little or no issues relating to travel fatigue that could potentially affect performance the following day.
- Bus service to and from ground was excellent and should be retained over self hire.
- Access to Hire Car allowed coaching staff to more easily attend matches for scouting and enabled managers to self cater.

Meals

- Breakfast- self catered

Recommendation- Retain

- Lunch- stadium or self catered depending on draw

Recommendation- Retain

- Dinner- Table service single main meal

Recommendation-Change

- Needs to be buffet style to take into account different dietary requirements. Salad, bread and a pasta style dish need to be features to every dinner **in addition to** a main entree

Equipment

- High quality balls, bibs and cones were available via CF. Provision of player training, travel and playing kits was excellent.

Accommodation

- Excellent, but not suitable given squad separation and potential of issues of duty of care, arising around supervision, player safety and communication.

Recommendation- Needs to be reviewed

Team officials

- Excellent.

- Recommendation-** Provide officials support manuals outlining specific risk management issues and individual role, responsibility and duty statements.