



# The Hornets

## 2019 Development Squad 16-Week Skill Development Programme



**Join one of the most successful junior development squads on the Northern Beaches, open to all Manly Vale FC registered boys & girls aged between 9 – 12 years of all skill levels.**

**The Manly Vale FC Skills Development Program** is run by "C" qualified coaches with experience delivering the FFA curriculum and is suitable for all skill levels.

This exclusive training regime focuses on individual core skills and ball control and is aimed at building player confidence and ability to allow players to achieve their best while promoting the importance of respect & teamwork. The programme will build on the core skills from Phase I of the programme. This means each session will follow a

specific theme of learning with a clear session objective and structure designed to maximise participation, decision-making and of course their contact with the ball.

This is an excellent program to supplement players weekly team training. The respective age groups will again be grouped by gender.

This 16 week program will run on Tuesday evenings at the following times:

**When:** Every Tuesday, commencing 12<sup>th</sup> March 2019  
(there will be a 2 week break during the April school holidays)

**Times:** 4:45pm (ages 9-10) & 6:00pm (ages 11-12)

**Venue:** David Thomas Reserve, Sloane Crescent,  
Manly Vale

**Cost:** \$240 per player for the 16 x 1hr sessions

**Register:** On-line as player at [www.playfootball.com.au](http://www.playfootball.com.au)

**Enquiries:** [hornets@manlyvalefc.com.au](mailto:hornets@manlyvalefc.com.au)

MANLY  
VALE  
FOOTBALL CLUB  
1951