



Football Tasmania

Girls State Team Program

Age Group	U15 and U16	Program and Year	State Team Program, 2025
Coach/es	Alan Eadie – Technical Director / U16 Girls Assistant Coach Chelsea Wing – Head Coach North / U16 Girls Head Coach Alfred Hess – Head Coach South / U15 Girls Head Coach		
Program Description	Representing Football Tasmania (FT), players will prepare and participate in the 2025 Football Australia (FA) National Youth Championship (NYC). Players will learn how to execute core game model principles in a variety of technical and tactical environments. They will also learn how to establish and manage effective performance preparation processes. Players will be exposed to long-term athlete development protocols. Players should be able to demonstrate behaviours and communicate ideas that relate to excellence of core game model principles, performance preparation, and long-term athlete development.		
Focus Questions	Preparing to perform – what elements can you control?		
Summary of Content	<p>Players will build on their knowledge of the execution of core skills related to game model principles within this program. Players will apply their core skills in various technical and tactical contexts. This underpinning knowledge will be leveraged to enhance the level of execution and establish sophisticated techniques, perception, and decision-making. In all State Team sessions players will be supported and encouraged to refine their own techniques, perception, and decision-making skills in an individual, group, or team setting.</p> <p>Players will explore the importance of effective performance preparation processes. Players will also investigate what and how they can establish an individualised effective performance preparation process. Prior to State Team sessions players will explore a suite of performance preparation options. Players will also be encouraged and supported to develop comprehensive performance preparation protocols that can be applied prior to State Team sessions to maximise performance within the session. Players will explore performance preparation areas such as sleep, hydration, and nutrition.</p> <p>Players will investigate long term athlete development protocols regarding their physical and physiological preparation for the NYC. Players will be exposed to athletic testing and strength and conditioning protocols to enhance their physical and physiological qualities.</p>		
Program Schedule	<p>The proposed trial and training sessions are delivered during the season on a Sunday at various times and locations around the State.</p> <p>Trial days are as follows:</p> <ol style="list-style-type: none"> 1. 16 February 2. 23 February 3. 2 March <p>Training days are as follows:</p>		



	<ol style="list-style-type: none"> 4. 9 March 5. 14 – 16 March 6. 11 May 7. 22 June 8. 29 June <p>National Youth Championships Dates: Tuesday 15th – Sunday 20th July 2025.</p>
Selection Process	<p>Before being accepted into the FT State Team Program players will be offered an opportunity to trial based on FT Staff observations and Club Technical Director (TD) recommendations. These observations will be verified by the FT TD and Technical Staff based on selection criteria.</p> <p>The FT TD is responsible for all player offers. Program offers will be made prior to the start of the program schedule and apply specifically to the current NYC campaign. Selections will be reviewed each NYC campaign and new offers made for the subsequent campaign based on observations and recommendations against selection criteria.</p>
Fee Structure	<p>The FT State Team Program operates under the user-pays system. This means the program receives some funding from the FT and FA. However, all players must make contributions towards the operation of their program.</p> <p>To ensure that we can continue to offer this high-performance product to your player with qualified staff and the appropriate equipment, FT are to be paid in full or instalments as per FT instructions.</p> <p>Cost: TBA (2024 cost was approx. \$3200)</p>