

# WELCOME TO THE NOMADS PRE-ACADEMY EST. 2017

The Nomads United AFC Pre-Academy was established in 2017 following the introduction of the National Club Licensing criteria and Skill Centre programme (SKC) by New Zealand Football. Nomads was the first club in New Zealand to achieve its club license, and have since developed into a leading club in this space across New Zealand.

The Nomads United AFC Pre-Academy focuses on improving players core skills required to play football within a supportive and engaging learning environment.

11-12 years is part of the 'golden age' of learning both technically and tactically for any footballer. This programme is aimed to accelerate the player's development and unlock a higher potential as they advance toward Youth & Senior football at Nomads and beyond.

Our Pre-Academy focusses on four key areas, with support tailored across each area to enable positive, long-term personal and player development:

**Character Development** | *Producing quality people that make a difference in the world.*

**Individual Technique** | *Producing players who thrive under pressure & can compete with the best.*

**Football Intelligence** | *Producing intelligent & tactically flexible players who can problem solve and work collaboratively.*

**Physical Development** | *Enabling and supporting life-long movement and physical development.*

We believe that this player-focused model offers our players the best chance to grow and be successful not only in football, but in life. For our parents; we believe that we must work together to develop young people, so building trusting relationships with you is also very important for us to deliver a successful programme.

We look forward to working with you throughout the players football journey at Nomads United AFC.



  
**MATT JANSEN**  
Nomads United AFC  
Director of Football & GM



# 2024 SEASON NOMADS

## PRE-ACADEMY INFO U11-U12

### COACHING & TRAINING

Overseen by our Director of Football, Matt Jansen, and led by our Football Development Officer, Atticus Jones, and our Junior Football Development Officer, Toby Wilton, the Nomads Pre-Academy programmes offers our best young players a high level of advanced coaching to help take their football ability to the next level.

The Pre-Academy programme takes place across terms 1, 2 & 3 and offers players 2 trainings contacts per week based on best practice and modern methodologies to improve skill learning and tactical development. On Saturdays, teams will be led by volunteer team managers under the guidance and direction of our football staff.



MATT JANSEN



ATTICUS JONES



TOBY WILTON

### FEEDBACK & PERFORMANCE

- Pre-Academy teams play together in the A-Band of Mainland Football Competitions.
- Access to the Christchurch International Cup and South Island Tournaments.
- Player welfare support with workshops on injury prevention, mental skills and nutritional advice.
- Video analysis tools and workshops using our VEO Camera system to provide individual and team support.
- Individual player/parent/coach feedback meetings throughout the season on technical, tactical, social and cognitive development.

Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# 2024 SEASON NOMADS PRE-ACADEMY INFO U11-U12



## TRAINING CONTACT #1

## WELLINGTON PHOENIX PRE-ACADEMY

Nomads are official Pre-Academy partners of the Wellington Phoenix, New Zealand's only professional club. Established in 2022, our partnership has already seen a number of our players secure trials at the Wellington Phoenix Academy, as well as the Phoenix come down to Christchurch to deliver holiday programmes and training opportunities for our players.



As part of the Nomads Pre-Academy programme, our players will train once per week within the WPX Pre-Academy training programme. The WPX training programme is designed using the Whole-Part-Whole method of skill learning, supported by a Constraints-Led approach to coaching and underpinned by a Player-Centered mindset to develop skilful, independent players.

The Wellington Phoenix will provide all PAC players, parents and coaches with access to the Wellington Phoenix Development Hub. The WPX Development Hub is an online platform that aims to connect, educate and inspire the players, coaches, parents & clubs who participate in the PAC program. Access to the WPX Development Centre will connect players & parents to exclusive, targeted content that encourages positive player development including webinars with a range of guests & topics on offer. Other content that will be available will include training videos, interviews with first team players and specialist speakers & highlights.



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## TRAINING CONTACT #2

## NOMADS 'IPD' SESSION

Our second contact for the Pre-Academy teams at Nomads is an individual development training session. This training session is led by our Football Development Officer, Atticus Jones, and Junior Football Development Officer, Toby Wilton, alongside qualified support coaches.

The sessions will cover a range of various topics including tactical team-based themes as well as individual player development concepts (shielding/protecting, passing/receiving, dribbling/outplaying your opponent, 1v1 attacking/defending).

The curriculum will also provide workshop opportunities for players, including video analysis using our clubs VEO camera system, nutrition & mental skills workshops amongst other things.

Coaches are supplied with our Nomads PLUS+ training curriculum which incorporates both technical and tactical principles and focuses on the Nomads values and football philosophy/playing style which stems from our First Team through to all our Junior and Youth members. This ensures that our players are properly prepared for match day and gives them the best chance of succeeding as they advance towards senior football at Nomads and beyond.



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# 2024 SEASON NOMADS PRE-ACADEMY INFO U11-U12



## TERM ONE 5th March - 12th April

### 11TH GRADE

Tuesdays 4:00-5:00pm  
Tulett Park

Thursdays, 4:00-5:00pm,  
Tulett Park

### 12TH GRADE

Tuesdays 4:00-5:00pm  
Tulett Park

Thursdays, 4:00-5:00pm,  
Tulett Park

## TERM TWO 30th April - 4th July

### 11TH GRADE

Tuesdays 4:00-5:00pm  
Tulett Park

Thursdays, 4:30-5:30pm,  
Graham Condon  
(Indoor Court Session)

### 12TH GRADE

Tuesdays 4:00-5:00pm  
Tulett Park

Thursdays, 5:30-6:30pm,  
Graham Condon  
(Indoor Court Session)

## TERM THREE 23rd July - 27th September

### 11TH GRADE

Tuesdays 4:00-5:00pm  
Tulett Park

Thursdays, 4:30-5:30pm,  
Graham Condon  
(Indoor Court Session)

### 12TH GRADE

Tuesdays 4:00-5:00pm  
Tulett Park

Thursdays, 5:30-6:30pm,  
Graham Condon  
(Indoor Court Session)

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# NOMADS PRE-ACADEMY EXPRESSIONS OF INTEREST

## PLAYERS EXPRESSIONS OF INTEREST

The Nomads Pre-Academy has an open trial process at the beginning of each season for all prospective and interested players. If you would like to trial for a team in the 2023 season, please complete our expression of interest form using the link below:

[PLAYERS CLICK HERE](#)

## COACHES EXPRESSIONS OF INTEREST

The Nomads Pre-Academy is always on the lookout for aspirational coaches that want to get involved with coaching within the Nomads Pre-Academy programme. We believe in developing coaches as well as players, and have seen a number of coaches come through our Pre-Academy programme and move onto bigger and better things. If you're interested in getting involved, please fill out our coaches expression of interest form using the link below:

[COACHES CLICK HERE](#)

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