

enthrall ✓ execute ✓  entertain



***ACADEMY TRAINING RECOMMENCES
THE WEEK BEGINNING 29/4/09***

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✓ www.nutmegsacademy.com.au ✓ 

Niall McCarthy
Director/Head Coach
M: 0410 806 489
E: niall@nutmegsacademy.com.au



enthral ✓ execute ✓ entertain

To develop 'individual' technical capabilities of every footballer to enthral, execute and entertain.

In conjunction with Redlands United Football Club, NUTMEGS FOOTBALL ACADEMY (NFA) is a program developed to enhance individual football development.

The concept of NFA has been devised to specialise on the individual technique of footballers, with the emphasis of the final execution of these particular football techniques. The training that we provide compliments the players club and/or school training to develop their skills and techniques. NFA will be offered all year and we encourage boys and girls of all skill levels between the ages of 5-16 years to attend.

The NUTMEGS program is structured over a 6-week period whereby players train once or twice a week on a chosen technique (passing, shooting, dribbling etc). This concept allows for our coaches to evaluate and assess the technique of the players. This method of training provides the players with a final goal to strive for. If players understand what is required of them, the learning and practice process becomes easier.

NUTMEGS training structure:

	Session Format
Week 1	Introduced technique
Week 2	Develop basic technique
Week 3	Develop basic technique
Week 4	Game related exercises
Week 5	Game related exercises
Week 6	Recap and reinforce learnt technique

NUTMEGS training times

	Monday	Tuesday	Wednesday
Mini Megs (5 – 9 years)	---	4:30 – 5:30pm	4:30 – 5:30pm
Nutters (10-12 years)	4:15 – 5:45pm	---	4:00 – 5:30pm
Master Megs (13 -16 years)	4:15 - 5:45pm	5:00 – 6:30pm**	4:00 - 5:30pm
Goalkeepers (10-16 years)	4:15 – 5:45pm	---	---

** Session now starts an hour later (previously advertised for a 4:00pm start)

NUTMEGS costing structure:

Per session	\$15
Per week	\$25*
6 sessions	\$65

* Two sessions in the week