



New Zealand Football Accredited Skill Centre – Eastern Suburbs AFC

The NZF Skill Centre provides an aligned approach for junior footballers, aged 9-12, wishing to access a higher level of coaching. Our main aim is to provide a structured programme for players, in an enjoyable environment, that both maximises development and encourages players to fall in love with football.

As the game progresses to a higher level of technical and tactical astuteness, the Eastern Suburbs Skill Centre programme is designed around principles of Long-Term Athlete Development for players wishing to reach their highest potential.

At Eastern Suburbs, each week of Skill Centre will consist of three sessions designed holistically for players at a Skill Acquisition phase of learning. These sessions look to focus on football skills within a game context by maximising time on the ball and encouraging individual creativity.

Each week players will attend two NZ Football approved Suburbs-sessions, with a focus on coordination activities and rondo games. Sessions will shift in size and nature to fit the players involved but will follow a structure outlined by our Girls and Junior Directors of Football, Stephen Hoyle and Michael Built.

Alongside these sessions, players will also attend one NZ Football Skills session each week focusing on core skills both in and out of possession in a fun and active environment.

All players training in our Eastern Suburbs environment will work within the same playing style and philosophy, as we look to smooth their transition from First Kicks through to Junior, Youth, and Senior Football. Working with a number of technical advisors, the club aims to build players who can compete to the best of their ability – from social players who enjoy the game through to our most committed athletes competing in the domestic National League or on Scholarships and Professional Contracts overseas.

Eastern Suburbs AFC

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