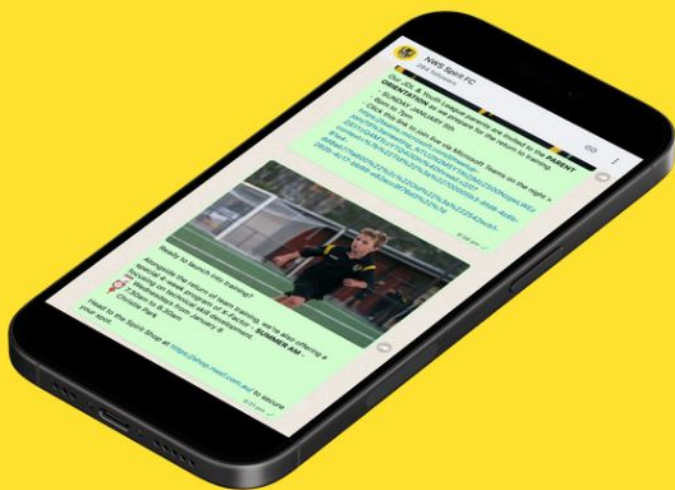




Spirit /
Orientation
2025





**Follow our WhatsApp
channel for club-wide
updates & news**



Logistics

- The presentation will be roughly 45 minutes
- The presentation will be recorded and shared via nwsfdna.com
- You can ask questions using the Q&A function and these will be answered at the end of the presentation

While we are waiting...

Are you following us on Instagram...



and Facebook?





What makes Spirit special?



RU ANTE RICHIE TITUS FRANKIE ANTHONY JAKE SIMON JESSE ZAC CH

Spirit Tribe SPIRITFOOT



GIOCA



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GIOCA

GIOCA



GIOCA

FURY



TROPHIES
trophies.com.au
Email: trophies@trophies.com.au



The Evening
Star

pmg
Professional Management Group
1000-1000-1000-1000





No Smoking

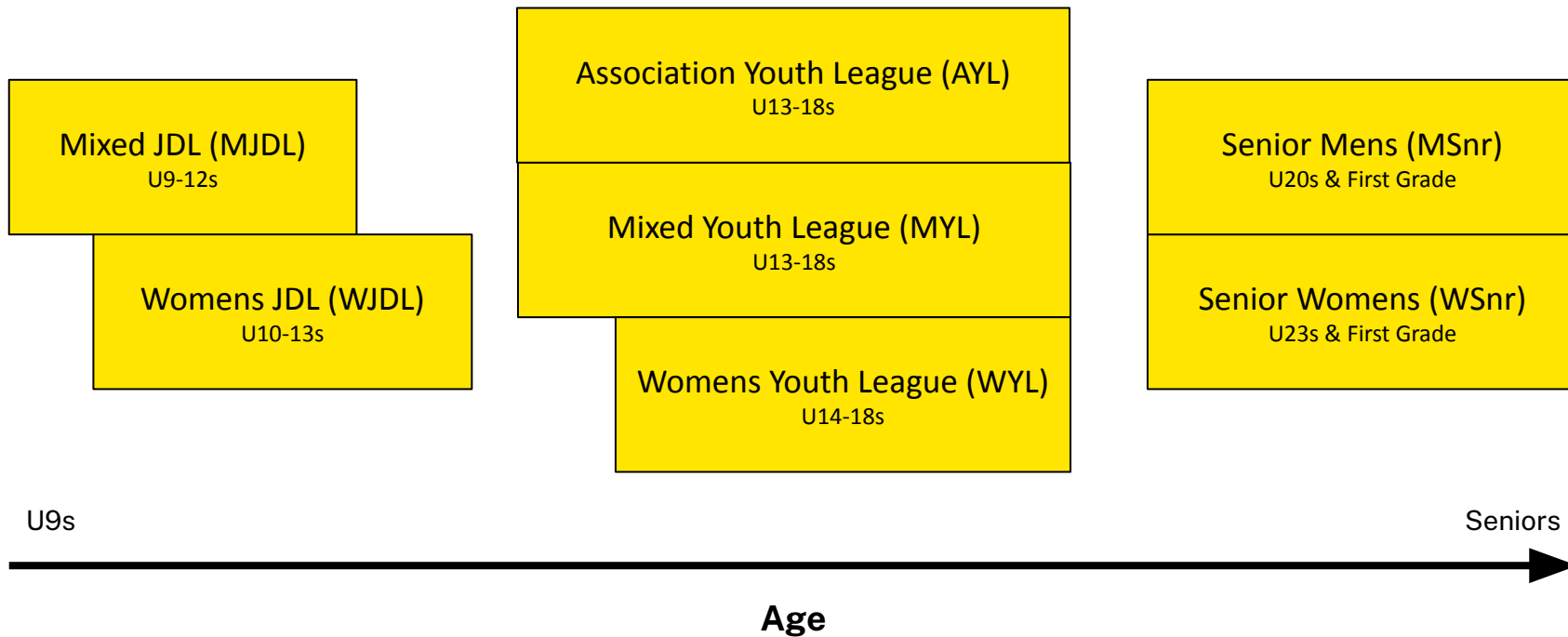




structure

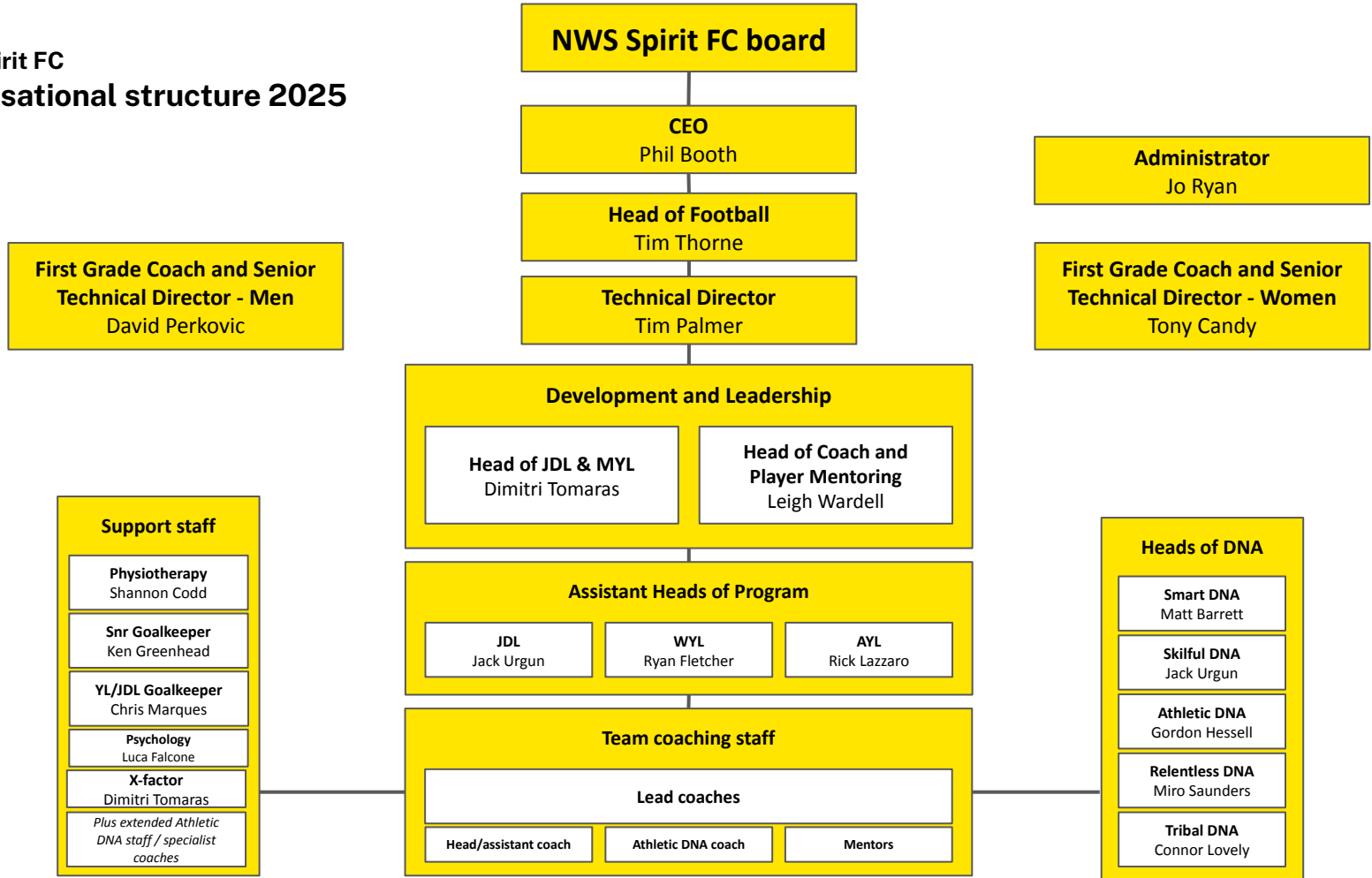


[Click here
to find out
more!](#)





NWS Spirit FC Organisational structure 2025





Our framework



Our mission

Aspiring to grow an inclusive environment that supports greatness in its players, people and community, through a best in practice integrated football ecosystem

NWSF DNA

Smart / Skilful / Athletic / Relentless / Tribal

Environment

People

Game

Our football goal

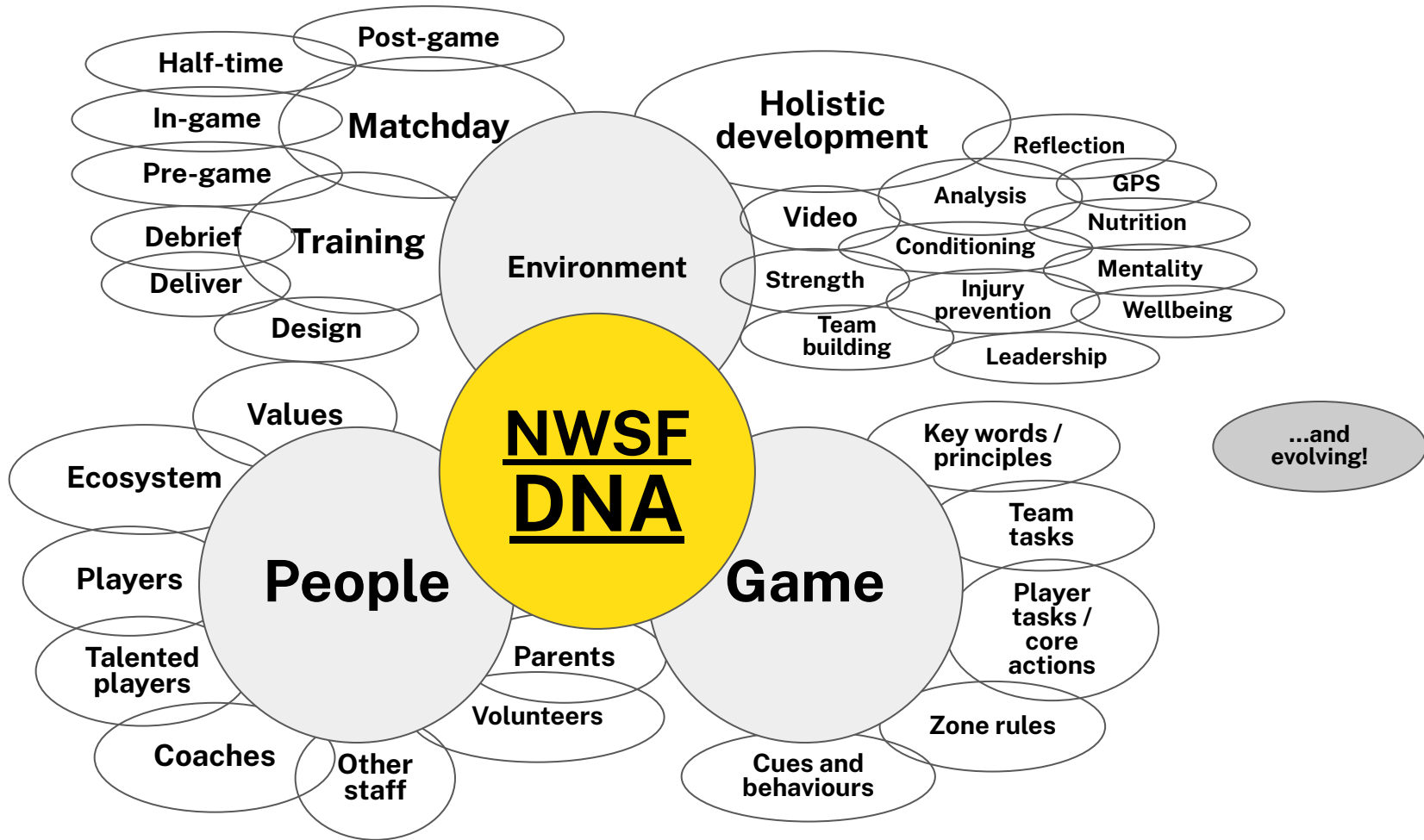
High quality people and players, who have the DNA qualities, and a winning mentality, that enables them to play at their highest level in football, and in life



A person with great DNA qualities...

Smart	People who understand the game and link this to the skills needed to perform
Skilful	People who have highly effective & adaptive skills and decision-making under pressure
Athletic	People who are consistently available and prepared for the various demands of football and life
Relentless	People who constantly strive to develop themselves and are resilient to challenges & setbacks
Tribal	People who are committed to their environments and the people within them

X-factors	<i>Players at the highest level typically not only develop all of these attributes, but can be distinguished or separated from their peers in one or more of these key words</i>
------------------	--





NWSF club

Local NWSF clubs and players are the base of our development pathways



Academy

A pathway program for local NWSF players to develop & progress towards Spirit



NWS Spirit FC

Our JDL, Youth League and Senior programs competing in FNSW competitions



Elite teams

Progress towards elite development and performance programs

A young man with curly brown hair, smiling, stands on a green soccer field. He is wearing a bright yellow short-sleeved soccer jersey with black trim on the collar and sleeves. The jersey has a crest on the left chest and the number '10' on the right. In the background, a soccer goal is visible, along with a white net and some banners. The scene is outdoors with trees and a clear sky.

Our people



Values

NWS Spirit FC is guided by three club values.

- Be humble
- Work hard
- Be here for the right reasons

These link to our [player, coach and parent expectations](#).



Key player expectations

- Players **acknowledge all staff** with fist bumps/handshakes when arriving at Christie Park
- Players **attend all training sessions**, including when injured
 - The arrival time is 15 minutes prior to the first commitment
- Players **attend all matches**, stay until half-time of the following match, are available to play up or down teams, or be on the bench of other teams, as requested by coaching staff
 - The arrival time will be communicated by team coaches
 - When watching the next match, no phones are allowed
- Players **attend and support all** additional activities as advised



Key player expectations

- Players are in **full Spirit kit** during training, matchdays and additional events
- **Phones are not permitted** within the playing surface, and must be placed inside bags during training.
 - They are also not permitted on the balcony when watching matches
- Bags are lined neatly along fence or in seating area
- Each team has a **dedicated area of responsibility** within Christie Park. Players are responsible for ensuring the cleanliness of this area.
 - These allocations can be viewed at the entrance to the building





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Match minutes policy

NWS Spirit FC has a **match minutes policy** that outlines our philosophy and approach to match minutes.

- In general, we believe match minutes are a vital part of player development
- It is important for players to both play matches, while also understanding how attendance, training and behaviour can affect minutes, both positively and negatively

The full policy can be found at

<https://spiritfootballclub.com/match-minutes-policy/>



Pathway players

Pathway players **train twice a week** with NWS Spirit FC squads while continuing to play for their local NWSF club

- Pathway players abide by the same values & expectations
- The program includes participation in club events, pre-season trials & tournaments and other player events

Further information can be found at

<https://spiritfootballclub.com/pathway-players/>





Football menu

We believe players should not be ‘locked’ to training only with their designated squad, but rather, having a flexible approach to their training allocations & the sessions they participate in, with the aim of maximising the development of their X-factors.

- Our coaches & football leadership meet regularly to determine the football menu for all our players
- The menu can include players training across age groups, and across programs (e.g. AYL to MYL; WYL to AYL, and so on)
- From February, the menu also includes:
 - 2 players from MYL 13-16s selected to train with Sydney FC each Monday night
 - 2 goalkeepers from MYL & AYL 13-16s selected to train with Sydney FC each Tuesday night
 - TSP & other Football NSW/Australia programs, as selected by external coaches



Goalkeepers

Our goalkeeping program is led by **Ken Greenhead** (Seniors) and **Chris Marques** (JDL & Youth League), alongside our team of goalkeeper coaches.

- Parents of goalkeepers should join the WhatsApp groups for communication and updates
 - [JDL goalkeepers](#)
 - [YL goalkeepers](#)
- All GK training is now on-site at Christie Park
- Youth League goalkeepers will also have fortnightly invitational sessions at Sydney FC. These will commence in February.



GIOCA







Pararoos & Paramatildas

NWS Spirit FC is a home for players from Australia's national teams for people with cerebral palsy, acquired brain injury and stroke.

- These players are integrated into training with our Youth League squads. We are the only club in Australia to do so.
- Many of these players are also coaches and staff.
 - We encourage parents to get to know them and their stories!

[You can learn more about this program via the following video.](#)



Generalitat de Catalunya

FEDPC.ORG

Federación Española de Deportes de Fútbol con Parálisis Cerebral y Daño Adquirido

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Parents

Parents play a deeply important role in supporting the development of our players and in shaping our environment.

- All parents are involved in volunteering roles as allocated by managers, including...
 - Match day announcer at home matches
 - Coordination of VEO filming
 - Crowd officials (orange vests)
 - Other roles as required
- We also welcome volunteers for roles in fundraising, photography, our shop & more!
 - Please contact your team manager if you are interested in volunteering for the above.





Key parent expectations

- Parents are **not to enter the top carpark of Christie Park** (accessed via the ramp), as this is for coaches and staff
- Parents respect that **no coaching** is to take place at training and matches, including speaking to players during sessions (including additional sessions such as strength & video)
- Parents only **positively support on match days** through applause and encouragement. No shouting, abuse or inappropriate interactions with opponents are to take place.
- Parents acknowledge the hard work of managers and staff by **responding promptly to all communications and requirements**
 - Please note if you haven't registered on PlayFootball, you must register now!



1:16
00:00
7 2
Head to the canteen for

GIOCA

www.gioca.com.au

REFORM

PLATIN

VICTOIRE DE SAMOÛA
KANGAROO
IN AUSTRIA

GIOCA

PODA
TOP CLUB

AFENDS





Parent & player education

We pride ourselves on our consistent commitment to education. This includes...


- DNA Day on Sunday 12th January (players & parents)
- Our Parent Education Conference in May
- Special guest speakers and presentations for programs throughout the season
- Parent education sessions are held at Christie Park on the first Monday of each month, 6.30-7.30pm!

Details of each event are posted on [our WhatsApp channel](#) with recordings/resources available on [nwsfdna.com](https://www.nwsfdna.com)

DNA In Depth

 Common injuries in junior & youth players

 Monday February 3rd

 6.30pm to 7.30pm

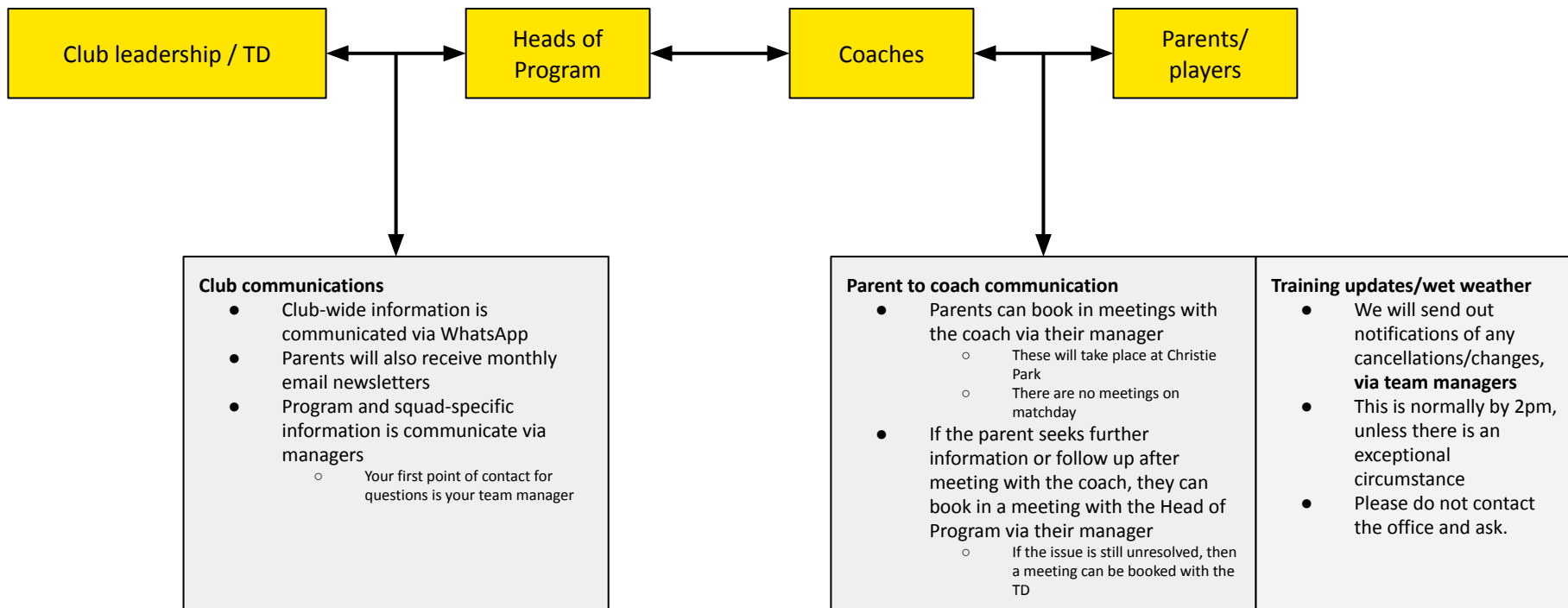
 Christie Park





Club communication channels

For current Spirit FC players



In the event of duty of care/player welfare concerns, parents can contact the Technical Director or MPIO directly

A group of young women, likely soccer players, are seen from behind, standing on a grassy field at dusk. They are wearing black uniforms with yellow accents. In the background, a soccer game is in progress on a well-lit field, with players in white and yellow kits visible. The sky is dark, and a bright light source, possibly a stadium light, is visible in the upper right corner. The text "Our environment" is overlaid in the center of the image.

Our environment



A person with great DNA qualities...

Smart	People who understand the game and link this to the skills needed to perform
Skilful	People who have highly effective & adaptive skills and decision-making under pressure
Athletic	People who are consistently available and prepared for the various demands of football and life
Relentless	People who constantly strive to develop themselves and are resilient to challenges & setbacks
Tribal	People who are committed to their environments and the people within them

...needs a great development environment!



Holistic development environment

Smart DNA

led by Head of Smart DNA, Matt Barrett

Christie Park has a permanent camera system to film both fields, and we have five VEO cameras. This enables us to:

- Film all MSnr and WSnr First Grade matches
- Film all Youth League home and away matches
- Film all JDL home matches
- Film training sessions on demand

Players are able to access footage from across all teams in the club, as we are one tribe!

Parents will receive a link to sign up via your team managers on Tuesday.





Holistic development

Smart DNA

Using video, our analysis team then develops insights to deliver to coaches and players.

- MSnr and WSnr utilise Wyscout, a coding platform that provides statistics and insights across the NPL
- Youth League squads are supported by our analysis staff with match coding, data collation and statistical analysis
- All squads have at least one team meeting per week for video analysis

M18 Offensive Outcome Involvement

M18		Goals Scored	
# Of Players		10	
Rank	Player	Team	Value
1	N.Peacock	M18	26
2	J.Dyer	M18	12
3	J.Nercessian	M18	10
4	B.Jennens	M18	8
5	M.Pisano	M18	7
6	K.Valetta	M18	4

M18		Goals Created	
# Of Players		10	
Rank	Player	Team	Value
1	J.Nercessian	M18	26
2	J.Dyer	M18	10
3	B.Jennens	M18	9
4	N.Peacock	M18	2
5	T.Mason	M18	5
6	M.Pisano	M18	2
7	K.Williams	M18	2
8	H.Souza	M18	2
9	D.Hemgren	M18	2
10	M.Lynch	M18	1

M18		Goals Involved In	
# Of Players		10	
Rank	Player	Team	Value
1	N.Peacock	M18	31
2	J.Nercessian	M18	30
3	J.Dyer	M18	22
4	B.Jennens	M18	17
5	M.Pisano	M18	9
6	K.Williams	M18	4
7	K.Valetta	M18	4

M18 Offensive Breakdown: 04/02/2023 To 17/09/23

Team: M18 | Start: 2/4/2023 | End: 9/17/2023 | Formation: TBD

Set Pieces

Goal Kick	3.0%
Penalty	0.0%
Throw-in	25.0%
Corner	25.0%
Indirect Freekick	47.0%

Poacher

Poacher	59.0%
Second Ball	22.0%
Transition	3.0%
Cross	32.4%

Structured Build Up

Structured Build Up	22.0%
Counter Attack	4.9%
6 Second Pass	7.5%

Goal Location (Lanes)

8.0%	16.7%	76.7%	8.6%	1.7%
------	-------	-------	------	------

Goal Location (Block A)

MSnr First Grade

PLAYER INSTANCES

MATCH INSTANCES

BP CLIPS

BPO CLIPS

GOAL KICK **BUILD UP** **OPP GOAL KICK** **PRESSING**

CHANGE FOR **BLOCK A** **CHANGE AGAINST** **STRUCTURE**

GOAL SCORED **GOAL CONCEDED**

ATT CORNER **ATT THROW-IN** **DEF CORNER** **DEF THROW-IN**

ATT FREEKICK **ATT IND FREEKICK** **DEF FREEKICK** **DEF IND FREEKICK**

STAR REVIEW **A.GATES** **D.SAGE** **N.NONSTRO**

PLAYER REVIEW **GEORGE** **J.SULLIVAN** **M.PEZZETTI**

Timeline: 01:28:22.39 | 00:30:00.00 | 01:00:00.00 | 01:00:00.00

Events: KICK OFF, INJURY, ATT THROW-IN, ATT CORNER, ATT IND FREEKICK, BUILD UP, BLOCK A, GOAL SCORED, CHANGE FOR, GOAL KICK, DEF THROW-IN, DEF IND FREEKICK, DEF FREEKICK, DEF CORNER, PLAYER REVIEW, TEAM REVIEW, PRESSING, STRUCTURE.





Holistic development

Skilful DNA

led by Head of Skilful DNA, Jack Urgan

We have developed a coaching model that has been recognised as best practice Football NSW's criteria and benchmarking standard. Our methodology focuses specifically on:

- Designing detailed seasonal programs & session plans to develop individual core actions within a team setting
- Using evidence-based practice to inform our intervention methods
- Developing our coaches using the same processes as our players, so they themselves can progress towards high level environments





Junior Development League (JDL)

2025 Coaching Handbook



“Sustained effective coaching is rarely the result of an individual coach acting in isolation, but the development of a community that **interacts** to create a rich environment for developing athletes”.

Pre-Season Plan	Wk 1 (8/1)		Wk 2 (13/1)		Wk 3 (20/1)			Wk 4 (27/1)			
Session No	1	2	3	T02 (14/1) WSW	5	6	7	8	T05 (27/1) Sutherland	9	10
Technical Focus	Attacking Combinations & Runs		Pressing		Pressing			Attacking Combinations & Runs			
Sub-Focus	Counter-Pressing		Attacking Transition		Attacking Transition			Counter-Pressing			
Tactical	Controlled Possession Objectives		Man-on-Man / +1		Man-on-Man v Mid-Block			Deep Possession Objectives			
Set-Pieces	Identify Set-Piece Takers		Set-Piece Deliveries		Attacking and Defending Corners			Attacking and Defending Free-Kicks			
Phase of Play	BP		BPO		BPO			BP			
Unit-Specific	Extras Only		ALL: Roles when Man-on-Man / Mid-Block		ALL: Roles when Man-on-Man / Mid-Block			D & M: Rest-Defence A: Attacking Rotations			
Video	Positive Forward Run Examples		Positive Reverse Pressing Examples		Identifying Pressing Cues			Positive Counter-Pressing Examples			
Environmental Focus	Togetherness Equipment & Hand-Shaking		Togetherness Equipment & Hand-Shaking		Humility Extras & Taking Responsibility			Humility Extras & Taking Responsibility			
Matchday	T01 (11/1) AYL (H)		T03 (18/1) Sydney Olympic (H)		T04 (25/1) Paramatta Eagles (A)			T06 (2/2) Spartans (A)			

Debrief:

On the run debriefing:



After the practice:

- During the training session you spoke to Jack about players choosing to dribble rather than use give and go's to progress the ball forward.
 - Skilfully, you made the decision to shorten the length of the pitch, meaning less space for the defenders to cover, resulting in more 'find the free player' movement solutions.
 - You also identified that players were blocking the goals by doggy guarding them and implemented the constraint of moving the mini-goals a metre back off the field, this resulted in less moments this happened, have a think about what other equipment you could use which would make this more clear.
-
- Did you actively seek out feedback?
 - Did you discuss with your assistant?
 - Did you reflect individually?



GIOCA

Exercise
Science

ACU
AUSTRALIAN CATHOLIC UNIVERSITY

15.1M6
Bleep test (18)
100m sprint



Holistic development environment

Athletic DNA

led by Head of Athletic DNA, Gordon Hessel

As part of developing **athletic** people, we integrate...

- Strength
- Conditioning
- GPS monitoring
- Education
- Physiotherapy

...into our programs.



BIOCCA



26





Athletic DNA sessions

Athletic DNA sessions are delivered by our team of sport scientists, supported by university interns.

- Youth League squads complete at least one **strength** session a week
 - This takes place before or after training as per the timetable
 - Some squads complete two sessions depending on their program, age & physical maturation
- JDL squads complete a **physical literacy** session each week
 - This takes place either in the first 30 minutes of training, or post-session, as per the timetable
- **Conditioning** is integrated into training for Youth League squads, as led by our Athletic DNA staff within the combined squad model
- **Testing** for athletic qualities is integrated within the above sessions



GPS

All Youth League players are strongly encouraged to purchase a GPS to support the tracking and monitoring of their physical performance. 99% of our players have purchased a GPS, contributing to the development of highly athletic footballers.

Each squad has access to the online dashboards, to view their own data, compare to Spirit & world class examples, and assess their seasonal averages.

- Full costs and details will be communicated via email on Monday 13th January
- Further information and education about how to use GPS can be found at nwsfdna.com/spirit/gps





Spirit FC x Activebody

Activebody deliver comprehensive physiotherapy coverage for all our players, completed by our Athletic DNA staff.

The key details are:

- Players can be **assessed** on Tuesdays & Wednesdays, 5pm to 7pm at Christie Park (free)
- Players can be **treated** for injuries at Christie Park or Castle Hill
- Players must be cleared by Activebody staff to return to play following an injury

The full process and Activebody information can be found [by clicking this link.](#)



Holistic development environment

Relentless DNA

led by Luca Falcone & Miro Saunders

We have mentality frameworks across our club to give our people a common and consistent vocabulary to develop these attributes, which are crucial for success.

In 2025, we will be significantly expanding on our relentless DNA offerings via...

- Access to sports psychology on-site at Christie Park, including 1 on 1 consultations
- Wider range of education and resources for players, parents and coaches
- Delivery of workshops to further enhance the mentality frameworks

We will announce further details of this exciting progression in February.





WHO YOU ARE ON THE PITCH



Mentality zones



Safe

A comfortable environment where players feel they can express themselves, focus on what they are good at, and are playing freely

Stretch

A more challenging environment where they may be asked to do new things, be outside their comfort zone and may be playing with nerves

Stress

A highly challenging experience, where they may be under high pressure, be in unfamiliar situations and experiencing high anxiety

*These zones occur within a session, in games, and across a season.
Experiences in all of these zones are crucial for success!*





Holistic development environment

Tribal DNA

led by Head of Tribal DNA, Connor Lovely

We deliberately develop tribal attributes in our environment, so our players become great people and great leaders.

This includes:

- Planning and structuring of **team building sessions** (in small tribes, across many tribes and as a one big tribe!)
- Integration of **mentors** into training and matchday
- Our **First Grade Heroes** month, where First Grade players support JDL/YL sessions
- **Leadership coaching** for YL players, including small group sessions for our leaders



MILITARY

GIUCA



GIUCA

X-Factor / Summer AM Technical Skills



Wednesdays from January 8



7.30am to 8.30am



Christie Park



Four week program



DNA Day



Sunday January 12



JDL: 10am to 1pm / YL 12pm to 3pm



Christie Park



For players & parents

Referee education



Friday January 24



8.15am to 2pm



Christie Park



New YL players

Jersey Presentation Day



Saturday February 1



Afternoon/evening



Allianz Stadium



Tickets on sale soon!



Bathurst Cups



M/A Pathway: February 8/9 / W Pathway: February 15/16



Weekend tournament



Proctor Park



\$100 registrations completed via Spirit Shop

IDP nights



W/C February 17



Book your time slot online



Christie Park



All JDL & YL players & parents



JDL Beach Day



Saturday March 1



8am to 10am



Queenscliff



JDL players

Tribe Day



Saturday March 15



2.30pm to 7.30pm




Christie Park



All players



A large group of young people, likely a sports team, are seated on bleachers at an outdoor sports field. They are wearing black uniforms with yellow accents. The scene is captured from a low angle, looking down the length of the bleachers. In the background, a green field and a yellow banner are visible. The lighting suggests late afternoon or early evening.

And we're
just getting
started!



Throughout the year...

- Each JDL squad have three Spirit Tribe commitments to attend through the season
 - This is where they actively support our First Grade squads
 - These are compulsory and will be communicated via your manager
- YL players are allocated to be JDL game leaders & First Grade ball kids
 - These are compulsory and will be communicated via your manager
- YL players will also be involved in supporting local club commitments, including Back to Local Club week, refereeing of NWSF tournaments & gala days
- We also have...
 - The Inclusive Cup
 - Gala Night
 - ...and more!



ANTE

TITUS

FRANKIE

ANTHONY

SIMO

Spirit Tri



Q&A



Thank you!

RUBI

SCARLETT
YAYA

SKYE

SOPHIE
CRIN
VIC

KAYLA

SARAH

LUCIA

NAT

NIKKITA

KATHONIQUE

MARY

ELLA

GO
SPIRIT