



YL / DNA Day 2025

Progressing as a player



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

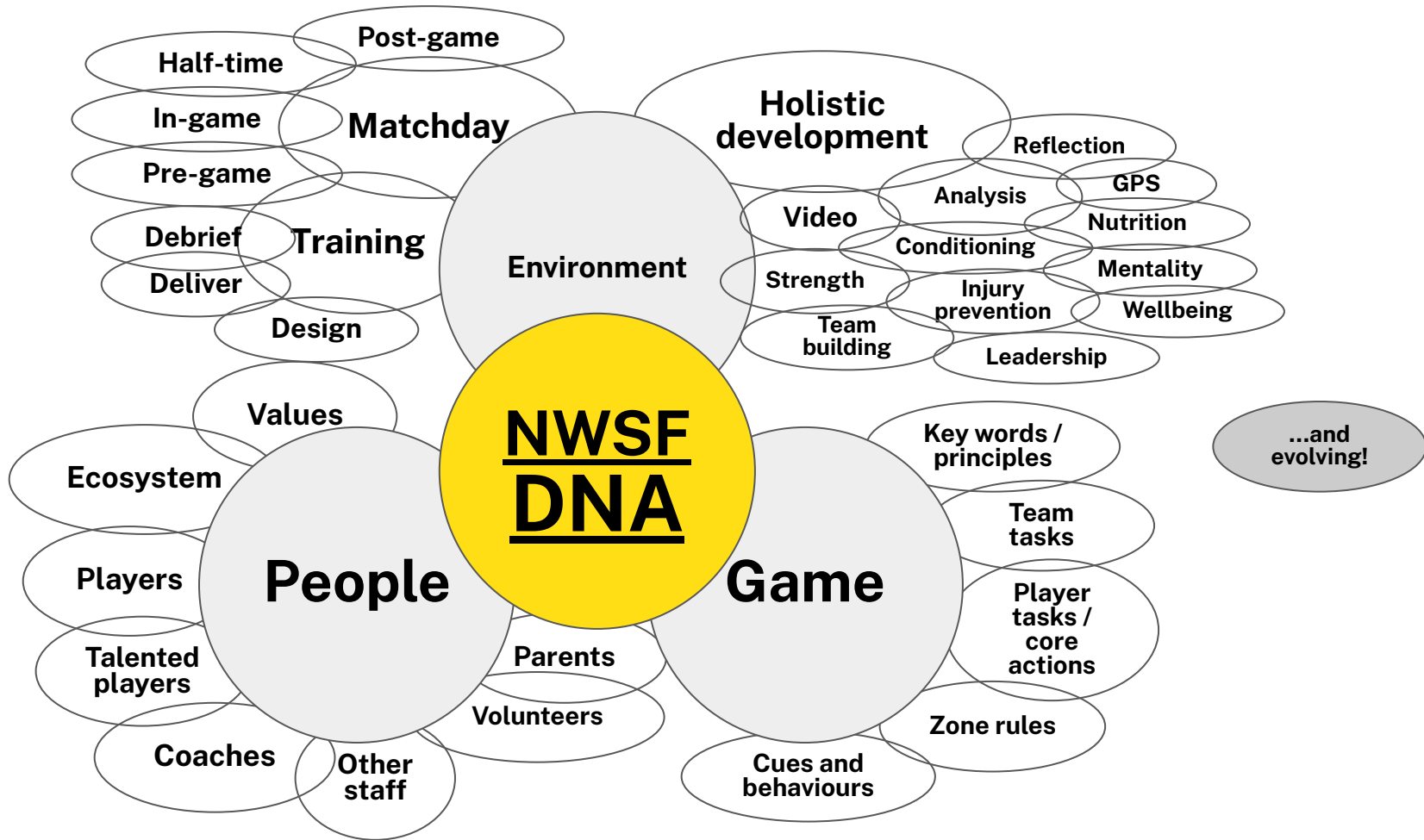
Our football goal

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



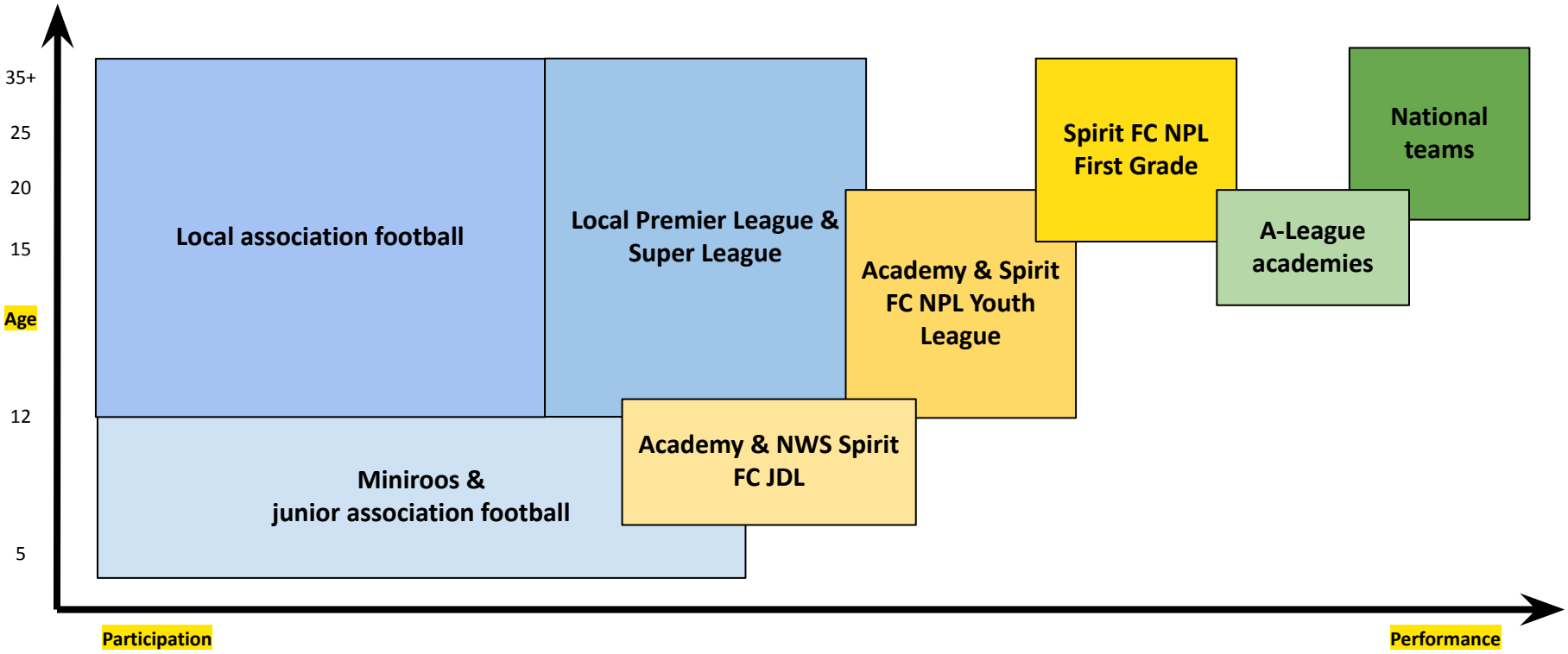
A person with great DNA qualities...

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>





Pathway



What do elite programs look for?

- People with good values & behaviours
- X-factors
- Consistent & transferable football actions
- Holistic people, including athletic & mental qualities





“People with good values & behaviours”



- Part of Spirit since U9s
- 2024 captain of our MSnr 20s squad
- Parent from another club reached out to thank Kyle for staying after a match to help move a bogged car!





**How can parents support
the development of strong
values in their children?**

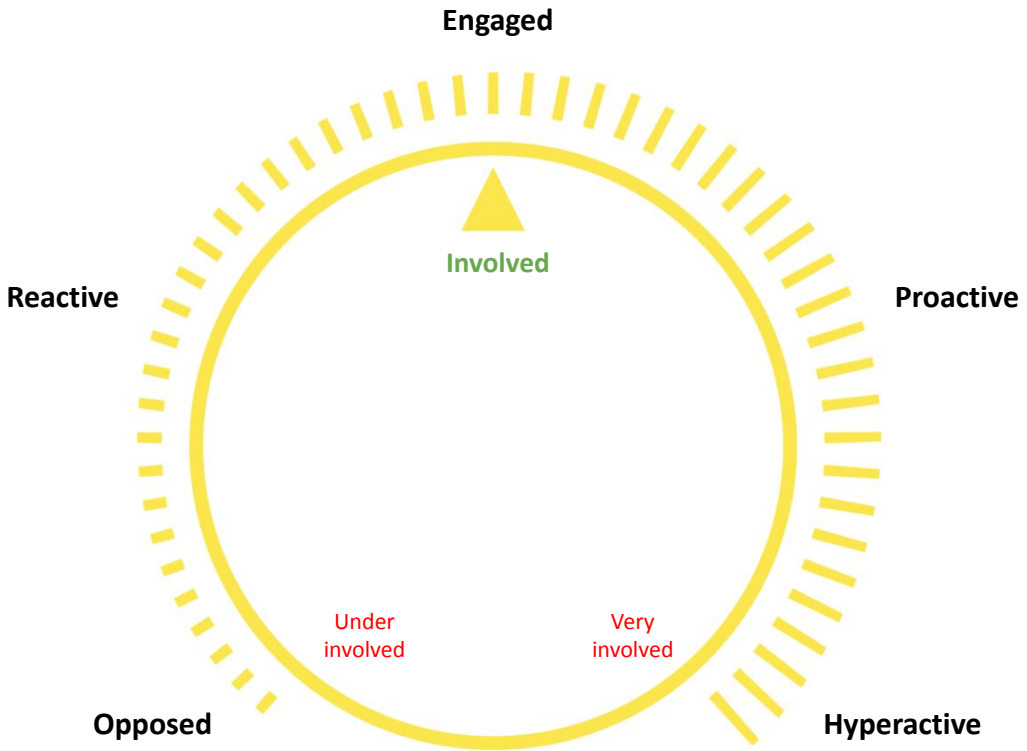


**What's the role
of a parent?**





Parent involvement dial





Our quick tips

- Reflect on what your child needs from you, using the dial as a reference
- **No coaching should occur at training or matchdays**, so our players can focus on enjoying the game and developing as footballers
- Ask questions in the car and avoid lectures.
 - Make the car journey a positive
- Communicate openly with your child about their experiences and emotions
- Follow the [club communication channels](#) if unsure



Within the football program...

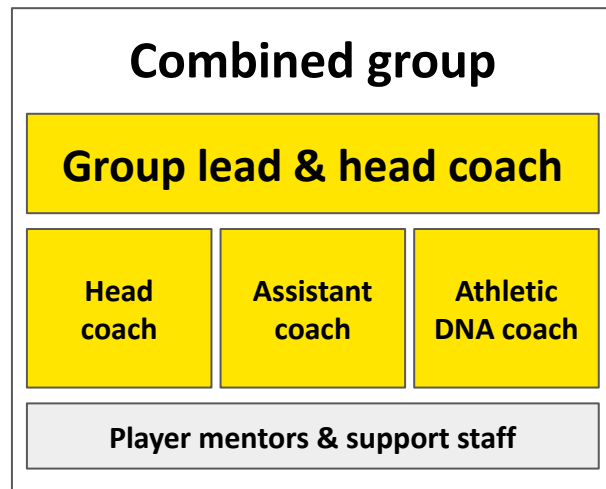
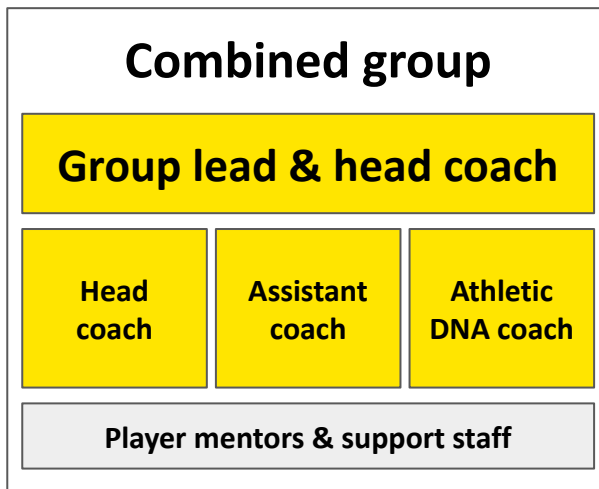
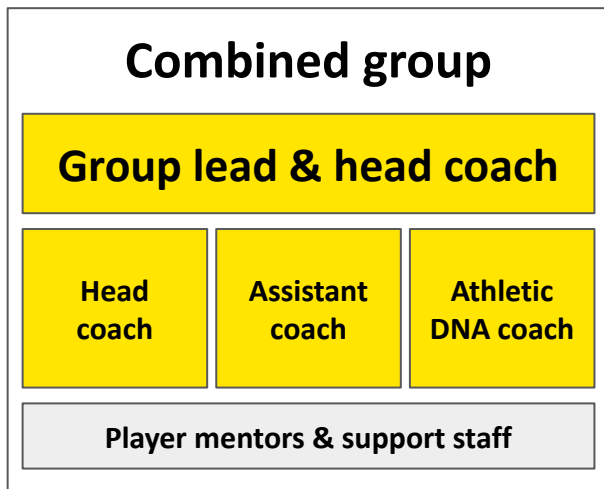


Our new training group formats

MYL	WYL	AYL
13-14s	14-15s	13-14s
15-16s	16-18s	15-16s
18-20s		18s



Our new coaching structure





Why?

- Players will regularly train in more realistic field dimensions and match situations, as more field space becomes available
- Coaches can focus more on developing individual players
- Training groups can be designed to allow players to train with younger or older players.
- Allows for more opportunities to create safe, stretch or stress experiences
- Coaches can have influence and interactions with more players. This also enables players to train more often with different teammates and coaches, which better prepares them for the reality of senior football
- Coaches and players become more familiar with more people across the whole club, creating a stronger tribe
- Coaches will have more opportunity to interact with and learn from other coaches
- Training groups can be subdivided, to allow more specialist training to be supported by mentors and specialist coaches



Football menu

We provide safe, stretch & stress opportunities through:

- Training across age groups
- Training across programs
- Specialist training sessions & mentoring
- Sydney FC additional training

Additionally, further opportunities come from:

- FNSW selecting YL players for TSP
 - Spirit leadership staff provide recommendations
 - FNSW staff scout and make final decisions on selections
 - These are reviewed on a school term basis



Consistent & transferable football actions

- We want our players to play **at their highest level**
- The research shows that players learn by playing
- It is hard to predict what formations or playing styles will be prevalent in the future, but we do know the core actions and attributes that elite players share (their “DNA”)
- We also know in order to play at the highest level, players need to be able to make quick decisions and quick actions
- Therefore...**we encourage quick decisions/actions, by exposing players to playing football constantly, so that they develop the “DNA” of a great player**

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D'Isanto, T., Di Domenico, F., D'Elia, F., Aliberti, S., & Esposito, G. (2021). The effectiveness of constraints-led training on skill development in football. *International Journal of Human Movement*, 9(6), 1344-1351.

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Renshaw, I., Davids, K., Newcombe, D., & Roberts, W. (2019). *The constraints-led approach: Principles for sports coaching and practice design*. Routledge.



X-Factor

X-Factor are additional training sessions for players who want to further develop their DNA attributes, coached by our expert team of performance coaches and First Grade players.

- Sessions are...
 - Wednesdays 4.30 to 5.30pm for JDL
 - Thursdays 6.15am to 7.15am for YL
 - Wednesdays 5.30pm to 6pm for Seniors
- We offer
 - Technical Skills
 - Speed Training
 - Striking & Finishing
 - Strength Development (YL only)
 - Intensive Goalkeeper (YL only)
- Term 1 commences W/C February 6

Find out more and sign up at <https://spiritfootballclub.com/x-factor/>



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Questions?