

## Junior Development Program FAQs

### **Q. How do the Junior Development Program and High Performance Programs differ?**

The High-Performance Program is intricately designed for individuals possessing advanced skill levels, with a primary goal of enhancing decision-making, instilling confidence, and fostering comprehensive development. This initiative is tailored to players with elevated skill levels, serving as a valuable complement to their training engagements at local South Australian clubs. The ultimate aim is to transform these individuals into more proficient players, both on and off the field. It is a yearly commitment.

Our Junior Development Program, is a 8 session program designed according to Adelaide United's philosophy, caters to boys and girls aged 5 to 13, regardless of their footballing abilities. It's aimed at developing players' skills both on and off the field.

### **Q. How do I get selected for the High Performance Program?**

We are scheduled to conduct a trial in January. To qualify for participation in the trial, it is imperative to be a member of the JDP. Please bear in mind that in HPP, we are specifically seeking players with advanced skill abilities. After a couple of weeks of trials, we will inform you of the outcome. If successful, you will be required to settle the remaining fee. In the event that you are not selected, you will still be included in the Junior Development Program (JDP), offering the opportunity for ongoing development throughout the year, with the option to participate in trials again at the end of 2024.

### **Q. What age groups are there?**

We are looking for players from U8s to U14s year of age.

#### **Aged groups:**

- U8s born 2016 and 2017
- U10s born 2015 and 2014
- U12s were Born 2013 and 2012.
- U14s were Born 2011 and 2010.

### **Q. What do the programs cost?**

The full year cost of the program is \$1,700. A payment plan is an option which will be paid per term.

### **Q. What is included in the price?**

- 64 sessions x 1.15 hrs (2 sessions per week) 16 sessions per Term (School Terms)
- Mid-Program and End of Program Development Report
- Adelaide United Junior 3 Game Flexi Membership
- Adelaide United Training Kit (Shorts, Shirt, Socks)
- Participate in friendly games against other academies/clubs during the year
- Workshops will be held to educate players on recovery, wellbeing and nutrition.
- Friendly games.
- Guest coaching from Adelaide United ALM & ALW players and coaches throughout the year
- Opportunities to travel to national and international football tournaments

## ADELAIDE UNITED FOOTBALL CLUB

### Q. How do I register for the Junior Development Program?

Please click [here](#) to register for our Junior Development Program

### Q. Where can I get more information?

More information can be found on our website, or you can email any questions to [clinics@aufc.com.au](mailto:clinics@aufc.com.au)