



Coopers Stadium
Level 3, Holden Street
Hindmarsh SA 5007
PO Box 593
Hindmarsh SA 5007

Ph: (08) 8340 3088
Fax: (08) 8340 3188
www.ffsa.com.au

2016 GIRLS SKILL ACQUISITION PROGRAM (SAP)

Football Federation SA are pleased to offer a Skill Acquisition Program for girls born 2004/5 (U12) and 2006/7 (U10) in 2016. Interested players can now nominate to trial for either the South or North programs via the following link [Girls SAP Nomination Form](#)

Girls SAP sessions will be delivered in line with the Skill Acquisition Phase of youth development as outlined in the FFA National Curriculum, centring on the 4 building blocks:

- 1 v 1
- First touch
- Running with the ball
- Striking the ball

Trial Information

North

Dates	Venue	U10	U12
Monday 29 February	Burton Football Facility	6:00pm	7:00pm
Monday 7 March	Burton Football Facility	6:00pm	7:00pm

South

Dates	Venue	U10	U12
Monday 21 March	SAWSA Park	6:00pm	7:00pm
Wednesday 23 March	Adelaide Shores Football Facility	6:00pm	7:00pm

Program Information

Duration

20 x 1 hour sessions

*additional SAP Gala days may be arranged throughout the year

Cost

\$250 (includes training kit)

South

Training	Start date	Venue	U10	U12
Tuesday nights	April 5	SAWSA Park	6:00pm	7:00pm

**Two Thursday sessions will be held on April 21 and July 14*

North

Training	Start date	Venue	U10	U12
Saturday mornings	April 9	Elite Systems Football Centre	9:00am	10:00am

**Two Tuesday sessions will be held on April 19 and July 12*

For additional information please contact jonathan.ruse@ffsa.com.au

