

‘Project 22’

- Project 22 aims to develop the next generation of Socceroos and Matildas who will compete at the FIFA World Cup in 2022.
- The structure of the proposed initiative would be free to all selected players and would involve the best players in each age group in each region; from boys U9 – U14 and girls U13 – U15, training full-time in their own region 40 weeks of the year.
 - The age categories for boys:
 - U10 – DOB 2000 & 2001 (seven [7] players from each age category)
 - U12 – DOB 1998 & 1999 (seven [7] players from each age category)
 - U14 – DOB 1996 & 1997 (seven [7] players from each age category)
 - The age categories for girls:
 - U13 – DOB 1997 (14 players)
 - U14 – DOB 1996 (14 players)
 - U15 – DOB 1995 (14 players)
- There would be an internal competition which would see each elite region playing a weekly game against each other from March to September.
- The Sydney metropolitan area will be divided into six regions for boys and a single central region for girls.
- Football NSW will provide players with a training environment specific to their geographical region facilitating an easy option for parents to access player development.
 - The regions for boys include:
 - Sydney West (Blacktown, Granville, Nepean)
 - Sydney East (Canterbury, Eastern Suburbs, St. George)
 - Sydney South (Bankstown, Macarthur, Southern Districts)
 - Sydney North (Gladesville-Hornsby, Manly Warringha)
 - Sydney Far North (Central Coast, Ku-Ring-Gai)
 - Sydney Far South (Illawarra, Sutherland)
 - There is a central region for girls, which consists of 14 players in each age group (U13, U14 and U15)
- Each team would train four (4) times per week and compete against each other on the weekend – 40 weeks of the year.
- Each region would be staffed by Football NSW, an annual periodised plan would be implemented in consultation with the FFA
- The competition process would be as follows:

For any media enquiries please contact:

Media Manager Mark Stavroulakis

(p) +61 2 8814 4416
(f) +61 2 9629 3770
(e) mark@footballnsw.com.au
(m) 0410 403 024

Public Relations Coordinator Bruce Da Silva

(p) +61 2 8814 4460
(f) +61 2 9629 3770
(e) dasilva@footballnsw.com.au

- *Identification:* Players would be identified through Football NSW tournaments, competitions and through our development pathway program. An open trial (for boys and girls) would be conducted on the 19th & 20th of September (U9, U10, U11, U12 [DOB 2001-1998] boys) and the 26th & 27th of September (U13, U14 [DOB 1997-1996] boys and U13, U14, U15 [DOB 1997-1995] girls) for players not participating at the Football NSW State Titles in October 2009.
- *Technical Development Phase:* Once squads are selected, players will train four (4) times a week from the end of October to December with high focus on technical outcomes. Game days will run on weekends and allow for group play outcomes to be achieved in small sided and modified games.
- *Off season:* The off season would be during month of January.
- *Pre Competition Phase:* The four weeks in February would be the pre competition phase and would include four (4) sessions per week along with organised trial games against Metropolitan, Premier Youth and Super Youth League Teams
- *Competition Phase:* From March until September the teams will continue training 4 sessions per week play in organised competition against the other Regional Squads. Where possible games would be arranged with Metropolitan, Premier Youth and Super Youth League Teams.
- The many benefits of the Project 22 include:
 - Access to year-round elite training, coaches and competitions for free
 - Minimal effect of clubs (only 42 players per age group will be selected)
 - Training within a periodised program integrated with a specific long term Athlete Development Program
 - Game specific skill development for players
 - Integrated mental, cognitive and emotional development
 - Professional development opportunity for coaches working with elite athletes on a full-time basis
 - Improved state selection process through daily contact with the best players in the best environment
- Country Development Scheme
 - All country regions (Riverina / Western / Southern) will administer a centre of excellence in which all state team players will train one (1) night per week.
 - This includes boys U13-U15 and girls U13-U17 years.
 - At these centres of excellence each country region will select an U10 and U12 Project 22 squad that will train one (1) night per week 40 weeks of the year.
 - In addition to the weekly training commitment, Football NSW will provide intensive weekends in which all Project 22 centres will attend and compete.
 - Each country region will also provide intensive weekends in which players can accumulate the necessary training hours required.

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