



# **FOOTBALL NSW GIRLS TSP METRO INFORMATION BOOKLET**

**2011 BORN - TERM 2 2025**



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# WHAT IS THE FNSW TALENT SUPPORT PROGRAM?

The Talent Support Program (TSP) is a games-based program, where the top players from each Sydney Metro region (North, South, East, West, and Far South) play regular high-level matches against each other and A-League academies.

The purpose of TSP is to provide an increased number of talented players exposure to a high-quality environment and an increase in high quality games. Further, it will enhance the process for talent identification and selection of representative teams and provide additional opportunities for benchmarking and identification for national teams.

In the FNSW TSP our key words are **Adaptable**, **Brave** and **Creative**.

To be an **Adaptable** footballer, players will need to understand the game, show the right attitude, know about tactics and what different positions demand from them. They need to develop skills to evaluate the game, read and interpret situations, and show tactical intelligence.

We challenge players constantly to be **Brave** and to take calculated risks with no fear of failure. We put them in a competitive environment where they may feel out of their comfort zone to see how they will grow and adapt.

We encourage players to be **Creative** and to think outside the box. The way they look at situations and the decisions they make is what will differentiate them from the rest.

We take a player centered approach. You will notice that players are not only asked to actively participate in co creating game plans but will lead half time talks as individuals or small groups. We feel this is important for the players to get a greater understanding of the game and helps to develop Creativity, and skills which can also potentially be used outside of football.

# TALENT SUPPORT PROGRAM PLAYER SELECTION

The TSP coaches regularly attend Boys & Girls Youth League matches to observe players in their club team environment and select the players that we believe best fit our player traits (*see graphic on page 6*).

The FNSW technical department are in regular communication with Club technical directors to seek their recommendations for which players would be a good fit for the program. We continue to monitor players in and out of the program and evaluate at the end of each term if we need to bring players into the program for the new term.

The TSP is for players who are not currently part of an A-League academy or Future Sapphires program.





# AGE GROUPS AND TEAMS

## GIRLS

### 2011 born players

All teams attend Valentine Sports Park (VSP) each fortnight on a Tuesday during school terms to play matches against the other teams and A-League academies. During the school holidays the TSP program participates in tournaments against the A-League academies and other Member Federations.

Age groups are aligned with the age groups being used for FA National Youth Championships. In some cases, we will proceed outside of these specific age groups to commence talent identification for imminent age groups.

Teams are now organized without regional limitations, and selected players are assigned to one of three teams: Yellow, Black and Blue. This approach aims to ensure a balanced distribution of players among the teams, thereby optimizing playing opportunities for each individual player.



# PLAYER TRAITS

## FOOTBALL NSW

Developing Players to be **Adaptable**, **Brave** and **Creative** Individuals who Strive to Win Every Moment

### PSYCH-SOCIAL

#### WINNING MENTALITY:

A relentless approach to being adaptable, brave and creative to outwit and outplay their opponent

#### RESILIENCE:

Regulates the appropriate emotional state in order to maximize performance

#### PRESENCE:

A demeanour that projects positively onto the team and challenges the opposition

#### LEARNER:

Actively absorbs and retains information quickly and effectively in order to improve performance

### PHYSICAL

#### UNIQUE:

Stands apart from the rest due to an outstanding characteristic or attribute

#### EFFECTIVE:

A coordinated athlete who moves with ease, maximising the use of physical characteristics

#### ROBUST:

Consistently handles the physical demands of the age and stage

#### SELF MAINTENANCE:

Prioritises their nutrition, hydration, and sleep to maintain physical performance

### TACTICAL

#### MANAGE SELF:

Proactively executes their own role within the team in order to control the game at any given time

#### MANAGE OTHERS:

Through effective positioning and communication is able to support the team both in possession and out of possession

#### POACHER:

Proactive and effective, individually supports the team to create and convert goalscoring opportunities

#### INTELLIGENT DEFENDING:

Proactive and effective, individually supports the team to deny goalscoring opportunities

### TECHNICAL

#### EFFECTIVE ACTIONS:

Ability to execute a variety of football actions under pressure

#### CREATOR:

Understands when, where, and how to receive, retain and release the ball when in possession

#### DISRUPTER:

Understands when, where and how to delay, protect and regain the ball when out of possession

#### CONSISTENT:

Repeated and successful use of effective actions, makes good decisions which lead to successful outcomes



# WHAT'S INCLUDED IN THE FNSW TSP METRO PROGRAM?



Regular high level matches vs other regions and A-League academies



Access to individual player video clips and statistics, provided by the StepOut app.



Individual performance goal setting



Full-time Technical staff to educate coaches and identify talented players



Advanced licensed coaching staff



Position specific training sessions during low volume periods of the season



Events recorded by Pixellot camera's and shared



All representative event fees including operations, field hire and referee fees



Program administration and event management



Access to sports and medical practitioners (Sports Trainers at training and events)



Educational seminars



Football Australia Standard Player Insurance\*



Kappa Training Uniform

\* It is highly recommended that all players have private health insurance as this significantly reduces medical costs if a serious injury is sustained that requires orthopedic surgery and/or rehabilitation. You will need to have an active registration as a player with your club on Play Football to be eligible for Football Australia Standard Player Insurance.





# KAPPA UNIFORM

New players will receive the following team-specific items to keep:





# CALENDAR OF KEY EVENTS

DATE	TIME	FIELD	AGE	TEAM 1	TEAM 2	GAME TIMES
27/May/2025	6:00 PM KO	VSP 1	2011s	Yellow	Black	2 x 30 minute game
27/May/2025	7:15 PM KO	VSP 1	2011s	WSW	Blue	2 x 30 minute game
10/Jun/2025	6:00 PM KO	VSP 2	2011s	WSW	Black	2 x 30 minute game
10/Jun/2025	7:15 PM KO	VSP 2	2011s	Yellow	Blue	2 x 30 minute game
24/Jun/2025	6:00 PM KO	VSP	2011s	Yellow	WSW	2 x 30 minute game
24/Jun/2025	7:15 PM KO	VSP	2011s	Black	Blue	2 x 30 minute game
9/Jul/2025	9:00-4:00pm KO	VSP 2+3+4+5	2011s	Various		Multi Games 9-4pm

# TECHNICAL TEAM

## FOOTBAL NSW



**NADINE SHIELS**

Girls Player Development  
Manager

**AFC A Licence**

Nadine is responsible for the Girls TSP, Girls State Teams, Girls FA Elite games and the Institute program. Nadine works closely with FA and National team staff for player development trends, initiatives and opportunities.



**IRINI THEODOSIOU**

TSP Coach

**AFC B Licence**

Irini joined the Football NSW Institute program in 2024 after coaching GSAP and Girls Youth at Premier League clubs for the last 14 years. Many of her players have progressed through to play in the WNPL over the last decade, and some have even begun their own coaching journey. As a current B Licence coach and FA Coach Education Tutor (CET), Irini is dedicated to working with female football players to ensure our pool of elite players continues to grow.



**CHRIS EL-HAYEK**

TSP Head Physio

**Bachelor of Physiotherapy &  
AFC B Licence**

Chris' role is to help players look after their body and manage any injury concerns. This is important for their development, so they can showcase their talent on the field pain free.



**LISA WARRENER**

TSP coach

**AFC A Licence**

Lisa has coached within our talented player programs at Football NSW for over 20 years. Extending from development programs to State Teams, she has worked with many players who have progressed onto A League and overseas contracts. As a current A Licence coach, Lisa brings a wealth of knowledge and experience to our TSP program.



**ANISSA TANN**

TSP coach

**AFC A Licence**

Anissa is an ex-player who played for the Matildas from 1985-2003. She has been a player for almost 30 years and started her coaching journey 20 years ago. She has held various coaching roles at all levels including, National Premier League, State Teams, National teams and most recently in the Football NSW Institute program. Anissa demonstrates key attributes and commitment to developing youth players for the future and the future of our National teams.



# STATE TEAMS & PATHWAYS



Joeys | Young Socceroos | Future Matildas | Junior Matildas

## THE BEST OF THE BEST



A-League Academies | TSP | Future Sapphires  
State Teams | FA Elite Matches

## FOOTBALL NSW NATIONAL PREMIER LEAGUES



Youth | Seniors

## FOOTBALL NSW JUNIOR DEVELOPMENT LEAGUES



Boys U9 - U12 | Girls U10 - U13

## GRASSROOTS FOOTBALL



Community | Association



FOOTBALL  
**NSW**