



The Football Grounds Academy @ Plum Park



Mariners Development Programs

Mariners Pro Star Development Squad

Our Mariners Pro Star Development program is the starting entry point where any child 5yrs plus at any level can register. Simply enter into your age group.

This training can be done all year round (term time only) providing soccer fun in and out of season. This lesson teaches all the FUNdamentals of football and will enhance your child's development, skills and game awareness.

Some children either don't feel ready for club soccer or don't like the idea of playing a proper game when they start but after training with us it has provided some children with the confidence to go give it a go and enter into a team with their local club and enjoy the beautiful game!

Ideally for maximum development at this level for a child to attend 1 lesson with us, 1 nights training with their club team in soccer season and play with their club at the weekend in soccer season is ideal. However it is up to every individual and family to work out what works best for them.

In the off season kids can keep developing their skills and interest with 1 lesson a week if they wish, while enjoying other seasonal sports/ interests.

We run term to term with no classes in the school holidays and if at any point your child wants a break you can simply miss a term or 2 then rejoin when ready. Some children attend all year, some attend seasonally. We welcome mid term registrations all year round - as long as there is room in the class. You do not need to start on the first day of term and you pay from the point you started.

Children in the pro star program that develop to a standard for 1 Star (the next level here at TFG) will be spoken to by their coach and promoted when the time is right. Children do not need to accept the promotion. They are welcome to always remain in the pro star program and will continue to develop and advance in this program.

Mariners 1 Star Development Squad

Our Mariners 1 Star program is a trial based entry program. This is for advanced players (Grades A/B in club soccer & above). Anyone wanting to join the 1 Star academy will need to email/phone and arrange to attend a session so the coach can assess if they currently are at a level that's right for the group. Please inform us of your child's age and their football playing history if emailing.

If the coach feels they need a bit more training first they will be offered a spot in the pro star program and when they are ready they will be moved up to the 1 Star program.

The 1 Star program requires children to attend twice a week. Wednesdays & Fridays. This program runs all year round (term time only). If a child decides they want a term or 2 off or only join seasonally they will be required to trial again if and when they come back. They will not automatically be put back in the program as we must ensure this group is kept at a high level to ensure everyone in the program gets the most out of the sessions.

The coaches here at the Football Grounds academy are all affiliated with the Central Coast Mariners. Either coaches or players. This ensures fantastic coaching and helps with the pathway flow.

Our programs are designed to develop players to give them the skills to play well for their local club and develop them to progress within the Mariners network. We are catering for the children who's parents can't commit to other similar programs that require weekend games in Sydney but want the same level of training the other program provides.

The 1 Star program is on the same level as Junior reps training wise and even shares coaches between the 2 programs.

Any children seen excelling within the Mariners 1 Star academy will be spoken to by their coach and informed of the next step on the pathway within the Mariners development system to see if they would like to take the opportunity to progress to the next step.

Mini Allstars Class

Our Mini Allstars Program is for kids age 3-5yrs.

Parents are welcome on the pitch to support their child especially in the first few lessons however as your child grows with confidence you can sit back and relax and enjoy watching the class while the coaches run it.

We teach the FUNdamentals of football. They learn all the basic skills needed while having fun and playing games. We do fun warm ups, games with numbers and colours, agility assault courses, and at the end of every session they always play a real game of soccer and score lots of goals! This is usually the highlight of the lesson and they find it super fun as well as the passionate parents cheering on the sideline! It builds confidence and passion and they leave every lesson with big smiles.

We have found so many of our Mini Allstars have had so much confidence to join their club as soon as they're old enough and play on the weekend due to their lessons with us. They understand the basics and what they're actually meant to do on the pitch and even know to pass to team mates!

We have moved these lessons to the 4-5pm slot as many have older siblings in the other classes and instead of being bored for the hour they now have a class of their own. Also, those who do not have older siblings tend to have had a day sleep and need tiring out before bedtime making it a perfect afternoon activity.

However if we do get a lot of interest for morning classes we could commence these too so please email us if this is the case.

Everyone is welcome to come for a free session to see if they like it.

This also gives the coach the opportunity to see if you have chosen the right class and advise you.

Every class is 1 hour long and \$20 a class

We charge per term.

Active kids vouchers are accepted.

Any mid term enrolments will only pay for the remaining lessons in the term.

Please check out our FAQ page for lots more information

If you have any questions please don't hesitate to email us at info@thefootballgrounds.com.au

You can register for a MINI ALLSTARS or PRO STAR class on the Timetable page of this website, and please email if wanting a 1 STAR Trial.

Or call Heidi on

0481002524

Thank you.

