CUFC TECHNICAL FRAMEWORK

THE WOMBAT WAY

TEAMWORK • EFFORT • RESPECT

A connected pathway from first kick to senior football

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

OUR OBJECTIVE

WHY THE WOMBAT WAY?

To create one clear football identity across CUFC, connecting who we are, how we coach, how we play and how we develop our players.

WHO WE ARE

Vision • Mission • Values

HOW WE PLAY

Our playing model

HOW WE COACH

The Wombat Way methodology

HOW WE DEVELOP

One connected player pathway

ONE CLUB • ONE LANGUAGE • ONE PLAYER PATHWAY

HOW THE FRAMEWORK CONNECTS

THE WOMBAT WAY • CUFC TECHNICAL FRAMEWORK

VISION — WHAT WE WANT TO BECOME

MISSION — HOW WE GET THERE

VALUES — HOW WE BEHAVE

THE WOMBAT WAY — HOW IT COMES TO LIFE IN FOOTBALL

Every team can look different. The principles should still look like CUFC.

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

OUR VISION & MISSION

Good footballers. Better humans.

OUR VISION

WHAT WE WANT TO BECOME

To be a connected community football club recognised for developing confident, capable footballers who love the game and represent Cooroora United carrying our values on and off the field.

TEAMWORK • EFFORT • RESPECT

OUR MISSION

HOW WE WILL GET THERE

Create a positive and inclusive football environment where players are supported to develop, challenged to improve and inspired to love the game – while being supported to grow as people through teamwork, effort and respect

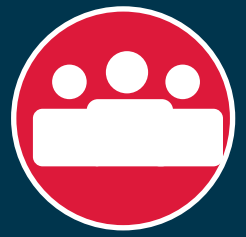
DEVELOP THE PLAYER • DEVELOP THE PERSON

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

OUR CLUB VALUES

Three values guide how we train, play, coach and represent CUFC.



TEAMWORK

WE DO IT TOGETHER

- Support each other
- Communicate
- Put the team first



EFFORT

WE GIVE OUR BEST

- Compete
- React positively
- Keep working



RESPECT

WE REPRESENT CUFC

- Respect each other
- Respect opponents and officials
- Respect the game

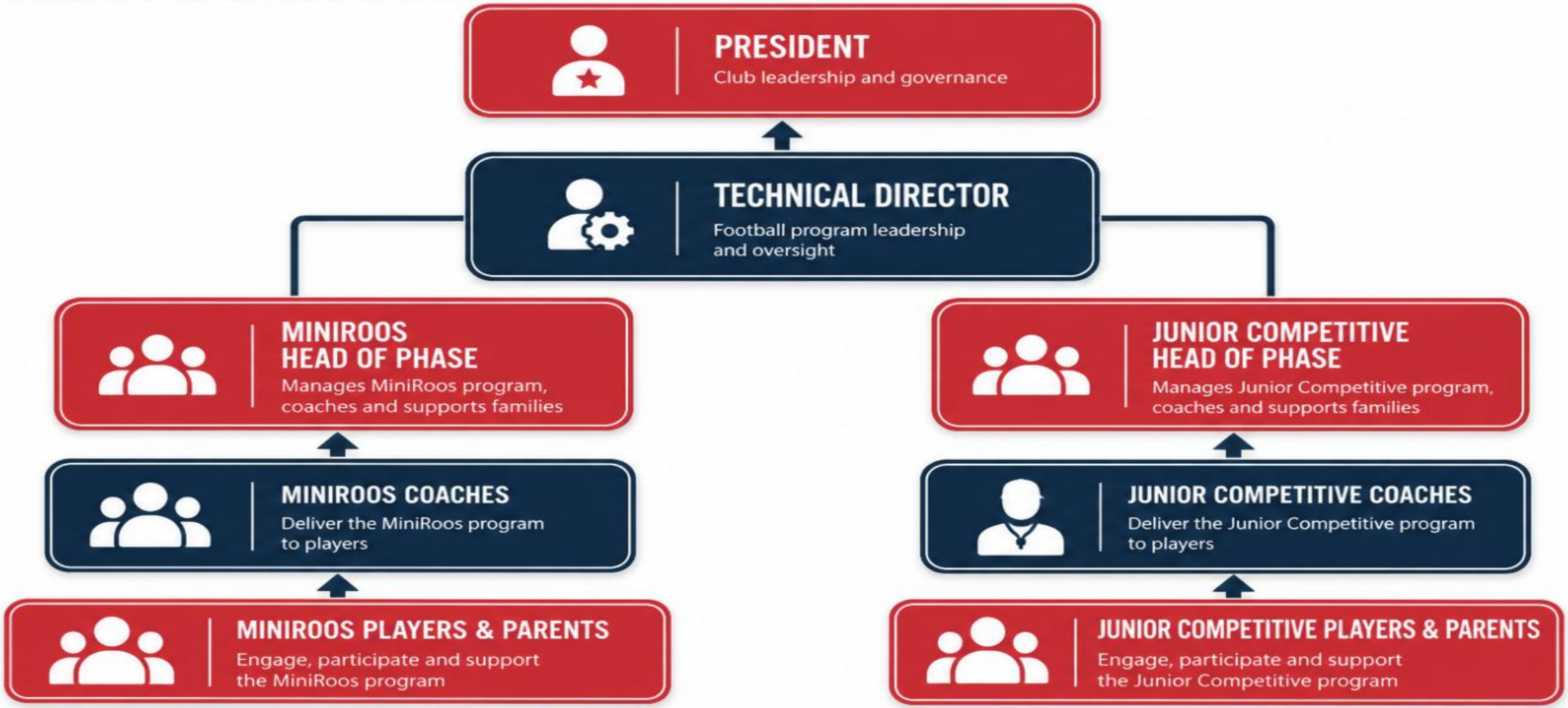
How we play should reflect who we are

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

COMMUNICATION AND SUPPORT PATHWAY

MINIROOS AND JUNIOR COMPETITIVE



TEAMWORK • EFFORT • RESPECT

GOOD FOOTBALLERS. BETTER HUMANS.

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

CUFC FOOTBALL PHILOSOPHY

We develop players who recognise the game, make decisions and execute with confidence

HOW WE COACH

- Create the environment for players to learn
- Let players learn by playing the game
- Ask questions and encourage problem solving
- Give players the freedom to make decisions and mistakes
- Develop the person as well as the footballer

HOW WE PLAY

- Positive and purposeful with the ball
- Connected and competitive without it
- Quick and positive in transition
- Brave in our decisions and actions
- Always with teamwork, effort and respect



CUFC PLAYER QUALITIES

BRAVE • INTELLIGENT • CONNECTED • PROACTIVE • RESILIENT

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

COOROORA UNITED FC

MINIROOS CORE SKILLS — THE FOUNDATIONS OF OUR PLAYING STYLE

The four core skills developed in MiniRoos give players the tools to be brave, intelligent, connected, proactive and resilient in all moments of the game.

1v1

BEAT • PROTECT • DEFEND • WIN



- Beat a player
- Protect the ball
- Change direction
- Shield the ball
- Defend 1v1
- Win the ball

RUNNING WITH THE BALL

CARRY • DRIVE • CHANGE • EXPLORE



- Find space
- Carry forward
- Change speed
- Change direction
- Drive into space
- Recognise when to carry or pass

STRIKING THE BALL

PASS • SHOOT • COMBINE • CREATE



- Passing
- Shooting
- Finishing
- Weight of pass
- Direction
- Combination play

FIRST TOUCH

RECEIVE • CONTROL • PREPARE • PLAY



- Receive the ball
- Control the ball
- Receive into space
- Receive forward
- Protect first touch
- Prepare the next action

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

CUFC GAME MODEL

We play positive, purposeful football. We work together in every moment, compete with effort and show respect for the game.

BP
IN POSSESSION



ATTACK TOGETHER

Be brave on the ball. Create width, depth and options. Look forward, combine and attack space with purpose.

BP > BPO
TRANSITION TO DEFENCE



REACT TOGETHER

React immediately. Pressure the ball, protect forward options and recover quickly if we cannot regain.

BPO > BP
TRANSITION TO ATTACK



GO TOGETHER

Look forward first. Attack space before the opposition resets and quickly support the player who wins the ball.

BPO
OUT OF POSSESSION



DEFEND TOGETHER

Stay connected and compact. Communicate, protect dangerous spaces and press together to regain the ball.

TEAMWORK **EFFORT** **RESPECT**

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CUFC GAME MODEL PRINCIPLES

OUR KEY PRINCIPLES IN EACH MOMENT OF THE GAME.

We play positive, purposeful football.
We work together in every moment,
compete with effort and show respect for the game.

01 BP
ATTACK TOGETHER



1. Build with width and depth
2. Create players between and beyond lines
3. Play forward when the picture allows
4. Use combinations to break lines
5. Switch play when one side becomes crowded
6. Arrive and finish with numbers

02 BP > BPO
REACT TOGETHER



1. Immediate pressure on the ball
2. Closest players close forward options
3. Support the press and lock play in
4. Stop the opposition playing forward
5. If we cannot regain, recover centrally
6. Reconnect quickly into team shape

03 BPO
DEFEND TOGETHER



1. Protect the centre first
2. Stay compact between and within lines
3. Pressure the ball, cover behind
4. Force play away from dangerous areas
5. Press together on clear triggers
6. Defend the box together

04 BPO > BP
GO TOGETHER



1. Look forward immediately
2. Run forward to support the regain
3. Attack space before the opposition resets
4. Use forward, wide and supporting options
5. Counter when we have an advantage
6. Secure possession if the counter is not on

BRAVE WE TAKE POSITIVE RISKS | **INTELLIGENT** WE RECOGNISE THE GAME | **CONNECTED** WE PLAY FOR EACH OTHER | **PROACTIVE** WE TAKE INITIATIVE | **RESILIENT** WE KEEP GOING

THE WOMBAT WAY

DEVELOPING GOOD FOOTBALLERS AND BETTER HUMANS

COOROORA UNITED FC

P – D – E: THE PLAYER PROCESS

GOOD PLAYERS SEE IT | MAKE GOOD DECISIONS | EXECUTE WITH QUALITY

We want players who are Brave, Intelligent, Connected, Proactive and Resilient. These qualities show up in every step of the P – D – E process.

P PERCEPTION

SEE AND UNDERSTAND



1. Scan regularly (before, during and after receiving)
2. Identify the position of teammates, opponents, ball and space
3. Recognise the game situation (e.g. pressure, time, score, area of the field)
4. Anticipate what might happen next
5. Notice cues and triggers (e.g. space, pressing players)
6. Stay aware and keep scanning throughout the play

D DECISION

CHOOSE THE BEST OPTION



1. Assess the options available
2. Consider the risk vs reward
3. Choose the option that best supports the game model
4. Be brave and proactive in your decision making
5. Adapt quickly if the situation changes
6. Make decisions for the team, not just yourself

E EXECUTION

DO IT WITH QUALITY



1. Execute with the right technique and intensity
2. Play at the right speed
3. Be accurate and composed under pressure
4. Use your first touch to set up the next action
5. Follow through and be ready for the next phase
6. Take ownership and keep applying effort

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1 LET THE PLAYERS PLAY

Give players the freedom to make decisions, be creative and solve problems themselves.



- Encourage decision making
- Trust the process

2 NO JOYSTICK COACHING

Avoid constant instructions. Don't tell players where to go, what to do, or control every pass.



- No constant directing
- Don't take over the game

3 GIVE QUICK INSTRUCTIONS

Keep it short, clear and simple. Stop, show, go.



- Use key cues
- Keep it under 20 seconds

4 KEEP PLAYERS ACTIVE

No sitting around. Maximise playing time, minimise queues and waiting.



- High repetition and involvement
- Plan sessions to keep everyone moving

5 ALWAYS HAVE PDE

Every activity must have a clear Perception – Decision – Execution focus.

P	D	E
PERCEPTION	**DECISION**	**EXECUTION**
What do you see?	What are your options?	Carry it out with quality.

- Build PDE into every drill and game
- Ask questions to challenge thinking

6 CREATE THE RIGHT ENVIRONMENT

Positive, supportive and challenging. Mistakes are opportunities to learn.



- Encourage effort and resilience
- Keep it positive and respectful

BRAVE — WE TAKE POSITIVE RISKS

INTELLIGENT — WE RECOGNISE THE GAME

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RESILIENT — WE KEEP GOING

THE WOMBAT WAY

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7 USE THE GAME

Teach through realistic, game-based scenarios. Make it as game-like as possible.



- Small-sided games where possible
- Transfer learning to match play

8 DEVELOP THE WHOLE PLAYER

Help players grow technically, tactically, physically, mentally and socially.



- Build confidence and character
- Be a positive role model

9 COMMUNICATE AND CONNECT

Build strong relationships with players, parents and fellow coaches. Be clear, approachable and consistent.



- Listen and be open
- Keep everyone informed

10 BE ORGANISED AND PREPARED

Plan sessions, have equipment ready, and start on time. Use your time well.



- Plan ahead
- Be ready before players arrive

11 REFLECT AND KEEP IMPROVING

Be open to feedback, learn from experiences and look for ways to grow as a coach.



- Seek feedback
- Stay curious and keep learning

12 REPRESENT THE CLUB

Uphold the CUFC values on and off the field. Set the standard in behaviour, language and attitude.



- Be a positive ambassador
- Put the club and players first

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THE WOMBAT WAY — GAME-DAY FRAMEWORK

MATCH DAY IS THE TEST OF LEARNING — NOT A COACHING PERFORMANCE

THE SIDELINE SHOULD HELP PLAYERS THINK — NOT THINK FOR THEM.

1 BEFORE
CONNECT TO THE WEEK



Keep the focus on this week's training topic.
Match day is an opportunity to apply what we have trained.

Give 1–2 simple reminders.
Reinforce the key principle or behaviours from training.

Connect it to the game.
Help players recognise when the training topic might appear.

Then let them play.
Don't introduce new tactical information before the game.

2 DURING
LET THEM PLAY



Observe first.
See what players are doing, how they are solving problems.

Give short, clear instructions.
Keep it simple – 1–2 key cues.

Avoid joystick coaching.
Don't tell players where to go, what to do, or control every pass.

Let the players make decisions.
Be patient and allow mistakes as part of learning.

3 HALF-TIME
HELP THEM SEE



Ask what they saw.
Get the players' perspective first.

Reinforce 1–2 priorities.
Link back to the training topic.

Use the P – D – E lens.
What are they perceiving?
What decisions are they making?
Can they execute?

Keep it brief and positive.
Give the players confidence to express ideas and take ownership.

4 AFTER
CONNECT THE LEARNING



Recognise effort and decisions.
Look for examples of the training topic in the game.

Ask reflection questions.
- What worked well?
- What could be better?
- What will you try next time?

Identify what returns to training.
Link the learning to our next session.

Finish with connection.
Be positive, consistent and supportive.

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THE WOMBAT WAY — PLAYER DEVELOPMENT PATHWAY

ONE PATHWAY • INCREASING COMPLEXITY • SAME CLUB IDENTITY

U6–U9

LOVE THE GAME

EXPLORE & PLAY

Lots of touches • 1v1 confidence • core skills • freedom to try

U10–U12

BECOME A FOOTBALLER

DEVELOP & DECIDE

Strong core skills • scan • see space/pressure • make choices

INTELLIGENT + PROACTIVE

U13–U14

UNDERSTAND THE GAME

PERCEIVE & CONNECT

Four moments • positional relationships • connect actions with teammates

CONNECTED

U15–U16

PERFORM THE GAME

EXECUTE & ADAPT

Perform under pressure • team roles • adapt to changing game pictures

RESILIENT

U17+

OWN YOUR GAME

PERFORM & LEAD

Take ownership • consistency • leadership • prepare for senior football

ALL 5 QUALITIES

FOOTBALL DEVELOPMENT	CORE SKILLS → GAME UNDERSTANDING → FOUR MOMENTS → TEAM PRINCIPLES → PERFORMANCE
PLAYER LEARNING	PERCEPTION → DECISION → EXECUTION
THE WOMBAT WAY	BRAVE • INTELLIGENT • CONNECTED • PROACTIVE • RESILIENT

TEAMWORK • EFFORT • RESPECT

GOOD FOOTBALLERS. BETTER HUMANS.

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THE WOMBAT WAY — PLAYER DEVELOPMENT PATHWAY

ONE PATHWAY • INCREASING COMPLEXITY • SAME CLUB IDENTITY

U6–U9



HAVE FUN AND LEARN

EXPLORE • PLAY • DEVELOP

- Have fun and enjoy the game
- Learn and practice the 4 core skills
- Play with your mates
- Learn good values
- Have a go and try new things

POSITIVE EXPERIENCES

U10–U12



BUILD YOUR GAME

DEVELOP • IMPROVE • BELONG

- Be ready for competitive football
- Focus on improving the 4 core skills
- Show our club values
- Develop and be supported at your skill level
- U11/12 possible team selection process

INTELLIGENT + PROACTIVE

U13–U14



UNDERSTAND THE GAME

LEARN • APPLY • ADAPT

- Be competitive and challenge yourself
- Learn and apply the 4 key moments of football (our team model)
- Make good decisions on and off the ball
- Work as a team and support teammates
- Show our club values

CONNECTED

U15–U16



PERFORM AND PROGRESS

EXECUTE • ADAPT • LEAD

- Be competitive and perform under pressure
- Continue to develop and refine the 4 key moments
- Improve technical, tactical, physical and mental game
- Show our club values through effort and commitment
- Take ownership of your development

RESILIENT

U17+



PLAY OUR GAME

PERFORM • LEAD • REPRESENT

- Play our style and execute our team model
- Take ownership of your game and development
- Be a leader on and off the field
- Show our club values through consistency, effort and commitment
- Prepare for senior football and future opportunities

ALL 5 QUALITIES

FOOTBALL DEVELOPMENT	CORE SKILLS → GAME UNDERSTANDING → FOUR MOMENTS → TEAM PRINCIPLES → PERFORMANCE
PLAYER LEARNING	PERCEPTION → DECISION → EXECUTION
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