

Nomads United AFC



# NOMADS UNITED ACADEMY EST. 2017.

~2025 HANDBOOK~



# WELCOME TO THE NOMADS ACADEMY

EST. 2017

The Nomads United AFC Academy was established in 2017 following the introduction of the National Club Licensing criteria and Talent Development programme (TDP) by New Zealand Football. Nomads was the first club in New Zealand to achieve its club license, and has since developed into a leading club in this space across New Zealand. Our Academy programme offers players a holistic learning environment which provides targeted support for aspiring players who have a desire to push themselves to become the best that they can be.

Our aim is simple; we want to develop quality people and then in-turn develop quality footballers, with our programme designed to nurture the players development and unlock a higher potential as they advance towards senior football at Nomads and beyond. The Academy focusses on four key areas, with support tailored across each area to enable positive, long-term development:

**Character Development** | *Producing quality people that make a difference in the world.*

**Individual Technique** | *Producing players who thrive under pressure & can compete with the best.*

**Football Intelligence** | *Producing intelligent & tactically flexible players.*

**Physical Development** | *Enabling and supporting life-long movement and physical development.*

We believe that this player-focused model offers our players the best chance to grow and be successful not only in football, but in life. For our parents; we believe that we must work together to develop young people, so building trusting relationships with you is also very important for us to deliver a successful programme. We look forward to working with you throughout the player's football journey at Nomads United AFC.

**Matt Jansen**

**Director of Football**



# NOMADS ACADEMY

## VISION & VALUES

### OUR VISION

Our aim for our performance pathway players is to maintain at least 80% of our players within our youth playing squads as homegrown players, and 50% of our Senior playing squad from within the Nomads community. We also want to provide an environment which will support individuals to go onto greater honours.

We will achieve this by providing a supportive environment where coaches and managers are trusted to develop respectful players with a strong work ethic. Our players will also be willing to learn, have the courage to ask questions, take responsibility for individual and team performance, and above all be comfortable with the ball in every position.

### OUR VALUES

Our committee, volunteers, coaches and managers will strive together to deliver on our vision which we believe will provide future success for the club as well as future success for individuals. Player pathway development is essential to the ongoing growth of our club and the game. The expectations of our players are no different to those of our coaches, managers, supporters and volunteers; to represent Nomads United AFC in a manner that abides by the Club Code of Conduct, and reflects our Club values.

As such our staff, coaches, parents and players are asked to embrace our club values of:

- ❖ **Passion** | *We instil a love for the sport that encourages football for life.*
- ❖ **Respect** | *We promote ethical behaviour, fair play and respect for the game and all its participants.*
- ❖ **Integrity** | *We act in a fair, consistent and transparent manner.*
- ❖ **Dedication** | *We expect all members to make a commitment to the Club and to its teams.*
- ❖ **Excellence** | *We set, work towards, and achieve the highest standards whilst being responsive to change and opportunities for continual improvement.*

Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# 2025 SEASON NOMADS ACADEMY



## OUR PHILOSOPHY

The Nomads Academy methodology is designed specifically with the development of the individual player in mind, with a specialist approach towards teaching players how to excel in 1v1 situations both with and without the ball. Players are taught to play on and be comfortable with the ball in all situations, to be adaptable and tactically flexible, having the ability to solve problems in the moment and to have a strong sense of competitiveness and desire to perform well both individually and collectively.

We play an attacking and pro-active style of football, with our playing style fully aligned from our First Team down throughout our Academy pathway teams, ensuring that as our players progress through our pathway they are constantly challenged but also ready for the next step.

Our OFC/NZF qualified B and C licensed coaches provide a holistic & player centered approach to learning with an emphasis on developing character, respect, resilience and teamwork. A large number of our coaches are also either coaching or playing in our Senior environment, providing a greater link between our Academy and Senior teams & making the transition between these environments an easier one for our players.



Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# 2025 SEASON NOMADS ACADEMY



## INDIVIDUAL CHARACTER DEVELOPMENT

**Character Development** - *Producing quality people that make a difference in the world.*

As one of the four key corner stones that we focus on in the Nomads Academy, character development is possibly the most important for us. All of our players are encouraged to give back to the sport that they love, whether through coaching a junior team, helping out at first kicks/fun football or being a ball-boy for one of our senior teams, giving back is a fundamental part of our club and culture at Nomads.



## MENTAL SKILLS PROGRAMME

We know the importance of maintaining positive mental health & mindsets for young aspiring athletes, so we have once again teamed up with the Performance Act to secure professional mental skills services for our teams in 2025. Their evidence-based psychological skills programs are designed to help individuals overcome the mental barriers that may be holding them back and to develop the tools and techniques necessary for personal growth and success.

We also have secured additional workshops for our Academy parents and Academy coaches to provide resources and strategies on how we can best support and develop our young players.

# The Performance Act

Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# 2025 SEASON NOMADS ACADEMY



## PERFORMANCE ANALYSIS

**Football Intelligence** - *Producing intelligent and tactically flexible players.*

Our Academy uses VEO, an online video analysis tool which allows coaches and players to watch recorded footage of a team/individual, create clips/drawings of specific moments in the game and create game highlights which can be distributed across the team or specific individuals.

All of our Academy teams have their games filmed using VEO, and uploaded to a centralised platform that coaches, parents and players can access, allowing players and teams to review their trainings/games to improve game understanding and performance.



## EDUCATIONAL WORKSHOPS

Players are provided with a variety of educational workshops throughout the season delivered by expert guest speakers covering various topics such as player pathways, nutritional advice, sport psychology and high performance sport experiences.

All of our Academy players are also up-skilled to become qualified referees through the Mainland Football Community Referee development course and qualified junior coaches through club-led coach development workshops.



Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# 2025 SEASON NOMADS ACADEMY



## STRENGTH & CONDITIONING

**Physical Development** - *Enabling and supporting life-long movement and physical development.*

Focussing primarily on developing positive movement patterns and improving football specific strength, durability, coordination, speed and conditioning, our Academy Strength & Conditioning programme is an important aspect of our programme.

In 2025, we will also be introducing a functional movements programme, approved by Sport NZ, which will help our young athletes explore a range of different movement patterns through pre-training warm-up exercises and become more effective movers over time, improving their balance, coordination and agility along the way.

## SPORTS SCIENCE - UC SPORT

To support the work we do in the strength & conditioning space, we also provide professional sports science support through physical testing days provided by the University of Canterbury.

Following testing days, players are provided with detailed individual feedback plans aimed to improve results & linked to our pre-hab injury prevention programme.



Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# 2025 SEASON NOMADS ACADEMY



## PLAYER FEEDBACK

All players within the Nomads Academy receive feedback from their coaches throughout the season to aid in their overall development. This comes in the form of:

**Informal Player-Coach Meetings** - enables coaches to check in with the players to see how things are going and for players to set and monitor seasonal goals.

**Formal Player-Parents-Coach Meetings** - enables coaches to discuss and review players development with both parents and players and discuss development plans for the player moving forwards.

**Mid Season & End of Season Reports** - detailed player feedback reports outlining social/emotional, technical/tactical, mental & physical development with key development areas identified for players.

### INTERNAL

### EXTERNAL





# NOMADS ACADEMY PLAYER PATHWAY

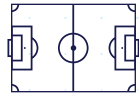
## 13th Grade



Academy Programme  
3 Contacts  
Pre-Hab Programme



Play Club Football  
for Nomads in Canterbury  
Development League



11 a-side  
Reduced Field Size



CIC CUP Tournament (Mid Season)  
Domestic Tournament or Tour (End of Season)



Overseas Tour  
Preparation

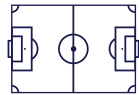
## 14th Grade



Academy Programme  
3 Contacts  
Pre-Hab Programme



Play Club Football  
for Nomads in Canterbury  
Development League



11 a-side  
Reduced Field Size



CIC CUP Tournament (Mid Season)  
Domestic Tournament or Tour (End of Season)



Overseas Tour  
Preparation

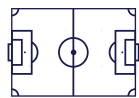
## 15th Grade



Academy Programme  
3 Contacts  
Pre-Hab Programme



Play Club Football  
for Nomads in Canterbury  
Development League



11 a-side  
Full Field



CIC CUP Tournament (Mid Season)



Overseas Tour  
(End of Season)

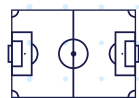
## 17th Grade



Academy Programme  
3 Contacts  
S&C Programme



Play Club Football  
for Nomads in Canterbury  
Development League



11 a-side  
Full Field



Auckland U17 Tournament  
U19 CDL / Labour Day Tournament



U17 Southern League  
U17 National League  
U17 World Cup Cycles



USA University  
Soccer Scholarship

Southern League  
Mens First Team / U20's Link

Nomads United AFC



For more information contact:

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795



# NOMADS ACADEMY

## EXPRESSIONS OF INTEREST

### PLAYERS EXPRESSIONS OF INTEREST

The Nomads Academy has an open team selection process at the beginning of each season for all interested players. If you would like to be considered for a team in the 2025 season, please complete our expression of interest form using the link below:

[PLAYERS CLICK HERE](#)

### COACHES EXPRESSIONS OF INTEREST

The Nomads Academy is always on the lookout for aspirational coaches and believe in developing coaches as well as players. We have seen a number of coaches come through our Academy programme and move onto bigger and better things. If you are interested in getting involved, please fill out our coaches expression of interest form using the link below:

[COACHES CLICK HERE](#)

Nomads United AFC



**For more information contact:**

Email: [dof@nomadsafc.org](mailto:dof@nomadsafc.org)

Phone: 027 359 5795