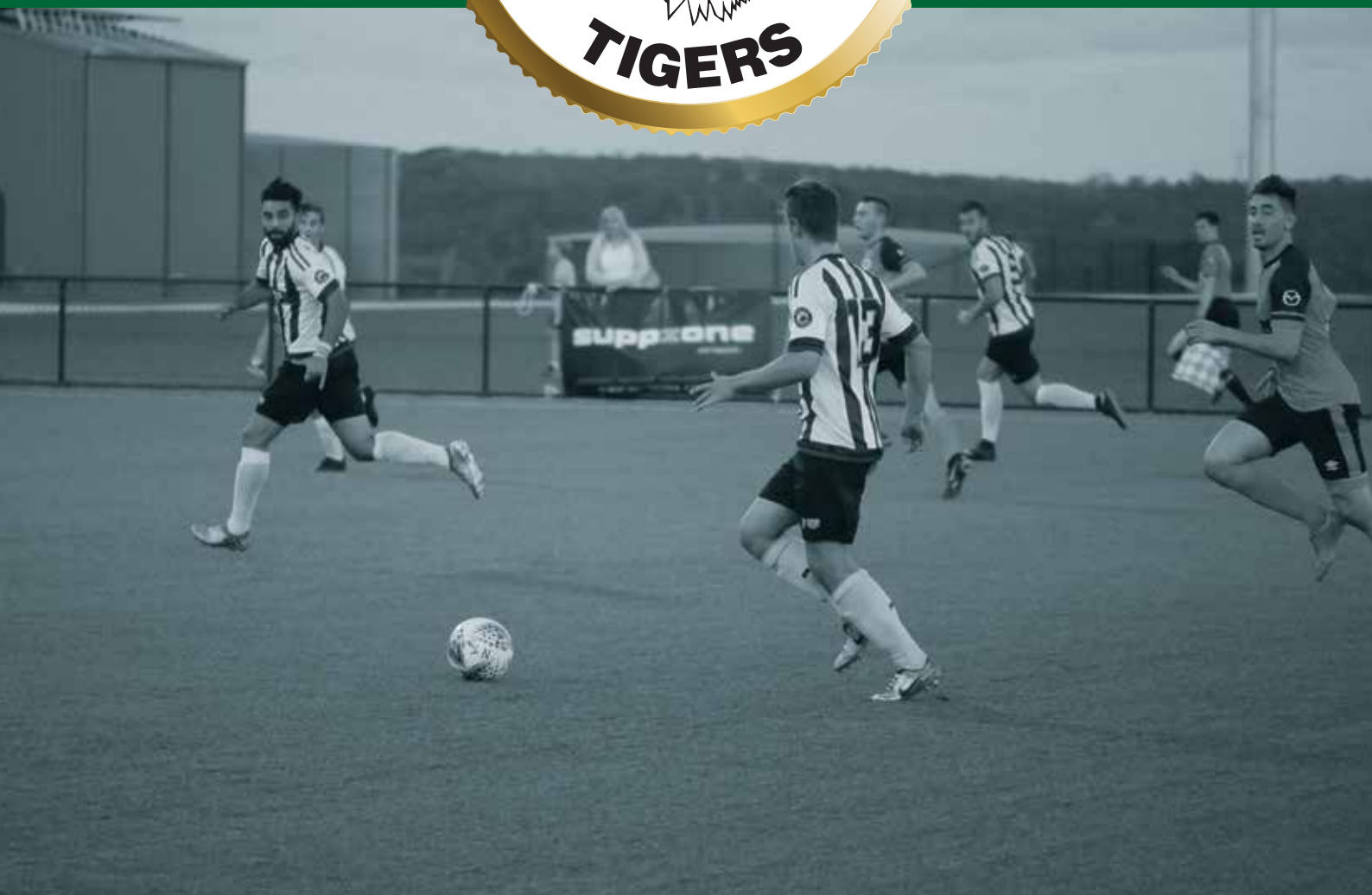


**NPL  
SEASON**



**2019**



# VISION

To develop better players for tomorrow



# MISSION

Be a leader and model Australian football club in long-term player development.

Establish a high performance framework that supports a player-centred approach delivered by highly credentialed, energetic, and respected coaches and support staff.

Promote a culture of continuous improvement embracing technology and world best practice.

To establish a football philosophy that excites players and coaches.

The NSFA / Northern Tigers objective is to have both the Senior Men and Senior Women's programs participating in NPL 1.

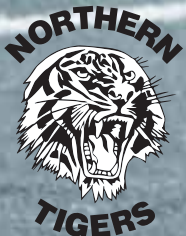




# FOOTBALL PHILOSOPHY

To develop intelligent, confident, creative players who:

- Play with a positive mentality
- Have a strong teamwork ethic
- Regard effort as the foundation for improvement
- Have the ability to maintain effective possession with deliberate passing and speed of play
- Are able to play in an organised, compact, disciplined, proactive defensive structure
- Demonstrate humility and good sportsmanship



# CLUB STRUCTURE



## TEAMS 2019

### Mens NPL 2

First Grade

Under 20's

Under 18's

### Womens NPL

First Grade

Reserve Grade

U17's

U15's

U14's

### Youth NPL

U16's

U15's

U14's

U13's

### SAP

Northern Tigers (NT) SAP:

Northern Lions (NSFA) SAP:

U9/U10/U11/U12

Northern Tigers Girls Only:

U10/U11/U12/U13

### Development Squad

Training squads only

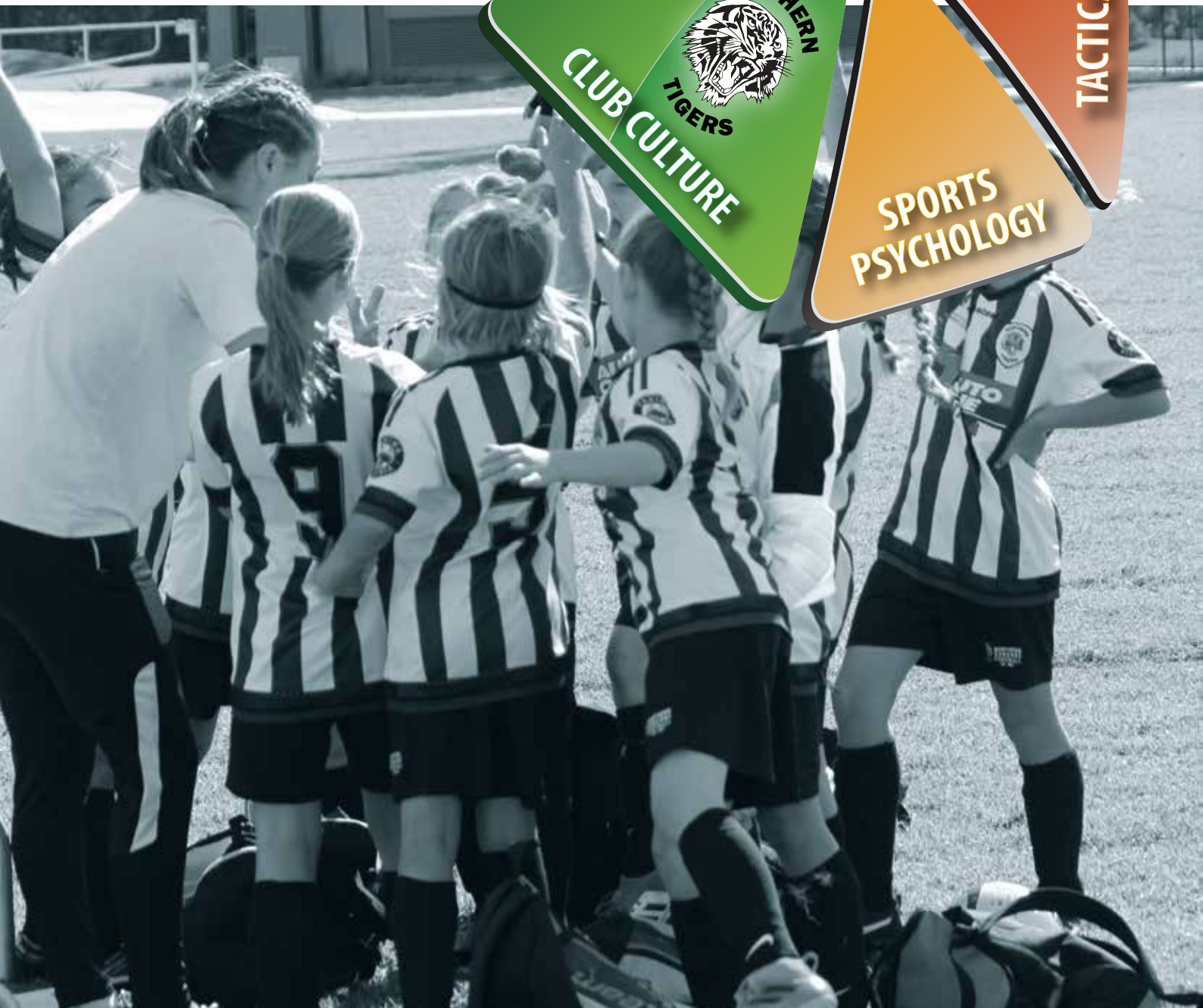
U8-U13





# HIGH PERFORMANCE FRAMEWORK

Provides an environment for  
ALL PLAYERS and COACHES  
to maximise their potential



# FUNCTIONAL MOVEMENT

## Strength and Conditioning

Northern Tigers FC are excited to welcome Marshall McGee as the club's full-time strength and conditioning coach for the 2019 season. Marshall has occupied multiple roles at several elite sporting organisations, including Strength and Conditioning Coach for the NSW Waratahs and Rehabilitation Coordinator for Wests Tigers Rugby League.

Although most of his professional experience is with rugby clubs, Marshall played football for 17 years in both the Nepean District and Western NSW. He is very passionate about working with athletes and helping them improve their physical performance on the field and increasing their injury resilience through strength, power and speed training.







**St Ives Physiotherapy**  
&  
Sports Therapy Centre

St Ives Physiotherapy & Sports Therapy Centre is the preferred physiotherapy practice for Northern Tigers FC.

St Ives Physio provide:

- On-field management of sporting injuries during matches
- Screening assessments
- Individually tailored football specific rehabilitation programs
- Discounted consultations for Northern Tigers FC players
- On-call physio at training venues each week for injury management

# SPEED AND AGILITY

The club is in partnership with the Academy of Sport Speed and Agility (ASSA), led by internationally renowned speed and agility coach Ranell Hobson. ASSA will run various club sessions throughout the pre-season and regular season, with private sessions also available.



# TECHNICAL AND TACTICAL

## Jason Eagar

Jason is the Technical Director for Northern Tigers and Northern Suburbs Football Association and oversees the development of all players and coaches.

FFA A Licence Coach

Masters Sports Coaching

FFA C Licence Course Presenter

## Coaching Team

- Coaching team that is supportive of the Club philosophy and culture.
- Highly accredited and with child protection checks (WWC)
- Blend of knowledgeable, experienced, developing and energetic coaches





## Underpinning Development Squads

Development squads aim to bridge the gap between representative and community football, allowing talented local players in the SAP age groups to gain additional training from representative coaches while playing for their NSFA club.

Development squads will follow the Northern Tigers curriculum and have exposure to representative training sessions during the season.



## XLR8 Small Group Coaching

XLR8 is an NSFA-run program powered by Northern Tigers. XLR8 Small Group Coaching sessions are open to all Northern Tigers players and run locally by experienced youth development coaches.

Small Group Coaching provides a high-intensity training environment designed to help players further develop their individual skills and improve specific focus areas based on each player's requirements.

Small Group Coaching is only available to representative or NSFA Diamond League/ Super League players to ensure the quality and intensity of each session is maximised.



**For more information contact  
XLR8 Head Coach, Nick Marr, by  
email at [nick.marr@nsfa.asn.au](mailto:nick.marr@nsfa.asn.au)**

**XLR8**  
POWERED BY  
**NORTHERN TIGERS**

# SPORTS PSYCHOLOGY

The club has engaged the services of respected sports psychologist **Dr Cory Middleton** to provide team performance enhancement workshops

Known as the “Doctor of Mental Toughness”, Cory we will be running a series of workshops with our youth and senior teams during the course of season 2019. Cory was a performance psychologist at the Australian Institute of Sport and is now running a highly successful consulting organisation - TD Academy.





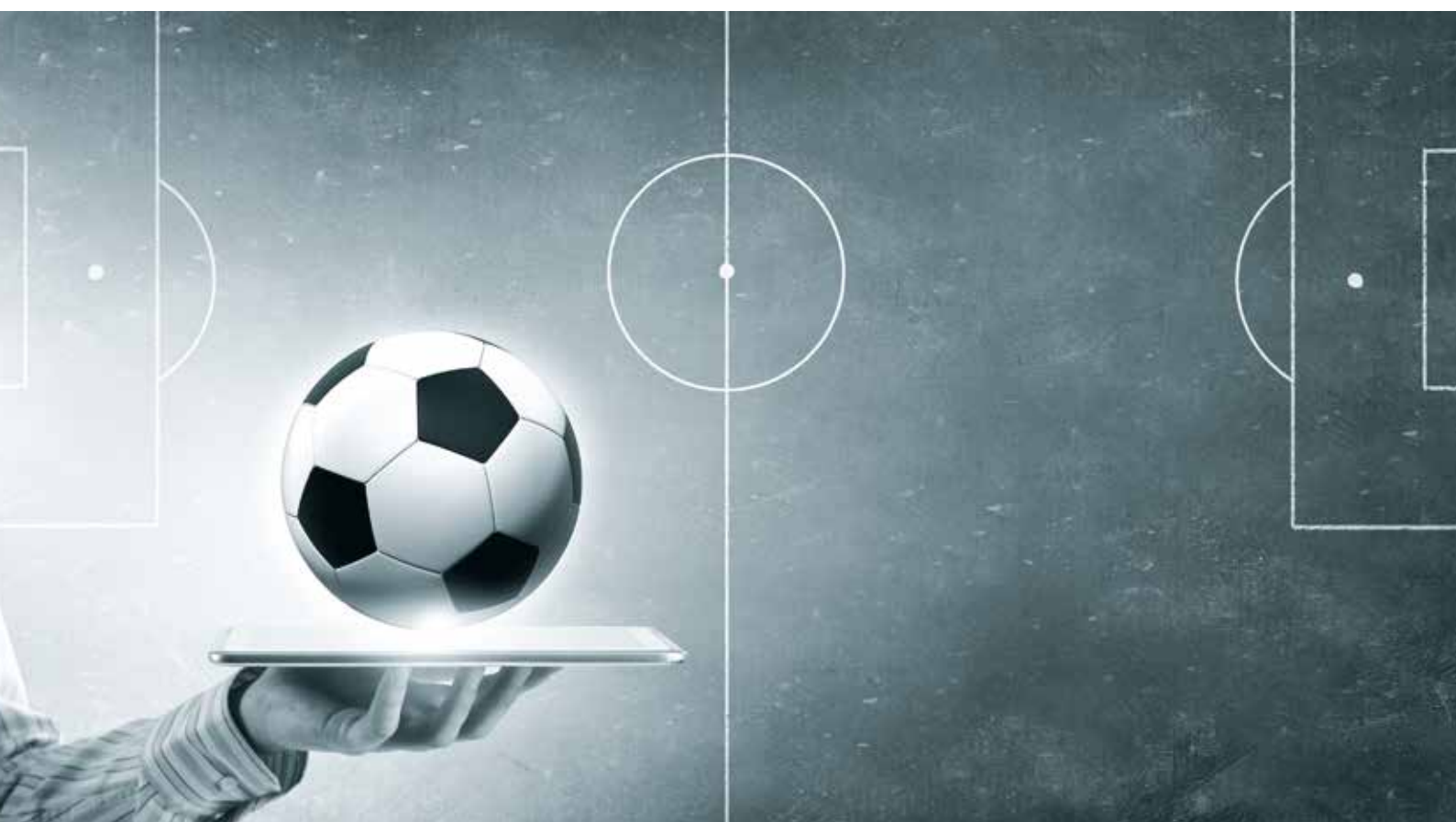
# TECHNOLOGY



Hudl is one of the premier video analysis platform in sport, allowing coaches and players to review matches and create highlight videos to improve performance. All teams from Men's NPL (First Grade, U20's, U18's), Youth NPL (U16's, U15's, U14's, U13's), Women's NPL (First Grade, Reserve Grade, U17's, U15's, U14's) have access to Hudl and all home matches are filmed and uploaded for analysis.



Sportlyzer is an industry-leading club management tool and will be utilised by the club for the 2019 season. A key feature of Sportlyzer is the mobile apps for parents, players and coaches which allow for seamless communication between all parties about training, matches and other club events. Player welfare and performance can be tracked online and more effectively managed.



# PLAYER AND COACH PATHWAY

Northern Tigers has a strong history of providing a long-term development pathway to players.

The first option is always to identify players from within the club to fast track and promote to the First Team; giving young players an opportunity to develop and play 1st Grade football.

Coaches have an opportunity to gain experience across the Club from the Skill Acquisition Phase to the Performance Phase. There is also a process in place for players to transition into coaching.

Northern Tigers Players and Coaches have a history of representation in Met Far North State Titles teams, also in FNSW State Teams, and Australian Schoolboys and Girls teams.

Northern Tigers have a positive relationship with A League/W League Clubs Sydney FC, Western Sydney Wanderers and Central Coast Mariners.







# ONE CLUB

Northern Tigers FC is committed to the development of both men's and women's football and provides equal development opportunities to all players within the club.



# FACILITIES



Northern Tigers are proud to call the North Turramurra Recreation Area (NTRA) home, with additional facilities at Charles Bean Oval at Lindfield.

NTRA boasts one synthetic surface (featuring a full-size playing field and additional warm-up area) as well as two full-size grass playing fields. NTRA has parking space for 300 cars, change rooms, storage facilities and a meeting room.

Plans are in place for state-of-the-art grandstand and supporter facilities at NTRA.

Charles Bean includes a full-size synthetic pitch and change rooms.







# EMPLOYMENT OPPORTUNITIES

Northern Tigers FC also provides an avenue for players to engage in paid coaching work.

Motivated individuals can work through the associations' XLR8 Player Development programs, which also act as a natural coaching pathway into Northern Tigers.

Opportunities also include facilitating holiday clinics as well as becoming Game Leaders at weekend SAP games.



**XLR8**  
POWERED BY  
NORTHERN TIGERS

[northerntigersfc.com.au](http://northerntigersfc.com.au)

