



# MFFC Pre Academy Centres (PAC)

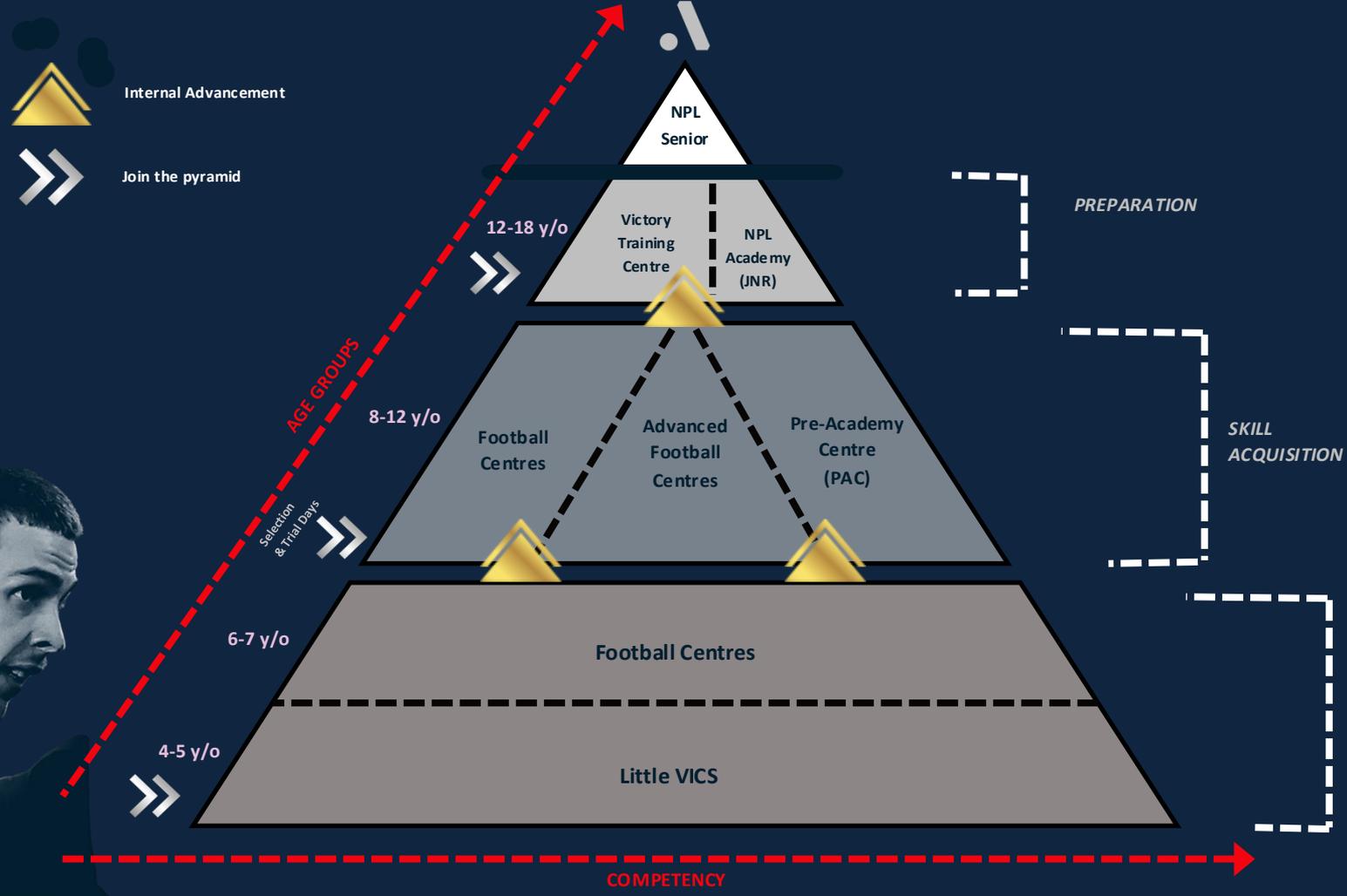


# Melbourne Victory Football Club Numbers

- Foundation member club in A leagues (mens & womens)
- Private own entity, with a board of directors & Chief Executive
- Largest membership base in the country (23,000+)
  
- A League inaugural club (2005)
  - 4 x championships
  - 3 x premierships
  - 2 x FFA cups
  - AFC Champions League x 7
  
- A League inaugural club (2008)
  - 3 x championships
  - 1 x premiership
  - AFC Champions League x 1
  
- 40 administration staff & 25+/- football department staff (F/T) plus various contractors and volunteers.



VICTORY PATHWAYS  
THE FOOTBALL PYRAMID



## So, WHAT is the PAC?

- **Individual, technical** player training and identification programme for players of high potential.
- Opportunity to be coached and observed by MVFC coaches and to **be part of professional** football club environment.
- Increased possibility of joining MVFC Academy, though not the only entry point beyond U13s.
- Designed to supplement (where possible) club based football. Club based selections are endorsed by local football club.



## PAC Objectives:

1. To foster a lifelong connection to the club (enjoyment, understanding, connection & opportunities)
2. To develop the independent, technical player
  - Creating Technical & Behavioural Habits that are transferable to the players additional environments
3. To develop constantly, improved generations (yearly) of technical players for the MVFC U13 academy and girls NPL program.



# What are we trying to achieve?

The fundamental **technical skills**, are when they have the ball! If you don't have "all the technical tools" by the time you arrive at senior level, you cant maximise your potential.

PAC is about developing "**Ball Mastery**" & being "**Dominate in the 1v1**" moments.

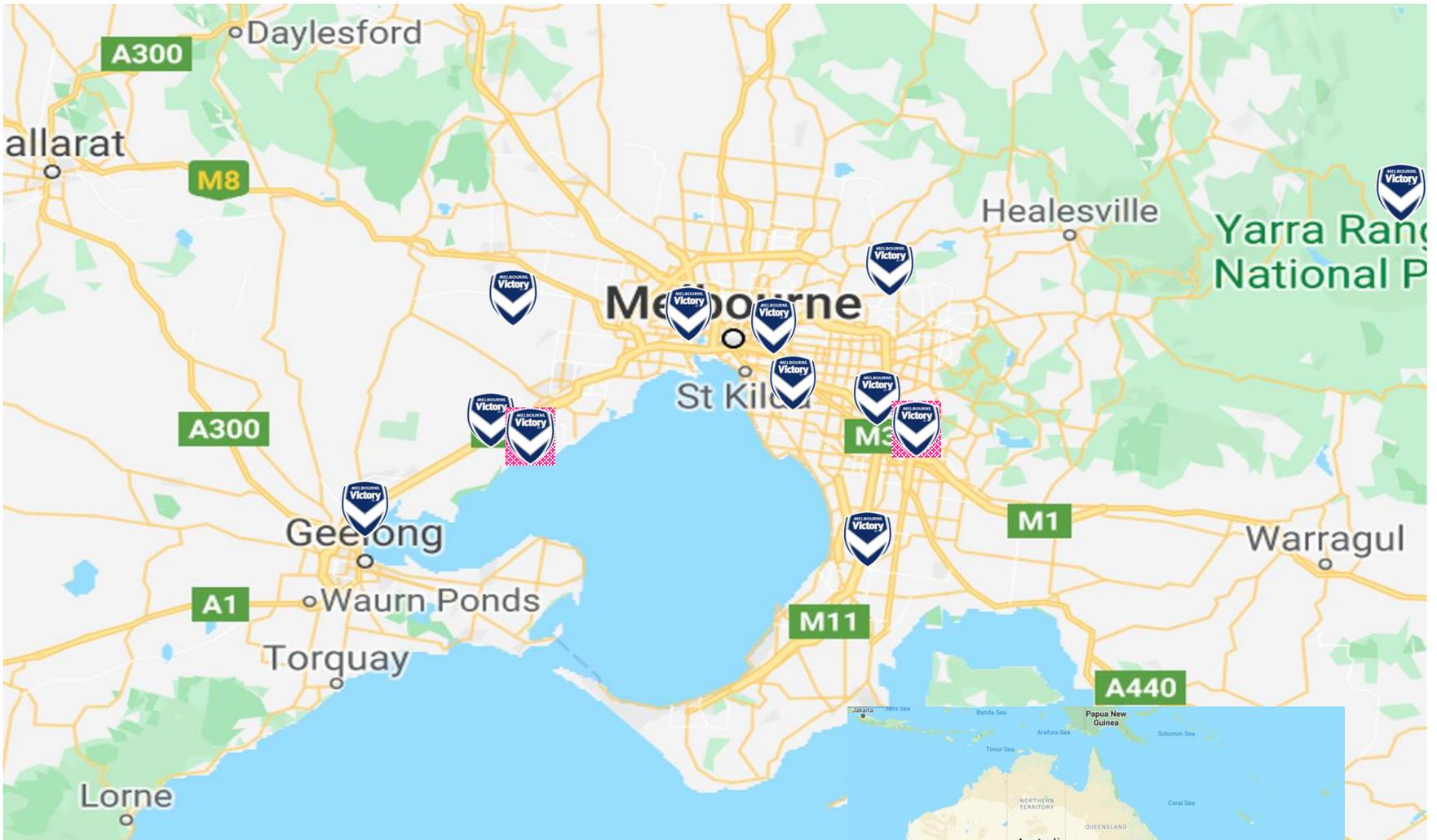
PAC sessions are designed to create player "**independence**", where they are constantly improving their **relationship with the ball and their relationship with an opponent.**

We don't need to focus on the co-ordination between multiple players in the PAC, as we know it exists naturally given they'll train in up to 5v5 scenarios away from PAC and will be a key focus once they arrive into the MVFC Academy.

More in depth in PAC **content / curriculum** overview - <https://youtu.be/X1uCJIHVdk>



# LOCATIONS of PAC Centres



# 2026 Venue Logistics

## TRUGANINA (Arndell Park)

Saturdays

9 – 10.15am: 2016 - 2018 mixed  
10.30 - 11.45am: 2015 mixed & 2014 girls only

## EPPING (Harvest Home Reserve)

Saturdays

9 – 10.15am: 2016 - 2018 mixed  
10.30 - 11.45am: 2015 mixed & 2014 girls only

## TAYLORS LAKES (Overnewton College, Canowindra Campus)

Saturdays

1.30 – 2.45pm: 2016 - 2018 mixed  
3 - 4.15pm: 2015, 2016 mixed & 2014 girls only

## KEW (Xavier College)

Saturdays

1.45 – 3pm: 2016 – 2018 mixed  
3.15 - 4.30pm: 2015 mixed & 2014 girls only

## DOCKLANDS (Ron Brrassi Snr Park)

Thursday

5.30 – 6.45pm: All ages

## ROWVILLE (Rowville Sports Academy)

Wednesdays

6 – 7.15pm: All ages

## KEYSBOROUGH (Tatterson Park)

Mondays

6 – 7.15pm: 2016, 2015, 2014 mixed & 2014 girls only  
7.30 - 8.45pm: 2013 boys, 2013 girls only & 2012 girls only



# 2026 Venue Logistics

## U12 West (Maribyrnong Sports Academy)

Fridays

5.30 – 7.pm: 2014 /15 Group 1 (20 + GKs)

7.15 - 8.45pm: 2014/15 Group 2 (20 + GKs)

## U12 East (Rowville Sports Academy)

Saturdays

9 – 10.30am: 2014 /15 Group 1 (20)

11 - 12.30pm: 2014/15 Group 2 (20 + GKs)

## U12 North (La Trobe University\*)

Fridays

5.30 – 7.pm: 2014 /15 Group 1 (20 + GKs)

7.15 - 8.45pm: 2014/15 Group 2 (20 + GKs)

## GOAL KEEPING WEST (Arndell Park, Truganina)

Saturdays

9 – 10.15am: 2017, 2018 mixed

10.30 - 11.45am: 2016 & 2015 mixed and 2014 girls

## GOAL KEEPING EAST (Rowville Sports Academy)

Wednesdays:

6 – 7.15pm All ages

## GOAL KEEPING CENTRAL (Docklands PAC)

Thursdays:

5.30 – 6.45pm All ages



# 2026 Venue Logistics

**GEELONG:** (Leisure time Sports Centre)

Fridays

5.45 – 7pm: All Ages

**ALBURY / WODONGA:** (La Trobe Uni, Albury-Wodonga Campus)

Wednesdays

6 – 7.15pm: All ages

**DEVONPORT, Tasmania:** (Valley Rd Sportsground)

Sundays

2.30 – 3.45pm: All ages

**SHEPPERATON:** (TBC)

TBC

TBC: All ages

**CANBERRA:** (TBC)

TBC

TBC: All ages



## STAFFING: Our People

- MVFC employ 7 x FT & 25 PT staff across the Football Department (Pathways)
- Myself and a PAC administrator
- 10 x PAC leads and 14 PAC coaches across the different Metro venues
- All coaches have valid FFA/AFC Coaching Qualifications and valid WWCC
- PAC LEADS
  - Tom Huang (Keys, Rowville, Kew, U12 East)
  - Isabella Santilli (Taylors Lake)
  - Luke Hannah (Truganina, Docklands)
  - John McAloon (U12 West)
  - Brad Roberts (Epping)
  - Casian Angel (Geelong)
  - Adam Carty (Albury Wodonga)
  - Peter Kofinas (U12 North)
  - Katia Brown (GKs West and Docklands)
  - Mark Spiteri (GK East and U12 GKs)



# COMMUNICATION PROCESS



PAC@MVFC.COM.AU



0406877945

## TEAM APP



Your Team. Your App.



# Registration

Full year – 34 weeks

Access to attend term PAC Gala Days\*

Written end of phase feedback report (two terms)

Eligibility for PAC games program

MVFC Junior club membership for ALM and ALW matches

**PLAYER:** Gareth Tumbull **Y.O.B :** 2010 **PAC VENUE :** Epping **PAC COACH :** Tom H

**PLAYER CHARACTERISTICS:**  
EXCELLENT – Outstanding, Great Job/ GOOD – Meets our MVFC expectations / OK – Needs to / Can be better / POOR – Not befitting a MVFC player

ATTITUDE	CONCENTRATION / FOCUS	INTENSITY	COACHABILITY
GOOD	OK	EXCELLENT	GOOD

TOPIC	Level 1	Level 2	Level 3	Level 4	Level 5
Striking the Ball	Passes the ball under 5m "cleanly" (firm, flat, accurate)	Passes the ball to 10m "cleanly" (firm, flat, accurate)	Strikes the ball with weaker foot	Can accurately strike the ball in the air (>15m)	Can strike the ball with different surfaces, spins and with disguise
Receiving (Awareness)	Moves into effective spaces before receiving	Show a good awareness of surroundings (scans)	Receives with an open body shape (can see 3/4 of the field)	Communicates before receiving (verbal / non-verbal)	Takes 1st touch into good spaces / away from a defender
Keeping the Ball (Evasion)	Displays good close control of the ball	Uses both feet and different surfaces to live on the ball	Changes directions & speed to evade defender (feints, disguise)	Uses body to protect the ball from the defender	Can successfully escape a defender to then make next action (pass, shot, dribble etc)
1v1 Defending	Applies effective pressure on the ball	Uses body well to force/show a direction to the attacker	Exhibits good body shape (side on, low, balanced)	Shows controlled aggression and timing when making a challenge at the ball	"Doesn't get beaten" easily
1v1 Attacking	Chooses to "take the defender on" (decision)	Uses both feet when attacking the defender	Changes speed & direction or uses feints to go past the defender	Has a signature move	Can consistently get past a defender to complete next action (pass, shot, cross etc)
Running with the Ball	Keeps ball under control at all times	Moves quickly with the ball	Can travel fast whilst using both feet	Can effectively change direction & speed without losing control of the ball	Can successfully "take the space" to complete next action (shot, pass, cross etc)
Proactive Defending	Provides teammates cover when defending	Positions self well to effectively defend as part of a group (distances)	Communicates with teammates	Exhibits understanding & anticipation to regain the ball	"Wins the race" to the space.

PAC players must consistency demonstrate above tasks to gain level.

PAC PLAYER SCORE: 21 / 35 



# GAMES PROGRAM



# Games Program

## Elite Matches:

End of each term will be MVFC selected Pathway squads

Players will only be selected max twice per year.

Each age group ideally (U9, U10, U11, U12, U13, U13 girls)

- |        |  |
|--------|--|
| Term 1 | Gold Coast Tour (Premier Academy Cup)  |
| Term 2 | MVFC, Western United & Mel City Gala Day<br>JSL Tournament & Sydney U13 trip |
| Term 3 | MVFC, Western United & Mel City<br>TBC – Second week of school holidays      |



# Recruitment / Retention (PAC ⇒ ACADEMY & VTC)

## Ongoing Retention within the Pathway

- Attendance - regular attendance (75%), punctual with communication skills
- Behaviors – Basic manners and politeness, enthusiasm and a willingness to listen and learn (club culture)
- Growth & development + performance

## Recruitment to next Stages

- Weekly PAC sessions (development & ID)
- Feedback from your PAC coach (weekly, term, phase)
- PAC and Academy Gala Days
- Academy Trial & VTC Selection Days



# How can the Parents Support?

- Recap the session with your child (check for learning).
- Use the PAC language (see notes)
- Encourage additional training (extra time and expression via club trainings & games)

Week	Catch Phrase	Coaching Points / Focus
1	Hit the ball cleanly	Firm pass / Ball speed, Clean pass (flat along ground), Variations of technique
2	What do you see?	Connection with my team mate (eye contact), Communication (verbal & non verbal), Scan my surroundings (ball, space, teammates, opposition, goal)
3	Can you escape?	Escaping pressure, evade opposition with control, can you deceive the opposition?
4	Don't get beaten	1st man concepts - Apply pressure, body shape & control, use of body
5	Take him/her on	Exploit space, change speed or use feints (disguise),
6	Attack the Space	Fast with control, bigger & less touches
7	Win the Race	2nd Man concepts - provide support / cover, communication, positioning/anticipation
8	Express yourself	Attack with freedom, be creative, how can I work together to score / defend?



# STRIVE 365 Podcast

## Athlete, Coach & Parent Education / Development

- Conversations
- Insights & learnings
- Practical applications

## Apple, Spotify, YouTube

- STRIVE 365 name, logo, GT
- Many MVFC players and parents, plus others





Contact Info:

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