



THE GIRLS' ACADEMY PROSPECTUS

DEVELOPING PLAYERS. BUILDING PEOPLE.

Conditioned For Football, Melbourne

*Coached by players who are still playing NPL and VPL football themselves, led by a current Melbourne Victory Women's player.
Built for girls who want to get serious about football.*



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5-18

AGE RANGE

2

VENUES: BENTLEIGH &
CASEY

3

PROGRAMS

13

COACHES, LED BY A
MELBOURNE VICTORY
WOMEN'S PLAYER



“I know what it’s like to need a genuinely competitive environment to get better, and I know how rare that still is for girls in community football. That’s what we’ve built here: a program made specifically for girls to be challenged, supported, and taken seriously.”



ELLA O'GRADY, GIRLS' PROGRAM LEAD

01

Our Belief

Why Conditioned For Football built a program specifically for girls, and what we believe development actually requires.

Genuinely Resourced. Not Bolted On.

In most local programs, girls' football is treated as an afterthought, same drills, same default coaching, little thought given to what her development actually needs. Genuinely resourced girls' pathways are still rare in community football, even as demand for one keeps growing.

Most families with a daughter who wants to take the game seriously are choosing between a token team or a genuinely competitive environment that takes her seriously. Conditioned For Football exists to close exactly that gap.

Confidence and skill are built once: between roughly age six and sixteen. This is the window where a player's technical habits, decision-making and love of the game actually get built. Miss it, and it's hard to get back.

Without a genuinely competitive, well-coached female environment, talented players can plateau, or lose interest in a game that isn't taking them seriously. The women's game in Australia is growing fast; the players who get real development now are the ones positioned to benefit from where it's headed.

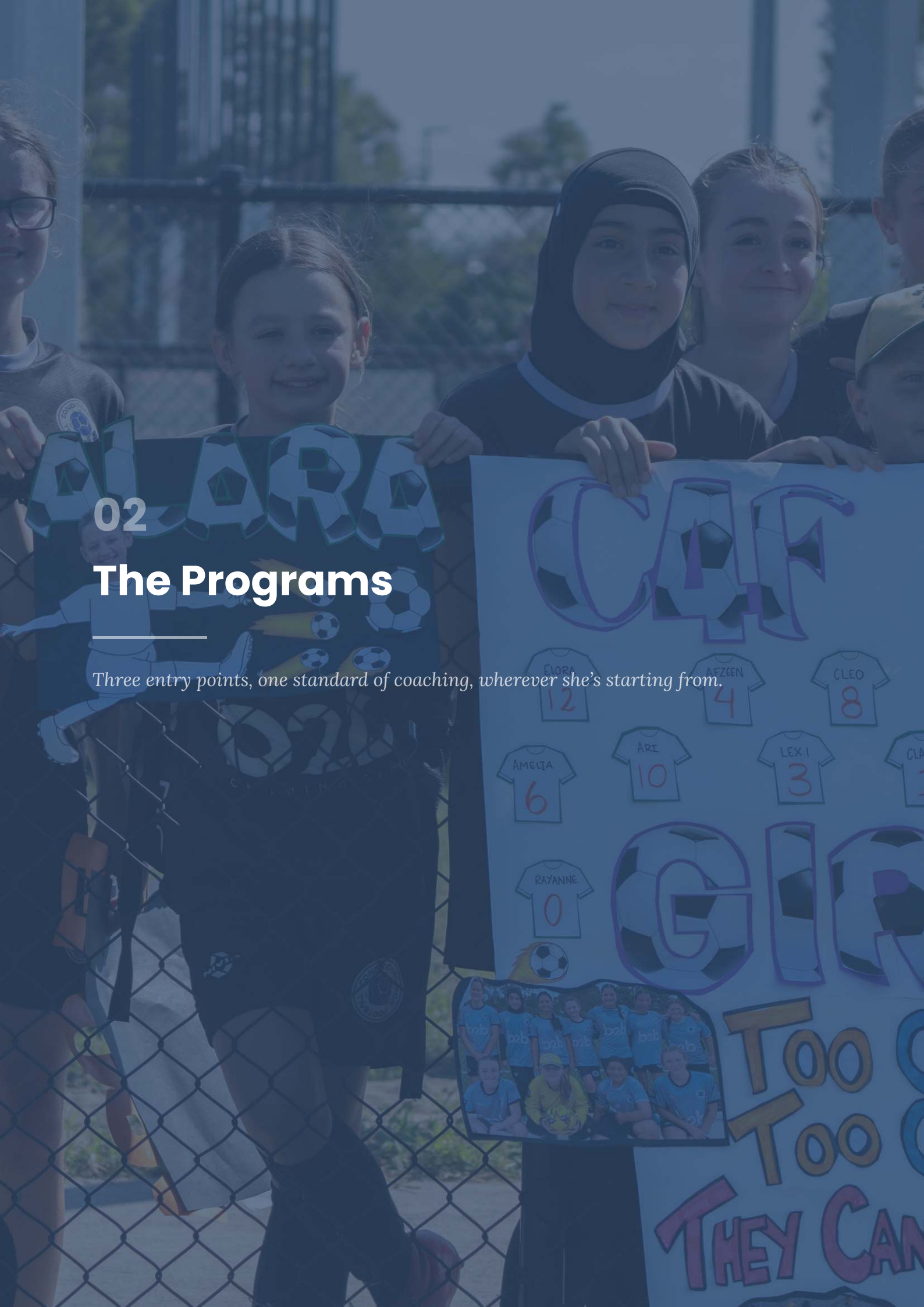
"Every player deserves to be coached with purpose, challenged appropriately, and genuinely cared for, regardless of her current ability."



02

The Programs

Three entry points, one standard of coaching, wherever she's starting from.



THE PROGRAMS

A Real Next Step, Wherever She's Starting.

New for 2027: three clearly defined ways in, each built around a different goal.

C4F Enhance

Individual skills: open to every player, ages 5–18.

Building the foundation, at her own pace. Training only, free to stay with any club.

Players not quite ready for full Academy training, or wanting to keep developing alongside another club.

C4F Academy

The full-season program: where most players land.

Full-year development: individual skill, position-specific training, and team play.

Players ready for a full weekly program of individual and team-based development.

C4F Breakthrough

The high-performance pathway: trial, then invitation.

Entry is the same September trial as C4F Academy. Breakthrough places are then offered by invitation off that trial, against a much stricter bar. Includes a dedicated weekly girls' technical session at Victory Park.

For players who are highly motivated and ready to take their football beyond community level.

PROGRAM	U7–U9	U10–U11	U12–U15
C4F Academy	\$2,450	\$2,750	\$2,950
C4F Breakthrough	N/A (starts at U9)	\$3,250	\$3,450
C4F Enhance	From \$350 per term		

C4F Academy and C4F Breakthrough work out to roughly **\$19–\$23** and **\$25–\$27** per session respectively across the 129-session season, depending on age band.

All fees include the **\$450 club registration fee**. If the club increases its registration fee, that increase is passed on.

Every program is coached to the same standard. The only thing that changes is intensity and challenge, never how much she is cared for. C4F Enhance has no trial and opens for enrolment from Term 4, then runs term by term; C4F Academy is offered through our September trial window; C4F Breakthrough is entered through that same trial, with places then offered by invitation against a much stricter bar.





THE WEEKLY PROGRAM

One Curriculum. Every Age. Every Position.

01

Team Principles

How the team moves and plays together.

03

Technical Excellence

Dedicated ball mastery, first touch, passing and finishing, isolated from tactical pressure so players can groove technique.

05

Weekly Rhythm

U7-U9 train twice a week; U10 and up train three times a week, plus a weekend match for every age group through the FV competition season.

02

Position-Specific Training

Fortnightly work for defenders, midfielders, attackers and keepers on the technical and tactical demands specific to their role.

04

Match Preparation

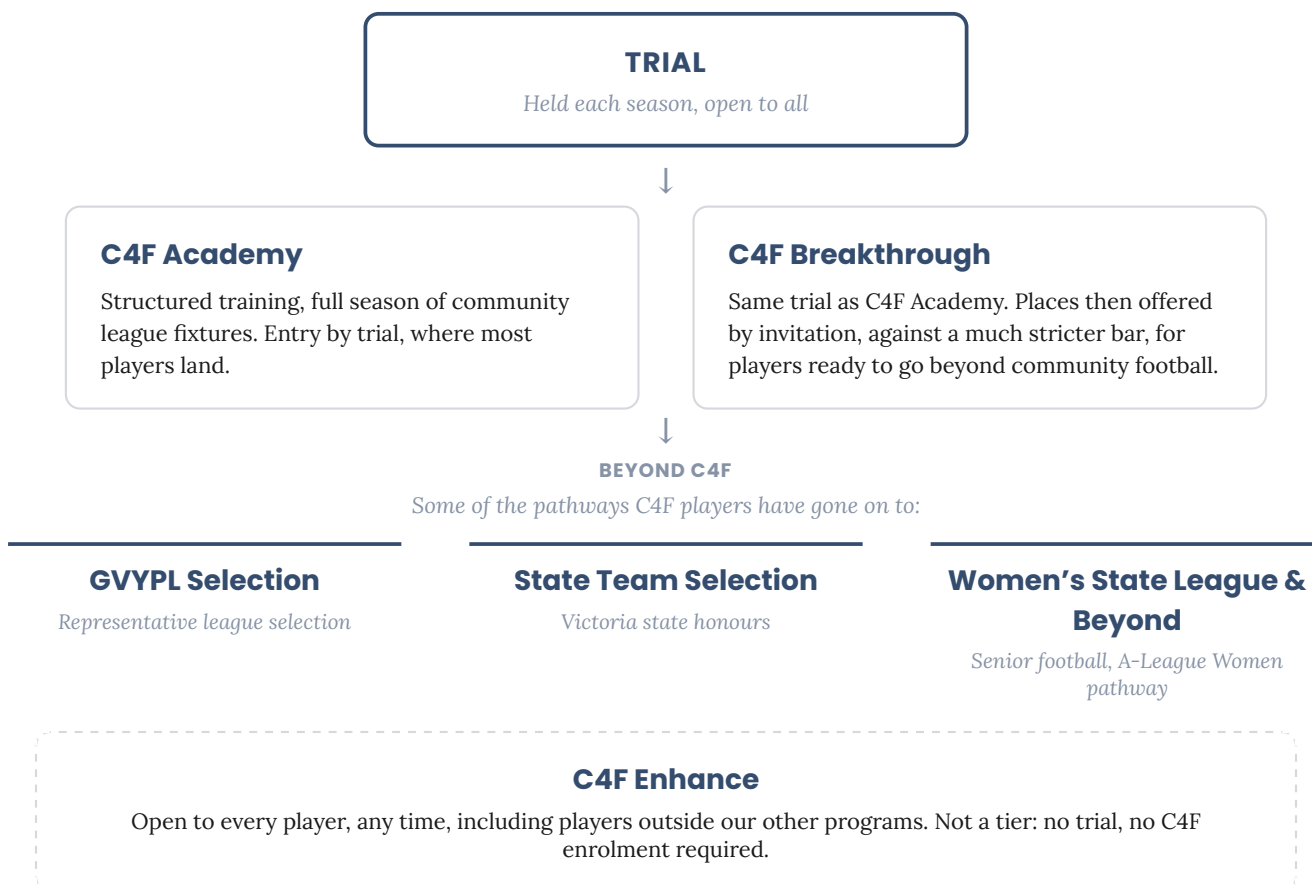
Translating training into how a player actually performs on the day.

Every coach, at both Bentleigh and Casey, works from the same curriculum, so the standard never depends on which night she trains, or whether she's in a girls' or mixed session.



Three Programs, Each With A Real Purpose.

C4F Academy is our primary tier: structured training and a full season of community league fixtures, entered through trial each season (this is where most players land). C4F Breakthrough shares that same September trial; places are then offered by invitation off it, against a much stricter bar, for players who are highly motivated and ready to take their football beyond community level. C4F Enhance sits alongside both, not above or below them: individual skill development open to any player, any time, whether or not she's part of another C4F program.



C4F Academy is entered through trial each season and is where most players land. C4F Breakthrough shares that same trial; places are then offered by invitation off it, against a much stricter bar, for players ready to push their football beyond community level. C4F Enhance is open to every player, any time, with or without another C4F program. Academy, Breakthrough and Enhance apply the same standard at every level, with girls-specific development built in throughout.

A young woman in a soccer jersey is dribbling a ball on a field. She is wearing a dark jersey with 'b2b' and 'CLEANING' visible. Other players are in the background, and a soccer goal is visible in the distance.

03

How We Develop

The C4F Player Framework, real match footage, a real sample of the report she receives twice a year, and what training alongside senior players can lead to.

Every Evaluation. The Same Four Pillars.

Every C4F evaluation, and every training session, is built on the same four pillars. It is not a marketing framework; it is the actual lens our coaches use to decide what she works on next.

Technical

First touch, passing, dribbling, shooting, 1v1 ability.

Tactical

Positioning, awareness, decision-making, transition.

Physical

Speed, agility, strength, endurance, coordination.

Psychological

Confidence, focus, resilience, coachability, competitiveness.

Every score against those four pillars is benchmarked on a five-level scale: anchored to what is actually expected for a player's age, not a generic pass or fail. A 3 means she is exactly where she should be for her age group; a 5 means she is playing above it.

1

NEED SUPPORT

2

DEVELOPING

3

EXPECTED STANDARD

4

ABOVE STANDARD

5

OUTSTANDING

This is also what keeps every session purposeful instead of generic. Coaches plan against a player's exact age band and position line: a U9 winger and a U15 centre-back are genuinely working on different priorities, because the framework defines what "good" looks like for each of them specifically.

U7–U9

Foundation

U10–U11

Developing Game Understanding

U12–U13

Building Game Realism

U14–U15

Senior Transition

"The same framework across every age group and every position, so what a player works on in training is never a guess."

You'll See The Progress. Not Just Hear About It.

Every player is rated against the C4F Player Framework (Technical, Tactical, Physical, Psychological), benchmarked to her exact age and position, not a generic standard. A written report comes home twice a year, so you always know where she actually stands.

Matches are filmed through the season, and players review their own decisions on screen, not just get told about them after the fact. The two stills alongside are real footage from a recent C4F match, the kind of moment a coach pauses on to show a player exactly what to repeat, or what to change.



Defensive structure (ball watching)



'Keep the ball' directional prompt



A Real C4F Player Report: Shown For Illustration

Chloe Anderson

Team: U12 C4F Academy · Round: 2026 Mid-Season Report

HEADLINE TAKEAWAY

Chloe shows excellent close control and tactical awareness with a focus now on midfield competitiveness and transition work.

PERFORMANCE SNAPSHOT

Technical 4 / 5 · Strong

Tactical 4 / 5 · Strong

Physical 3 / 5 · Expected level

Psychological 4 / 5 · Strong

DOING WELL

Chloe is demonstrating impressive first touch and dribbling skills that allow her to maintain possession under pressure in tight midfield spaces. Her understanding of positioning and ability to connect play with quick one-twos highlights her strong tactical sense. She is also highly coachable, always seeking feedback.

COACH INSIGHT: ON THE PITCH

Chloe consistently positions herself well to receive the ball in advantageous spots, often initiating quick passing combinations that help her team retain possession. However, there is room to increase her defensive intensity immediately after losing possession and to expand her passing range into attacking channels.

SUGGESTED DEVELOPMENT PLAN (6–8 WEEKS)

Over the next six to eight weeks, the focus is on increasing Chloe's competitiveness in central midfield duels through targeted strength work, emphasising defensive effort immediately after losing the ball, frequent shoulder checks, and precise clipped balls into channels behind the defence.

PRIORITY FOCUS

Chloe is performing above the expected standard technically, tactically and psychologically, with physical attributes at the expected level for her age. The main development focus is to enhance her competitiveness in 1v1 duels and improve her defensive work rate during transitions.

WHY THIS MATTERS

The next step for Chloe is to develop greater physical presence and resilience in midfield battles. Enhancing her transition play and improving her scanning habits will help her make faster decisions and play incisive passes into space.

FOCUS AREAS

1. Work on winning 1v1 duels using body strength and positioning.
2. Increase defensive intensity and effort in transition phases.
3. Practice regular shoulder checking before receiving the ball.





HOW WE DEVELOP

Not Just Coached. Mentored.

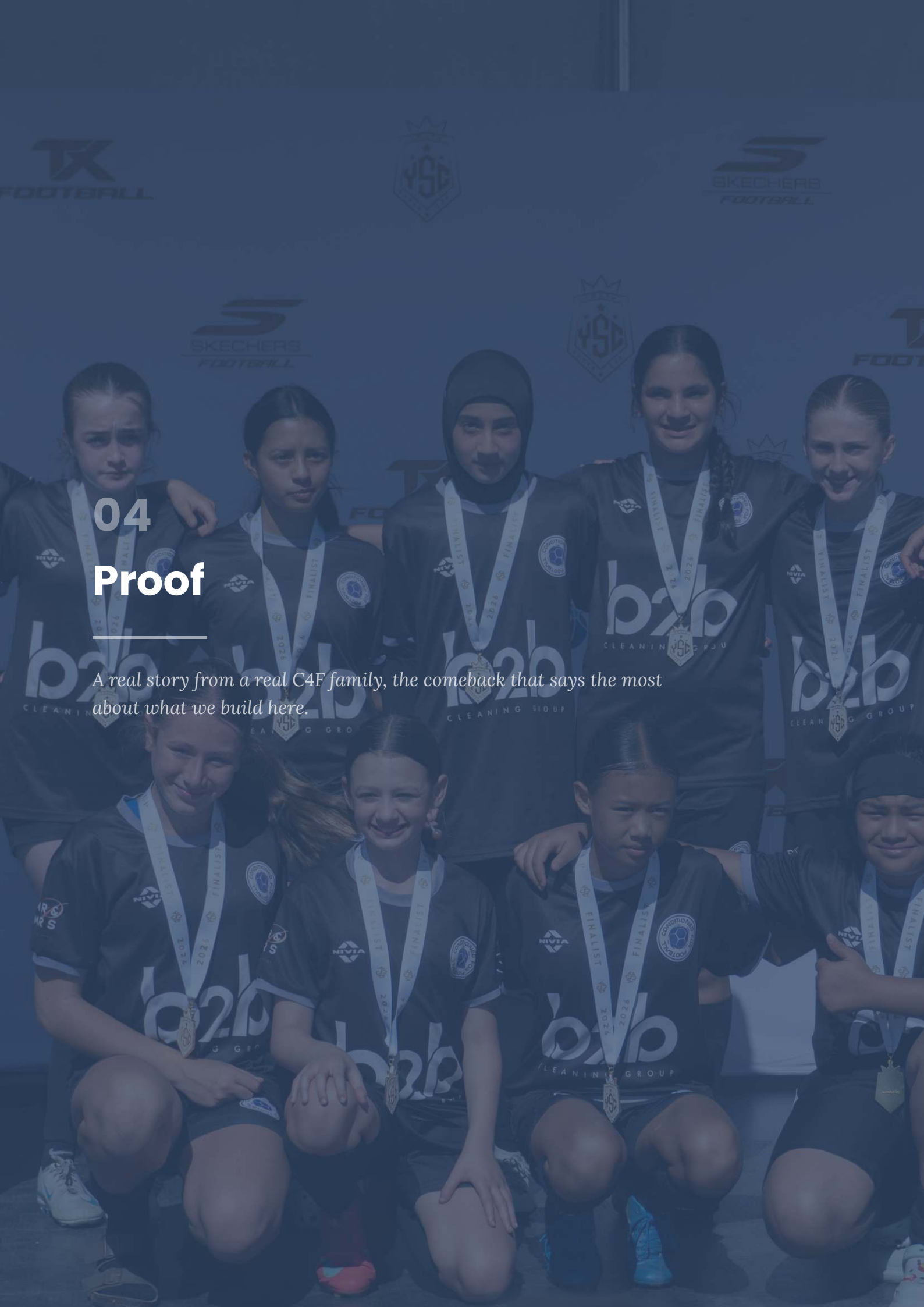
Development isn't only about drills and reports. C4F also fields a Women's State League team (State Divisions 7 and 8), and our younger academy girls train and play alongside them throughout the season. It's a genuine chance to learn from players years ahead in their own football journey, not just watch them from the sideline.

For a young player, that means training next to someone who's already lived through the moments she's working toward: the tough training block, the bad game, the breakthrough. It builds a buddy system and club culture where she feels connected to older players, not just her own age group, and gives her real role models inside her own club.

For our most driven players, it can go further still: a track record of standout academy players earning a genuine look-in with the Women's team itself.



Melbourne Victory Women's players at a recent C4F community clinic.



04 Proof

A real story from a real C4F family, the comeback that says the most about what we build here.



She Made Victoria's State Team This Year.

Cleo joined C4F three years ago through 1:1 sessions, while playing squad football at another club. When she stopped enjoying that squad environment, she made the jump across to C4F Academy full-time.

Since then, she's gone from strength to strength: now playing a year up on her age group and selected for Victoria's state team. She also captained her side to an undefeated run at the Melbourne Victory Magic Cup, where she was named Player of the Tournament.

The extra 1:1 sessions and gym work she puts in keep paying off, proof of how quickly a player can flourish once she's in the right environment.

"Three years in C4F's Bentleigh Academy: from 1:1 sessions to playing a year up in the state team, for every player, on equal terms."

Coached by players who are still playing NPL and VPL football themselves. Written, benchmarked reports: something no comparable academy in this market offers.



05

The People

Thirteen coaches, still playing the game themselves, led directly by a current Melbourne Victory Women's player.

THE PEOPLE

Coached By Players Who Are Still Playing.

Every session is run by coaches who are still playing NPL or VPL football themselves, they understand the game from both sides of the whistle. Ella O'Grady leads C4F's girls programs directly, and stays in constant contact with your daughter's coaches all season.

Newer coaches train directly under our senior coaching group, working from the same curriculum and framework, so the standard she experiences never depends on any one coach's years in the job. Physiotherapy and exercise physiology support are built into the program, not bolted on.



Ella O'Grady

GIRLS' PROGRAM LEAD

Current Melbourne Victory Women's player with a background in the QIS program and the Young Matildas pathway. Leads C4F's girls programs.



Liam Wolstenholme

HEAD COACH & DIRECTOR

Director of C4F and Head Coach, currently playing VPL1 with Eltham Redbacks with over 75 senior appearances at just 22. Brings a performance-based approach from his Exercise & Sport Science degree.

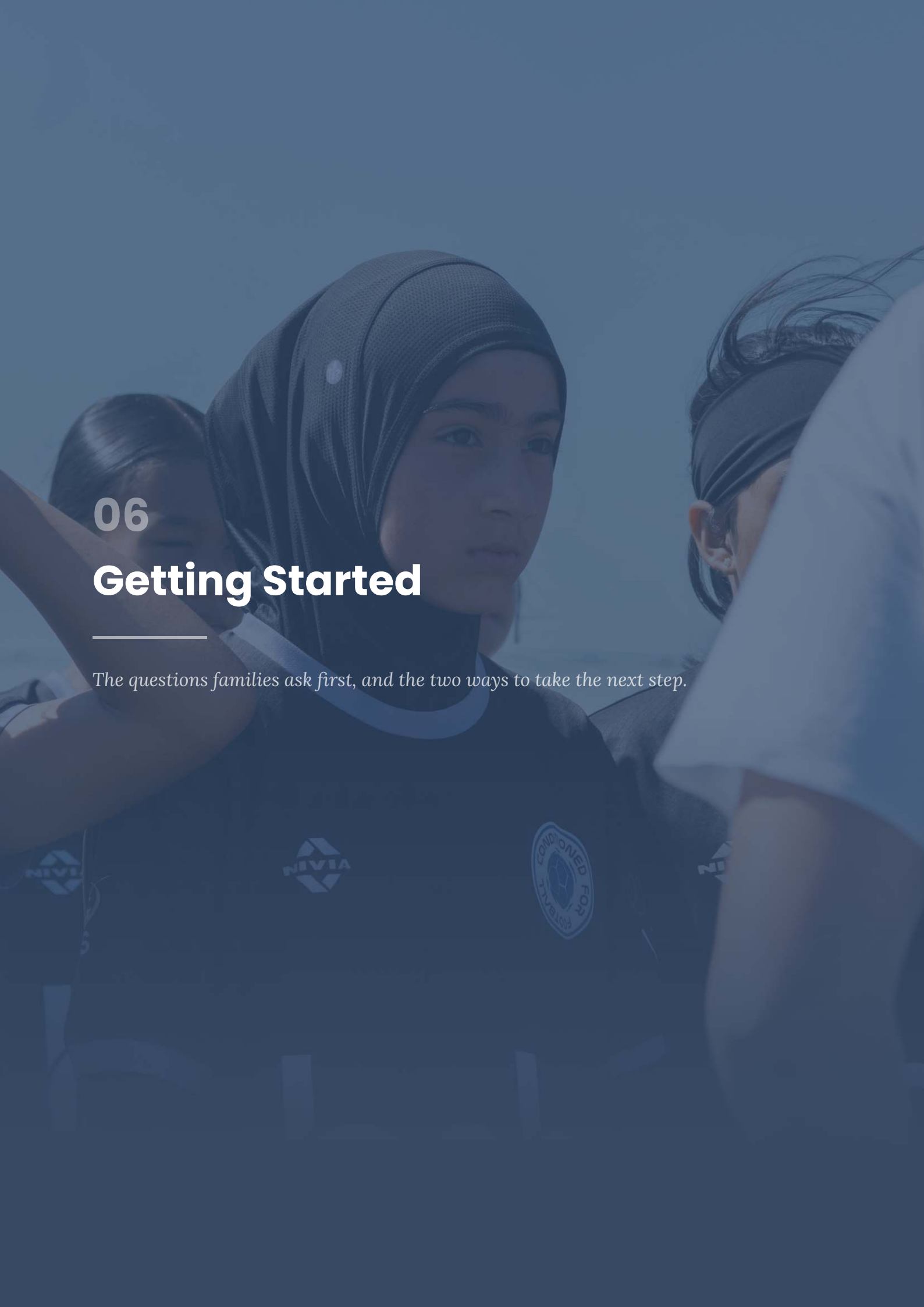


Gavin O'Reilly

HEAD COACH

Head Coach, currently playing VPL2 with Eastern Lions Soccer Club with 50+ senior NPL/VPL appearances. Trained within Sydney FC and Melbourne City systems, played abroad with Shamrock Rovers.

The rest of the coaching roster, with every coach's background, continues on the following page.



06

Getting Started

The questions families ask first, and the two ways to take the next step.

Met At Her Level. Not A Generic Bar.

Is this only for elite girls?

No. Every player is rated and coached against her own age and position, never a generic bar. Three entry points mean there's a real, appropriately-pitched starting place for your daughter today, whatever that looks like right now. No one needs to already be excellent to belong here.

What if she's new to organised football?

C4F Enhance is built exactly for this: training only, at her own pace, with no pressure to commit to a club or a team straight away.

Will she actually get individual attention?

Every player is benchmarked against the C4F Player Framework and receives a written report twice a year, not a general participation note at the end of a season.

Who is actually coaching my daughter?

Coaches who are still playing NPL or VPL football themselves, led directly by Ella O'Grady for the girls program. Liam and Gavin design every program and stay in contact with every coach all season; newer coaches train directly under the senior group.

What To Expect At Trials.

How do the trials work?

We assess players across the full trial week, not one session. Coaches look at technical ability, decision-making, attitude, coachability, effort and how she works within a team, then make squad placements collaboratively, based on the best fit for her development.

What are you looking for besides football ability?

Technical ability is only part of it. We place real weight on attitude, coachability, work ethic, effort, communication and respect for teammates and coaches, the traits that most often decide how far she develops over a season.

My daughter isn't the best player. Should she still trial?

Yes. We're not simply selecting the strongest players on the day, we're looking for potential and a willingness to learn. Some of our best long-term stories started with players who weren't the most technical at first, but worked hard and embraced coaching.

What should my daughter bring to trials?

Football boots, shin guards, a water bottle, appropriate training clothing, and a positive attitude and willingness to work hard.

What if my daughter can't attend one of the trial sessions?

Let us know as early as possible. Missing one session won't automatically rule her out, particularly if we already know her or can arrange a retrospective trial.

Can parents watch the trials?

Yes, from the designated viewing areas. We simply ask that coaching is left to our staff, so players can focus and perform in a consistent environment.

Does attending trials guarantee my daughter a place?

No. Squad positions are limited, and selections are based on what we believe is the best fit for both the player and the team.

When will we find out if we've been offered a place?

Offers are sent by email once trials conclude. If successful, you'll receive instructions on accepting the position and completing registration.

Will there be a waitlist?

Yes. If a squad reaches capacity, players who narrowly miss selection may be waitlisted, with offers made as positions open through pre-season or during the season itself.

Selection, Season & Beyond.

If my daughter doesn't make a team this year, does that mean she'll never play for C4F?

Not at all. Many of our current players weren't successful in their first trial. We regularly see players improve significantly over 6–12 months, and we encourage anyone not selected to keep developing and trial again next season.

What happens if my daughter accepts a position but later changes her mind?

Once a position is accepted it comes off our waitlist, so cancellation terms apply in line with our registration terms and conditions. Squad spots are limited and planning begins as soon as a position is accepted.

Can players move between teams during the season?

Movement is limited, assessed case by case, and only made where we believe it is genuinely better for the player's development. Where it happens, it is based on training attendance, work ethic, coachability, attitude, commitment to improving and team behaviour, not match performance alone.

Will there be tournaments?

Yes. Every squad plays in several tournaments across the season, some mandatory and some optional for families wanting extra playing opportunities. Tournament costs, for both mandatory and optional tournaments, sit outside the season fee and are yet to be announced. Dates are released well in advance so you can plan around them.

How many training sessions will teams have?

This varies by age group and program level. Full training schedules are released alongside program information before the season begins.

Can my daughter still play for her local club if she only does the skill sessions?

Yes. Many of our players continue playing for their community club while training in C4F skill sessions.

What happens with uniforms?

Sizing takes place during trial week, so we can order early and get players into correctly fitted kit as the season begins. Full uniform package details follow during the trial period.

Who can I contact if I have questions?

We're always happy to help, reach out any time with questions about trials, team placements or the program.

Two Ways To Start. Zero Pressure.

Join C4F Enhance

No trial. Opens for enrolment from Term 4, then runs term by term. Registration link / QR code to follow.

Trial For C4F Academy

Bentleigh Cobras trial: 7–11 September 2026.
Casey Comets trial: 14–18 September 2026.
Free to attend. Registration link / QR code to follow.

Bentleigh and Casey. Program fees are on page 6; tournament costs are separate and yet to be announced.

Have a question first? Reach out any time, phone / email to follow.



**DEVELOPING PLAYERS.
BUILDING PEOPLE.**

Conditioned For Football, Bentleigh & Casey, Melbourne