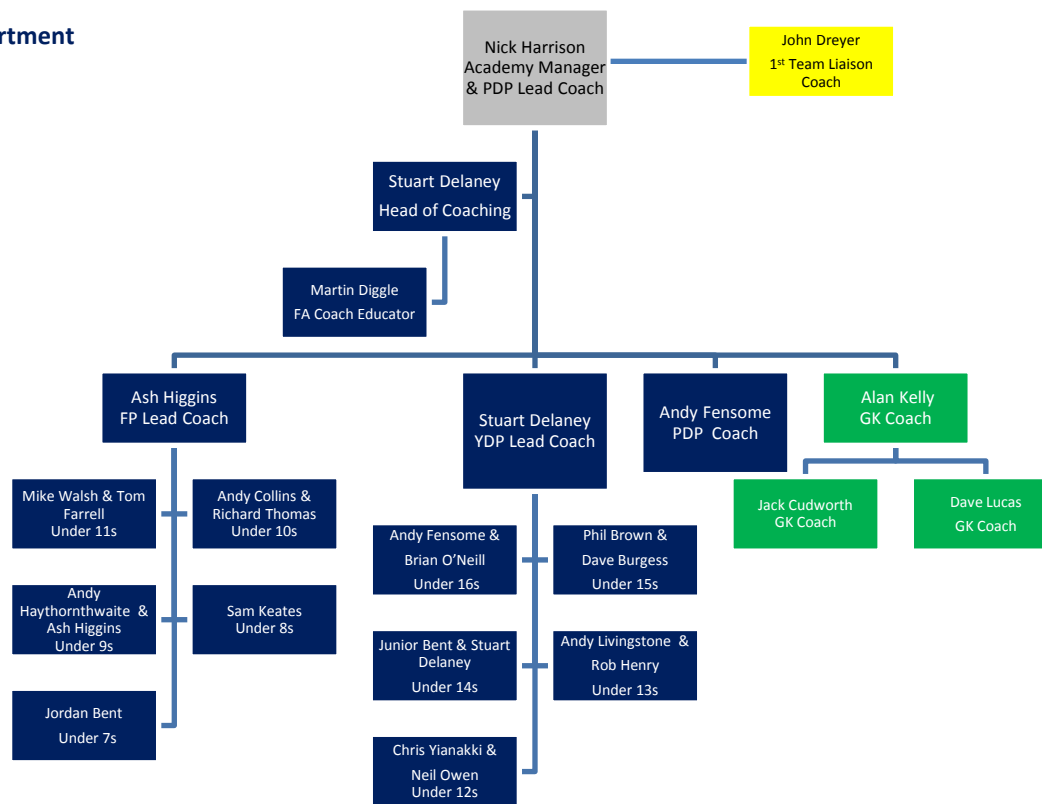


Preston North End (APP)

APP24. Delivery of the Coaching Programme & Games Programme



Structure of the Football Department



Football is ever changing so it is vital that we aim to be leaders on new initiatives to give support to our young players in order to continue their journey towards excellence. Our vision for a holistic approach of development for our Elite young players is key to ensure the future progression of young Academy players towards 1st team football.

Our curriculum is based around the 'Four Corner' model which is the FAs LTPD (long term player development plan) which is set out as Technical, Tactical, Physical & Psychological.

Preston North End (APP)

APP24. Delivery of the Coaching Programme & Games Programme Cont.....



For our players to learn more effectively it is essential that the correct environment is established. The environment should be challenging, enjoyable and safe where players are encouraged to learn from their own mistakes without being in fear of negative criticism. It is important that the players have self-discipline and are responsible for driving their own career under the guidance of the Coaching staff. It is of the up most importance that the players are respectful to each other, the staff and the surroundings in which they learn.

It is vital that our young players receive maximum support and information whilst being at our football club. The ways which we will educate our players are as follows:

- On the Pitch
- In the Class Room (Professional Development Phase)
- Away from the Environment

On the Pitch

It is very important that in every session / game that the below should be applied:

Training Sessions

- To create a fun, safe, challenging learning environment
- The use of different learning aides.
 - Visual (Tactic Boards, Diagrams, Clearly Marked Areas, Demonstrations)
 - Audio (Clear, Precise and Detailed explanation of Session)
 - Kinaesthetic (Allow players to have a go at session)
- To utilise different coaching interventions such as Q&A, Command, Observe, Trial & Error, Guided Discovery but to do so not in detriment to the quality of the session (Not too much stop stand still). For each of the Phases the interventions may differ but ideally the following should be used:
 - **Foundation Phase** – Observe, Trial & Error & Guided Discovery
 - **Youth Development Phase** – Q & A, Observe, Trial & Error & Guided Discovery
 - **Professional Development Phase** - Q & A, Observe, Trial & Error, Guided Discovery & Command
- All coaches must talk to the young person in an appropriate manner and use a tone of voice which is suitable for their phase of development.
- High Tempo sessions which are realistic to the game.
- Allowing players to experience game like scenarios and for them to be able to make mistakes without fear.
- To develop a weakness into a strength (e.g. Weaker Foot).

Preston North End (APP)

APP24. Delivery of the Coaching Programme & Games Programme Cont.....



Games Programme

A style of play which helps the player understand different roles and responsibilities whilst teaching the player a type of football which is 'pure'.

It must allow the players to have the freedom to express themselves without fear of being criticised for making mistakes. Any corrections by the coach must be portrayed in a positive manner which doesn't affect the player's confidence.

Coaching staff should encourage players to make their own decisions. The coach may offer words of support or encouragement if needed and of course praise when deserved.

A positive / constructive de-brief should be given after the game, however coaches should also use a variety of communication styles to engage the young players into individual game reflection. This will lead to more effective self-learning.

Each player's game time (50% of minutes of game) will be monitored and kept a record of in a spreadsheet. This will also be recorded on each of the players 6 weekly reviews. For the Foundation, Youth & Professional Development Phase the match time will be recorded electronically and is on the Academy Managers Laptop.

In the Classroom

Football is constantly changing and more sessions than ever now are taking place in the class room. Through the delivery of Team, Group and Individual sessions we are hoping that the support we are giving our young players helps them to achieve more not only in football but also in life.

The classroom sessions are structured as below:

Visual (PowerPoint, Movie Clips, Flip Chart)

Audio (Verbal, Music)

Kinaesthetic (Group work)

The various delivery styles connect well with the young players which allow them to relate to their emotions.

Match Analysis - It is important that our young players can see themselves whilst playing their game. This allows for self-correction to take place as a 'picture paints a thousand words'. The game can be viewed as a whole or certain important clips can be shown for specific learning. The professional Development Phase players will be issued with a memory stick with the game on it which they can take away and watch themselves for deeper learning. A library of previous games and also clips highlighting good practice will be available upon request from a member of full time staff.

Away from the Environment

We as an Academy also recognise that young players need to emerge themselves into learning the game of football. This cannot solely be done at the club and it's important that we give the young players specific information so that they can develop an understanding of what we as an Academy think is needed for a young player to make it into our 1st team.

Electronic Development Plans have and will be forwarded to any new players who join the Academy. These plans work on the Technical, Tactical, Physiological and Psychological aspects of the game (can be viewed in the appendix's file).

Players from the Academy also have access to profootball support on the internet and which allows them to complete own individual programmes in their own time (can be viewed in the appendix's file).

We will also set homework for individuals so that they can improve in their own environment.

Preston North End (APP)

APP24. Delivery of the Coaching Programme & Games Programme Cont....



Planning

Session Plan, Age Group Learning Objectives & Ind. Learning Objectives

Coach Led Session

Session Plan

Evaluating & Reviewing

Coaching Times, Player Reviews, Session Evaluation