



# Gloucestershire FA

- ▶ Boys Development Centre  
2021/22 Programme



# Programme





# Purpose

The Gloucestershire FA Boys Development Centre programme is designed to support the development and progression of talented young players in Gloucestershire who are not currently signed to a Professional Club Academy.

The Development Centre will provide supplementary support for selected players with an additional night's training a week to their grassroots clubs' provision, allowing players to continue playing for their grassroots club. This pathway ensures that the players' development, health and well-being is at the forefront of the programme.

The Development Centre will provide opportunities for players in the age groups from U9s to U16s.



# Feedback

A snapshot of some of the feedback we have received from those involved in the 2020/21 12-week programme:

*“My son has had a great time and the coaching has been brilliant”*

*“It’s been brilliant, my son has loved every session and the coaches superb”*

*“We think the program has been amazing and our son has really enjoyed it and grown as a player due to it”*

*“A really positive experience”*

*“Excellent coaching staff - really encouraging and attentive to individual development needs”*

*“My son has really enjoyed the experience and feels his skills have developed significantly”*

*“The sessions have been well organised, informative and engaging”*



# Approach

The Gloucestershire FA Boys Development Centre will centre on the England DNA with a focus on the key attributes and skills of the Future England Player.

Coaches will work with individual players across The FA Four Corners Model:

- ▶ Technical/Tactical
- ▶ Physical
- ▶ Social
- ▶ Psychological



# Skills & Attributes



# Technical

We aim to develop technically excellent England players with the skills and attributes to excel in international football. Future England players will have the ability to create, score and prevent goals through excellence in:

- ▶ Receiving skills
- ▶ Turning skills
- ▶ Travelling with the ball
- ▶ Passing over varying distances
- ▶ Attacking and defending skills
- ▶ Finishing skills
- ▶ Aerial ability



# Tactical

We aim to develop England players with a comprehensive knowledge, understanding and experience of international football. Future England players will be equipped with the skills, abilities and decision-making capability to tactically manage international games.

We aim to produce England players who can:

- ▶ Recognise and adapt to the state of the game
- ▶ Achieve winning performances by maximising strengths and exploiting weaknesses
- ▶ Understand and apply individual, unit and team roles and responsibilities
- ▶ Adopt varied playing styles and formations
- ▶ Perform effectively against varied playing styles and formations
- ▶ Deal with varied environmental conditions



# Physical

We aim to develop future England players who possess outstanding physical and athletic skills in the following areas:

- ▶ Agility, balance, coordination
- ▶ Speed/Speed endurance
- ▶ Flexibility
- ▶ Power
- ▶ Strength
- ▶ Nutrition and lifestyle
- ▶ Physical resilience
- ▶ Recovery



# Social

We aim to develop future England players who display outstanding social skills across the following areas:

- ▶ Behaviour
- ▶ Reflection
- ▶ Teamwork
- ▶ Relationships
- ▶ Accountability
- ▶ Responsibility
- ▶ Independence



# Psychological

We aim to develop future England players with the psychological skills and strategies to shape a winning England culture and mentality.

We aim to develop reflective, resourceful and resilient England players who display outstanding:

- ▶ Confidence
- ▶ Creativity
- ▶ Concentration
- ▶ Communication
- ▶ Control
- ▶ Commitment



# Age Phase Priorities





# Foundation Phase





# In Possession

Stay on the ball, master the ball

Develop a mastery of the ball and the confidence to try new things.

Excite with the ball and seek creative solutions

Be exciting and positive in possession, playing with individuality and with elements of disguise and surprise.

Connect and combine creatively with others

Combine creatively and intelligently with others to create and score goals.



# Out of Possession

Positive and enthusiastic defending

Enjoy winning the ball back, be difficult to beat 1v1 and look to start attacks when you get the ball.

Intelligent defending

Be positive and creative in your positioning and ability to win the ball. Be alert when the opposition have possession.

Master a variety of defensive techniques and roles

Enjoy defending in a variety of roles and develop a range of techniques to regain possession.



# Transition

## Instinctive decision-making

React quickly and positively when the ball is won or lost and have a range of individual options and actions.

## Positive and intelligent attacking reactions

Have a positive attitude when possession is regained, travelling quickly with and without the ball. Take every opportunity to attack, create and score goals.

## Positive and intelligent defensive reactions

Try to win the ball back quickly and prevent opponents from starting attacks. Be proactive when the ball is lost and have confidence in your ability to defend.



# Youth Phase





# In Possession

Stay on the ball, master the ball

Look to receive the ball in all areas of the pitch and be prepared to stay in possession.

Excite with the ball and seek creative solutions

Seek creative solutions to game situations particularly when outnumbered or in congested areas.

Connect and combine creatively with others

Stay connected with the ball and your teammates to retain possession, open up compact defences and score goals.



# Out of Possession

Positive and enthusiastic defending

Be prepared to defend 1v1 and be confident without cover or support.

Intelligent defending

Outwit your opponent with excellent patience, timing and intercepting skills.

Master a variety of defensive techniques and roles

Win the ball cleanly, regaining and retaining possession in the same action to start attacks.



# Transition

## Instinctive decision-making

Dominate transition: react quickly and positively to the first individual action when both attacking and defending.

## Positive and intelligent attacking reactions

React instinctively and intelligently when possession is regained, recognising opportunities to disorganise the opposition. Manage the state of the game when opportunities to attack are limited.

## Positive and intelligent defensive reactions

Prevent progression by disrupting or destroying momentum, forcing errors and protecting the goal.



# Coaching Fundamentals



# Core Principles

The DNA coaching fundamentals will provide a consistent framework for the design and delivery of all coaching sessions. All training sessions are designed around the following core principles:

- ▶ Use a positive & enthusiastic manner with players at all times
- ▶ Deliver realistic game-related practices
- ▶ Use game whenever possible in training
- ▶ Develop practices that enable the players to make lots of decision
- ▶ Connect with the group before the session outlining the aim and objectives
- ▶ Connect, activate, demonstrate and consolidate in every session
- ▶ Value and work equally across The FA Four Corner Model
- ▶ Spend equal time delivering, planning and reviewing
- ▶ Include elements of transition in all practices and sessions where possible
- ▶ Use a carousel approach to practice design and aim to maximise playing time
- ▶ Use varied coaching styles based on the needs of the group
- ▶ Aim for minimum of 70% ball rolling time in all sessions



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