

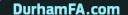


Durham County Football Association

Coach Development Programme











Why is Coach Development / Continued Professional Development important?

Coaching, as both a vocation and a profession, never stands still. It's always evolving and always seeking out the newest innovations, emerging trends and latest best practice.

This is where CPD comes in. The events on offer are not only crucial in exposing you as a coach to up-to-date thinking and methods, but they'll also give you the skills needed to create and sustain modern learning environments for your players.

The Boot Room (thefa.com)

The following document will detail how Durham County FA will look to support coaches and clubs throughout the county with a comprehensive Coach Development offering. We hope that coaches across the county embrace the opportunities afforded to them, ensuring their own development is placed high on the agenda in order to continue to provide the best possible coaching for their players.

Coach Development Accreditation

It is expected that the majority of our Coach Development events will receive CPD accreditation from The FA. This means that any Coach Development event that a coach attends will be recorded next to their FAN number, therefore recognising and celebrating each coaches on-going personal commitment to self improvement.







Durham County Football Association have a long tradition of providing Coach Development opportunities for coaches across County Durham. Moving forwards, we have an appetite to develop and grow the opportunities available for coaches and clubs to engage with, enhancing coaches knowledge and practical application. We are committed to offering quality, variety and accessibility to learning.

The Coach Development Programme will provide opportunities for all coaches, regardless of their level of qualification; with some more targeted events. Líkewise, events will be open for coaches working across the Foundation Phase, Youth Development Phase and Senior Football.

The various opportunities on offer will be delivered by our internal UEFA A Licenced Coach Developers; The FA's Coach Development Team; FA Tutors; Specialist Coaches; and Expert Practitioners.

> In order to register for the Durham County FA Coach Development Programme and receive the latest information, please complete the following link: https://bit.ly/DFACoachDev

Please also follow @DCFA_CoachDev on Twitter for the latest updates.

Get In Touch:

Richard.Shuffleton@DurhamFA.com











A Framework for Development

The Durham County FA Coach Development Programme is comprised of a number of different strands of CPD, which are detailed overleaf. These strands of CPD will marry together with the four focus areas below, forming a framework for development for coaches and clubs. This framework will ensure that each bespoke workshop (theoretical and / or practical) will cater for the specific needs of the coaches to support their on-going development.

Supporting the Person.

On the Pitch: The 'Football'.

The Role of the Coach.



On the Pitch: The Practice & the Player.









What Coach Development options are on offer?

Durham CFA Coach Development Series Durham CFA Coach evelopment Workshops

The FA Coach
evelopment Menu

Durham CFA High Performing Grassroots Coaches Academy

'Showcase' & 'Masterclass' Events

Durham CFA Young Coaches Academy -14-16yrs § 16-19yrs Durham CFA &
Sunderland College Level
3 Sports Coaching BTEC

'Guest' Workshops

Durham CFA Teacher Support Programme



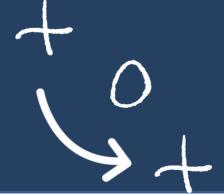








Durham CFA Coach Development Series













Coach Development Series

The Durham County FA Coach Development Series, is a 'series' of linked workshops aimed at supporting the technical and tactical understanding and application of coaches. There is an In-Possession and an Out of Possession series, with each series comprised of four, 2.5 hour workshops.

These Coach Development Series have been designed for both FA Level 1 and FA Level 2 coaches. Any new coaches must complete the FA Playmaker course and the new FA Introduction to Coaching course before they can attend the series.

The series will be delivered in a face to face capacity, with some theory, yet weighted heavily towards on the field practical delivery. These Coach Development Series will be delivered by our team of in-house, Durham CFA Coach Developers, all of whom are UEFA A Licenced Coaches and have a wealth of experience in supporting coaches through the delivery of both Coach Development and Coach Education courses.

The Coach Development Series will be delivered at a number of venues across the county, throughout the season.

All coaches will receive copies of the resources used in the workshop.

Each 'series' (four linked workshops – 10 hours) will cost £50.00 per coach to attend.

The finer details of both the in-possession and out of possession series can be found on the coming pages.











Coach Development In-Possession Series (Technical & Tactical)

	Session Content / Aims:	Outcomes:
1.	 Welcome to the In-Possession Series Health & Safety 'Series' Introduction & Aims Theory: How movement-based games can support the physical development of players, whilst highlighting the key components of the in-possession principles of play. Practical: How we Coach How we Play The Future Player Coach Developer demonstrations of tag games and movement-based invasion games to highlight the physical development of players and the in-possession principles of play.	Discussion of 'Series' content & criteria. Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of movement-based games and the importance of these in the physical development of players; whilst also recognising how the in-possession principles of play can be highlighted in such games. Learning will centre around Fundamentals of Movement, Fundamental Movement Skills and Football Functional Movements, with a clear focus on the in-possession principles of play.
2.	Recap: Key learning, through Q&A and group/paired discussions, from previous workshops. Theory: Exploring the finer detail regarding the in-possession technical components with a clear focus on the individual (technique and skill). Practical: How we Coach How we Play The Future Player Coach Developer demonstrations using the practice spectrum to focus on the in-possession technical components of: Dribbling Turning Shielding Running with the ball 1v1 skills to beat a defender	Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of the inpossession technical components linked to the individual player. Furthermore, the learners will gain an insight and appreciation of the different practices that support the technical development of players' i.e. constant, variable and random.





Coach Development In-Possession Series (Technical & Tactical)

	Session Content / Aims:	Outcomes:			
3.	Recap: Key learning, through Q&A and group/paired discussions, from previous workshops. Theory: Exploring the finer detail regarding the in-possession technical components with a clear focus on the relationships between players (technique and skill). Practical: How we Coach How we Play The Future Player Coach Developer demonstrations using the practice spectrum to focus on the in-possession technical components of: Passing Receiving / Control Combination play to beat defenders 2v1 Creating and scoring	Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of the inpossession technical components linked to the relationships with their team mates. Furthermore, the learners will gain an insight and appreciation of the different practices that support the technical development of players' i.e. constant, variable and random.			
4.	Recap: Key learning, through Q&A and group/paired discussions, from previous workshops. Theory: Exploring the in-possession principles of play (including transition) with a focus on individual players, the relationships between players / units, and the collective team. Practical: How we Coach How we Play The Future Player Coach Developer demonstrations, working within a range of small sided games from 4v4 – 9v9, with a focus on the in-possession principles of play of: Penetration Creating Space Movement Support Creativity	Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of the inpossession (including transition) principles of play. There will be a focus on individuals, units and the team. Furthermore, the learners will gain an insight and appreciation of the impact that different Small Sided Games has on player development.			





Coach Development Out of Possession Series (Technical & Tactical)

	Session Content / Aims:	Outcomes:
1.	 Welcome to the Out of Possession Series Health & Safety 'Series' Introduction & Aims Theory: How movement-based games can support the physical development of players, whilst highlighting the key components of the out of possession principles of play. Practical: How we Coach How we Play The Future Player Coach Developer demonstrations of tag games and movement-based invasion games to highlight the physical development of players and the out of possession principles of play. 	Discussion of 'Series' content & criteria. Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of movement-based games and the importance of these in the physical development of players; whilst also recognising how the out of possession principles of play can be highlighted in such games. Learning will centre around Fundamentals of Movement, Fundamental Movement Skills and Football Functional Movements, with a clear focus on the out of possession principles of play.
2.	Recap: Key learning, through Q&A and group/paired discussions, from previous workshops. Theory: Exploring the finer detail regarding the out of possession technical components and principles of play with a focus on the individual player and the relationships with other players. Practical: How we Coach How we Play The Future Player Coach Developer demonstrations using the practice spectrum to focus on the out of possession technical components and principles of play of: Pressing Cover and Balance	Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of the out of possession technical components and principles of play linked to the individual player and the relationships with other players. Furthermore, the learners will gain an insight and appreciation of the different practices that support the technical development of players' and their game understanding.





Coach Development Out of Possession Series (Technical & Tactical)

	Session Content / Aims:	Outcomes:
	Recap: Key learning, through Q&A and group/paired discussions, from previous workshops.	
3.	Theory: Exploring the finer detail regarding the out of possession technical components and principles of play with a focus on the individual player and the relationships with other players. Practical: How we Coach How we Play The Future Player Coach Developer demonstrations using the practice spectrum to focus on the out of possession technical components and principles of play of: Marking Intercepting Compactness	Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of the out of possession technical components and principles of play linked to the individual player and the relationships with other players. Furthermore, the learners will gain an insight and appreciation of the different practices that support the technical development of players' and their game understanding.
4.	Recap: Key learning, through Q&A and group/paired discussions, from previous workshops. Theory: Exploring the finer detail regarding the out of possession (including transition) principles of play with a focus on the collective team. Practical: How we Coach How we Play The Future Player Coach Developer demonstrations, working within a range of small sided games from 4v4 – 9v9, with a focus on the out of possession principles of play of: Press Delay Cover & Balance Compactness Control and Restraint	Partner and group discussions – completion of any tasks. Participation in practices. Coaches will gain a greater understanding and practical application of the out of possession (including transition) principles of play. There will be a focus on individuals, units and the team. Furthermore, the learners will gain an insight and appreciation of the impact that different Small Sided Games has on player development.

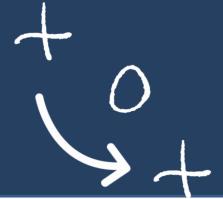




Coach Development Series

Throughout both the in-possession and out of possession series, the following topics will form a golden thread, creating further topics of discussion and additional learning opportunities:

- Posítive Coach behaviours
- Environment
- Organisation and Management
- Practice Design
- Communication Skills
- Intervention Strategies & Coaching Styles
- Decision Making and Problem Solving





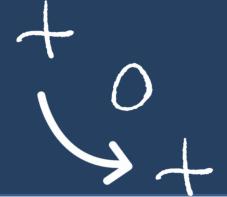








Durham CFA Coach Development Workshops









DurhamFA.com





Coach Development Workshops

The Durham CFA Coach Development Workshops are available for both clubs and coaches within the county and will comprise of theory and/or practical, therefore supporting coaches understanding and application.

These Coach Development Workshops will be delivered by our team of in-house, Durham CFA Coach Developers, all of whom are UEFA A Licenced Coaches and have a wealth of experience in supporting coaches through the delivery of both Coach Development and Coach Education courses.

The following pages will outline a catalogue of ten workshops on offer for clubs and coaches for the 2021-2022 season. Should clubs and coaches require support in an area not highlighted in the CPD menu, we would be willing to look into the possibility of some additional, bespoke workshops.









Coach Development Workshops

Clubs:

utilising the CPD menu set out in the coming pages, clubs across County Durham can book a Coach Development Workshop, or indeed a number of workshops, to be delivered at their respective club, for their coaches. These workshops can be booked on a date and time that meets the needs of the club. Each workshop will run for 2.5 hours. All workshops will be engaging § interactive.

Ideally clubs will have access to both an indoor classroom/space and outdoor pitch, therefore allowing the workshops to be delivered as a blend of theory and practical. However, should a club not have access to an indoor classroom/space, the workshop can be manipulated to be delivered solely as a practical event. A blend of theory & practical will provide the best learning experience.

The practical aspect of any workshop can either be delivered to a team of players from the club, or directly to the coaches.

All clubs / coaches will receive copies of the resources used in the workshop.



The cost for one club workshop will be £75.00

The cost for two club workshops will be £125.00

The cost for three club workshops will be £150.00

Four (+) workshops charged at additional £50.00 each.

N.B Unlimited number of coaches from the club can attend.







Coach Development Workshops

Coaches:

Durham County FA will look to plan and deliver the workshops detailed overleaf, over the course of the 2021-2022 season, at a number of venues across the county. These workshops will be open for all coaches to access. Each workshop will run for 2 hours. All workshops will be engaging & interactive.

Durham CFA will also look to deliver 'Female Only' workshops.

Each workshop will include theory and/or practical, whilst also giving coaches an opportunity to engage with the Coach Developer and network with likeminded coaches.

The practical aspect of the workshop may be delivered to a team of players, or directly to the coaches in attendance.

All coaches will receive copies of the resources used in the workshop.

Each workshop will cost £10.00 per coach.









Coach Development Workshops - CPD Menu

- Connecting and engaging with players: Personality, Relationships and Rapport.
- Motivation.

CPD Menu - The Role of the Coach:

- Coaching Styles and Intervention Strategies.
- Managing Mistakes.

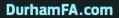
- Bespoke 'Technical' Workshops, i.e. Finishing Practices, etc.
- Bespoke 'Tactical' Workshops, i.e. Attacking from wide areas, etc.

- Returns from Practice The Practice Spectrum (Repetition, Realism, Relevance).
 - Constraints Based Coaching Restrict, Relate, Reward.
 - The use of 'challenges' (Individual and Team).
 - Play, Exploration and Creativity.





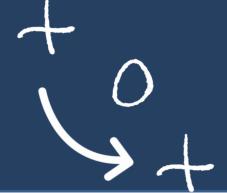








The FA Coach Development Menu









The Coach Development Menu



Player

Game

Coach

coucii

Why our players play...

- For the love of the game: The joy of scoring and stopping goals... how do we help players fall in love with the game?
- For learning: How can I help players to learn about the game?
- For social: How might I use football as a vehicle for developing social skills?

Benefits of small sided games

How can I use small sided games to:
- Developing players' attacking and defending skills both individually and

- when combining with others.

 Meet the differing needs and abilities
 of the players (STEP)
 - Develop skilful players.

The role of others

- How do we get parents on-side?
- How might I make use of additional coaching help?
- Who else might be able to help me during training and match day?

Definition of a skilful player

- What does a skilful player look like across the 4 corners?
- How can I support players to become more skilful?
- What are the benefits to developing skill in this way?

The match day experience

- What do positive coaching behaviours look like on match day?
- What decisions might I need to think about during the game?
- How do I use match day to support player learning and skill development.

The art of noticing

- What do I look for during practices and matches?
- How do I observe effectively when the picture is constantly changing?
- How might my observations help me plan for future sessions/games?

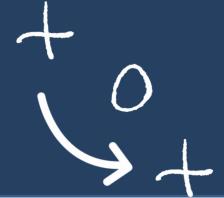
More skilful players | More inspirational experiences | More diverse and transformational coaches

Each workshop will cost £10.00 per coach or £30.00 for a full day event.



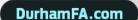


Durham CFA High Performing Grassroots Coaches Academy













High Performing Grassroots Coaches Academy

The Durham CFA High Performing Grassroots Coaches Academy will be open to any coaches who hold the UEFA B and those who have attended a previous course, but have not yet achieved the qualification. Likewise, by application only, Level 2 coaches who have aspirations of progressing to the UEFA B course are invited to apply for a place on the academy.

Places will be limited and will be via a competitive application process.

The High Performing Grassroots Coaches Academy will provide an opportunity for those already qualified at Level 3 to continue to evolve their coaching practice; provide further support and additional tutor contact for those currently undertaking the course; and provide those coaches who haven't yet achieved the qualification an opportunity to extend their knowledge and practical application. This strand of the Coach Development Programme will also allow likeminded coaches to share and acquire knowledge and experience, whilst building a network of support to access away from the workshops.







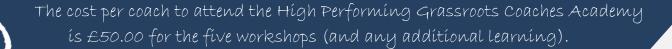


High Performing Grassroots Coaches Academy

The workshops on offer will align very closely to the content of the UEFA B course, exploring the technical and tactical demands of the game, with a focus on individual roles and responsibilities, the relationships of players within units and the relationship between units; along with how the team functions as a collective. There will be a focus on either In-Possession (inc Transition) or Out of Possession (inc Transition). Likewise, the workshops may further explore other elements of the UEFA B course such as performance analysis, practice design, etc.

The High Performing Grassroots Coaches Academy will be delivered by UEFAB Tutors Richard Shuffleton and Graeme Clark, however, additional presenters / deliverers may be utilised throughout the season to provide further variety and expertise.

There will be five workshops / events delivered over the course of the season, with each workshop / event running for 2 hours. Where possible, we will be looking to include some additional live game and / or training observations.







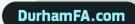


Durham CFA Young Coaches Academy - 14-16yrs & 16-19yrs













Young Coaches Academy - 14-16yrs & 16-19yrs

The Durham CFA Young Coaches Academy is an opportunity for talented young coaches to come together under one umbrella to receive regular support, to enhance their development as a coach and enhance their future academic aspirations and employability. The Coaches Academy is split into a 14-16yrs and a 16-19yrs group. Those who form the groups will have been selected via a competitive application process.

Finer details of the Young Coaches Academy can be found below:

- All Young Coaches will be asked to complete The FA's FREE online course, the Playmaker, before attending.
- Selected Young Coaches will be invited to attend 5x one day CPD events at Durham County FA; one during
 each of the half term holidays, with the exception of Christmas. Each event will run from 10.00-4.00.
- In total, the Young Coaches will gain 30 hours of coach development support as part of the programme.
- Each coach development event will consist of a blend of theory and practical, bespoke to the needs of the group.
 - As appropriate, the Young Coaches will be encouraged to gain some voluntary coaching hours within a
 grassroots club Durham County FA can help organise this for each person.
 - On completion of the season of events, the Young Coaches will receive a certificate of attendance.
 Young coaches will then be able to re-apply for the following season.

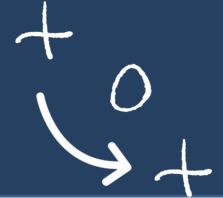
There will be a one off cost of £30.00 to attend the Young Coaches Academy. Places are limited and are on an application / invite only basis.







Durham CFA & Sunderland College Level 3 Sports Coaching BTEC













Level 3 Sports Coaching BTEC - 'Coaches Academy'

School leavers are being offered the chance to take the first steps towards a career in sports coaching with Durham County FA and Sunderland College.

The college's new Coaching Academy, which starts in September 2021, offers a combination of qualifications alongside industry experience to give students the skills & knowledge they need to progress straight into the sports industry or on to higher education.

Over the two-year course, based at Sunderland College's state-of-the-art Sports Academy at Bede Campus, they will gain additional coaching qualifications including safeguarding and first aid, as well as take part in workshops, masterclasses and placements with some of the country's leading coaches, sports clubs and organisations.

Sean Ward, Sports and Public Services Curriculum Manager, said: "Our successful partnership with Durham FA presents young people with aspirations of becoming a sports coach with a fantastic opportunity to learn from industry specialists, develop their coaching skills and identify their pathway into a life-long career.









Level 3 Sports Coaching BTEC - 'Coaches Academy'

John Topping, Durham County FA's Company Secretary, added: "Durham County FA is delighted to continue its partnership with Sunderland College by helping to launch a niche Coaching Academy for students who aspire to follow a career in coaching.

Our MEFA A Licence Coach Developer, alongside the outstanding college lecturers, will offer a unique, challenging and exciting course that will be enhanced with additional, bespoke learning opportunities and work experience.

"We believe this prestigious course will provide the perfect platform for students to boost their academic aspirations and future employability."

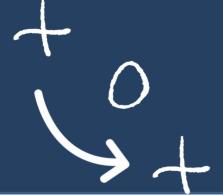
For further information about the Sports Coaching BTEC, please contact Durham County FA or Sunderland College directly.







Durham CFA 'quest' Workshops













'Guest' Workshops

This strand of the Coach Development Programme will look to utilise some 'quest' presenters in the form of specialist coaches and expert practitioners to deliver a range of workshops in their area of expertise. These workshops will provide a blend of theory and/or practical, therefore supporting coaches understanding and practical application. Topics explored may include, but are not exclusive to, the following:

- 'Coaching' (all encompassing)
- Technical and tactical development
- Goalkeeping
- Futsal
- Physical development
- · Social development
- Psychological development
- Performance analysis
- Mentorina

The practical aspect of the workshop may be delivered to a team of players, or directly to the coaches in attendance.

All coaches will receive copies of the resources used in the workshop.











Durham CFA Teacher Support Programme













Teacher Support Programme

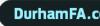
Durham County Football Association's Primary Teacher Support Programme aims to upskill Primary School Teachers in the delivery of high quality National Curriculum PE lessons.

The Primary Teacher Support Programme is split into three main focus areas:

- O <u>Plan:</u> A one hour, weekly workshop (split into 2x 30 minutes, with two different teachers) will support Teachers with the planning process (practice design, teaching points, differentiation, etc), to ensure the highest quality of practical delivery, in both the short and long term. A planning template will be provided for the teachers to complete, pre-delivery. The planning workshop will take place an hour before the practical delivery, i.e. 12.00-1.00pm, with lessons running 1.00-3.00pm.
- O <u>Delíver:</u> 2 x one hour practical delívery with the respective Teachers class, whereby the Teacher will take the lead in the delívery of the lesson, whilst receiving on-going support and feedback throughout from the Tutor. Where required, the Tutor can model some best practice delivery and / or co-deliver with the Teacher.
 - Review: Individual, personal reflections from the Teachers to positively inform the new cycle of planning and delivery; taking on board the feedback received during the delivery of the NCPE lesson. A review template will be provided for Teachers to complete, post-delivery.











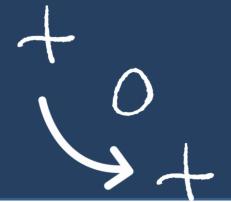
Teacher Support Programme

Engaging the Teachers in the planning, delivery and reviewing of the lessons, will accelerate both their understanding and practical application of NCPE lessons, leading to short and long term development.

Support is available for any Primary School Teacher from Reception to Year 6.

The focus of the National Curriculum PE delivery can be on Football, Invasion Games or FMS. The planning and delivery will also look at how pupils' holistic development can be supported, ensuring the needs of all individual pupils are met.

Schools accessing the Primary Teacher Support Programme will also receive a Durham County FA NCPE document that includes a whole host of lesson plans for KS1 and KS2, along with supporting information relating to the delivery of NCPE lessons.











Teacher Support Programme

Delívery Options & Cost:				
Option:				
Half Term (5 weeks) 15 hours support	5x one hour planning workshops (one hour per week) 10x practical delivery support (two hours per week)	£412.50		
Full Term (10 weeks) 30 hours support	10x one hour planning workshops (one hour per week) 20x practical delivery support (two hours per week)	£825.00		



• Schools may add further half / full term packages, by request.

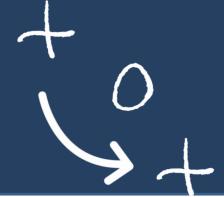








Durham CFA 'Showcase' & 'Masterclass' Events













'Showcase' & 'Masterclass' Events

Throughout the season, Durham CFA will look to offer a number of 'Showcase' and 'Masterclass' events for coaches to access. These will be full day events, running from 10.00am - 4.00pm.

The 'Showcase' events will look to bring together a variety of topics and presenters / deliverers, therefore providing a rich variety of CPD in one day. The topics and presenters will be pieced together from our various Coach Development strands, therefore utilising Durham County FA Coach Developers, FA Coach Developers, FA Tutors, Specialist Coaches and Expert Practitioners. A blend of theory and practical will be offered.

The 'Masterclass' events will look to utilise a single presenter / deliverer, therefore providing very specific and bespoke CPD, all in one day. Again, the topics and presenters will be drawn from our various Coach Development strands, therefore utilising Durham County FA Coach Developers, FA Coach Developers, FA Tutors, Specialist Coaches and Expert Practitioners.



A blend of theory and practical will be offered for both 'Showcase' and 'Masterclass' Events. These events will provide an opportunity for coaches to network with likeminded coaches, providing a forum for discussion, along with a network of support to access throughout the season.

The cost to attend these all day events will be £30.00 per coach.







Durham CFA Further Information & Booking













Further Information & Booking

In order to register for the Durham County FA Coach Development Programme and receive the latest information, please complete the following link: https://bit.ly/DFACoachDeV

Please also follow @DCFA_CoachDev on Twitter for the latest updates.

Specific bookings will take place throughout the season for the respective events.

For Further information on the Coach Development Programme, please contact: Richard. Shuffleton@DurhamFA.com | 0191 3872928

For further information specifically on the Coach Development 'Series' and FA Coach Education courses, please contact:

David.Cleary@DurhamFA.com | 0191 3872928

