

# WEST RIDING FA – CPD PROGRAMME 2018/19



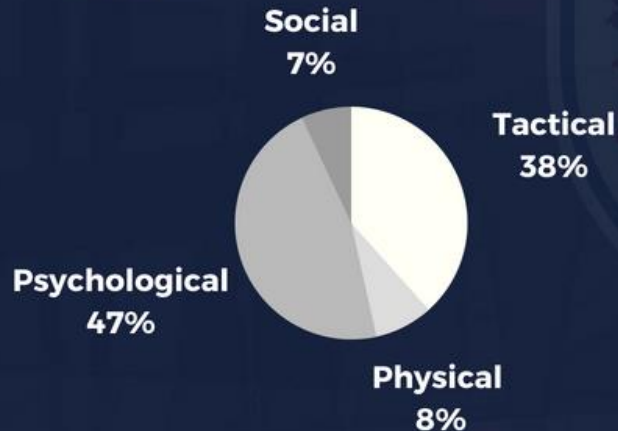
# CPD FEEDBACK

WHICH TOPIC WOULD YOU MOST LIKE TO SEE?

HOW LONG WOULD YOU LIKE A CPD SESSION TO BE?



WHICH OF THE FA 4 CORNER MODEL WOULD YOU BE MOST INTERESTED IN KNOWING MORE ABOUT?



**We asked our coaches what they would like from our CPD events in the 2018/19 programme. We received the above feedback, which helped us determine the duration and content of our events.**

# WEST RIDING FA – CPD PROGRAMME 2018/19

## CPD Events

CPD events are for anyone involved in football who is looking to improve their skills and knowledge of the game. All our events are available at no cost and coaches with or without qualifications are welcome to join us.

Whether you are an aspiring coach or a seasoned Sunday league manager, these events will help you get more out of your players and ultimately improve everyone's enjoyment of the game.



## CPD Extra

CPD Extra is in addition to our regular programme and features guest presenters from a wide variety of backgrounds and experiences. All our guests are of an extremely high calibre and spaces will be strictly limited.

Just like CPD, the events are open to coaches of any level and will have a significant impact on coaching practice across the region. West Riding County FA are delighted to be able to offer these fantastic sessions free of charge (unless specified) to coaches to add value to the excellent work currently taking place.

## CPD: WHY FUTSAL IS GOOD FOR PLAYER DEVELOPMENT

**Date:** Tuesday 17<sup>th</sup> July 2018

**Time:** 6.30 - 8.30pm

**Venue:** Leeds Beckett University, Churchwood Avenue, Leeds, LS16 5LF (Blue Sports Hall)

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Junior Roberti – FA Futsal Tutor

[Book Here](#)

Junior is the York City FC Futsal Head Coach, with more than 150 games in the National League since 2009. Junior was also a professional Futsal player for more than 15 years in different countries. He has loved Futsal since he was 5 years old, when kicked the heavier ball for the first time!

This CPD event will explore the use of Futsal in player development. We'll discuss how you can include this format in your training sessions and how it can benefit your players.





## CPD EXTRA: HOW WE PLAY – HARROGATE TOWN AFC

**Date:** Tuesday 24<sup>th</sup> July 2018

**Time:** 7.00 - 10.00pm (7.45pm KO)

**Venue:** Harrogate Town AFC, CNG Stadium,  
Wetherby Road, Harrogate, HG2 7SA

**CPD Hours:** 3 (Level 2 and 3)

**Cost:** £10 per person (includes your match ticket and half time refreshments)

**Delivered by:** Simon Weaver – Harrogate Town AFC Manager

Newly promoted Harrogate Town are offering a fascinating opportunity for 20 coaches to learn about the style of play which has driven them into The National League.

This pre-season friendly against also newly promoted Scarborough Athletic will be for any coaches wanting to know more about the key ingredients of a successful team.

Coaches will meet the managers of both teams as they explain their tactics for the match, then undertake associated observation tasks before a post-match debrief and Q&A with the men in charge.

[\*\*Book Here\*\*](#)



## CPD: POSITION AND AREA SPECIFIC COGNITIVE DEMANDS, SESSION DESIGN AND STRUCTURE TO ENHANCE PLAYERS' LEARNING AND COGNITIVE DEVELOPMENT

**Date:** Monday 6<sup>th</sup> August 2018

**Time:** 6.00 - 9.00pm

**Venue:** Leeds Trinity University, Brownberrie Lane, Leeds, LS18 5HD

**CPD Hours:** 3 (Level 2 and 3 (UEFA B))

**Cost:** Free

**Delivered by:** Piotr Haluch - Leeds Trinity University Graduate Teaching Assistant and PhD Student

Piotr is a performance coach with a strong knowledge and understanding of player development. During his career, he has worked at Burnley FC and Huddersfield Town and held internships at clubs such as Real Madrid, Valencia CF, and AC Milan developing his knowledge of training methods. Piotr is currently working on a project with S.L. Benfica looking at coaching principles to enhance players' learning and cognitive development.

This theory/practical session will look at position and area specific cognitive demands that players may face in match situations. Coaches attending the session will discuss how training tasks and activities carried out with varying levels of complexity may equip players with knowledge and understanding of how, when and why to perform specific skills.

[\*\*Book Here\*\*](#)





**ENGLAND** DNA

# THE ENGLAND DNA IS THE PLAYING AND COACHING PHILOSOPHY OF THE ENGLAND TEAMS

The England DNA consists of 5 core elements:

WHO  
WE ARE

HOW WE  
PLAY

THE  
FUTURE  
ENGLAND  
PLAYER

HOW WE  
COACH

HOW WE  
SUPPORT

Find out more:

[www.EnglandDNA.com](http://www.EnglandDNA.com)





## CPD EXTRA: RICHARD SHUTTLEWORTH – EFFECTIVE COACHING

**Date:** Wednesday 15<sup>th</sup> August 2018

**Time:** 6.30 - 8.30pm

**Venue:** Longsborough Room, Stadium Health and Fitness Club, John Smith's Stadium, Stadium Way, Huddersfield, HD1 6PG

**CPD Hours:** 2 (Level 2 and 3 (UEFA B))

**Cost:** Free

**Delivered by:** Richard Shuttleworth - Skill Acquisition Expert

Richard has worked in elite and development sport and supports the development of coaches from around the world on their learning journey. Previously at the Australian Institute of Sport (Australian Sports Commission) he worked as a skills acquisition specialist with Olympic and World Cup coaches and was also advisor to a number of national sport organisations and institutions.

This indoor only CPD event will discuss:

- Skills acquisition
- Designing skills practice
- Instruction and feedback to developing learning and performance environments for your players
- Strategies to accelerate and enhance the transfer of learning into performance in football.

[\*\*Book Here\*\*](#)





The **Talent** Equation

## CPD EXTRA: STUART ARMSTRONG – PERFECTING PRACTICE DESIGN

**Date:** Tuesday 11<sup>th</sup> September 2018

**Time:** 6.30 - 8.30pm

**Venue:** West Riding County FA, Fleet Lane,  
Woodlesford, Leeds, LS26 8NX

**CPD Hours:** 2 (Level 2 and 3 (UEFA B))

**Cost:** Free

**Delivered by:** Stuart Armstrong - Sport  
England Head of Coaching and host of The  
Talent Equation podcast

Stuart is currently the Head of Coaching for Sport England responsible for managing the implementation of the Coaching Plan for England and the Professional Workforce.

In addition, Stuart is the host of the hugely popular podcast, The Talent Equation, as well as a blogger at [www.thetalentequation.co.uk](http://www.thetalentequation.co.uk) where he posts articles and records conversations with practitioners that help to support coaches working with talented young athletes to be the best they can be.

In this indoor only workshop, we will cover the following...

- Principles of skill acquisition and non linear pedagogy
- ‘Design Studio’ – designing our practices
- ‘Road Testing’ – improving our designs
- ‘After Action Review’ – Reflecting on our designs

**[Book Here](#)**



## CPD: GOALKEEPING - THE BASICS

**Date:** Wednesday 17<sup>th</sup> October 2018

**Time:** 6.30 - 8.30pm

**Venue:** Batley Sports and Tennis Centre,  
Windmill Lane, Batley, WF17 0QD

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Brian Peck - FA Goalkeeping  
Tutor

[Book Here](#)



We'll explore the England GK DNA Characteristics and the GK Technical Principles that form the Basics of Goalkeeping:

- **Out of Possession** covering footwork, movement, handling, diving saves, 1 v 1s and dealing with crosses to defend the goal and area.
- **In Possession** covering various distribution techniques to play around, to play through, to play in to, to play on to and to play beyond.



THE FA  
**COACHING  
COMMUNITY**



**ENGLAND DNA**  
FOUNDATION PHASE



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[www.hivelearning.com/thefa](http://www.hivelearning.com/thefa)





## CPD EXTRA: CHILD BRAIN DEVELOPMENT - THE THRIVE APPROACH

**Date:** Tuesday 13<sup>th</sup> November 2018

**Time:** 6.30 - 8.30pm

**Venue:** The MBI Shay Stadium, Shaw Hill,  
Halifax, HX1 2YS

**CPD Hours:** 2 (Level 2 and 3 (UEFA B))

**Cost:** Free

**Delivered by:** Dominique Skelton –The Thrive  
Approach Regional Co-Ordinator

[\*\*Book Here\*\*](#)

Dominique is a Regional Co-Ordinator for [The Thrive Approach](#), delivering training and development for the education sector as well as those working in social care, health care and fostering.

We'll look at the latest neuroscience behind child development, attachment research, and how to use creativity and the arts to socially engage children and young people to get their bodies and brain ready for learning. The workshop will also help coaches to understand how our stress response system and social engagement system shapes how we learn. In addition, we'll look at understanding how children and young people access thinking and how they learn the ability to regulate their bodies and brain so that they are ready to learn.

## CPD: SESSION PLANNING

**Date:** Tuesday 4<sup>th</sup> December 2018

**Time:** 7.30 - 9.30pm

**Venue:** Ben Rydding Sports Centre,  
Countenances Way, Ilkley, LS29 8AW

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Steve Dorey - West Riding  
County FA Senior Football Development  
Officer and FA Affiliate Tutor (Level 1, 2 and 3  
(UEFA B))

This CPD event will look at the key ingredients to session planning. We'll discuss setting objectives, planning for learning, short and long term planning and the use of a coaching syllabus.

The event will be a mixture of indoor theory/discussion plus observation of a practical session with Ilkley Town's first team.

[Book Here](#)



## CPD: PLAYING FORMAT TRANSITION (5V5, 7V7, 9V9, 11V11)

**Date:** Tuesday 22<sup>nd</sup> January 2019

**Time:** 6.30 - 8.30pm

**Venue:** Rossett Sports Centre, Pannal Ash Road, Harrogate, HG2 9JP

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Julie Chipchase - FA Regional Coach Development Manager

[Book Here](#)

This CPD event will benefit coaches whose players are changing playing format in either the next or following seasons. We will identify key ingredients to include in your practices at different formats and top tips for helping your players prepare for their next football experience and show some practical examples with a local grassroots team. Topics covered will include:

- Playing formations
- Practice design
- The retreat line (or lack of!)
- Offside



## CPD: FA LEVEL 2 TASTER



**Date:** Thursday 26<sup>th</sup> February 2019

**Time:** 6.30 - 8.30pm

**Venue:** Beech Hill School, Mount Pleasant Avenue, Halifax, HX1 5TN

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Julie Chipchase - FA Regional Coach Development Manager

Are you a Level 1 coach thinking about taking a Level 2 course? Want to know more about the course and see if it's for you?

This theory/practical workshop will outline the key details of The FA Level 2 course and give coaches a chance to find out how it can benefit them and their players. We'll talk about course content, The Project and show some of the practical sessions you might see on the course.

Already a Level 2 coach? You can still attend and gain CPD hours, as can any coaches who haven't yet completed the Level 1 course but want to find out more.

[Book Here](#)

Join The FA Licensed Coaches' Club  
for free today at:

[www.thefa.com/licensedcoachesclub](http://www.thefa.com/licensedcoachesclub)





## CPD: FINDING SUCCESS IN A STRUGGLING TEAM

**Date:** TBC - March 2019

**Time:** 6.30 - 8.30pm

**Venue:** TBC – Pudsey region

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Steve Dorey - West Riding County FA Senior Football Development Officer and FA Affiliate Tutor (Level 1, 2 and 3 (UEFA B))

During this workshop we'll look at goal setting, defining success and achieving outcomes without focussing on results. The key aims for the event will be to give you support and ideas to maintain a positive learning environment, both in training and on match days, to help keep your players involved in the game.

After an indoor discussion, we'll head out to the pitch for a practical session with a grassroots team before returning inside for a debrief and to share ideas.



# Booking Coming Soon

## CPD: FA LEVEL 3 (UEFA B) PREP



**Date:** TBC - May 2019

**Time:** 6.30 - 8.30pm

**Venue:** West Riding County FA, Fleet Lane,  
Woodlesford, Leeds, LS26 8NX

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Julie Chipchase - FA Regional  
Coach Development Manager

This event is designed for any coaches looking to apply for The FA Level 3 (UEFA B) course in the future. Attendees will find out further detail about the course including:

- Course structure
- 2019/20 course dates
- Assessment process
- Course pre-requisites
- Application process and selection criteria

The workshop will be a mixture of theory and practical so attendees will also get a taste of some of the practical sessions they'll be involved in on the course.

Please note, attendance at this CPD event will be taken into account for all applicants for the 2019/20 course.

# Booking Coming Soon



## CPD: ARRIVAL ACTIVITIES AND WARM UP IDEAS

**Date:** Thursday 4<sup>th</sup> July 2019

**Time:** 6.30 - 8.30pm

**Venue:** Marley Activities and Coaching Centre,  
Aireworth Road, Keighley, BD21 4DB

**CPD Hours:** 2 (Level 1 and 2)

**Cost:** Free

**Delivered by:** Steve Dorey - West Riding  
County FA Senior Football Development  
Officer and FA Affiliate Tutor (Level 1, 2 and 3  
(UEFA B))

In this workshop we'll share ideas on how to engage players from the moment they arrive at training or match day.

You'll see some practical examples delivered with a local grassroots team and also discuss how arrival activities and warm ups can be linked to your session/match day plan and objective(s).



[\*\*Book Here\*\*](#)

## FOR MORE INFORMATION

### E-Mail

[info@westridingfa.com](mailto:info@westridingfa.com)

### Phone

01132 821222 (Option 2)

### Website

[www.westridingfa.com/coaches/development-and-courses/cpd-and-in-service](http://www.westridingfa.com/coaches/development-and-courses/cpd-and-in-service)



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