

# Isle of Man FA Academy Parents Information 2022-23



## Mission Statement

*"To recruit and enhance the most talented junior football players on the island and provide a challenging technical and competitive programme to help them achieve their full potential".*





# Boys progressed

Since 2012, seven junior boy players who have trained in the programme have secured professional football contracts at professional football club development programmes.



Rowan Richardson:  
Bolton Wanderers FC  
Blackpool FC



Tom Cowley:  
Morecambe FC



Adam Long  
Wigan Athletic FC  
Doncaster Rovers FC





# Boys progressed



Sean Jackson:  
Manchester City FC



Dean Pinnington:  
Wolverhampton Wanderers FC  
Wigan Athletic FC



Isaac Allen:  
Lincoln City FC

# Girls progressed

Since 2012, six junior girl players who have trained in the programme have secured professional football contracts at professional football club development programmes.



Alice Ashe:  
Chelsea FC



Tia Lisy:  
Manchester United FC



Ella Dixon:  
Manchester United FC



# Girls progressed



Shannon Primrose Smith  
Morecambe FC



Allana Pritchard:  
Blackburn Rovers FC



Stevie Mallon  
Chester City FC



# Off Island opportunities



- ❖ Since 2012 a large number of boy players and girl players have trialled at different professional clubs predominantly in the North West of England.
- ❖ Lots of these players have been invited to train regularly at professional football clubs whilst attempting to secure professional contracts.





# Local pathways

## ◆ **Local football team**

Since 2012 countless junior boy and girl players have competed in local football club combination teams, first teams and women's teams and FC Isle of Man.

## ◆ **Representative football teams:**

Numerous players have represented the Isle of Man representative boys under 18, senior men and senior women's teams.

## ◆ **School representative teams:**

A large quantity of players have represented the Isle of Man schools representative teams at Girls U17 and Boys U19 level.

## ◆ **Other sports:**

Finally, a collection of past and current players have competed for the Isle of Man and England/ Great Britain in a variety of other sports.



# New for season 2022-23



Goals from New Individual Performance Plan	
Agreed Targets	Agreed Actions

This season we are trialling Individual Development Plans for players within two of our eleven age groups. If successful this will be rolled out to all players within the programme in 2023-24.

Individual Development Plans will consist of agreed goals set by both the player and their coaches. The players development against these goals will be reviewed throughout the season with both a mid-point and end of season player performance review.



# New for season 2022-23



Access to film on and off Island matches to support player and coach development.

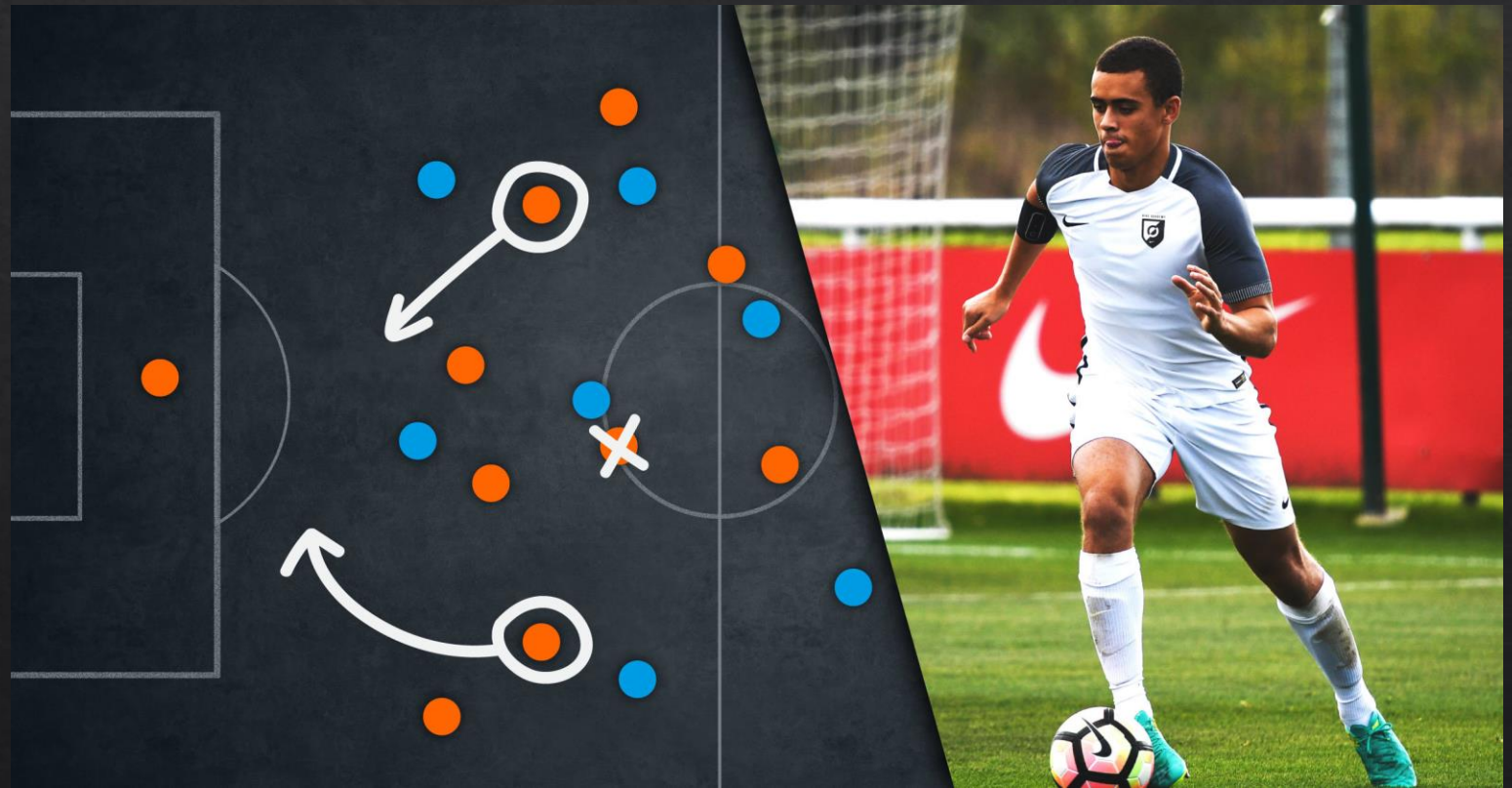
Where suitable additional match streaming opportunities.



# New for season 2022-23



Coach access to  
player analysis  
platforms to monitor  
and track player  
performance on  
matchdays.





# 2022-23 Programme Dates



- ◇ Training will take place at the Bowl stadium
- ◇ **Training Phase 1: Mon 3rd Oct 2021 – Fri 16<sup>th</sup> Dec 2022**
- ◇ **Xmas Break – Mon 19<sup>th</sup> Dec 2022 – Mon 2<sup>nd</sup> Jan 2023**
- ◇ **Training Phase 2: Mon 2<sup>nd</sup> Jan 2023 – Fri 2<sup>nd</sup> June 2023**
- ◇ Players are expected to attend every session.
- ◇ Lead coaches will be taking and monitoring session registers



# Enrolment form



- ◆ The season 2022-23 IOMFA Academy Player Enrolment Forms can be found at the bottom of each age squad under the 'IOMFA Academy' tab of [www.isleofmanfa.com](http://www.isleofmanfa.com)
- ◆ Please print and forward a completed form to the below stated address no later than 4pm Friday 14<sup>th</sup> October 2022. Please do not hand these into your coach.
- ◆ It is very important that this form is received in the IOMFA office. Updates on the programme will be communicated via email so please forward an email address which you check regularly.
- ◆ Post to: Isle of Man Football Association, The Bowl, Douglas, Isle of Man, IM2 1AD



# Training times at the bowl 2022-23



Day	Time	Age Group
Monday	5:00pm – 6:00pm	Boys U16's + Boys U18's
	6:00pm – 7:00pm	Boys U16's + Boys U18's
Tuesday	5:00pm – 6:00pm	Boys U11's + Girls U10's + Girls U12's
	6:00pm – 7:00pm	Girls U18's + Boys U12's + Boys U13's
Wednesday	5:00pm – 6:00pm	Girls U14's + Girls U16's + Goalkeepers
Thursday	5:00pm – 6:00pm	Girls U10's + Girls U12's + Boys U13's
	6:00pm – 7:00pm	Boys U14's + Boys U15's
Friday	5:00pm – 6:00pm	Boys U11's + Boys U12's

# Goalkeepers

Lead coaches will organise sessions to incorporate goalkeepers. Goalkeepers are required to train regularly with the outfield players within their respective age group squads (session times listed on the previous slide).

There will also be goalkeeper specific training for all goalkeepers (boys and girls). These sessions are additional extra sessions which all goalkeepers are expected to attend.

Wednesday – 5:00pm – 6:00pm  
GK Specific Training





# Coaches



Our coaches are committed to their continuous professional development.

To start season 2022-23 we have:

3 FA Level 3 qualified coaches

9 FA Level 2 qualified coaches

8 FA Level 1 qualified coaches

1 qualified physiotherapists

Coaches also complete informal CPD to support their development.



# Squad monitoring



Squads are currently uploaded on the IOMFA website – [www.isleofmanfa.com](http://www.isleofmanfa.com) under the “IOMFA Academy” tab.

Lead coaches will be reviewing squads constantly. There will be re-evaluations on going and lead coaches will be providing feedback to each player/parent.






# Training kit



Players will be required to wear full 2022-23 training kit at each session: training shirt, shorts, socks, jacket. There is an extra option to buy training pants too.


To order players kit for 2022/23, please visit this link:

[www.clubwebshop.com/isleofmanfa](http://www.clubwebshop.com/isleofmanfa)




## ISLE OF MAN FA




ONLINE CLUB WEB SHOP



### FREE DELIVERY ON ALL ORDERS



CLICK TO ENLARGE



**Mandatory Items:**

1) Nike Park VII SS Football Shirt University Red/White	--Select Size--	Qty 1
2) Nike Park III Knit Short University Red/White	--Select Size--	Qty 1
3) Nike Classic II University Red/White Football Sock	--Select Size--	Qty 1
5) Nike Park 20 University Red/White Knit Track Jacket	--Select Size--	Qty 1

**Optional Items:**

4) Nike Park 20 Knit Pant Black/White	--Select Size--	Qty 0
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**Personalisation Included**

ISLE OF MAN FA BADGE



JACKSONS LOGO

**Optional Personalisation**

Add INITIALS? Item No: 5 (A Swoosh ) £4.57 each item


**Product information**

COMFORT FOR COMPETITION. Dri-FIT technology helps keep you dry and



## Jacksons

Driving Youth Football Forward



# Payment



Depending on your training squad, players are categorised as either:

“Single Session players” or “Double session players”

Please note you cant pick the category for your son or daughter.

**“Single Session Player”** (Train x 1 sessions per week)

Boys Under 14's

Boys Under 15's

Boys Under 16's

Girl Under 14's-18's

Price: £120

**“Double Session Player”** (Train x 2 sessions per week)

Boy Under 11's

Boy Under 12's

Boy Under 13's

Girls Under 10's

Girls Under 12's

Price: £240





# Standing order forms



Both the “Double session player” and “Single session player” standing order forms can be found at [www.isleofmanfa.com](http://www.isleofmanfa.com) at the bottom of your squad training group page under the “IOMFA Academy” tab.

If paying via standing order, along with the “IOMFA Academy Player Enrolment Form” please print and forward a completed form to the Isle of Man FA office at the below stated address no later than 4pm, Friday 14<sup>th</sup> October 2022.

Please do not send the forms directly to your bank. It is very important we mark the standing order forms as received at the Isle of Man FA office. Your forms will be forwarded to your bank by the IOMFA office staff.

Post to:     Isle of Man Football Association  
              The Bowl  
              Douglas  
              Isle of Man  
              IM2 1AD

# Online bank transfers

If paying via online bank transfer please send by 4pm Friday 14<sup>th</sup> October to:

Isle of Man Football Association

Account number: 12676853

Sort Code: 55-91-00

Please add your son or daughters surname and age group as the payment reference e.g. "Surname Boys U11"





# Physiotherapy



Physiotherapy is available FREE of charge for players

At the bowl physio room

Sessions will be on Wednesdays only

Players must book an appointment in advance. Do not turn up without an appointment.

Our physiotherapist is Rachel Croft

Her contact details to book are:

Tel: 07624 465738

Email: [rach\\_croft@hotmail.co.uk](mailto:rach_croft@hotmail.co.uk)



# Training code of conduct



## TRAINING (BEFORE)

- Hydrate
- Rest
- Warm up properly on arrival
- Players are not allowed on the sides of the pitch prior to session start time
- Players must wear full training kit to every session

## TRAINING (DURING)

- Respect coach decisions
- No swearing
- Keep to the coaches instructions
- Show a positive attitude
- Encourage your team mates
- Give 100% effort
- Don't discriminate against other players
- Look after your possessions
- No racism
- Good sportsmanship

## TRAINING (AFTER)

- Cool down
- Take all your possessions
- Re-Hydrate
- Report any injuries to coach



# Behaviour / incident reporting



## Accident / behaviour:

Lead coaches will forward an accident/ behaviour report form similar to the one on the right of this slide to inform parents/ guardians if required.

### Academy – Behaviour/Accident Report Form

Location:	Facility:	Date:	Time:
Name:	DOB:	Gender:	
Tel (h)	Tel (m)		

Details of accident/ poor behaviour:

Nature of injuries / problems caused for the group:

Treatment given:	Ambulance required:
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Did the player resume activity:

Details of Witness:

Name:	DOB:
Tel (h)	Tel (m)

# Training cancellations



Expect sessions to take place in all weather conditions on the 3G pitch surface.

Weather cancellations will only take place if the IOM constabulary communicate that they advise the public not to travel on the road.

If a session is cancelled lead coaches will communicate this via email before 3pm on the training day.

If you have not received any communication before 3pm, expect the training session to take place.

Please do not contact the IOMFA office to ask if training is on or not as a result of weather.





# Communicating

## Parent - coach

If your son or daughter can't attend a session please communicate this directly to your squad lead coach using the contact details provided overleaf. Do not contact the IOMFA office.

If you have anything you feel you need to ask or detail to your son or daughter's squad coaches please do not hesitate to contact them.

If you feel you need to contact the IOMFA Academy Manager, please do not hesitate to (contact details provided overleaf).

## Coach – Parent

Coaches will regularly be communicating with parents via email. Please ensure the email you provide on the enrolment form is one which you check regularly.



# Coach contact information



Academy Manager	Lewis Qualtrough	<a href="mailto:Lewis.Qualtrough@isleofmanfa.com">Lewis.Qualtrough@isleofmanfa.com</a>
Boys U11's	Gavin Gawne	<a href="mailto:kevinsheedysleftfoot@yahoo.co.uk">kevinsheedysleftfoot@yahoo.co.uk</a>
Boys U12's	Nick Cowell	<a href="mailto:nickcowell12@gmail.com">nickcowell12@gmail.com</a>
Boys U13's	Martin Thompson	<a href="mailto:gawnecallum@gmail.com">gawnecallum@gmail.com</a>
Boys U14's	Andrew Asbridge	<a href="mailto:andrewasbridge@online.sch.im">andrewasbridge@online.sch.im</a>
Boys U15's	Connor Prescott	<a href="mailto:ardbtec12connorprescott@gmail.com">ardbtec12connorprescott@gmail.com</a>
Boys U16's	Mark Watterson	<a href="mailto:mark@simpsonshavingbrushes.com">mark@simpsonshavingbrushes.com</a>
Boys U18's	Lewis Qualtrough	<a href="mailto:Lewis.Qualtrough@isleofmanfa.com">Lewis.Qualtrough@isleofmanfa.com</a>



# Coach contact information



Girls Manager	Simon Elson	<a href="mailto:Simon.elson@isleofmanfa.com">Simon.elson@isleofmanfa.com</a>
Girls U10's	Kirsty Williams	<a href="mailto:kirstyw@starsgroup.com">kirstyw@starsgroup.com</a>
Girls U12's	Simon Elson	<a href="mailto:Simon.elson@isleofmanfa.com">Simon.elson@isleofmanfa.com</a>
Girls U14's	Arron Delaney	<a href="mailto:Jamremovals23@gmail.com">Jamremovals23@gmail.com</a>
Girls U16's	Ric Delaney	<a href="mailto:Delaney.richard@yahoo.co.uk">Delaney.richard@yahoo.co.uk</a>
Girls U18's	Simon Elson	<a href="mailto:Simon.elson@isleofmanfa.com">Simon.elson@isleofmanfa.com</a>
Goalkeepers	David Cherry	<a href="mailto:David.cherry@quilter.com">David.cherry@quilter.com</a>
Physiotherapist	Rachel Croft	<a href="mailto:Rach_croft@Hotmail.co.uk">Rach_croft@Hotmail.co.uk</a>

# Safeguarding



All coaches within the programme have up to date mandatory FA CRC, FA Safeguarding and FA Emergency first aid qualifications in place.

The IOMFA Academy programme and employees work to recommendations of best practice outlined within the FA safeguarding operating standards.

The IOMFA Academy Welfare Officer is Steve Goldsmith. If you or your son or daughter feel the need to contact him for player welfare issues, please do not hesitate to. His contact details are email: [steve.goldsmith@isleofmanfa.com](mailto:steve.goldsmith@isleofmanfa.com) and Tel: 07624 203598





# Trips

## Trip selections:

For any trips organised for the younger age groups: Boys U11's, Boys U12's, Boys U13's, Girls U10's and Girls U12's squads all of the named players listed on the IOMFA website will have the opportunity to attend any organised age group trip.

For any trips organised for the older age groups: Boys U14's, Boys U15's, Boys U16's, Boys U18's, Girls U14's, Girls U16's and Girls U18's the lead coaches will outline the trip selection process in advance via parent letter.





# Trip history



*Below are examples of trips our squads have attended the following:*

**2012** – Boys U10 Bolton Wanderers Academy Tournament

- Boys U11, U12, U13, U14, U15, U16 Keele International Cup
- Girls U12, U14, U16– NW CFA's Tournament in Cheshire

**2013** – Boys U11, U12, U13, U14, U15, U16 Keele International Cup

- Boys U11 Bolton Wanderers Academy Tournament
- Girls U12, U14, U16 - NW CFA's Tournament in Cumbria

**2014** – Boys U11, U12 Blackpool Cup

- Boys U13 Prestatyn Tournament
- Boys U14 Southport Trip
- Boys U16 Manchester and Skelmersdale Trip
- Girls U12, U14, U16 Manchester Trip





# Trip history



**2015** – Boys U13 Welsh International Super cup  
- Boys U15 North West Tour including Nantwich Town, TNS FC

**2016** – Boys U13 Welsh International Super Cup  
Boys U14 Everton FC Academy, West Bromwich Albion Academy FC  
Boys U15 Welsh International Super Cup  
Boys U16 North West Tour – including Preston North End FC,  
Fleetwood Town FC

**2017** – Boys U11 Holland Cup  
Boys U12 Blackpool tournament  
Boys U13 Stoke Academy trip + Belfast Trip  
Boys U14 Southampton Academy Tournament: including FC Porto,  
Chelsea FC, Kenya, Southampton FC, Deportivo La Coruna FC  
Boys U16 Fleetwood Town FC  
Girls U12 Liverpool Tournament  
Girls U14, U16 Great Yarmouth Tournament





# Trip history



**2018** – Boys U11 Everton FC Academy, Manchester Cup

Boys U13 Manchester Cup

Girls U16 Manchester

Girls U12 Liverpool

Boys U14 Tranmere Rovers FC Tournament

Boys U12 Wigan Athletic FC

**2019** – Boys U11 Manchester Cup

Boys U12 Britannia Cup Cheshire

Boys U13 Britannia Cup Cheshire

Boys U14 Brighton and Hove Albion FC & Barcelona Cup

Boys U15 Blackburn Rovers FC, TNS FC (Wales)

Boys U16 Manchester Cup

Boys U18 Oldham Athletic FC, Wigan FC

Girls U10 Liverpool Zoe Tynan Tournament

Girls U12 Liverpool Zoe Tynan Tournament

Girls U14 Crewe FC, Chester City FC





# Trip history



**2020** – Boys U11 St Georges Park v Burton Albion Academy & Walsall FC Academy

Boys U12, U13 & U15 – TNS Trip to Wales

Boys U18'S – Burnley FC academy, Macclesfield Town FC Youth team, Chester FC Youth Team

**2021** – Boys U13's TNS FC in wales

**2022** – Boys U18's Tranmere Rovers FC and Fleetwood Town FC

Boys U16's Blackpool FC and Morecambe FC

Boys U11's Burton Albion FC and Scunthorpe United FC

Girls U12's Morecambe FC and Altrincham FC

Boys U14's Manchester United FC and Lancaster City FC

Boys U12's Liverpool FC and TNS FC

Girls U10's, U12's and U14's Zoe Tynan Tournament in Liverpool

Boys U15's Connah's Quay FC and TNS FC

Girls U16's Kendal vs Westmoreland FA

Boys U13's Carlisle FC





# Coaching



**Aims to produce** Innovative players with exceptional decision making skills. It is based on fundamental movement skills for football and will involve players problem solving and developing a tactical understanding of the game.

**The strands of learning** are centred around attacking, defending, finishing and goalkeeping. All the strands will be covered over the course of the season.

See overleaf, a short explanation of what to expect within sessions across the different age groups.





# Ages 9-12



**Fun:** A lot of fun activities to help players enjoy the game

**Technique work:** lots of opportunity to develop individual football techniques and to master the football. These periods may be un-opposed.

**Game related:** lots of game related activities. These periods may be un-opposed or opposed.

**Fundamental movements:** lots of fun football related games which will develop fundamental movement patterns for football. These will aim to develop agility, balance, co-ordination, strength and speed.

**Small sided games:** lots of opportunity to learn the game and further develop decision making. Expect players to play in a variety of positions.





# Ages 12-18



## Decision making:

An increase in decision making and problem solving.

## Game related:

A well rounded and more varied coaching practice which will include technique work along with small sided games which are game related and opposed.

## Transition to 11v11:

Sessions will look to support the transition from small sided (7, 8 and 9 aside) into 11 v 11 football. Players will be learning the principles of play of football within attacking, defending and during transition.







# Player development

Some of the key development areas for individual players we see are:

<b>Physical</b> <ul style="list-style-type: none"><li>- Good ABC's – Fundamental movement patterns for football (agility, balance, coordination)</li><li>- Speed – fast over short and longer distances (acceleration and deceleration)</li><li>- Strength – strong during specific moments of the game.</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>- Have a strong mentality</li><li>- A 'team player'</li></ul>
<b>Technical</b> <ul style="list-style-type: none"><li>- Competent in 1 v 1 situations</li><li>- Good first touch, under pressure and with both feet</li><li>- Comfortable at keeping possession under pressure</li><li>- Good at passing, dribbling, running with ball and finishing</li></ul>	<b>Psychological</b> <ul style="list-style-type: none"><li>- Express themselves and show creativity when attacking</li><li>- Tactically astute</li><li>- Offer support and movement on and off the ball</li><li>- Show understanding and decisiveness when defending</li></ul>

# Reminder of paperwork



## In order to enrol onto the programme

By 4pm Friday 14<sup>th</sup> October 2022 please print, complete and return the following to the IOMFA Office using the below stated address:

- IOMFA academy enrolment form
- Standing order form (either a Double or a Single session player standing order form)

Both forms can be found at [www.isleofmanfa.com](http://www.isleofmanfa.com). The correct form is found on each age group squad page under the 'IOMFA Academy' tab.

Post to: Isle of Man Football Association,  
The Bowl,  
Douglas,  
Isle of Man,  
IM2 1AD

Or if paying via bank transfer use the payment instruction detailed earlier.