

# Isle of Man FA Academy Parents Information 2023-24



## 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, eight 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



# Boys progressed



Adam Long  
Wigan Athletic FC  
Doncaster Rovers FC



Sean Jackson  
Manchester City FC



Dean Pinnington:  
Wolverhampton Wanderers FC  
Wigan Athletic FC

# Boys progressed



Isaac Allen:  
Lincoln City FC



Freddie O'Donnoghue  
Carlisle United 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  
Everton 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 in 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 teams**

Since 2012 countless junior boy and girl players have competed in local football club men and women's teams as well as play for 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.



# Player Diaries



Goals from New Individual Performance Plan	
Agreed Targets	Agreed Actions

We will trial online Individual Development Plans for players with selected age groups.

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.

# Match filming

Veo camera system:





# Hudl Analysis



Hudl analysis  
platform access



# 2023-24 Programme Dates



- ◇ Training will take place at the Bowl stadium
- ◇ Training Phase 1: Mon 9th Oct 2023 – Fri 22<sup>nd</sup> Dec 2023
- ◇ Xmas Break – Mon 25<sup>th</sup> Dec 2023 – Mon 8<sup>th</sup> Jan 2024
- ◇ Training Phase 2: Mon 8<sup>th</sup> Jan 2024 – Fri 24<sup>th</sup> May 2024
- ◇ Players are expected to attend every session.





# Enrolment form



- ◆ The season 2023-24 IOMFA Academy Player Enrolment Forms can be found at the bottom of each age squad under the 'Isle of Man FA 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 Monday 16<sup>th</sup> October 2023. 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 2023-24



Day	Time	Age Group
Monday	5:00pm – 6:00pm	Boys U16's
	6:00pm – 7:00pm	Boys U18's
Tuesday	5:00pm – 6:00pm	Boys U11's + Girls U10's + Girls U12's
	6:00pm – 7:00pm	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 2023-24 we have:

3 UEFA B qualified coaches

10 UEFA C qualified coaches

8 FA Level 1 qualified coaches

1 qualified physiotherapists

Coaches also complete informal CPD to support their development.





# Squad monitoring



Lead coaches will be reviewing squads throughout the season. Players may join the program throughout the season. Any player joining will undertake an individual trial process.



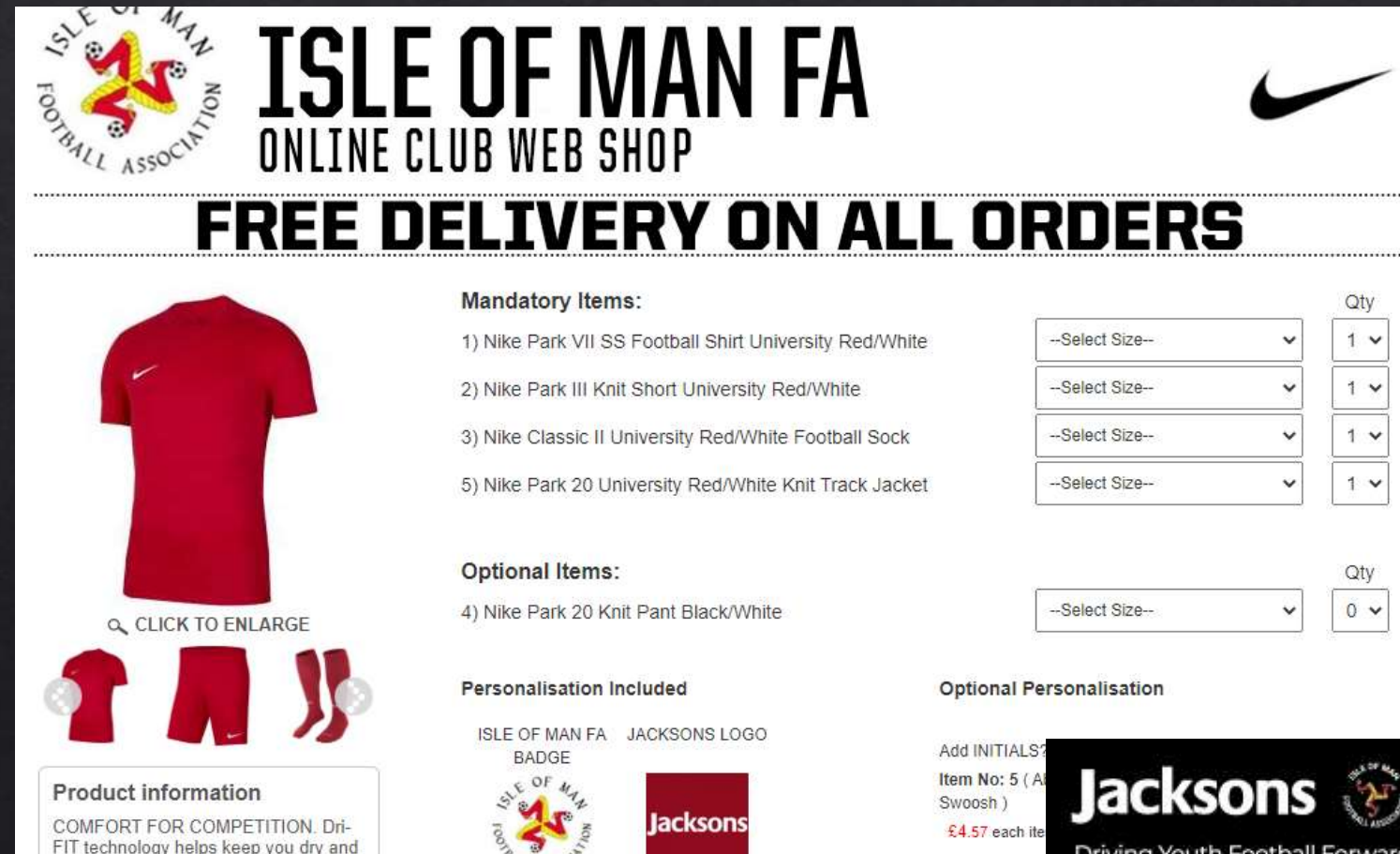
# Training kit



Players will be required to wear full 2023-24 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 2023/24, please visit this link:

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



The screenshot shows the 'ISLE OF MAN FA ONLINE CLUB WEB SHOP' interface. At the top left is the club's logo, and at the top right is the Nike logo. A prominent banner reads 'FREE DELIVERY ON ALL ORDERS'. The main product area features a large image of a red training shirt with a 'CLICK TO ENLARGE' button below it. To the right of the shirt image are four 'Mandatory Items' listed with size selection dropdowns and quantity selectors (all set to 1):

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

Below these are 'Optional Items' with a size dropdown and a quantity selector (set to 0):

- 4) Nike Park 20 Knit Pant Black/White

The 'Personalisation Included' section lists 'ISLE OF MAN FA BADGE' and 'JACKSONS LOGO', with corresponding logos shown below. The 'Optional Personalisation' section includes 'Add INITIALS?' and 'Item No: 5 (A Swoosh )' with a price of '£4.57 each item'. At the bottom left, a 'Product information' box states: 'COMFORT FOR COMPETITION. Dri-FIT technology helps keep you dry and...'. The bottom right corner features the 'Jacksons' logo and the slogan '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
- Boys Under 18's
- Girl Under 14's
- Girls Under 16'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 “Isle of Man FA Academy” tab.

If paying via standing order, along with the “Isle of Man FA 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, Monday 16<sup>th</sup> October 2023.

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 Monday 16<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



<b>TRAINING (BEFORE)</b>	<b>TRAINING (DURING)</b>	<b>TRAINING (AFTER)</b>
<ul style="list-style-type: none"><li>-Hydrate</li><li>-Rest</li><li>-Warm up properly on arrival</li><li>-Players are not allowed on the sides of the pitch prior to session start time</li><li>-Players must wear full training kit to every session</li></ul>	<ul style="list-style-type: none"><li>-Respect coach decisions</li><li>-No swearing</li><li>-Keep to the coaches instructions</li><li>-Show a positive attitude</li><li>-Encourage your team mates</li><li>-Give 100% effort</li><li>-Don't discriminate against other players</li><li>-Look after your possessions</li><li>-No racism</li><li>-Good sportsmanship</li></ul>	<ul style="list-style-type: none"><li>-Cool down</li><li>-Take all your possessions</li><li>-Re-Hydrate</li><li>-Report any injuries to coach</li></ul>



# 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:	
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	Daniel Beresford	<a href="mailto:Danny.Beresford@yahoo.co.uk">Danny.Beresford@yahoo.co.uk</a>
Boys U12's	Gavin Gawne	<a href="mailto:kevinsheedysleftfoot@yahoo.co.uk">kevinsheedysleftfoot@yahoo.co.uk</a>
Boys U13's	Nick Cowell	<a href="mailto:nickcowell12@gmail.com">nickcowell12@gmail.com</a>
Boys U14's	Tristan Ringham	<a href="mailto:tristan_ringham@hotmail.co.uk">tristan_ringham@hotmail.co.uk</a>
Boys U15's	Andrew Asbridge	<a href="mailto:andrewasbridge1@gmail.com">andrewasbridge1@gmail.com</a>
Boys U16's	Connor Prescott	<a href="mailto:ardbtec12connorprescott@gmail.com">ardbtec12connorprescott@gmail.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	Ric Delaney	<a href="mailto:Delaney.richard@yahoo.co.uk">Delaney.richard@yahoo.co.uk</a>
Girls U12's	Kirsty Williams	<a href="mailto:kirstyiom@outlook.com">kirstyiom@outlook.com</a>
Girls U14's	Arron Delaney	<a href="mailto:Jamremovals23@gmail.com">Jamremovals23@gmail.com</a>
Girls U16's	Liam Thomas	<a href="mailto:LiamThomas@ucm.ac.im">LiamThomas@ucm.ac.im</a>
Specialist:		
Goalkeeper Coach	David Cherry	<a href="mailto:dcherry1888@gmail.com">dcherry1888@gmail.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 DBS, FA Safeguarding course and Introduction to First Aid in football.

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

The IOMFA Designated Safeguarding 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 and Girls U16'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





# Trip history



*2023 – Boys U18's Queen of the South FC & Annan Athletic FC*

*Boys U16's Carlisle United FC*

*Boys U12's Preston North End FC*

*Boys U14's Celtic Cup vs Scottish Youth FA, Northern Ireland NIBFA  
& Schoolboys Football Association Ireland*

*Boys U13's Leeds United FC*

*Boys U15's Linfield FC & Ridgeway Rovers FC & Coleraine FC*

*Girls U10's & U12's Zoe Tynan Tournament, Liverpool Feds Women's FC*

*Girls U14's Myerscough JDFC & Westmoreland PDC*

*Girls U12's Bury, Crompton FC*

*Boys U11's The New Saints FC Wales*

*Boys U16's Britannia Cup*



# 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 Monday 16<sup>th</sup> October 2023 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.