

# OUR NEW CPD EVENTS FOR 2019/20

**WE ARE INTRODUCING 20 NEW FACE-TO-FACE LEARNING EVENTS FOR COACHES ACROSS THE COUNTRY.**

**WE WILL BE STARTING A SERIES OF BRIDGING WORKSHOPS, SPECIFICALLY DESIGNED FOR LEVEL 1 AND 2 COACHES.**

These sessions will help people develop their skills, and will allow attendees to better understand the next steps in their own coaching journey.

**WE'LL ALSO BE RUNNING RUN ENGLAND DNA WORKSHOPS FOR THE 5-11 AND 12-16 AGE GROUPS.**

These sessions will help coaches tailor their sessions to the specific, age-related development needs their players have.

**WHAT NEW EVENTS ARE THERE?**

Six Level 1-2 Bridging Workshops  
Six Level 2-3 Bridging Workshops  
Four England DNA Workshops (5-11)  
Four England DNA Workshops (12-16)

Each workshop lasts 3-hours.

CFAs are free to select the sessions they want to run in their community. These can be scheduled in any order. There is no obligation to run every workshop in each county.



**FOR ALL**



**FOR ALL**

# FA EDUCATION LEVEL 1-2 BRIDGING WORKSHOPS

## WORKSHOP 1 AN INTRODUCTION

See inside The FA Level 2 and get a flavour for what it's all about.

We appreciate that choosing to take the The FA Level 2 in Coaching Football course can be a big decision, especially when it comes to knowing if it's right for your coaching journey.

It's a decision we felt we could do more to help you with, because it's really important you have all the information you need to choose the learning events and opportunities right for you.

This season we've launched a series of six short bridging courses for any FA Level 1 coach considering applying for a place on The FA Level 2 - starting with this workshop: An Introduction to The FA Level 2 in Coaching Football.

Delivered in partnership with all 50 County FAs around the country, this introduction to the FA Level 2 is a great way of seeing inside the course and discovering what it's all about.

Our tutors will introduce you to the course structure, what's involved across the various blocks of learning, as well as the type of in-club support you'll receive in between modules.

You'll also explore practical skills on the course that can benefit your coaching, and ultimately benefit your players' development.

It's important to point out that you don't have to complete all six workshops, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- Understand the structure of The FA Level 2 in Coaching Football course
- See what's involved across the different blocks of learning
- Learn about the practical skills on The FA Level 2 that can benefit your coaching and your players' development
- Discover the different types of in-club support you'll receive in between modules.

## WORKSHOP 2 WHO WE ARE

Learn more about how looking back can help you move forwards as a coach.

Spending time reflecting on your coaching is one of the most valuable ways of improving your longer-term development plans, for both yourself as a coach and for your players.

It's also one of the key topics on The FA Level 2 in Coaching Football, which includes a session dedicated to the why, where, when and how-questions that make up a coaching philosophy.

This workshop introduces the different reflective strategies you can start to use to create safe, fun and enjoyable football experiences for your players.

It also shows how you can use the plan-do-review and long-term player-development models to reflect on the impact your coaching behaviours can have on your players' development.

And then, once you've looked at how you can reflect on yourself as a coach, our tutors will take you through building a picture of a philosophy for your club, which embeds your coaching values.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- An introduction to the different reflective strategies you can use to create safe, fun and enjoyable football experiences for your players
- How to use the plan-do-review and long-term player-development models to reflect on the impact your coaching behaviours can have on your players' development
- How to build a picture of a philosophy for your club that reflects your coaching values.

## WORKSHOP 3 HOW WE PLAY

Confidently make connections between your training and matchdays.

Building links between your training and matchday can be a great way of helping your players translate new skills onto the pitch.

But how confident are you in identifying situations where you can make these connections? This workshop is a great way of learning more about how to do exactly that.

Our tutors will show you how to create more game-related sessions that are crucial for building clear, transferable links between your sessions and matchdays.

You'll also be introduced to different techniques, skills and principles of play when in and out of possession as well as in transitional moments, with opportunities to practice.

All of this will help you start building the foundations that can help when pulling together your playing philosophies in The FA Level 2 in Coaching Football.

It's important to point out that you don't have to complete all six, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- How to build clear, transferable links between your sessions and matchdays using game-related sessions
- Understand different techniques, skills and principles of play you can try during in-possession, out-of-possession and transition training sessions.
- See how these can help you build the foundations needed when pulling together your playing philosophies in The FA Level 2 in Coaching Football course.



**FOR ALL**

# FA EDUCATION LEVEL 1-2 BRIDGING WORKSHOPS

## WORKSHOP 4 HOW WE COACH

Discover more about how your behaviours impact on your players, training sessions, and your own longer-term development.

Regularly reflecting on and understanding your coaching behaviours is a really valuable practice when developing your longer-term training and player-development plans.

It's not only a great way of making sure you're operating at the levels you aspire to, it can also help with challenges like managing difference between players, coping with mistakes, and how you need to adapt your approach for each of your players' individual needs.

In this workshop, our tutors will work with you to explore your behaviours, who and what may be influencing them, and the effect they may be having on the environments you create at training and on matchdays.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- Importance of regularly reflecting on and understanding your coaching behaviours when developing longer-term training and player-development plans
- How to explore your behaviours, who and what may be influencing them, and the effect they may be having on the environments you create at training and on matchdays.

## WORKSHOP 5 HOW WE SUPPORT

A deeper dive into building a support network around you and your players to enhance their football experiences.

As a coach, you naturally play a leading role in each of your players' development journeys - but you don't have to be the only one with this responsibility.

This workshop takes a look at those around you and your team who can provide meaningful support for your players at training and on matchdays.

It will build on the module from The FA Level 1 that looked at the role of others by exploring strategies you can use to influence and energise others to provide the support you and your players need.

You'll also look at how to build better relationships with those around you, as well as getting a flavour of the player-potential and managing-difference workshops you'll get on The FA Level 2.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- How you can work with those around you and your team to provide meaningful support for players at training and on matchdays
- How to build better relationships with those around you and strategies you can use to influence and energise others to provide the support you and your players need
- A look inside the player-potential and managing-difference workshops you'll get on The FA Level 2 in Coaching Football course.

## WORKSHOP 6 THE FUTURE PLAYER

Learn more about how to create a picture of your players and their individual needs.

Identifying and then catering for individual development needs for each player in a team can be one of the trickiest skills to perfect as a coach, especially if you don't have the benefit of an analysis team behind you!

This workshop tackles that challenge head on and looks at ways you can start to profile your players using a combination of observational skills and FA development models.

Picking up on the introduction you'll have had on The FA Level 1 about The FA 4-Corner Model, our tutors will show you some practical ways you can use it to build pictures of the players in your team.

It's great preparation for when you'll be asked to profile players on The FA Level 2, and will help you create personalised training and matchday experiences for your team in the meantime.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- How to identify individual development needs for each player in your team through observational skills and FA development models
- Practical ways you can use The FA 4-Corner Model to build pictures of the players in your team
- How to create personalised training and matchday experiences for the players in your team.



**FOR ALL**

# FA EDUCATION LEVEL 2-3 BRIDGING WORKSHOPS

## WORKSHOP 1 AN INTRODUCTION

**Step inside The FA Level 3 and learn what it's all about.**

Choosing to make the step-up to The FA Level 3 (UEFA B) in Coaching Football is a big decision. Learn all about the details of this course for yourself and decide whether it's the right next step for you in this course insights workshop.

It's a decision we felt we could do more to help you with, because it's really important you have all the information you need to choose the learning events and opportunities right for you.

This season we've launched a series of six short bridging courses for any FA Level 2 coach considering applying for a place on The FA Level 3 – starting with this session: Course Insights: The FA Level 3 (UEFA B) in Coaching Football.

Delivered in partnership with all 50 County FAs around the country, this introduction to the FA Level 3 is a great way of seeing inside the course and discovering what it's all about.

Our tutors will introduce you to the course structure, what's involved across the various blocks of learning, as well as the type of in-club support you'll receive in between modules.

You'll also explore practical skills on the course that can benefit your coaching, and ultimately benefit your players' development. In addition previous learners will be on hand to share their experiences and journey through the qualification.

It's important to point out that you don't have to complete all six workshops, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- Understand the structure of The FA Level 3 (UEFA B) in Coaching Football course
- See what's involved across the various blocks of learning
- Learn about the practical skills on The FA Level 3 that can benefit your coaching and your players' development
- Discover the different types of in-club support you'll receive in between modules.

## WORKSHOP 2 WHO WE ARE

**Discover how your philosophy shapes all aspects of your coaching.**

Everything we do as coaches should be underpinned by our values, beliefs and philosophy. This ranges from your behaviour, session plans, environment and your approach to player development.

In The FA Level 3 (UEFA B) in Coaching Football coaches are tasked with sharing and critically reviewing their philosophy, to determine whether their actions and behaviours are true to their identity.

This workshop forms a link to that session by introducing the different reflective strategies you can start to use to analyse your learning environment, practices and your approach to player development. It also shows ways you can reflect and adapt the core values and beliefs of your philosophy, depending on how these are shaping and impacting your day-to-day coaching.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- An introduction to the different reflective strategies you can use to analyse your learning environment, practices and approach to player development
- How to reflect and adapt the core values and beliefs of your philosophy as they begin to shape and impact your day-to-day coaching.

## WORKSHOP 3 HOW WE PLAY

**Confidently link tactical details from your playing philosophy through to training and match days.**

Building tactical links between your philosophy, training and match days can be a difficult skill for any coach. How confident are you in making these connections?

This workshop will help you do just that by building on your philosophy and reviewing how your players respond to technical and tactical coaching detail.

You'll start by reviewing your own coaching; identifying your strengths and highlighting areas for development within the How We Play philosophy and practice.

Our tutors will then be on hand to help you with techniques, skills and principles of play that develop your coaching of technical and tactical detail.

All of this will help you start building the foundations that can help when pulling together your playing philosophies in The FA Level 3 (UEFA B) in Coaching Football.

It's important to point out that you don't have to complete all six, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- The importance of reviewing your own coaching to identify strengths and areas for development
- Techniques, skills and principles of play that can help develop the way you coach technical and tactical detail
- A look at the foundations you'll need when pulling together your playing philosophies in The FA Level 3 (UEFA B) in Coaching Football.



**FOR ALL**

# FA EDUCATION LEVEL 2-3 BRIDGING WORKSHOPS

## WORKSHOP 4 HOW WE COACH

Reflect on your behaviours at training and on a matchday to support the development of your primary players.

Reflecting on your coaching behaviours is a really valuable practice, especially when developing progressive practices to aid player development.

It's not only a great way of making sure you're operating at the levels you aspire to, it can help with challenges like managing difference between players, coping with mistakes and how you need to change your approach for each player's needs.

In this workshop, you will reflect on learnings from The FA Level 2 and build progressive practices that improve your behaviour as a coach whilst also developing your players.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- Importance of regularly reflecting on and understanding your coaching behaviours when developing longer-term training and player-development plans
- Learn strategies for managing difference in players, coping with mistakes, and how you might need to change your approach to meet different player needs
- How to explore your behaviours, who and what may be influencing them, and the effect they may be having on the environments you create at training and matchday.

## WORKSHOP 5 HOW WE SUPPORT

Develop analysis templates to create game plans and improve player performance.

Without the support of an analysis team, how do you collect information to improve performance and set up against opposition?

This workshop will be the perfect start, helping you gain a deeper understanding of the psychological demands of the game and disciplines that support player and team development.

Putting this into practice, our tutors will help you build analysis templates to gain a clear picture of the opposition as well as team and player performance. They will then show you how then to translate this into game plans and strategies to outwit the opposition on match days, whilst supporting player development.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- Develop a deeper understanding of the psychological demands of the game and disciplines that support player and team development
- How to build analysis templates to gain a clear picture of the opposition as well as team and player performance
- How to translate your analysis into game plans and strategies to outwit the opposition on match days, while also supporting player development.

## WORKSHOP 6 THE FUTURE PLAYER

Learn more about how your player profiles can influence your playing philosophy.

Your player profiles play a big role in influencing this, within this workshop you will reflect upon the level of detail across The FA Four Corner model from The FA Level 2 and align it to your playing philosophy.

Putting this into practice will be the next step. Following the workshop you should be able to plan for practices and match days to benefit your individual player needs and your playing philosophy.

You'll also gain an understanding of how to shape your behaviour as a coach and how to act based on the needs of your players.

It's important to point out that you don't have to complete all six once you've taken one, nor do you have to do them in any specific order. You can pick and choose the ones that interest you most.

### What are the learning outcomes?

- Importance of player profiles in catering for the individual needs of your players
- How to plan for practices and match days to benefit your individual player needs and your playing philosophy
- How to shape your behaviour as a coach and then act based on the needs of your players.



**FOR ALL**

## The Foundation Phase (FP) England DNA

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Throughout the 2019/20 season, The FA will be working with our County FA (CFA) partners to better connect grassroots coaches across the country to our England DNA; the coaching and playing philosophy of all England teams. This is an opportunity for us to make sure every young player enjoys their football. By working together we can give boys and girls across the country the best experience possible in the game, and we can overcome the unique challenges that occur in different age groups.

In this series of workshops we concentrate on the Foundation Phase (FP). We will tackle specific topics and themes designed around the needs of players aged 5-11 and their coaches.

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**FA EDUCATION**  
**ENGLAND DNA**  
**WORKSHOPS**  
**(5-11)**

## WORKSHOP 1 MASTERING THE BASICS

### What is this workshop about?

In this workshop we explore the key principles of the Foundation Phase. We look at the best ways to engage younger players and how to help them develop their skills on the ball.

Mastering the ball can be tough for younger players. Building confidence in possession is vital at this stage of a child's development, we must give players as much time on the ball as we can in the foundation phase. This is a fundamental building block that all later development is built upon.

However, before we start working with our players, we need to know our players. Why do they play? What do they enjoy? What is their relationship with sport? Once we know the answers to these questions we can introduce the right games and challenges for our team and tailor our sessions.

During this workshop we will explore these ideas in the classroom and through practical activities and games with children on the pitch.

### What are the learning outcomes?

- Understand the coaches role in creating a fun and engaging environment that ultimately leads to lifelong enjoyment of the game
- Discover a template of small sided games that help children learn how to make effective decisions
- Recognise the benefits of using a constraints based approach to help guide players in their decision making and technical development.



**FOR ALL**

# FA EDUCATION ENGLAND DNA WORKSHOPS (5-11)

## WORKSHOP 2 GAMES AND PLAY

### What is this workshop about?

In this workshop we explore play and its importance to child development as we focus on the role coaches have in creating fun, engaging environments.

When are we having a game? Those six words can be tough to hear, but we can't ignore them. By taking a more playful approach to training and using games and free play children have more fun and more freedom.

During this session we will look at different examples of games and challenges that children will enjoy. We will discuss how you can build learning and development into games, and how this balance can help young players fall in love with football.

During this workshop we will explore these ideas in the classroom and through practical activities and games with children on the pitch.

### What are the learning outcomes?

- Understand the coaches role in creating a fun and engaging environment that ultimately leads to lifelong enjoyment of the game
- An understanding of how important play is, and what play can look like for children playing football in the Foundation Phase
- A recognition of how games can be used as a learning tool to foster play, enjoyment and development for children.

## WORKSHOP 3 BEGINNING TO COMBINE WITH TEAM MATES

### What is this workshop about?

Building on workshops 1 and 2, we will look at how teamwork can be used to bring further benefits to your players.

To help do this, you develop an understanding of the psychology behind a player's decision making - one player may be unwilling to share the ball whereas others will recognise the benefits of combining to maximise situations.

To combat this, the workshop will contain a practical and theory element, meaning you will leave with practices and games to help your players better understand when and how to share the ball.

### What are the learning outcomes?

- To further develop the role of the coach in fostering an environment of fun and engagement that ultimately leads to lifelong enjoyment of the game
- An exploration of the psychological development of children around their willingness to share and work together
- An understanding of how coaches can start to help children recognise when to combine with other players and how this may lead to a greater effectiveness in the game.

## WORKSHOP 4 BUILDING SMALL SIDED GAMES

### What is this workshop about?

You will be putting into practice everything you have learned from the previous three workshops.

We will explore how 4v4 and 5v5 games can be used to help children develop their ability to keep individual possession and share the ball at the right times.

As development continues, you will be shown a variety of setups and constraints to support children's development for when team size starts to increase.

### What are the learning outcomes?

- To further apply the role of the coach in fostering an environment of fun and engagement that ultimately leads to lifelong enjoyment of the game
- The benefits of using a constraints based approach to help guide players in their decision making and technical development
- A template of small sided games that place the child in situations that will help them to learn how to make effective decisions from a robust technical base.



**FOR ALL**



**FA EDUCATION**  
**ENGLAND DNA**  
**WORKSHOPS**  
**(12-16)**

## The Youth Development Phase (YDP) England DNA

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Throughout the 2019/20 season, The FA will be working with our County FA (CFA) partners to better connect grassroots coaches across the country to our England DNA; the coaching and playing philosophy of all England teams. This is an opportunity for us to make sure every young player enjoys their football. By working together we can give boys and girls across the country the best experience possible in the game, and we can overcome the unique challenges that occur in different age groups.

In this workshop series we concentrate on the Youth Development Phase (YDP). We will tackle specific topics and themes designed around the needs of players aged 12-16 and their coaches.

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### WORKSHOP 1

## CREATING POSITIVE PLAYER EXPERIENCES

### What is this workshop about?

In this workshop we look at engaging teenage players and how to tackle the high drop-out rates we see all too often in this age group.

So, what's behind this trend?

Research suggests players choose to stop playing for many reasons. One of the main reasons shaping their choice is the quality of their experience, in both training and matches.

Young adolescent boys and girls are going through a lot of changes and it's essential for us to understand who the youngsters are as people, why they play and what they want from their experience.

During this workshop we look at how coaches can better understand, build relationships with, and engage boys and girls in this age group. We will explore what this looks like on-and-off the pitch, and the impact this has on their playing experience.

### What are the learning outcomes?

We will explore how we can engage YDP players with awesome football experiences, focusing on:

- Gain a better understanding of your players
- The players' stage of social and psychological development
- Play, practice and competition. What should it look like for this age group and how should it feel?



**FOR ALL**

# FA EDUCATION ENGLAND DNA WORKSHOPS (12-16)

## WORKSHOP 2 INTELLIGENT INDIVIDUAL DEFENDING

### What is this workshop about?

In this workshop we focus on 1v1 defending. This is a priority development area for every age group and level of the game.

We need to shift the focus away from only coaching team shape and positioning, to sessions that encourage the development of individual defensive skills, attributes and abilities. Players in this age group are still mastering the technical aspects of defending as well as developing tactical understanding, and that's what our coaching should reflect.

During this workshop we will look at how we can help develop all players to be more confident and effective when out of possession. We will examine the different technical attributes required to defend in 1v1 situations, transferable individual defending skills, position specific skills and how to inspire positive decision making.

### What are the learning outcomes?

We will explore how we can develop confident, technically excellent players who are self-assured when defending in 1v1 situations, focusing on:

- Technical aspects of defending as the first player
- Decision making as the first player linked to principles of play
- Transferable and position specific skills.

## WORKSHOP 3 PRINCIPLES OF PLAY: IN PRACTICE

### What is this workshop about?

In this workshop we explore how to help players learn the principles of play through game-related practice.

In order for players to better understand the game, they need lots of opportunities to practice in game-realistic situations. Understanding principles of play in the game, both individually and collectively, is vital for players as they develop.

In this workshop we share some simple games to use at training which will provide opportunities for players to learn and help coaches observe the principles of play in action.

We discuss how to create sessions like these, and discuss the importance of the principles of play when designing practice to aid the development of players.

### What are the learning outcomes?

We will explore how we can create game-related practices that bring out the principles of play, focusing on:

- Some simple game designs
- Further clarity on the principles of play
- How this impacts player development.

## WORKSHOP 4 YOUTH DEVELOPMENT PHASE DNA OVERVIEW

### What is this workshop about?

In this workshop we discuss how to develop positive players who are comfortable and confident on the ball.

In the foundation phase (FP) players focus their learning on mastering the ball, but the natural progression from this into the Youth Development Phase isn't always clear. These players are still children and are still learning the game. We need to encourage their development and confidence n-possession with sessions focusing on receiving skills, that connect and combine exciting with the ball and seeking creative solutions.

During this workshop we will examine the best ways to encourage in-possession technical development. There will be discussion and debate on our ethos and core principles, in order to provide the right experiences and learning opportunities for players in this age phase.

### What are the learning outcomes?

We will explore how we can develop confident decision-makers, who are comfortable on the ball, focusing on:

- Individual technical development and physical differences
- Decision making under pressure
- Transferable and position specific skills.