

#Norfolk Football **FOR ALL**

CHARTER STANDARD LEAGUE MENU



CONTENTS

INTRODUCTION

PAGE 4

SPECIFIC WORKSHOPS/COURSES MENU

PAGE 6

FA Safeguarding Children in Football Workshop
FA Level 1 Introduction to First Aid in Football
FA Junior Football Leaders Course
FA Futsal Referee Conversion Course
FA Mini Soccer Referee Course

FOOTBALL SERVICES MENU

PAGE 9

Laws of the Game Workshop
Assistant Referee Workshop
'Through the eyes of the Referee' Workshop

FOOTBALL DEVELOPMENT MENU

PAGE 11

Engaging the Next Generation Workshop
Sideline Behaviour Workshop
Bespoke Coach Education Workshop
Introduction to Mentoring Coaches Workshop

INTRODUCTION

The Charter Standard League Menu includes a variety of courses and workshops that Norfolk FA affiliated FA Charter Standard Leagues can utilise throughout the season. With these readily available we hope to raise the standards of the football environment, upskill the voluntary workforce and enable Leagues to deliver a wide range of provisions.

Emphasis on education is back and in all areas of the game! With this revitalised Charter Standard League Menu we understand that we need to make these educational workshops available and accessible for all and that our generic, yet comprehensive Norfolk FA Charter Standard In-Service Calendar is not always specific enough for the larger audience at a Club or League.

FA Charter Standard Leagues now have the ability to organise their own workshops at their preferred venue, bringing football education to their League members!



THE 'NEED TO KNOWS'

Select workshop
Liaise with Norfolk FA to
confirm tutor
Confirm venue, date & time
Club / League will be
invoiced after the workshop

HOW?

All workshops / courses
must be booked 4 weeks in
advance

1 Sept – 30 June 2019
Weekends & Evenings

WHEN?

WHERE?

Host a workshop at your
Club or any appropriate
venue

You book the venue and we
will deliver the workshop!

WHO?

FA Charter Standard Clubs
& Leagues organise
workshops

Norfolk FA and FA Tutors
will deliver the workshops

SPECIFIC WORKSHOP/COURSES MENU

Want to book a workshop from the Specific Workshop/Courses Menu?

Email charterstandard@NorfolkFA.com with the subject referencing '**SPECIFIC**' detailing the workshop / course you would like delivered with a few preferred dates and times and information of the venue.

THE FA SAFEGUARDING CHILDREN IN FOOTBALL WORKSHOP

For everyone who works with young people, this workshop focuses on making football safe. The course teaches our football workforce to promote best practice to protect young people. Candidates will learn how to recognise signs and symptoms of abuse, and understand fears involved in these concerns.

The workshop will raise awareness and specifically help candidates to be able to:

- Identify and build on best practice in football
- Recognise signs of abuse and identify what behaviour causes concern
- Identify the actions to take if you have a concern and who can help
- Develop your action plan for change

Facility Requirements:

Indoor area with adequate seating and tables for group work on this workshop for all candidates on the course. Access to electrical points for IT equipment is essential.

Participant Requirements:

Minimum – 16 Maximum – 24 16+ years of age

Workshop Type:

Theory

Duration:

3 hours

Cost:

£215.00 plus £12 per candidate for resources



FA LEVEL 1 INTRODUCTION TO FIRST AID IN FOOTBALL

This is a short course to train attendees in resuscitation and life-saving skills, this course will cover the following;

- Incident Management
- Assessing the casualty
- Recovery position
- CPR
- Heart attacks
- Choking
- Asthma
- Head injuries

Facility Requirements:	Indoor area with adequate seating for all candidates on the course and space for practical floor work. Access to electrical points for IT equipment is essential.		
Participant Requirements:	No minimum	Maximum – 18	16+ years of age
Workshop Type:	Practical & Theory	Duration:	3 hours
Cost:	£215.00 plus £6 per candidate for resources		

FUTSAL REFEREE CONVERSION COURSE

This course is for existing qualified and registered Referees (minimum Level 7) who wish to referee Futsal.

Futsal is a game which is growing fast. This course will provide you with the Futsal laws and a full overview of the new, exciting up and coming game. Doing this course will enable you to support Futsal leagues with the county.

Once the initial 6 hour course has been attended, candidates are expected to referee 6 Futsal games in order to complete their qualification to become a Futsal Referee.

Facility Requirements:	Indoor area with adequate seating for all candidates on the course with access to electrical points for IT equipment. Futsal pitch or an indoor sports hall (Size: 3 badminton courts) to be available.		
Participant Requirements:	Minimum – 12	Maximum – 24	16+ years of age
Workshop Type:	Practical & Theory	Duration:	6 Hours
Cost:	£50.00 per candidate		

MINI SOCCER REFEREE COURSE

This course is designed to provide basic training for those planning to referee Mini Soccer and will focus on four key areas:

- Understanding your role in Mini Soccer
- Developing your role – practical application of the laws
- The realities of your role – dealing with players, coaches and parents
- Your role as an educator

Once the initial 6 hour course has been attended, candidates are expected to referee 3 Mini Soccer games in order to complete their qualification to become a Mini Soccer referee.

Facility Requirements:	Indoor area with adequate seating for all candidates on the course with access to electrical points for IT equipment. A 5 aside / 7 aside field of play needs to be available.		
Participant Requirements:	Minimum – 12	Maximum – 24	14+ years of age
Workshop Type:	Practical & Theory	Duration:	6 Hours
Cost:	£50.00 per candidate		

THE FA JUNIOR FOOTBALL LEADERS AWARD

The FA Junior Football Leaders Award, awarded by FA Education, provides a basic introduction to the leadership skills required when involved in football.

The course will primarily introduce 4 areas:

- Assisting football activity sessions
- An introduction to refereeing
- Helping with a team
- Different football events

The course is based around 6 guided learning hours, with a further 4 notional learning hours that are to be taken within a football setting as voluntary football work experience.

Facility Requirements:	Access to a pitch (minimum size, 7aside) and an indoor area with adequate seating and tables for group work for all candidates on the course. Access to electrical points for IT equipment is essential.		
Participant Requirements:	Minimum – 16	Maximum – 32	Aged 12 – 16
Workshop Type:	Practical & Theory	Duration:	7 hours
Cost:	£30 per candidate with the Club/League providing the venue		

FOOTBALL SERVICES MENU

Want to book a workshop from the Football Services Menu?

Email charterstandard@NorfolkFA.com with the subject referencing **'SERVICES'** detailing the workshop you would like delivered with a few preferred dates and times and information of the venue.

LAWS OF THE GAME WORKSHOP

This workshop is to upskill volunteers who step in to referee games in the absence of a qualified referee. This workshop details the Laws of the Game that are applicable to refereeing a game of football to a satisfactory level. It will cover the powers and duties of the referee, number of players and their equipment, offside, fouls and misconduct and all the necessary Laws on how to restart the game after all stoppages. A short question paper can be incorporated; upon completion a certificate will be received.

Facility Requirements:	Indoor area with adequate seating for all candidates on the course with access to electrical points for IT equipment.		
Participant Requirements:	Minimum – 12	Maximum – 24	14+ years of age
Workshop Type:	Theory	Duration:	1 hour 30 minutes
Cost:	£100.00		



‘THROUGH THE EYES OF THE REFEREE’

Have a qualified Referee (minimum Level 5) visit to go through the expectations they have as a Referee. Your players will get to understand the game through the eyes of the Referee as well as being able to ask questions regarding the Laws, providing a better understanding of the game and the role of the Referee.

Facility Requirements:	An indoor area with adequate seating for all candidates. Access to electrical points for IT equipment is essential.		
Participant Requirements:	Minimum – 10	Maximum – Room Capacity	
Workshop Type:	Theory	Duration:	1 hour
Cost:	£75.00		

ASSISTANT REFEREE WORKSHOP

This workshop is aimed to upskill volunteers when assisting the referees on a match day, it will cover the following;

- Correct flag techniques
- The best viewing positioning required to give accurate signals
- Laws of the Game that an assistant referee would need to know

The overall outcome of the workshop is to ensure individuals gain a better understanding of the assistant referee role.

Facility Requirements:	Outside area with adequate space for practical work and indoor area with adequate seating for all candidates on the course with access to electrical points for IT equipment.		
Participant Requirements:	Minimum – 12	Maximum – 24	14+ years of age
Workshop Type:	Practical & Theory	Duration:	1 hour 30 minutes
Cost:	£100.00		

FOOTBALL DEVELOPMENT MENU

Want to book a workshop from the Football Development Menu?

Email charterstandard@NorfolkFA.com with the subject referencing **'DEVELOPMENT'** detailing the workshop / course you would like delivered with a few preferred dates and times and information of the venue.

SIDE-LINE BEHAVIOUR WORKSHOP

This workshop highlights best practice for clubs, parents and spectators, demonstrating in both a fun and informative way how players learn best on the field of play, and therefore how important positive environments and behaviours are for the children to progress.

Top Tip: Organise this workshop at an event to have a wider impact on side-line behaviour.

Facility Requirements:	An indoor area with adequate seating and tables for group work for all candidates on the course. Access to electrical points for IT equipment is essential.		
Participant Requirements:	Minimum – 10	Maximum – Room Capacity	
Workshop Type:	Theory	Duration:	1 hour
Cost:	£ 75.00		

BESPOKE COACH EDUCATION WORKSHOP

Organise a Coach Education Workshop to meet the needs of your mini soccer, youth and/or adult coaches, this workshop can be tailored to suit their needs and will be delivered by a FA Licensed Tutor. It can be either all theory or practical or it can incorporate both into the workshop.

Remember: Coach Education sessions are delivered centrally via Norfolk FA and all coaches can attend at no cost, however, if the need is there for further coach development please utilise this opportunity.

Facility Requirements:	Access to a pitch (minimum size, 7aside) and an indoor area with adequate seating and tables for group work for all candidates on the course. Access to electrical points for IT equipment is essential.		
Participant Requirements:	Minimum – 16	No Maximum	16+ years of age
Other:	Participants/players will be required if there is a practical element to the workshop		
Workshop Type:	Practical &/or Theory	Duration:	2 hours
Cost:	£150.00		

ENGAGING THE NEXT GENERATION WORKSHOP

Need help engaging young people to get involved in volunteering within football in either a coach or referee capacity, this workshop will look to challenge the group's leadership and give them an introduction to coaching and refereeing. Highlighting the importance of valued experience in a passion they have and the opportunities available to them.

It will also provide a snapshot of what young people can expect if they were to get involved in the Norfolk FA Football Futures programme.

Facility Requirements:	An indoor area with adequate seating and tables for group work for all candidates on the course. Access to electrical points for IT equipment is essential. An outdoor/sports hall area where the practical element can take place for all candidates on the course.		
Participant Requirements:	Minimum – 16	Maximum - 32	12+ years of age
Workshop Type:	Practical & Theory	Duration:	2 hours
Cost:	£150.00		

INTRODUCTION TO COACH MENTORING WORKSHOP

If your Club or League values the importance of mentoring and creating a support mechanism amongst managers and coaches this is the perfect workshop. An FA Coach Mentor will deliver to a network of coaches helping them understand the importance of empathy and building rapport and how to establish these coaching relationships within their own environments.

Facility Requirements:	An indoor area with adequate seating and tables for group work for all candidates on the course. Access to electrical points for IT equipment is essential.		
Participant Requirements:	Minimum – 12	Maximum – 20	16+ years of age
Workshop Type:	Theory	Duration:	1 hour 30 minutes
Cost:	£100.00		

FAQ

WHO IS RESPONSIBLE FOR ORGANISING THESE WORKSHOPS?

FA Charter Standard Leagues are responsible for organising the entire workshop, booking the venue and liaising with Norfolk FA for tutor availability and ensuring the participant requirements are met.

WHAT VENUE CAN WE USE?

Any local venue can be used, for example it could be at an FDC, a school, a local pavilion or a social club. The League organising the workshop must book the venue and ensure it meets the facility requirements detailed.

WHAT IF WE DON'T HAVE ENOUGH PARTICIPANTS?

Allow time to advertise these to your target audience. To make sure you meet the participant requirements promote and open it to other local Clubs and/or Leagues.

CAN WE PUT A PARTICIPANT COST ON THE WORKSHOP WE ORGANISE?

Yes, nothing is stopping a League charging participants to attend.

HOW DO WE PAY FOR THESE WORKSHOPS?

Once the workshop has been delivered, Norfolk County FA will invoice the League for payment.

TERMS & CONDITIONS

Cancellation charges: Please note that there will be a cancellation charge of £50 if the workshop/course is cancelled within 7 days of the arranged workshop/course date.

CONTACT DETAILS

Norfolk FA
Charter Standard Programme

E: charterstandard@NorfolkFA.com

#smokefreesidelines

Why parents and other spectators are being asked to refrain from smoking tobacco or e-cigarettes when watching youth football...

Kids copy behaviour. Please don't make smoking look 'normal'.

Tobacco use is the leading cause of preventable death in Norfolk



85



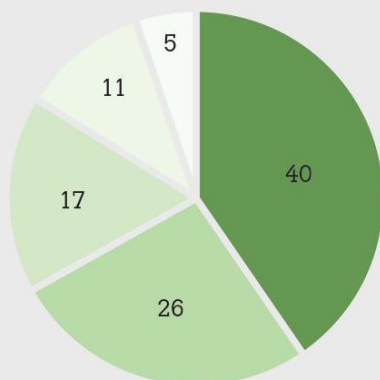
Norwich play parks became voluntary smoke-free zones in August 2016. Parks in Breckland and Broadland have also adopted the concept.

Approximately 1 in 6 people in Norfolk are Smokers



Age at which adults in England started smoking regularly, 2011

Age	%
Under 16	40
16 to 17	26
18 to 19	17
20 to 24	11
25 & over	5



■ Under 16 ■ 16 to 17 ■ 18 to 19 ■ 20 to 24 ■ 25 & over

Why smoking is harmful

Cancer

Mouth/Lips
Throat
Voice box (larynx)
Oesophagus
Bladder
Kidney
Liver
Pancreas
Stomach

Heart and Circulation

Coronary Heart disease
Heart attack
Stroke

Lungs

Chronic obstructive pulmonary disease (COPD)
Pneumonia



Children who grow up with a parent or family member who smokes are

3X more likely to start smoking themselves.



Quit support contact



0800 0854 113



PLAY COACH VOLUNTEER REFEREE

CHOOSE YOUR ROLE

#NORFOLKFOOTBALL

