Rochdale AFC Academy

The Player

2019/20

Multi-Disciplinary approach demonstrating how the Coaching Department integrates with other departments

Detailed explanation to show how the Academy coaching staff link with and support other departments to support the individual player showing input from other departments to help the decision making process. This could be presented in the form of a matrix, table, flow chart, presentation or any other method that can clearly demonstrate a working procedure

AMT brings together all departments	Coaching	Sport Science	Medical	Education	Recruitment
Coaching	PDP YDP FP Meet daily Team Meetings Part Time Coaches meetings All Coaching is integrated with the 1st team by way of co-location of Academy Management in the 1st team office	Sport Science Lead & Phase Lead Coaches ensure all players have received periodic Fitness Testing and results are recorded and benchmarked on PMA Phase Lead Coaches and Sport Science staff monitor individual player Athletic Development (Prehabilitation) programmes on a 6 and 12 week cycles. Sport Science staff and all Coaches deliver physical specific elements in weekly coaching programme. Phase Lead Coaches and Sport Science Lead meet every 6/12 weeks to support Player Review Process Sport Science staff present at Player Review Meetings Sport Science is integrated with the 1st team by way of co-location of Academy Lead Sport Scientist in the 1st team office	All coaches BFAS trained All players and trialists complete Medical Screening questionnaire All Coaches follow Medical Procedures. All injuries recorded on PMA Physiotherapist informs coaches of type of injury and rehabilitation programme, including estimated return to training and games. Physiotherapist updates coaches on rehab progress. Physiotherapist present at Player review Meetings PDP Coaches and Lead Physiotherapist discuss rehab of players on a daily basis AMT discuss audit of injuries to identify trends and develop strategies for imptovements Academy Medical practices are integrated with the 1st team by way of co-location of Academy Management in the 1st team medical room	Education Lead updates Lead Phase coaches on a case by case basis on any reported school issues Education Lead liaises with coaches on any school/town/county football requests to miss training Education Lead present at Player Review Meetings Phase Lead Coaches and Education Lead meet every 6/12 weeks to support Player Review Process Progress meetings with LFE attended by Education Liaison and PDP Coaches The 1st team manager takes special interest into the Education of the scholars and receives regular updates of progress	HOR attends YDP Academy training once a month – to update knowledge and standards HOR attends Academy games – to update knowledge and standards HOR/PDP Coaches discuss areas for recruitment HOR/YDP Coaches discuss areas for recruitment HOR/FP Coaches discuss areas for recruitment HOR, Academy manager and Phase Leads discuss and analyse recruitment database Recruitment is integrated with the 1st team by way of co-location of Academy Management in the 1st team office, especially the Liaison coach
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Medical	As Above	As Above	Team Meetings	Physiotherapists produce Medical Advice Note following Injury to ensure duty of care and Prehab programme is carried out	

Multi-Disciplinary approach demonstrating how the Education Department integrates with other departments

Detailed explanation to show how the Academy education staff link with and support other departments to support the individual player showing input from other departments to help the decision making process. This could be presented in the form of a matrix, table, flow chart, presentation or any other method that can clearly demonstrate a working procedure.

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Multi-Disciplinary approach demonstrating how the Sport Science & Medicine Department integrates with other departments

Detailed explanation to show how the Academy sport science & medicine staff link with and support other departments to support the individual player showing input from other departments to help the decision making process. This could be presented in the form of a matrix, table, flow chart, presentation or any other method that can clearly demonstrate a working procedure.

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Multi-Disciplinary approach demonstrating how the Recruitment Department integrates with other departments

Detailed explanation to show how the Academy recruitment staff link with and support other departments to support the individual player showing input from other departments to help the decision making process. This could be presented in the form of a matrix, table, flow chart, presentation or any other method that can clearly demonstrate a working procedure.

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Multi-Disciplinary team meetings for the Professional Development Phase

Multi-Disciplinary team meetings for the Youth Development Phase

Multi-Disciplinary team meetings for the Foundation Phase

Formal, scheduled meetings with an agenda and minutes for staff from multiple Academy department to discuss issues relating to the PDP/YDP/FP programme and players. Meetings should occur <6/12 weeks and could be scheduled as part of a multi-disciplinary review process.

Minutes / Schedule – See attached

Multi-Disciplinary team daily meetings to prepare Academy sessions (Full Time)

Daily multi disciplinary meetings in the PDP ensure sessions are prepared thoroughly across departments.

Sessions can be viewed on PMA:
https://pma.premierleague.com/Sections/Fitness/CoachingSessions.aspx

Multi movement programme

(co-ordination skills, movement skills…)

A programme that covers a wide range of movement skills (co-ordination, athletic, physical skills) that may enhance the coaching programme.

Developing the Physical Corner

Foundation (9-12)

Fundamental Movement Games

Delivered during

arrival activities, **warm-ups** and **coaching sessions**

For example

tag, end zone, half-pitch, corner box, circle and multi-directional games

Linked to the technical theme of the session

i.e. **attack**, **defence** and/or **transition**

Examples on following pages.

Fundamental Movement Games - the Physical Corner

Tag Games

For example

two taggers (attackers)

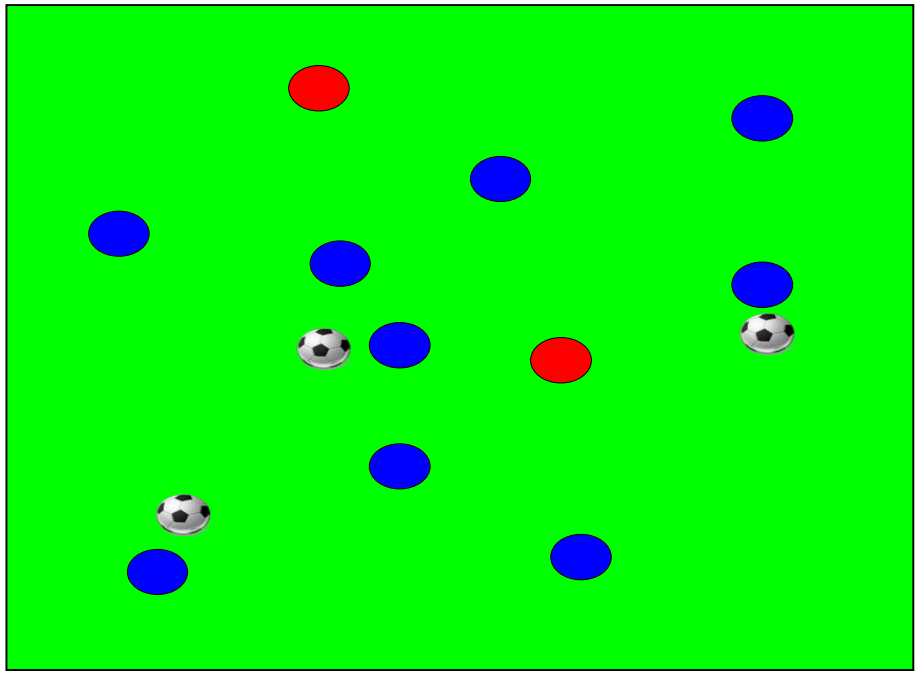
three balls in play, players with a ball cannot be tagged.

attackers challenged to tag as many players as possible in set time.

defenders pass ball between them to stop team mates being tagged

if tagged, players balance on one leg for ten seconds, hop to outside of area or receive a pass to be released

coaches are encouraged to develop rules/conditions to challenge players and link to technical theme/practice



Fundamental Movement Games - the Physical Corner

End Zone Games

For example

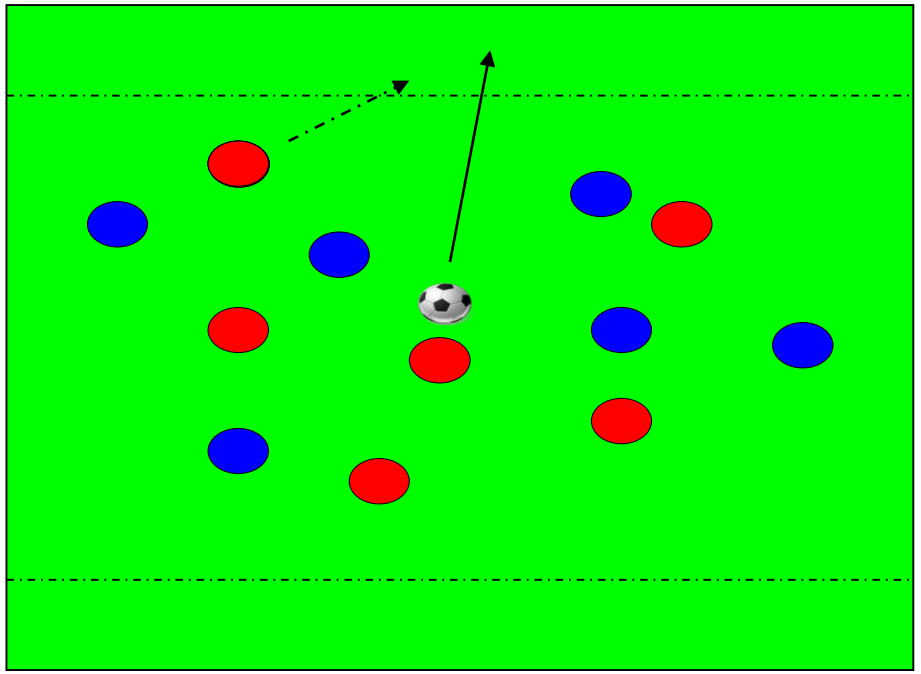
two teams

score by passing the ball into a team mate within the end zone - players cannot stand inside the zone for more than 3 seconds

teams can attack either end -

defence need win possession and attempt to score

again, coaches are encouraged to develop rules/conditions to challenge players and link to technical theme/practice



Fundamental Movement Games - the Physical Corner

Multi-directional Games

For example

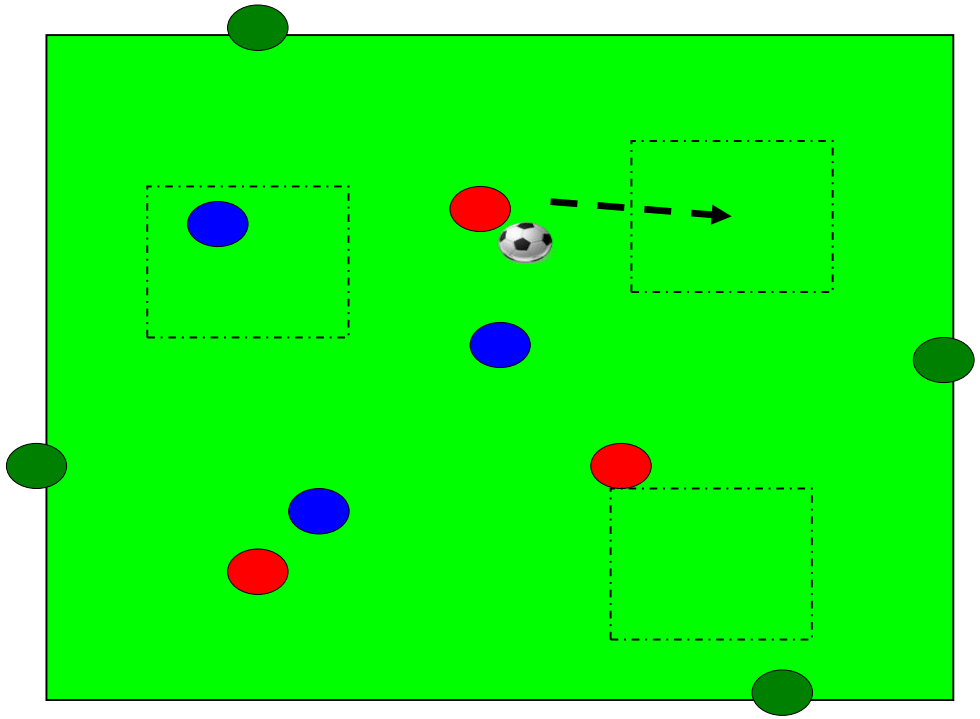
three teams (one on outside)

score by working ball into 1 of the 3 areas (1 attacker and 1 defender allowed in box at a time) and keeping it under control in box for 5 seconds (shielding)

defender tries to gain possession to prevent goal being scored (pressure) and attempts to attack another box

can use outside players (greens) to help keep possession

develop rules/conditions to challenge players and link to technical theme/practice



Developing the Physical Corner

Foundation (9-12)

Developing and integrating key fundamental movements
within football coaching practice.

As many variations of
Running, Jumping, Throwing, Kicking and **Catching**
and combing them with ball mastery and decision-making/problem solving situations

Set challenges, use games and link them to the technical theme/main coaching practice

Multi sports programme

(other sports, rugby, athletics…)

A programme that includes a wide range of sporting activities or games that transfer to football and aid physical and movement development.

Multi-disciplinary evaluation of individual progression against learning objectives and performance

Formal multiple departmental targets are evaluated for individuals against the learning objectives.

Individual Learning Plans linked to 6/12 week multi disciplinary reviews – FP/YDP/PDP

The Academy realises the importance of individuals and their specific needs.
ILP's are very important to the development of players.
ILP's are consistent across the ages and consist of 5 short, medium and long term objectives which are only changed when consolidated. These are across:

Defending / Attacking / Transition / Psychological / Social

These are across training and games.

Objectives are presented on age specific menus linked to the coaching programmes and player profiles. Players have a target setting meeting at the beginning of each year where they choose an objective per area.

These form the ILP and move at the speed of the individual player and his progress in consolidating each area.

Multi disciplinary reviews include the above targets as well as:

Athletic Development

Injuries and Rehabilitation

Education

These are reviewed at periodised meetings by relevant staff.

If consolidated then a meeting is held with each player to plan new targets for that specific area from the menus.

Individual Learning Plan per player

A personalised coaching plan for all players, inclusive of all aspects of the coaching programme.

Zak Greenwell

My Individual Learning Plan (ILP)

Defending *distances to slow*	**Attacking** *develop short, medium and long passes*
Transition *type of approach to the press*	
Physical (on pitch) **Physical (off pitch)**	**Social / Psychological** *Emotional control / try to be an independent learner*

Non Negotiables **•RUN PRESS** **•COMPETE PASS**	**REGAIN** **RETAIN**

New for 2019/20 season

Individual Learning Plans – FP/YDP/PDP

ILP's are developed, delivered and reviewed consistently across the ages and consist of 5 short, medium and long term objectives which are only changed when consolidated. These are across:

Defending / Attacking / Transition / Psychological / Social

These are across training and games.

Objectives are presented on age specific menus linked to the coaching programmes and player profiles. Players have a target setting meeting at the beginning of each year where they choose an objective per area.

Players are given time to develop using the Learning Cycle and are not pushed or given time constraints. They can develop at their own pace as long as they are developing alongside their age specific peers.

If any area is consolidated then a meeting is held with each player to plan new targets for that specific area from the menus.

All ILP's, 6/12 week reviews, Player Diaries and Annual Reports are communicated to players through a Macro/Meso/Micro Linked Review process on PMA
https://pma.premierleague.com/Sections/Coaching/LinkedDevelopmentReportsSummary.aspx

Initial Assessment

(handover from previous year)

2 weeks before the end of the season, all coaches are given access to PMA of the players who they will be working with next season. This allows them to view, review and start to plan for the following season.

Players are introduced to new staff at informal sessions in small sided mixed age games.

https://pma.premierleague.com/Sections/Coaching/LinkedDevelopmentReportsSummary.aspx

Additional Individual training sessions

Due to the limited contact time with players, especially at the lower age groups, individual work with players and units is carried out within the scheduled sessions

Player Performance & Parent Meetings - Schedule & Protocol

All Academy players will receive a minimum of 3 Multi-Disciplinary Review meetings for U9s and U11s and 4 Multi-Disciplinary Review meetings for U12-U18s per season. Reviews will be based individual
learning plans.

July – Target Setting
September – Mid Season Review 1
February- September – Mid Season Review 2
May – Annual Report

The protocol for these meetings is as follows:

Coaches will meet with phase lead coaches and other departmental staff to formulate periodic player reviews based on 6/12 week reviews to date. These are to be discussed at the meetings
Parents and Players are informed of the date of the meetings via the Academy website and email
Parents are allocated a 15 minute time slot at their convenience
Player reviews are on PMA at least 1 week before the meeting
Age group coaches will lead the review meeting
Lead Phase Coaches will be present and on call if required
The Academy Manager will be present and on call if required
Education officer will be present and on call if required
Head Physiotherapist will be present and on call if required
Player performance against the set objectives within the ILP will be discussed
An agreed action plan and conclusions of the discussions will be developed and posted on PMA within 1 week of the meeting

PDP – The Academy Manager and Head of Education will hold numerous career meetings during the 2 year apprenticeship.
In the May of his 2nd year, each apprentice will receive a discussion meeting with the 1st team manager to ascertain whether a professional contract will be offered.
The club has a zero tolerance on agents, but the player may have a representative with him at any meeting. The club has a designated representative for players if they wish to utilise this option.

Designated staff follow up the progression of potential professional footballers

A Club protocol for designated staff to monitor the progression of potential professional footballers within the Academy.

APP

Report / Minutes