



## 1. OBJECTIVES OF THE CENTRE

The aim of the Centre is to offer young players with potential, the best coaching and environment we can offer to assist their personal development in football. This is achieved through coaching the players through a programme where they will be challenged in line with The FA's 4 Corner Model (technically, physically, psychologically and socially).

Whilst the primary aim of the Centre is to develop players, the secondary aim is to develop coaches, by encouraging grassroots football coaches to attend the Player Development Centre and observe the sessions, hopefully developing new ideas that can be taken back into the club environment and reproduced in the appropriate manor for other players to benefit from.

The Player Development Centre will operate the following age bands; U10, U12, U14 and U16. Each age group will run for 2 blocks of 10 weeks, with one training session per week on a Wednesday night at Worcester University 3G Artificial Pitch (U10 and U12 6-7.30 and U14-U16 from 7.30-9).

## 2. ASSESSMENT OF PLAYERS

When assessing players the most common question asked is 'what do you look for?'

When assessing & selecting players the Centre **will not** look for the tallest, the quickest or the strongest players, the Centre will look beyond the physical attributes that a player may possess, although it's fair to say that having height, speed and strength does naturally enable a player to stand out – in this case it will be how they effectively use those attributes to benefit from the game.

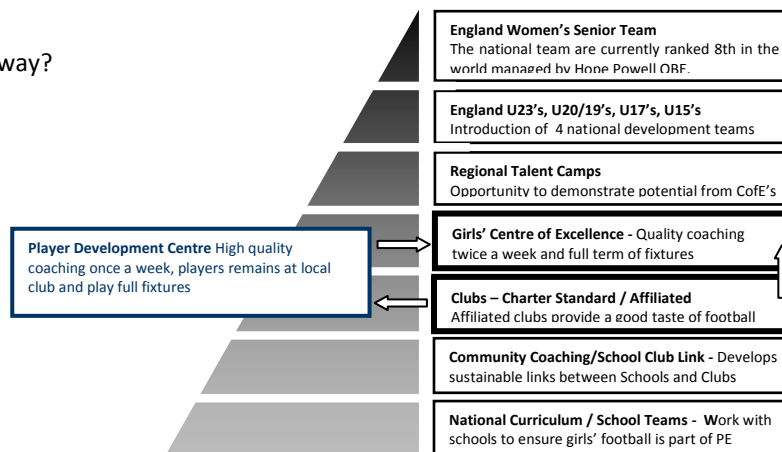
Player assessment will be based on the following attributes:

- Technical Ability
- Decision Making
- Game Understanding
- Fundamentals (Agility, Balance, Co-ordination)
- Attitude (on & off the pitch)

## 3. PDC & THE PLAYER PATHWAY

Where does the PDC fit along the player pathway?

As the diagram below illustrates, the PDC is situated in-between grassroots football and Centre of Excellence to 'bridge the gap'. The link between the PDC and Centres of Excellence across the region will be reinforced by scouts from the Centres coming to look at players at the PDC and also the Centre Director recommending players for Trial.



## 4. REALISTIC EXPECTATIONS

As the diagram illustrates the PDC is situated in-between grassroots football and Centre of Excellence. With this in mind, we have to maintain realistic expectations as to what players that are invited to the PDC are likely to achieve; as there are no guarantees.

Our priority is to develop the player technically and challenge them on the 5 principles of player development with a view to improving their game. If we achieve this and retain them within the game, whilst assisting them to fulfil their potential, turning them from a good grassroots player into a very good grassroots player, then the Centre has achieved its objective.

From here it is hoped that players will move onwards and upwards along the player pathway with the majority of players moving into adult grassroots football / semi-professional football.

## 5. FIXTURES

Each Centre will play a maximum of 3 friendly fixtures against other FA Girls' Player Development Centres per year.