



WELCOME TO

THE **FOOTBALL**
DEVELOPMENT CENTRE



OUR AIMS

The overall aim of the Football Development Centre (FDC) is to work on technique, speed, agility, and quickness sessions progressing finally into team play. This is done through a half termly technical syllabus and the FDC ball mastery core skills programme.

The sessions are designed to enhance your child's natural ability whilst working to a technical program.

Throughout the year your child will cover all aspects of the game as well as having the opportunity to play against other players on a regular basis.

Ultimately the idea is to reach the correct standard needed to join our Academy Level/MJPL teams or opportunities for trials at professional clubs.

FDC are an official partner club to Aston Villa Football Club



PROGRESS PYRAMID

At FDC we have a clear pathway for every player using our progress pyramid. Players can progress up the pyramid based on their performances in training and games.

We pride ourselves on offering sessions for all ages and abilities.

All of our sessions are held at 3 elite venues:

- Studley Sports Centre 3G, Abbeyfields Drive, Studley B80 7BF.
- Mondays and Fridays
- Sixways Stadium, Warriors Way, Worcester WR3 8ZE.
- Fridays
- The Hayes, Redhill Road, Birmingham B38 9EL.
- Wednesday and Fridays



THE COACHING PROGRAMME



5, 6 & 7 DEVELOPMENT PROGRAMME (FOUNDATION PHASE)

- Ball mastery (core skills)
- Working on both feet
- Core skills development
- Finishing & ball striking
- 1v1, 2v2 attacking & defending
- Dribbling & control
- Passing & sharing
- Speed, agility & quickness
- 3v3, 4v4 & 5v5 small sided & conditioned games

8, 9 & 10 DEVELOPMENT PROGRAMME (FOUNDATION PHASE)

- All aspects covered at 5, 6 & 7 level
- Dribbling, turning & screening
- Body shape
- Creating space & angles
- Finishing – short, medium & long
- Passing and sharing – short & medium
- 4v4, 5v5, 6v6, 7v7 small sided & conditioned games

11-14 DEVELOPMENT & ACADEMY PROGRAMME (YOUTH DEVELOPMENT PHASE)

- All aspects covered at 8, 9 & 10 level
- Speed, agility & quickness advanced
- Practice phases of play sessions
- Passing and sharing – short, medium & long
- Communication and football language support
- Specific positional coaching
- 7v7, 8v8, 9v9, 10v10, 11v11 games



OUR CORE SKILLS

At FDC we want to create a real identity across our pyramid. With that in mind, we ensure all sessions deliver our **BALL MASTERY CORE SKILLS**

Each player attending the FDC will have knowledge and understanding of all the **CORE SKILLS**. These skills will underpin all of our sessions across the PROGRESS PYRAMID to ensure players can easily recognise each skill and will be able to perform them competently.

The skills are constantly checked and coached in opposed and unopposed environments to ensure players understand WHEN/WHERE/WHY to use them.

Here are a selection of core skills taught.....

THE FDC CORE SKILLS:

- | | |
|-------------------|----------------------|
| 1. DRAG BACK | 8. DOUBLE SCISSORS |
| 2. CRYUFF TURN | 9. MESSI L-CUT |
| 3. STEP OVER TURN | 10. MESSI L-CUT FAKE |
| 4. RONALDO CHOP | 11. MARADONA 360 |
| 5. ZIDANE FAKE | 12. OUTSIDE HOOK |
| 6. ZIDANE SHUFFLE | 13. INSIDE HOOK |
| 7. SCISSORS | 14. ROLL CUT |



Fill the players TOOLBOX
with array of skills to use
the more skills the more creative they can be



ETHOS & VALUES

Our players have a responsibility regardless of system to ensure they display the following qualities:

- **BE HARDWORKING**

This is a basic fundamental requirement for all players at FDC regardless of age

- **PLAYERS MUST STRIVE TO WIN**

The result at this stage is not the most important factor but the will to gain the right result is. This applies to both individual players and collectively in group challenges.

- **BE PREPARED**

For whatever test is given to them

- **PLAY WITHOUT FEAR / BRAVERY**

By far the one of the biggest factors effecting young players. Fear must be challenged head on

- **BE WILLING TO MAKE MISTAKES**

FDC encourage players to test their ability and strive to improve. In order to do this, players must make the mistakes first and then learn from

- **MAINTAIN A HIGH TEMPO**

All of our players must be able to maintain a high level on intensity during sessions



PLAYING PHILOSOPHY

TO CREATE A SAFE AND ELITE ENVIRONMENT FOR PLAYERS TO FLOURISH, LEARN AND DEVELOP

WHAT ARE OUR KEY PRINCIPLES OF PLAY

IN POSSESSION:

- CREATE SPACE
- PLAY THROUGH THE THIRDS
- BE CREATIVE, DIRECT & BRAVE

OUT OF POSSESSION:

- PRESS HIGH & QUICKLY
- STAY COMPACT
- ELIMINATE PASS THROUGH THE MIDDLE

TRANSITION:

REACT QUICKLY
KNOW YOUR ROLE FOR THE TEAM



Ultimately can we develop independent decision makers who are accomplished football players with the knowledge needed to succeed in multiple environments on the pitch



ACADEMY SUCCESS STORIES 2021 - 2023

