

# Taunton Youth Football Club Community Trust

*Better than last week, but not as good as next week*



We provide a youth programme for football players aged 4 - 16. Our programme is open to anyone who has an interest in playing football. All are welcome. We offer three levels of participation:

## **Juniors (starting at school reception age with some cross-over up to year 6):**

This is our 'Foundation' age group and is centred around participation rather than organised matches.

Ball mastery is a huge part of an individual's growth as a footballer. Being comfortable with a ball at their feet is crucial. In this part of the programme, we spend a lot of time working on mastering skills and ball control.

## **Training (school years 6-11):**

All players within the same age group train together each week. We welcome players who predominantly play their games for a grass roots team but who aspire to play at a higher level. They will have the opportunity to be selected for the match squads if we see the right quality, attitude and endeavour on display.

## **Match Programme (school years 6-11):**



This is for players who have demonstrated an ability to perform at a standard above their local grass roots league. They will form part of the squads picked to play matches in the Junior Premier League.

<https://juniorpremierleague.com/>

## **Our Aims and Objectives:**

The purpose of our club is to advance amateur football, to promote participation in healthy recreation and to encourage young people to get involved. Any child of qualifying age, regardless of footballing ability, is welcome to come and train with us (subject to club capacity). We are passionate about increased participation in the community and allowing all children to enjoy playing football. Our intention is that all players (juniors, training groups and match squads) will be developed to a level where they maximise their potential. Our aim is to develop players for the

highest level of football possible; this links in with our education partner, Bridgwater & Taunton College & University Centre Somerset, so that post school year 11 our players have the option to move into a college style football academy scheme.

Adopting The FA's four corner player development model, we:

- Develop technical and tactical understanding in relation to the game (Technical/Tactical).
- Create opportunities for players to improve their decision making and problem solving (Psychological).
- Enable players to develop their physical attributes in relation to the game (Physical).
- Guide the players to be responsible and respectful in relation to their colleagues, coaches, their opponents, the game and their community (Social).

Our 'Big Challenging Goal' is for all of our players to retain a sense of love for an active life and continue playing football (at whatever level is appropriate for them) after they have left full-time education.

#### **How we do this:**

Youth development is a very individual thing. Whilst some players take on information quickly and are able to translate this into practise easily, others need more time. Also, some children will mature physically quicker than others. We appreciate and understand the need to show patience with every player, at whatever stage they are in their development.

We provide an environment where the players can express themselves without fear of making mistakes. Allied to this, we foster a growth mind-set in terms of what is achievable for each player.

We actively encourage players to practise new skills and be daring in their approach to play. To underline that structure is an important facet of team play, each player is given a clear set of responsibilities for each position they might be asked to occupy.

Regular constructive feedback is used to underline our philosophy - mainly on a verbal basis with the players, but involving parents as and when appropriate. We always try to appreciate how our words are perceived and understood.

Our coaching focuses on four key components:

- Co-ordination
- Concentration
- Commitment
- Communication

We also help players understand the benefits of following a healthy lifestyle.

#### **How to join us:**

##### **Match & Training Programmes:**

Before each season, we hold a series of open sessions for players to express their interest in joining our club. Dates for these sessions will be publicised on our website, Twitter, Instagram and on Facebook. They are free to attend. All players who have been training with us previously, and who wish to remain with the club, are expected to attend.

The open sessions consist of a series of training exercises and practise games where players are provided with opportunities to express themselves and their abilities based around:

- General fitness (Physical)
- Determination/resilience (Psychological)
- Talent (Technical)
- Motor skills (Physical)
- Capacity to improve (Technical)
- Ability to follow direction (Tactical)
- Team ethic (Social)
- Aptitude for problem solving (Psychological)

**Juniors:**

Upon registering, at any point in the season, we will offer a free trial session when we have the space to do so. We then run blocks of sessions every half term, with online booking via our website.

**Safe Respect Learning:**

We acknowledge our responsibility to look after the welfare of every child and young person entrusted to us. We are committed to working to provide a safe environment for all players with emphasis upon promoting high standards of behaviour in sport and daily life.