

St Neots Town FC Academy Coaches Pack



St Neots Town Football Club Academy

Youth Development phase

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Content

1. SNTFC Club Welfare Team
2. Senior Academy Coaching Team
3. Emergency Action Plan
 - Details & Map
 - Common Injury & Basic Procedures
 - Cardiac Arrest
 - Asthma
 - Concussion Recognition Tool
4. Accident Report Form
5. Syllabus
6. Annual Syllabus
7. Coaching Tools
8. Example Session Plan
9. Session Detail
10. Session Planner
11. Session Review
12. SNTFC Safeguarding
13. SNTFC Code of Conduct

St Neots Town FC
Academy
Coaches Pack Youth Development phase



Academy Welfare Team

Mick Hunt

St Neots Town Football Club
Senior Welfare Officer

07787 761797

Mick.hunt@tiscali.co.uk

Iain Parr

Academy Welfare Officer

07795 954040

Iain@sntfc.co.uk

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Senior Coaching Team

Iain Parr Director of Football
Academy Manger
U12's-U14's



Alex Minall Lead Coach
U15's - U16's

Alex Cook Lead Coach
U8's - U11's



Gary Dean GK Coach

St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

By completing the Emergency Action Plan form below, SNTFC will have an effective medical response in the event of a player, member of staff, match official or spectator being injured or taken ill whilst on site at St Neots Town Football club or hired pitches

Club name	St Neots Town Football club
Club address	Rowley Park, Kester Way, St Neots, Cambs.
Postcode	PE19 6SL

FIRST AIDER INFORMATION

Name	Mobile number

FIRST AID EQUIPMENT & FACILITIES

St Neots Town FC Academy Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

By completing the Emergency Action Plan form below, SNTFC will have an effective medical response in the event of a player, member of staff, match official or spectator being injured or taken ill whilst on site at St Neots Town Football club or hired pitches

ITEM	LOCATION
Defibrillator	Located on the wall outside physio room, lead coach will
	have access or keys held in Reedmans Bar area
First aid room	Access via players entrance, on left hand side
Emergency number	Phone 112 from a mobile phone for the emergency services
For ambulance	Cambridge street, turn up Dramsell Drive, left onto Kester
	Way, past Tesco Express on your left then right into SNTFC
Pitch to ambulance	Main pitch access on left upon entrance to site, Astro entrance at the top of car park opposite changing block

St Neots Town FC Academy Coaches Pack

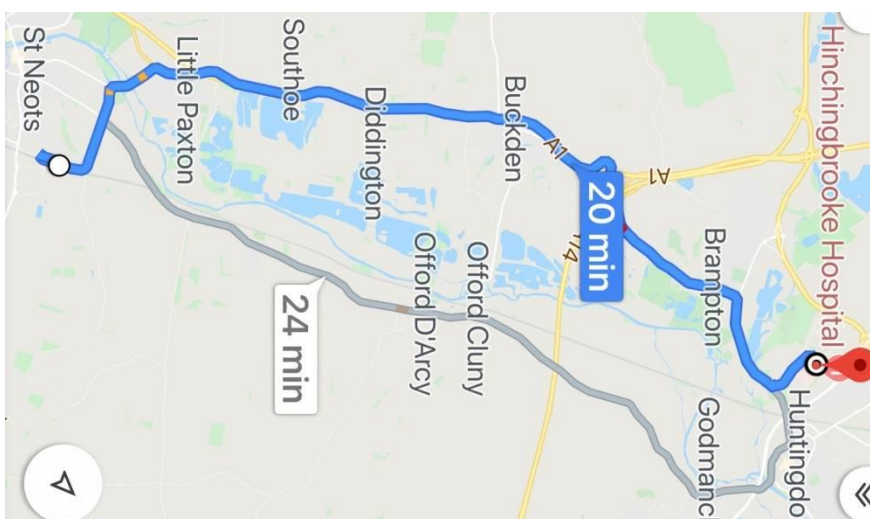
Youth Development phase



EMERGENCY ACTION PLAN

OTHER INFORMATION

Nearest hospital address (with A & E) department Including contact number	Hinchingbrooke Hospital, Huntingdon, PE29 6NT Phone number: 01480 416416
Directions to Hospital	From St Neots take the A1 Northbound, turn towards Brampton and follow signs to Huntingdon / Hospital
Journey time	10 miles / 20 minutes
Nearest walk-in centre	24 Moores Walk, St Neots, Cambs, PE19 1AG



St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

Common injuries and basic procedures

Sprained Ankle - Treatment depends on the severity of your injury. Ice should be applied to reduce swelling and help to ease pains. Mild injuries usually heal quickly, although your ankle may feel sore when you are standing or moving. More serious injuries may require the use of crutches for a period of time to enable your ankle to heal faster and anti-inflammatory medicines to ease swelling. Physiotherapy may be recommended to strengthen your ankle joint.

Bruises - Treatment for minor bruises may include ice and elevation to limit internal bleeding. Immediately cooling and elevating the area will help to limit swelling by preventing fluid from collecting there. Elevation is easy - just hold the affected limb up (preferably above the level of heart.) [Instant ice packs](#) are probably the best and most convenient form of ice for use on the sideline. They require no refrigeration; you just shake them up and they instantly become very cold.

Bleeding, Cuts and Grazes - First step is to be wearing disposable gloves. The wound can be cleaned under running water or with a [saline solution such as an eyewash pod](#). Pat dry with a [sterile dressing](#) or clean lint-free cloth. If the cut or graze is bleeding heavily you should stop the bleeding by applying pressure to the area using a bandage or a dressing for about 20 minutes. If possible elevate the injury by propping the limb up so that it is above the level of the heart.

St Neots Town FC

Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

Common injuries and basic procedures

Muscle and joint injuries - (PRICE)

Protection - Prevent further damage by using padding and protection. For instance, crutches to avoid bearing weight on the injury, or splints to immobilise and support the injury. If a fracture or dislocation is suspected, try to stabilise and protect in the current position.

Rest - Allow the injury time to heal - which is important even in the case of a minor injury - by ensuring that the injured body part is rested as soon as the injury has taken place. Continued exercise or other activity could cause further injury and stimulate bleeding, which will delay healing and increase pain.

Ice - First aid guides usually suggest using an ice pack for up to 20 minutes at a time. After this, allow the skin to warm for 15 minutes before cooling it again (if necessary). The pack may sit directly on the injured part, or it may be wrapped in place.

Compression - Compression of the injury site will help to reduce the swelling by slowing bleeding and accumulation of fluid around the injury. Use a stretch bandage, such as cohesive or crepe, and begin wrapping below the injured area and extend above the injured area.

Elevate - Elevate the iced, compressed area in whatever way is most convenient to decrease swelling and pain at the injury site. For instance, an injured leg can be propped up on a solid object. You could elevate an injured arm by placing it on the chest with the arm folded across.

St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

Common injuries and basic procedures

Asthma - Reassure the casualty and ask them to take their usual dose of their reliever inhaler. Ask them to breathe slowly and deeply.
If they have a spacer available, ask them to use it with their inhaler. The inhaler is more effective with a spacer when being used for young children.
If they have no inhaler call 999 or 112 for emergency help.
Sit them down in a comfortable position. A mild attack will normally ease after a few minutes. However, if they don't improve within a few minutes, it may be a severe attack. Ask them to take one to two puffs of their inhaler every two minutes, until they have had 10 puffs. Help the casualty to use their inhaler if they need to. If the attack is severe, and they are getting worse, becoming exhausted, or if this is their first attack, call 999 or 112 for emergency help. Monitor their breathing and level of response. If the ambulance hasn't arrived within 15 minutes, repeat step 3. If they become unresponsive at any point prepare to give [CPR](#).

St Neots Town FC

Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN Cardiac Arrest

Cardiac Arrest - Adults

Place the heel of your hand on the centre of the person's chest, then place the other hand on top and press down by 5 to 6 cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions a minute.

After every 30 chest compressions, give 2 rescue breaths.

Tilt the casualty's head gently and lift the chin up with 2 fingers. Pinch the person's nose. Seal your mouth over their mouth, and blow steadily and firmly into their mouth for about 1 second. Check that their chest rises. Give 2 rescue breaths.

Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

Children over 1 year old

Open the child's airway by placing 1 hand on their forehead and gently tilting their head back and lifting the chin. Remove any visible obstructions from the mouth and nose.

Pinch their nose. Seal your mouth over their mouth, and blow steadily and firmly into their mouth, checking that their chest rises. Give 5 initial rescue breaths.

Place the heel of 1 hand on the centre of their chest and push down by 5cm (about 2 inches), which is approximately one-third of the chest diameter. The quality (depth) of chest compressions is very important. Use 2 hands if you can't achieve a depth of 5cm using 1 hand.

After every 30 chest compressions at a rate of 100 to 120 a minute, give 2 breaths. Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

Cardiac Arrest-Call an Ambulance

Signs and symptoms of sudden
Cardiac arrest

Fatigue or weakness
Shortness of breath
Fainting
Dizziness
Light headedness
Heart Palpitations
Chest Pains

What are the compressions and
breaths needed when doing CPR
on a child

Chest Compressions general
guidance

Release the pressure then
rapidly repeat at a rate of
about 100-120 compressions
per minute. After 30
compressions tilt the head, lift
the chin and give two effective
breaths.

Continue compressions and
breaths in a ratio of two
breaths to every thirty
compressions .

CPR Steps

Check the scene and the
person, make sure the scene is
safe, then tap on the persons
shoulder and shout "Are you
OK" to ensure the person needs
help.

Call 999 for assistance.....

Open airway.....

Check for breathing.....

Push hard and fast.....

Deliver rescue breaths.....

Continue CPR

All Coaches that work with St
Neots Town Academy must:

Have emergency aid
certification

Allocate a first responder
before every training session
or match (a parent who knows
to dial 999 and who knows the
location of the defib.

Have with them a first aid kit

St Neots Town FC Academy

Coaches Pack Youth Development phase



IN AN EMERGENCY CALL
911

ADULT CPR 9 YEARS AND OVER

1. Attempt to wake the victim and call for help.

If the victim is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.

2. Begin chest compressions.

If the victim is not breathing, place the heel of your hand in the middle of his chest. Put your other hand on top of the first with your fingers interlaced. Compress the chest at least 2 inches (4-5 cm). Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.

It's normal to feel push and snap when you first begin chest compressions - DON'T STOP! You're not going to make the victim worse.

3. Open the airway.

After 30 compressions, open the victim's airway using the head-tilt, chin-lift method. Pinch the victim's nose and make a seal over the victim's mouth with yours. Use a CPR mask if available.

4. Begin rescue breaths.

Give the victim a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

If you don't feel comfortable with this step, just continue to do chest compressions at a rate of at least 100/minute.

2 Breaths

5. Repeat chest compressions.

Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

30 Compressions

6. Repeat rescue breaths.

Repeat rescue breaths. Give more breaths just like you did in step 4 (unless you're skipping the rescue breaths). Repeat steps 5 and 6 for about two minutes (about 5 cycles of 30 compressions and 2 rescue breaths).

2 Breaths

ILLUSTRATION BY JIMMY AND JESSIE

St Neots Town FC Academy Coaches Pack

Youth Development phase



HOW TO SAVE A LIFE BY USING AN AED

SUDDEN CARDIAC ARREST is a condition in which the heart suddenly and unexpectedly stops beating. It causes blood to stop flowing to the brain and other organs. Sudden cardiac arrest is the leading cause of death in North America, and it can affect people of all ages—*anytime and anywhere*. Follow the instructions below to learn how to operate an automated external defibrillator (AED). It could save a life.

1 TURN ON

2 FOLLOW PROMPTS

3 PRESS SHOCK BUTTON IF INSTRUCTED

Defibrillator

The club defibrillator is situated opposite the clubs physio room. Please ensure that during all training sessions and match days you have access. Please make sure your allocated first aid responder knows where the Defibrillator is located.

All St Neots Town FC Coaches must have at least an up to date FA Level one certificate in place. This will ensure that all coaches are defibrillator trained. If you are in any doubt please speak to your Academy manager before commencing coaching

St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

Asthma

Symptoms:

Asthma symptoms vary from person to person. You may have infrequent asthma attacks, have symptoms only at certain times — such as when exercising — or have symptoms all the time.

Asthma signs and symptoms include:

Shortness of breath

Chest tightness or pain

Trouble sleeping caused by shortness of breath, coughing or wheezing

A whistling or wheezing sound when exhaling (wheezing is a common sign of asthma in children)

Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN

Asthma

Asthma attack: 6 things to do if you do not have an inhaler with you.

Sit upright. Stop whatever you are doing and sit upright. Bending over or lying down can constrict your breathing even more.

Take long, deep breaths. This helps to slow down your breathing and prevent hyperventilation. Breathe in through your nose and breathe out through your mouth.

Stay calm. Staying calm may prevent further tightening of your chest muscles and make your breathing easier.

Get away from the trigger. The asthma attack could be triggered by dust, cigarette smoke or the smell of chemicals (e.g., ammonia, chlorine gas, sulphur dioxide). Get away from the trigger as soon as possible and go to an air-conditioned environment or any place with clean air.

Take a hot caffeinated beverage. Hot caffeinated drinks like coffee can help to open up the airways slightly, providing some relief for an hour or two.

Seek emergency medical help. If the wheezing, coughing and breathing difficulty do not subside after a period of rest, seek immediate medical attention.

St Neots Town FC Academy

Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN Concussion

Concussion Signs & Symptoms

Physical	Headache Migraine Dizziness	Blurry Vision Nausea Vomiting	Fatigue: Cognitive & Physical	Phonophobia Photophobia
Sleep	Sleeping More Than Usual	Sleeping Less Than Usual	Trouble Falling Asleep	Trouble Staying Asleep
Emotional Mood Behavior	More Emotional	Sadness	Anxiety	Irritability
Thinking Remembering	Feeling Slowed Down	Difficulty Thinking Clearly	Difficulty Remembering New Info	Difficulty Concentrating

St Neots Town FC Academy Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN Concussion

Pocket CONCUSSION RECOGNITION TOOL



To help identify concussion in children, youth and adults



FIFA®



FEI

RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness
Lying motionless on ground / Slow to get up
Unsteady on feet / Balance problems or falling over / Incoordination
Grabbing / Clutching of head
Dazed, blank or vacant look
Confused / Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- | | | |
|-------------------------|--------------------------|----------------------------|
| • Loss of consciousness | • Headache | • Seizure or convulsion |
| • Dizziness | • Balance problems | • Confusion |
| • Nausea or vomiting | • Feeling slowed down | • Drowsiness |
| • "Pressure in head" | • More emotional | • Blurred vision |
| • Irritability | • Sensitivity to light | • Sadness |
| • Amnesia | • Fatigue or low energy | • Feeling like "in a fog" |
| • Nervous or anxious | • Neck Pain | • "Don't feel right" |
| • Sensitivity to noise | • Difficulty remembering | • Difficulty concentrating |

© 2013 Concussion in sport group

St Neots Town FC Academy Coaches Pack

Youth Development phase



EMERGENCY ACTION PLAN Concussion

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

"What venue are we at today?"

"Which half is it now?"

"Who scored last in this game?"

"What team did you play last week / game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- | | |
|---|---------------------------------|
| ▶ Athlete complains of neck pain | ▶ Deteriorating conscious state |
| ▶ Increasing confusion or irritability | ▶ Severe or increasing headache |
| ▶ Repeated vomiting | ▶ Unusual behaviour change |
| ▶ Seizure or convulsion | ▶ Double vision |
| ▶ Weakness or tingling /
burning in arms or legs | |

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) unless trained to do so.

from McCrory et. al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

© 2013 Concussion in sport group

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Accident Report Form

Date		Time	
------	--	------	--

Event	
-------	--

INJURED PERSON'S DETAILS

First name	
Surname	
Full postal address	
Tel number	

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Accident Report Form

Details of person involved in the Accident

Full name of person	Contact number
1.	
2.	
3.	

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Accident Report Form

Details of person involved in the Accident

Full name of Witnesses	Contact number
1.	
2.	
3.	

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Accident Report Form

INJURED PERSON'S DETAILS

Time of injury		Date	
----------------	--	------	--

Describe the injury and how it happened

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Accident Report Form

Treatment given

Details of Person Giving Treatment	Role of Person Giving Treatment

Loss of consciousness - Yes/No

Injured person sent to Hospital - Yes/No

Ambulance called - Yes/No

If yes which Hospital

Name of first aider

Signed

Date

St Neots Town FC Academy

Coaches Pack

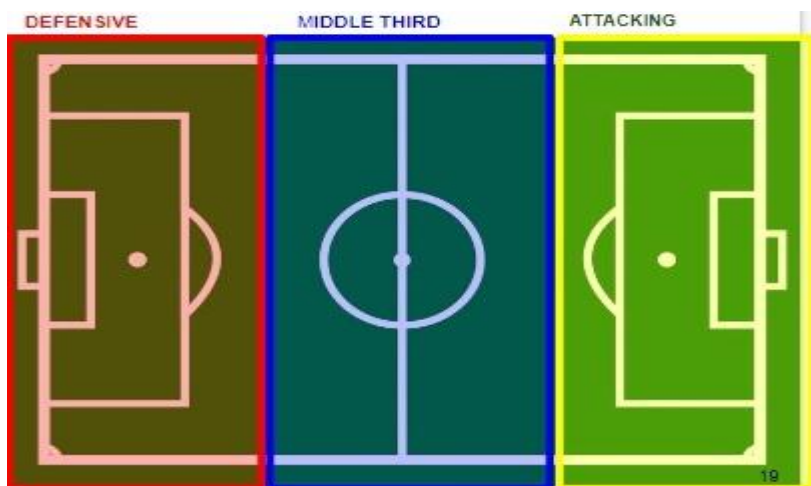
Youth Development phase



Syllabus

IN POSSESSION	TRANSITION	OUT OF POSSESSION
<ul style="list-style-type: none"> • Stay on the ball, master the ball. • Excite with the ball and find creative solutions. • Connect and combine creatively with others. 	<ul style="list-style-type: none"> • Instinctive decision making. • Positive and intelligent attacking reactions. • Positive and intelligent defensive reactions. 	<ul style="list-style-type: none"> • Positive and enthusiastic defending. • Intelligent defending. • Master a variety of defending techniques and roles.
<ul style="list-style-type: none"> • Building and retaining • Creating and scoring • Finishing the attack • Counter attacking • Progressing and penetrating 	<ul style="list-style-type: none"> • Recognition of the game • Decision making • First individual action • Unit and team reaction 	<ul style="list-style-type: none"> • Delay, deny and dictate • Pressing • Emergency defending • Balanced • Unbalanced

AREA OF THE PITCH



St Neots Town FC Academy Coaches Pack

Youth Development phase



St Neots Town Fc Academy u9- u18 Annual Coaching Syllabus

	Social	Technical	Tactical	Physical	Psychological
JULY	Together as a Team	Passing & Receiving	Game Management & Momentum	Core Strength, Flexibility,	Prepare for the Season
	Leaders	Ball Control		Speed & Endurance	
AUG	Together as a Team	Passing, Receiving & Turning	Movement & Rotation	Core Strength, Flexibility,	Dealing with Success & Failure
	Leaders	Ball Control		Speed & Endurance	Coping Strategies
SEPT	Together as a Team	Passing & Receiving,	Width	Core Strength, Flexibility,	A Growth Mind-Set
	Leaders	Ball Control, Dribbling, RWB,		Speed & Endurance	Decision Making
OCT	Together as a Team	Defending 1v1 to units	Security	Core Strength, Flexibility,	A Defensive Mind-Set
	Leaders	Protecting the ball		Speed & Endurance	
NOV	Together as a Team	Finishing Crossing, Turning &	Goal Threat & Penetration	Core Strength, Flexibility,	A Positive Attacking Mind-Set
	Leaders	Dribbling, 1v1, 2v2, 3v3 Into units		Speed & Endurance	Decision Making

St Neots Town FC Academy

Coaches Pack

Youth Development phase



St Neots Town Fc Academy u9- u18 Annual Coaching Syllabus

	Social	Technical	Tactical	Physical	Psychological
DEC	Together as a Team	Passing & Receiving, Ball Control	Counter Attacking or	Core Strength, Flexibility,	Leadership by Example
	Leaders	Dribbling, RWB	Possession	Speed & Endurance	
JAN	Together as a Team	Passing & Receiving, Ball Control	Counter Attacking or	Core Strength, Flexibility,	Leadership
	Leaders	Dribbling, RWB	Possession	Speed & Endurance	Communicate
FEB					
	Together as a Team	Defending 1v1 to units	Security	Core Strength, Flexibility,	Team / Togetherness
	Leaders	Protecting the ball		Speed & Endurance	
MARCH	Together as a Team	Passing & Receiving, Ball Control	Width	Core Strength, Flexibility,	Positive Preparation
	Leaders	Dribbling, RWB		Speed & Endurance	
APRIL	Together as a Team	Passing & Receiving, Ball Control	Movement & Rotation	Core Strength, Flexibility,	Managing the Game
	Leaders			Speed & Endurance	Decision Making

St Neots Town FC Academy Coaches Pack

Youth Development phase



St Neots Town Fc Academy u9- u18 Annual Coaching Syllabus

	Social	Technical	Tactical	Physical	Psychological
DEC	Together as a Team	Passing & Receiving, Ball Control	Counter Attacking or	Core Strength, Flexibility,	Leadership by Example
	Leaders	Dribbling, RWB	Possession	Speed & Endurance	
JAN	Together as a Team	Passing & Receiving, Ball Control	Counter Attacking or	Core Strength, Flexibility,	Leadership
	Leaders	Dribbling, RWB	Possession	Speed & Endurance	Communicate
FEB					
	Together as a Team	Defending 1v1 to units	Security	Core Strength, Flexibility,	Team / Togetherness
MARCH	Leaders	Protecting the ball		Speed & Endurance	
	Together as a Team	Passing & Receiving, Ball Control	Width	Core Strength, Flexibility,	Positive Preparation
APRIL	Leaders	Dribbling, RWB		Speed & Endurance	
	Together as a Team	Passing & Receiving, Ball Control	Movement & Rotation	Core Strength, Flexibility,	Managing the Game
	Leaders			Speed & Endurance	Decision Making

St Neots Town FC Academy Coaches Pack

Youth Development phase



Coaching tools

Coaches will receive lots of support, idea's, session plans and templates to help plan and deliver sessions.

In addition to the session plans you will work with we recommend

The Future game
The Coaching Matrix
Sport plan

Always work to improve all aspects of you preparation, delivery and record progress



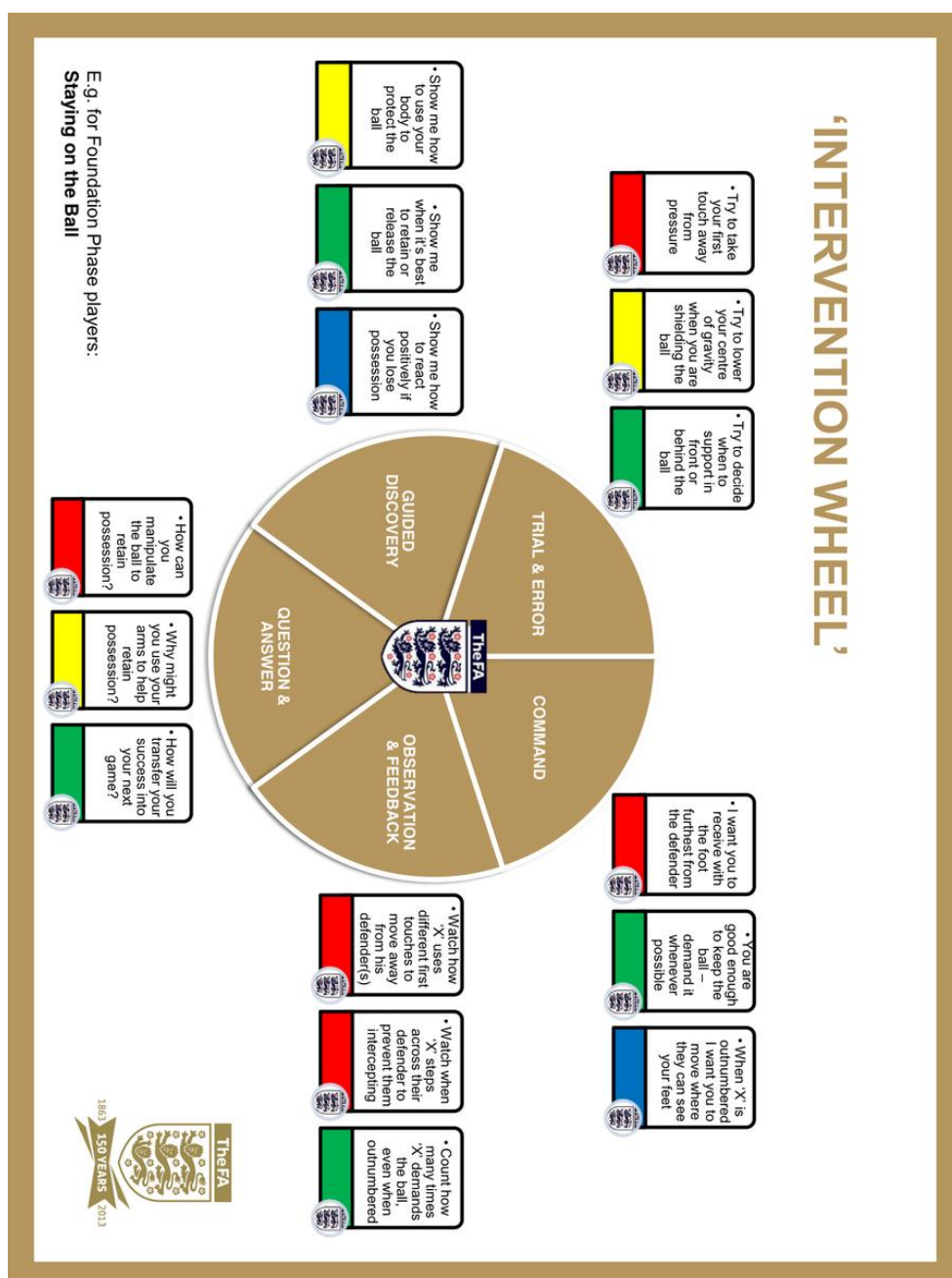
St Neots Town FC Academy

Coaches Pack

Youth Development phase



Session detail



St Neots Town FC Academy

Coaches Pack

Youth Development phase



Session Planner

TOPIC			
DATE		TIME	

SESSION DETAIL

Focus Player

Primary Unit

TECHNICAL/ TACTICAL	SOCIAL
PHYSICAL	PSYCHOLOGICAL

Previous Learning

Notes

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Session Planner

	Session Design	Time	Notes
Arrival Activity			
Practice			
Practice			
SSG			

St Neots Town FC Academy

Coaches Pack

Youth Development phase



Session Review

What went well

Even better if

Notes for next session

St Neots Town FC Academy Coaches Pack

Youth Development phase



Child welfare and safeguarding and code of conduct

In practice, **Safeguarding** is the policies and practices and Governing Bodies employ to keep **children** safe and promote their well-being. ... **Child Protection** is a term used to describe the activity that is undertaken to **protect** specific **children** who are suffering or likely to suffer significant harm.

A **child safeguarding policy** is a statement that describes how an organisation will keep the **children** and young people it works with safe. ... It will state what the organisation will do to protect **children** and how it will respond to concerns, and include a list of procedures to support those aims.

To read our Safeguarding Booklet, please visit www.stneotstownfc.co.uk click on Saints Library



The definition of a **code of conduct** is a collection of rules and regulations that include what is and is not acceptable or expected behavior. A handbook of an organization setting forth rules for behavior by members is an example of a **code of conduct**.

A few **advantages** of having a football **code of conduct** are: It enhances the club's core values, beliefs and sets the right culture. Gives a vision and a mission to the football club. Builds a reputation of the club.

A **code of conduct** is a set of rules outlining the norms, rules, and responsibilities of, or proper practices for an individual, a team, coaches, parents and supporters.

Code of Conducts can be found in our safeguarding brochure and in your Academy signing on pack

St Neots Town FC Academy signing on pack



Dear Player and Parent

Congratulations on your offer into the St Neots Town FC 'Academy Programme'.

We are delighted that you will be a part of our Academy for next season and will work with you to best support your development as a player and person moving forward.
If you are committed to other sport activities / development centres this can still be managed unless they are detrimental to your motivation with us.

St Neots Town FC Academy Coaches Pack



St Neots Town Football Club Academy

Youth Development
phase
Match day

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Content

1. Age Group & Coaches Details
2. Contact Details
3. Register
4. Warm Up & Cool Down
5. What Makes an SNTFC Coach
6. What Makes an SNTFC Player
7. Our Aim
8. Match Day Squad
9. Match Day Comments
10. Team Arrangements
11. Set Pieces
12. R & R
13. Match Day Analysis
14. Individual Development Plan
15. Check List - Match Day & Training

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Age group and Coaches details

COACHES			
AGE GROUP			

CRC / DBS EXPIRATION DATE	CRC / DBS EXPIRATION DATE
EMERGENCY AID EXPIRATION DATE	EMERGENCY AID EXPIRATION DATE
SAFEGUARDING EXPIRATION DATE	SAFEGUARDING EXPIRATION DATE
FA QUALIFICATIONS	FA QUALIFICATIONS

Contact Details



Register



Register

[illegible]

St Neots Town FC
Academy
Coaches Pack Youth Development phase
Match Day



Register

[illegible]

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up

A warm up is the key component to setting the correct Physical and Psychological environment prior to training sessions and match days. Please ensure all your players understand the importance of the warm up. This is also a key time to explain the session details or reinforce match day mentality.

Safety, Organisation, Technical, Social, Physical & the Psychological impact of a positive warm up.

Upon arrival

Players take ownership of equipment and setting up the areas

Arrival activity - Circle work Social & low intensity

Relaxed passing with target area, slow actions and movement, side-side, heel flicks, skipping

Player Lead Dynamic Stretching

Hamstrings

Glutes

Hip flex & Groin

Quads

Lats & back

Arms

Calf

All images and timings are over leaf

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



GLUTES / HAMSTRING / QUADS - Feet shoulder width apart, arms out in front for balance. The squat, trying to get your bottom to the floor.
1 set of 10 Reps



St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



BACK / HAMSTRINGS - Keep legs as straight as possible. Left hand, down to right toes and vice versa. If you can't touch your toes, try get as close to the as possible. **10 Reps on each leg or 30 seconds continuous**



HAMSTRING - Extend leg out in front, alternating every time you do it. Try to make sure their leg is straight, with no bend at the knee. **10 Reps on each leg or 30 seconds continuous**

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



CALVES / QUADS , HAMSTRING - Make sure you add rhythm or do it on the move. Keeping your core straight, bring your knee up towards your chest. Knee should be at a 90 Degree angle. **Continuous for 30 seconds**



QUADS - Again, make sure you do it on the move. Keeping a straight back, make sure you make an explosive movement bringing your heel up towards your bottom. **Continuous for 30 seconds.**

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



HAMSTRING - Must keep stretching leg as straight as possible. Body weight needs to change from back leg to front leg, maintaining a straight leg. **Hold between 10-30 Seconds**



HIP FLEXORS - Feet shoulder width apart, hands on hips, then create a circle motion with your hips. Try and create the biggest circle you can. **Rotate continuously for 30 seconds**

St Neots Town FC Academy

Coaches Pack

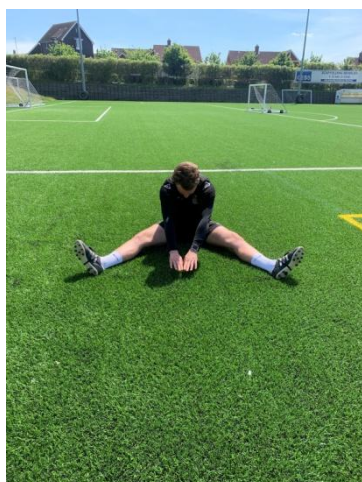
Youth Development phase
Match Day



Warm Up



HIP FLEXORS - Front leg has a bend. Then must push your weight / hips as far forward as you can. **Hold for between 10 - 30 seconds**



GROIN / HAMSTRING - Straddle sit on the floor. Place your hands between your legs, slowly slide them forwards as far as you possibly can, maintaining straight legs the whole time. **10 repetitions or hold for between 10 - 30 seconds**

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



QUADRICEPS - keep your stretching leg on top of your resting leg. Hold your ankle and then pull up towards your lower back. **Hold for between 10 - 30 seconds**



BACK / SHOULDERS - Knees shoulder width apart, keep back as straight as possible. Arms straight out behind you, try to pinch your shoulder blades together. **Hold for 10 - 30 seconds**

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



BACK / SHOULDERS - Knees shoulder width apart. Arms as straight as possible and try to touch the sky, while keeping your back as straight as possible. **Hold for 10 - 30 seconds.**



BACK - Lay down on your back, then bring one of your legs over to the opposite side, while trying keep your back flat on the floor. Keep your arms horizontal as seen in the picture, this will help with keeping your back flat. **Hold for between 10 - 30 seconds on each side**

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Warm Up



CORE - Arms straight up into the air. Look to take a large step forward into a lunge. **Look to do these continuously for 30 seconds alternating legs**



HAMSTRING / CALVES - Making sure your stretching leg is as straight as it possibly can be. Heel down and toes up, then perform a sweeping motion with your hands along the floor. **1 set of 10 reps on each legs**

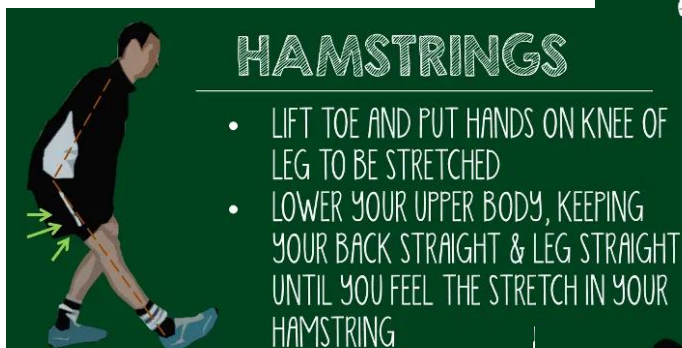
St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



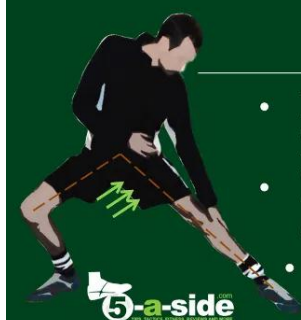
Warm Up



HAMSTRINGS

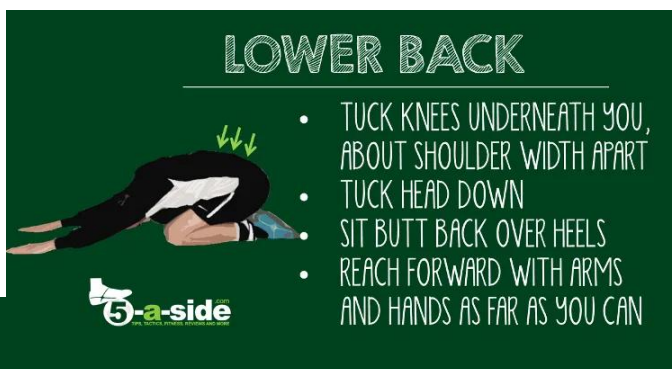
- LIFT TOE AND PUT HANDS ON KNEE OF LEG TO BE STRETCHED
- LOWER YOUR UPPER BODY, KEEPING YOUR BACK STRAIGHT & LEG STRAIGHT UNTIL YOU FEEL THE STRETCH IN YOUR HAMSTRING

Light Jog or shake
after each stretch



GROIN

- STAND WITH LEGS WIDER THAN SHOULDER WIDTH APART
- SHIFT WEIGHT ON TO ONE SIDE AND BEND KNEE
- REACH ONE HAND TOWARDS OUTSTRETCHED FOOT



LOWER BACK

- TUCK KNEES UNDERNEATH YOU, ABOUT SHOULDER WIDTH APART
- TUCK HEAD DOWN
- SIT BUTT BACK OVER HEELS
- REACH FORWARD WITH ARMS AND HANDS AS FAR AS YOU CAN

Duration
10-30 Seconds



CALF

- USE WALL / FENCE TO SUPPORT YOU, PLACE ONE LEG STRETCHED BEHIND YOU
- KEEPING OTHER LEG BENT, LEAN FORWARDS TO APPLY PRESSURE TO BACK LEG.
- KEEP BACK HEEL FLAT ON GROUND

Sip water

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Cool Down

A cool down is an important element and gives coaches and players a opportunity to debrief the session or game, discuss recovery procedures and Q&A time.

After Training or a Match

Players take ownership of cool down and packing away equipment

Player Lead Cool Down - Slow/Static Stretches

Hamstrings

Glutes

Hip flex & Groin

Quads

Lats & back

Calves and hamstring

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



WHAT MAKES A SNTFC COACH ?

YOUTH DEVELOPMENT PHASE

Passion
for
Developing
Players

Passion
for
Football

Desire to
Develop as
an
Individual

Organisation

Planning

Patience

Different
Styles of
Communication

Personality



St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



WHAT MAKES A SNTFC PLAYER ?

YOUTH DEVELOPMENT PHASE

Athletic

Passion
for
Football

Desire to
Develop as
an
Individual

Work ethic



Brave

Creative

Effective
Communication

Personality

Ability to
retain
information

Resilient

Respectful

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



ROLES & RESPONSIBILITIES OF A SNTFC PLAYER

YOUTH DEVELOPMENT PHASE

11

1

2

10

PLAYER TO
COMPLETE

3

9

6

4

8

7

5

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



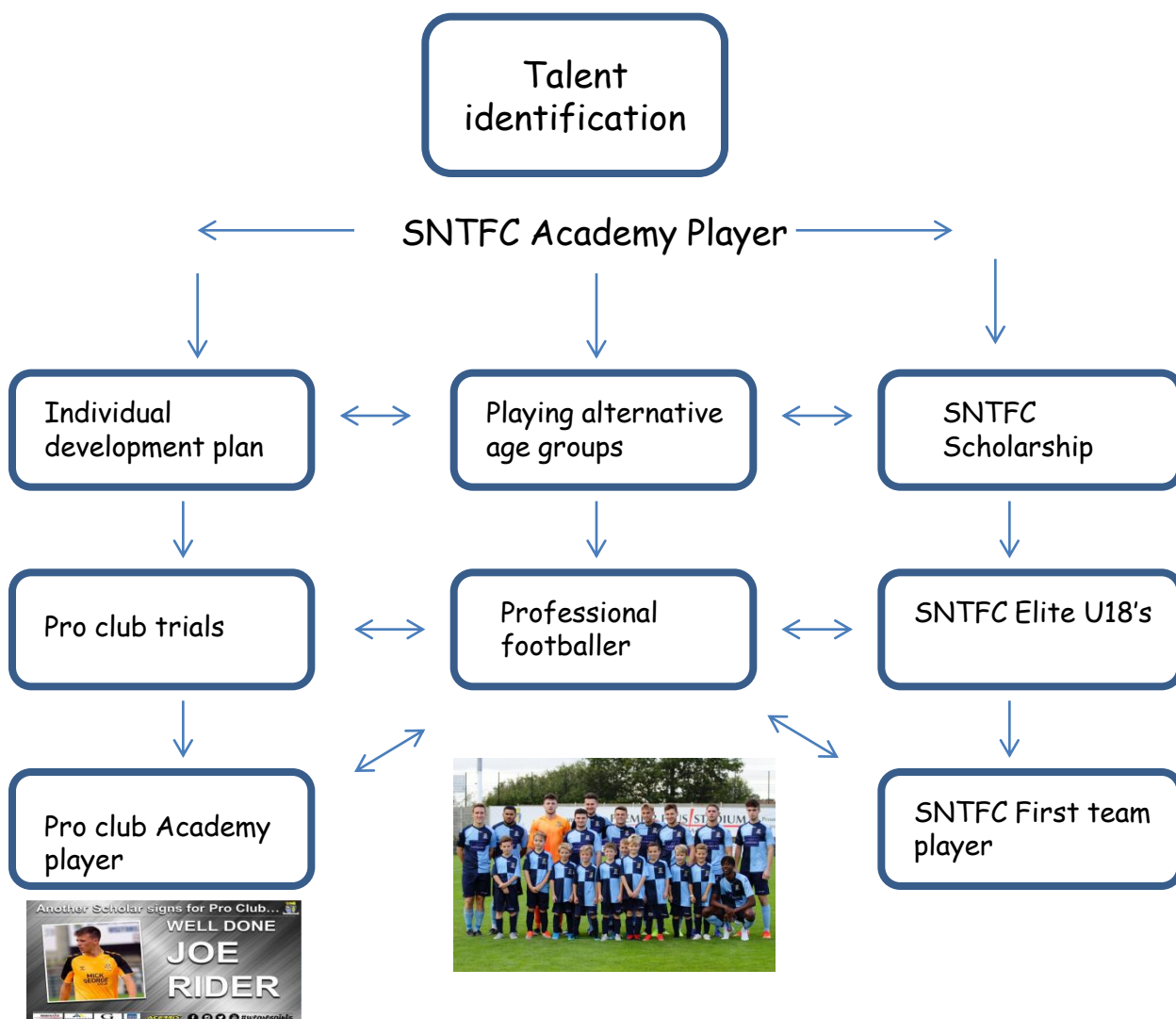
OUR AIM

To assist young players on their football journey.

Recognising talent and developing all players to reach their full potential.

Creating a professional environment giving players ownership and responsibilities to improve them on and off the football pitch.

Fun and inclusion for all talented individuals.



St Neots Town FC
Academy
Coaches Pack

Youth Development phase
Match Day



Match day squad

Date

Opponent

Competition

Format

Squad

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Training
Topic

Team
Challenge

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Match details and comments

NAME OF PLAYER	TARGET	NOTES
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		

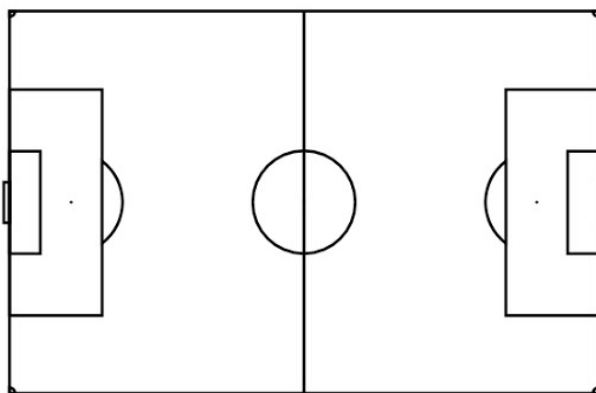
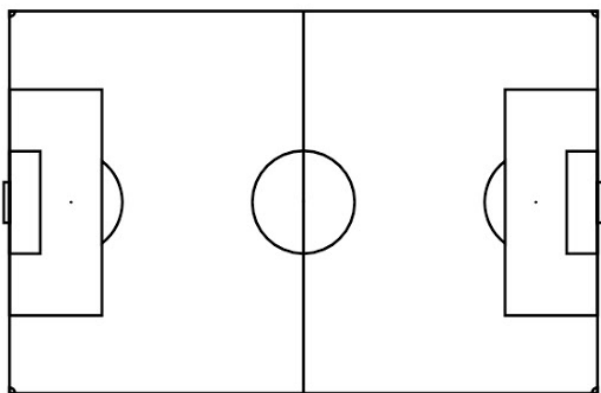
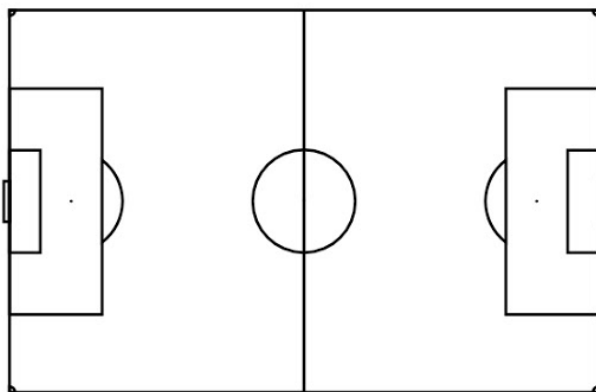
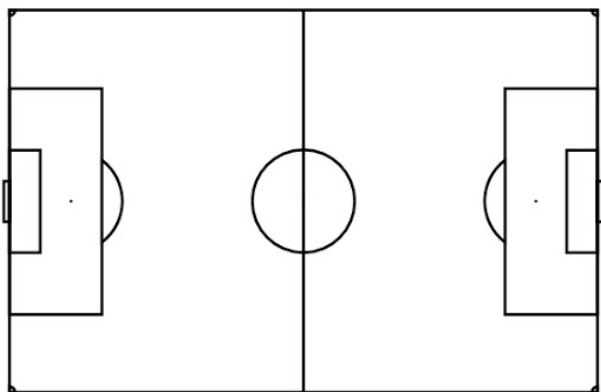
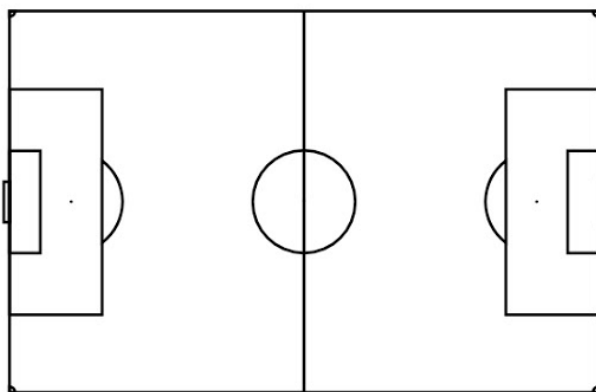
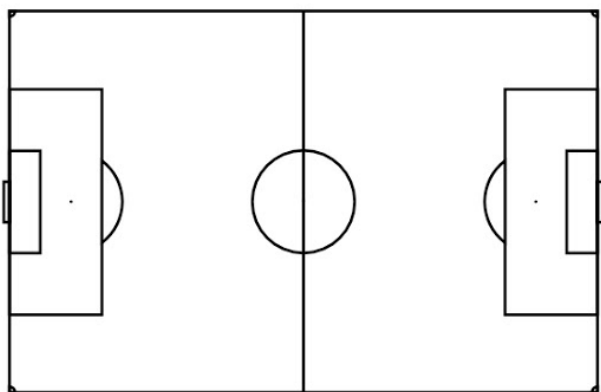
St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Team arrangements



St Neots Town FC Academy

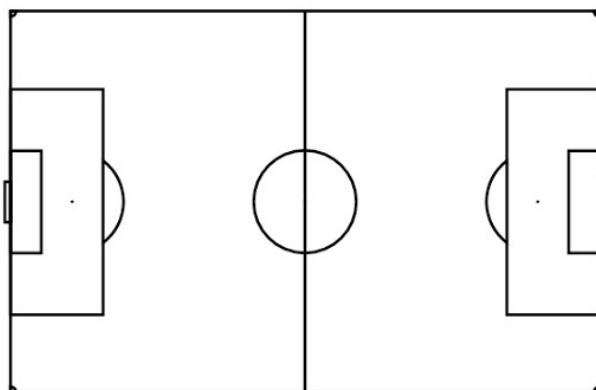
Coaches Pack

Youth Development phase
Match Day

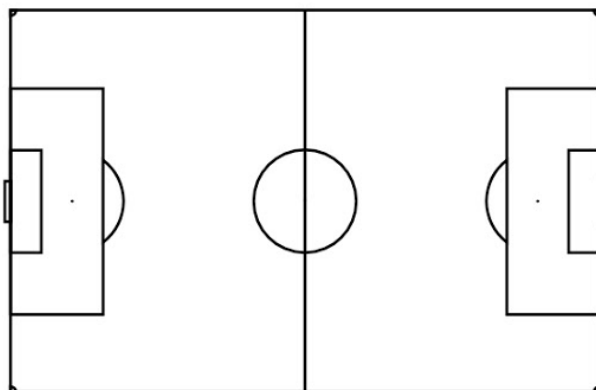


Set Pieces

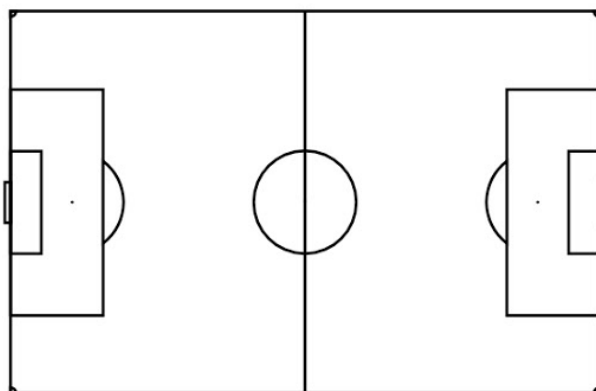
Corners for



Corners for



Corners against



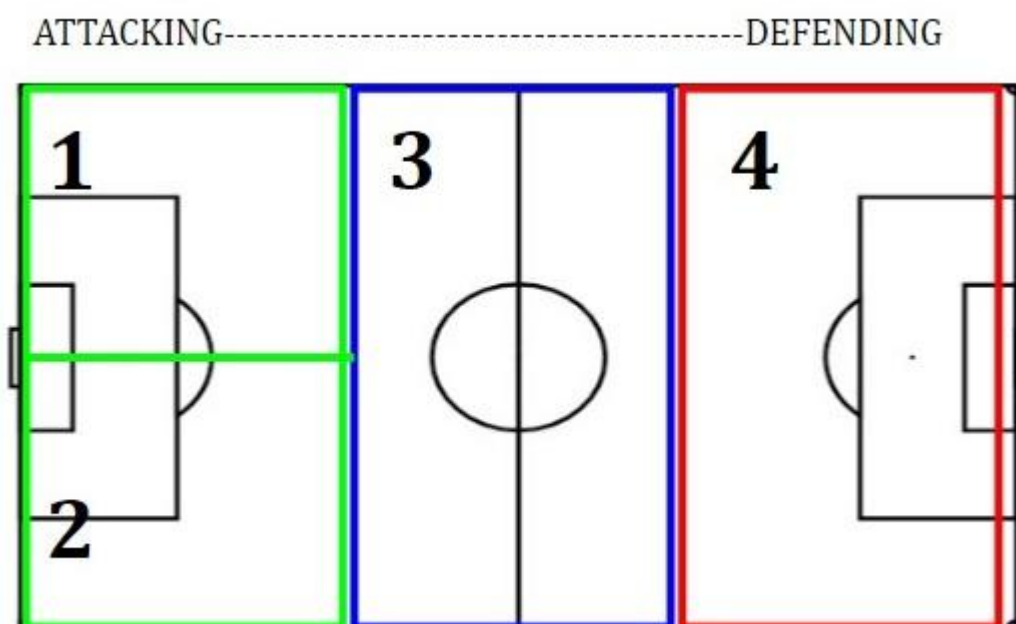
St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Roles and responsibilities



Corner taking

Left-

Right-

Free Kicks Zone

- 1.
- 2.
- 3.
- 4.

Defensive free kicks

Organised by

In the wall

- 1.
- 2.
- 3.
- 4.
- 5.

Penalties

- 1.
- 2.

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Match day analysis

Match day challenge	
Overall performance	
Best performers	Gold-silver-Bronze As chosen by the opposition coach

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Match day analysis further notes

St Neots Town FC Academy

Coaches Pack

Youth Development phase
Match Day



Individual development plan

Name

Area's to improve

Strengths

-
-
-
-
-
-

-
-
-
-
-

Short term goal

Mid term goal

long term goal

Development plan

St Neots Town FC Academy Coaches Pack

Youth Development phase
Match Day



Check list - Training and Match days



St Neots Town FC Academy Coaches Pack



St Neots Town Football Club Academy

Youth Development phase