



# Chorley Wanderers Junior Football Club

Est. 2007



## CLUB ETHOS

The club ethos is founded upon the answers to three fundamental questions:

1. Who is the club for?
2. Why do kids play football?
3. How do we measure success?

We, as a club, believe that we exist for all our players, who play football for fun and enjoyment. This should guide everything that we do.

### Club Ethos

*The ethos of the club is to generate and maintain an environment where young players can develop, both at footballers and as people, in friendly supportive surroundings. While it is accepted that the pursuit of success becomes increasingly important as children mature this will grow from a foundation of individual player development, enjoyment, fair play and the fostering of team spirit rather than simply being winners.*

### Guiding Principles

- We will be community focused.
- We aim to offer football from age U7 to U16 age group.
- We will welcome all abilities and treat all members as equals.
- We believe it is about enjoyment for all (coaches, parents and most importantly the players).
- We will encourage strong participation of the parents.
- We expect only positive encouragement from parents and coaches.
- Our aim will be for long term player development.
- We will foster a squad based approach, the best help the worst improve.
- We will have an emphasis on development of skills and a “team ethos”.
- We will support our volunteers in obtaining knowledge and skills to help develop individual players in line with latest FA concepts and guidelines.
- Our Coaches, Parents and Players sign up to and uphold the FA respect codes of conduct.
- We have a vision to grow to U18 & U21 and provide our children with continued playing opportunities as they become young adults.

STAGES 1 AND 2	STAGES 3 AND 4	STAGES 5 AND 6	STAGES 7 AND 8
1. FUNDamentals (FUNDamentals)  5 to 8 years old Ages may overlap ±	3. Developing practice (Training to Train)  11 to 14 years old Ages may overlap ±	5. Training for competition (Training to Compete 2)  16 to 18 years old Ages may overlap ±	7. Training to win (Training to Win 2)  20 years old plus Ages may overlap ±
2. Enjoying practice (Learning to Train) 8 to 11 years old	4. Understanding competition (Training to Compete 1) 14 to 16 years old	6. Developing winning (Training to Compete 1) 18 to 20 years old	8. Retaining people in football (Retention) Any age applies
PRIMARY SCHOOL AGE	SECONDARY SCHOOL AGE	SECONDARY SCHOOL AGE	MATURE ADULT AGE

*FA Long Term Player Development Model*

## Coaching Principles

### Colts: U7 to U10

- Open to all not selected to join on perceived ability.
- Fun based approach, enjoyment is key.
- Equal participation of all, as far as possible each player should get equal pitch time.
- Training combination of “learn by playing” and drills to develop ABCs (agility, balance and co-ordination) and football skills.
- Players should not be rigidly picked in fixed positions.
- Winning is not the object of the game.
- Team and squad based approach allowing individual expressions.
- Emphasis on learning skills as opposed to always having to win.
- Teamwork and skills development are the key.
- No competitive matches played against other teams, participation in friendly games per FA guidelines (NB: will apply to U10 from 2014-2015).

PRIMARY SCHOOL AGE	TECHNICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
5 to 11 years old (BY DATE OF BIRTH)	Basic Techniques “Ball and the wall” activities	A. B. C. s - Agility, Balance, Co-ordination, Speed	Enthusiasm	Fun and enjoyment.
Chronological age has to take account of the variability of gender, ability, maturation and the developmental needs of the individual	Improving Basic skills Group practice Games as the teacher Interchange of positions	K. G. B. - Kinesthesia (movement), Gliding (ice & snow etc) Buoyancy (water)	Imagination & Exploration  Avoiding anxiety and boredom	Support from parents, schools and clubs.  Inclusion and participation. Form relationships.
In 2 LTPD Phases 5 - 8 & 8 - 11	Invasion game principles Playing other sports	C. P. K. - Catching, Passing, Kicking.  R. J. T. - Running, Jumping, Throwing  Motor control. Multi- skills. Mixed activities	Progressive introduction to mental skills  Progressive group activities  Understanding games	Safe environment.  Simple rules and ethics.  Group behaviour can be influenced as a foundation.

### Youth: U11 to U18

- A gradual move to a competitive environment managed by the coach, allowing opportunities for all and staying true to the ethos of the club. Coaching and management identifying specific areas for development with individuals and working towards narrowing ability gaps within squads

SECONDARY SCHOOL AGE	TECHNICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
11 to 16 years old (by date of birth)	Refining techniques Skill execution under pressure	Adolescent growth spurt	Self concept	Accept responsibility
Chronological age has to take account of the variability of gender, ability, maturation and the developmental needs of the individual	Attacking & Defending principles Introduction to tactics and team work Rotation	Aerobic development Changing shape. Early / late maturation Athleticism changes Increasing variation between players	Awareness Responsibility Goal setting Confidence Coping strategies	Fair play Peer group features Values and beliefs Appropriate behaviours Personal and group responsibilities
IN 2 LTPD PHASES 11 - 14 & 14 - 16				
SCHOOL LEAVER AGE	TECHNICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
16 to 20 years old (by date of birth)	Becoming technically proficient Executing the correct technique on demand Contributing to team play involving space & time	Muscle mass gains. Strength improves. Power increases. Lactate training. Improving recovery. Full potential is progressively achieved.	Lifestyle skills. Developing a stable temperament. Understanding match play. Communication. Advanced coping strategies are developed.	Developing emotional stability. Being socially responsible. Recognising cultural differences. Dealing with conflict. Appreciating others.
Chronological age has to take account of the variability of gender, ability, maturation and the developmental needs of the individual				
IN 2 LTPD PHASES 16 - 18 & 18 - 20	Producing the techniques required to support both defending & attacking strategies			