

# YMCA

YMCA LEEDS



CHARTER STANDARD

# Football Coaching Academy

Our Football Coaching Academy was established in 2004. From then we have gone from strength to strength.

We have a progressive structured pathway

▶ Reception	Under 5s
▶ Year 1	Under 6s
▶ Year 2	Under 7s
▶ Year 3	Under 8s

Coaching sessions take place on our excellent 3G pitch on Saturday mornings throughout term time. All our staff are professionally qualified, DBS checked, experienced and enthusiastic about young footballers learning new skills, progressing well and enjoying the experience.

All footballers at the coaching academy follow the

### YMCA Award Scheme

#### **FOOT TAPS**

Tapping the ball with the insides of both feet repetitively for 30 seconds, whilst remaining on the spot.

FOUNDATION:20      BRONZE:30      SILVER:40      GOLD:50

#### **STEP-UPS**

Stepping up onto the ball with the sole of the foot, using both feet alternately, and with a light touch.

FOUNDATION:25      BRONZE:30      SILVER:45      GOLD:60

#### **PASSING BETWEEN CONES**

Passing the ball between 2 cones, 1 metre apart, from an arbitrary distance.

FOUNDATION:3/10      BRONZE:4/10      SILVER:5/10      GOLD:6/10

#### **GOAL SCORING**

Playing a one-two with coach, then shooting first-time at goal from an arbitrary distance.

FOUNDATION:4/10      BRONZE:5/10      SILVER:6/10      GOLD:7/10

#### **RUNNING WITH BALL**

Running the length of the pitch with the ball and stopping with foot on ball within a 3x3 metre square.

FOUNDATION:14secs      BRONZE:12secs      SILVER:10secs      GOLD:8secs

#### **DRIBBLING THROUGH CONES**

Drizzling the ball there and back through a line of 6 cones placed 1 metre apart. Required pass standard tba.

### **FREESTYLE**

**Lowerbody/Air Moves** - This is the most popular with the new generation of freestylers. The ball is kept aloft using mainly the feet and legs. This style is considered to be the most difficult and the one that gives a multitude of opportunities to come up with new moves and impressive combinations.

**Upperbody** - This style is very popular in Japan and Russia. Most tricks are done with the head, chest and shoulders.

**Sitting/Sit Down** - This style has become well known. All tricks are executed while sitting on the floor with your legs in the air, and the inability to move after the ball greatly increases the difficulty of any trick performed.

### **FUTSAL**

Contrary to most beliefs, futsal is not a new sport. The mini football sport has been played since the 1970s and taken up by FIFA in 1989. World greats like Denilson, Ronaldo and Roberto Carlos from Brazil all grew up playing Futsal. In 1989 the first Futsal World Championship was held in the Netherlands. It has been constantly developed and enhanced to what it has become today.

- ▶ The pathway continues for players who are keen to progress into competitive football. At the end of the summer term of football coaching your child has the opportunity to join the Junior Football Section of the YMCA and play in the Harrogate and District League. To help the transition go smoothly a meeting is organised to register the players and the team, organise kit and introduce you to your new coaches and manager. The Junior Football Club runs teams for Under 9s through to Seniors.

As well as success on the field, one of the things we are most proud of, off the field, is that some of the boys who started with the club at age 8 are now playing with the senior team and others have just passed the level 1 coaching badge, which enables them to coach the new players coming through.

- ▶ From the Junior Football club your progression can continue as YMCA Leeds also has a senior football team competing in the West Riding Football League so you can play football from 4 years old to adulthood.

For older enthusiastic players we coach Freestyle/Futsal every Monday night



### **Groundmoves**

- These are normal football moves, but then executed without an opponent. Skilful players can make the performance of groundmoves seem like a choreographed dance.

**Special** - This style has been introduced recently and refers to the acrobatic or break dance moves performed with a football that are becoming more popular in the freestyle football world.



## Contact Details

---

YMCA Leeds  
Otley Road  
Leeds  
LS16 6HQ

**T** 0113 2612484

**W** [www.leedsymca.org.uk](http://www.leedsymca.org.uk)

### Payments can be made online by BACS:

Account Number 80984434

Sort Code 20-48-46

Please put your child's name in the reference

OR by

Debit card or cheque made payable to **YMCA Leeds**

Registered Charity No. 1046439

Company No. 3048401

VAT No. 113 7907 21

---

# YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.