

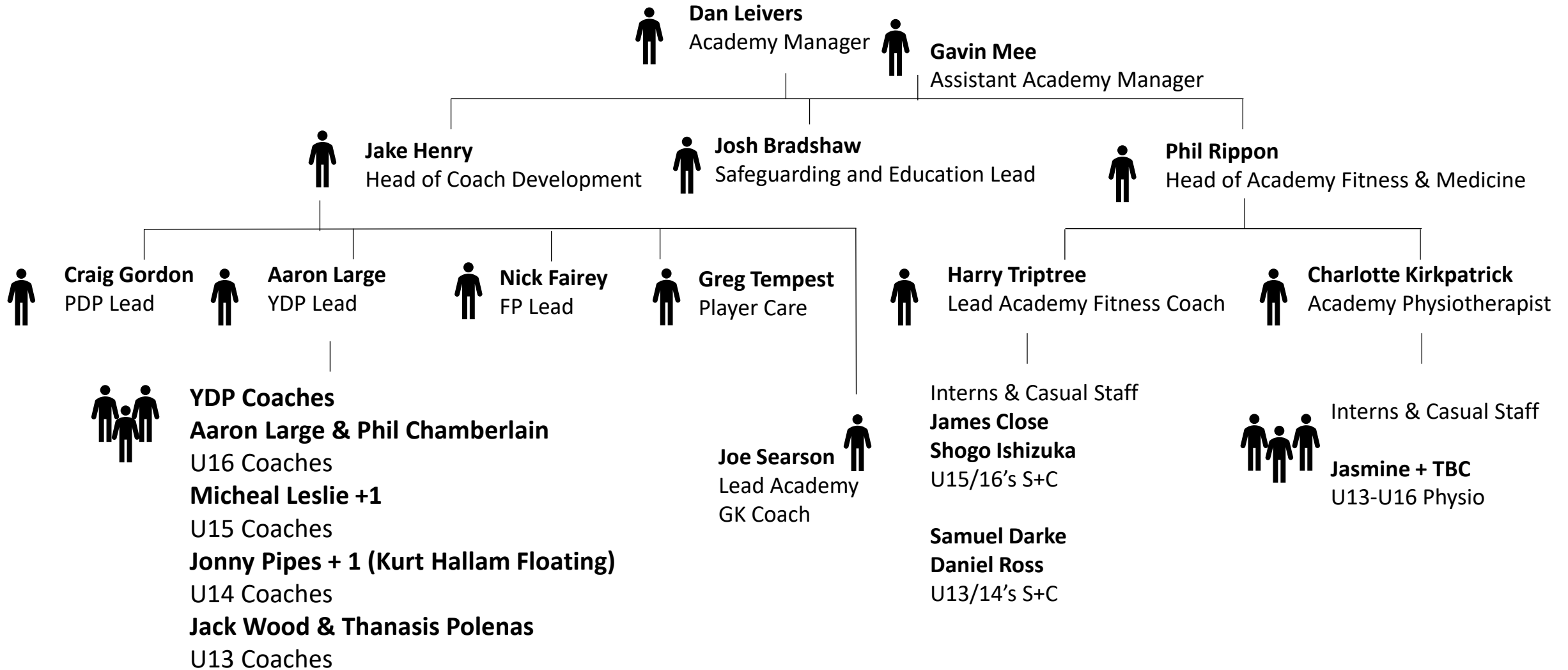


WELCOME

NOTTS COUNTY FOOTBALL CLUB

YDP INDUCTION 2023/24

>> STAFFING STRUCTURE





ACADEMY VISION <<

The vision of the Notts County FC Academy is to create a safe learning environment that reflects our core values and allows all people to reach their own potential.

We use a holistic approach in shaping the development of players in all phases to achieve our mission.

Our Academy will be viewed as an environment that is appealing to players and parents and become competitive in the recruitment of players in the local area.



ACADEMY MISSION <<

The mission of the Notts County FC Academy is to:

- Establish Academy players in our own First Team.**
- Have Academy players with sell on value.**
- Support players to play football at their highest level.**
- Support people to serve the Football Club and the Community.**

>> ACADEMY CORE VALUES

RESPECT.

“due regard for the feelings, wishes, rights, or traditions of others”

TRUST & HONESTY.

“firm belief in the reliability, truth, ability, or strength of someone or something”

ACCOUNTABILITY.

“an obligation or willingness to accept responsibility or to account for one's actions”

CONSISTENCY.

“acting or done in the same way over time, especially so as to be fair or accurate”

EMPATHY.

“showing an ability to understand and share the feelings of another”





◀◀ **ACADEMY STANDARDS AND EXPECTATIONS**

- **Coachable**
- **Housekeeping**
- **Respect the Environment**
- **Attitude and Application**
- **Timekeeping/Being on time**
- **Effort**
- **Doing extra- above and beyond**



Notts County Academy promote a winning mentality at all ages, but regardless of the result, individual development is the Academy's number one priority.

- ✓ **Aim of the academy is to provide an environment where we cater for both but.....we don't have a win at all costs philosophy.**
- ✓ **Performance and playing in line with the Academy Playing philosophy is the underlying priority for all players.**
- ✓ **Individual and long-term development is key however we recognise a winning mentality promotes confidence and self-esteem amongst players which has a big value.**
- ✓ **No parents to coach on sidelines, supportive moments only.**



Strategy in Shaping the Development of Players in the YDP (U13-U16)



The outcomes of the Player Development Strategy in the Youth Development Phase :

- Develop an understanding of and apply our Core Values.**
- Develop and continue the love for the game.**
- Develop a High-Performance Mindset.**
- Develop relationships with others.**
- Develop an understanding of specific roles and responsibilities within the team.**
- Adapt to the relevant game situation.**
- Develop an understanding of game management.**
- Encourage the lifestyle of a Professional Footballer**

>> THE ROLE OF THE NOTTS COUNTY FC COACH

ROLE MODEL – a person looked to by others as an example to be imitated

SHAPING THE DEVELOPMENT OF PLAYERS – we are not in control of the players development, we are just enablers, as they take control of their own development.

TEACHER – transferring the knowledge

COACH – develops the knowledge

MENTOR – share experiences, gives advice

OUR team, OUR players.

Its ok for players not to know–ask questions.....





PLAYER CARE

Head of Player Care – Greg Tempest

Greg.tempest@nottscountyfc.co.uk

Player Care Officer:

Greg Tempest

Email:

Greg.Tempest@Nottscountyfc.co.uk

Former Professional Footballer for Notts County, Lincoln City and Northern Ireland International.

Since leaving football have been in Education for the past 6 years as Behavior support, Student Support manager and Year Leader.





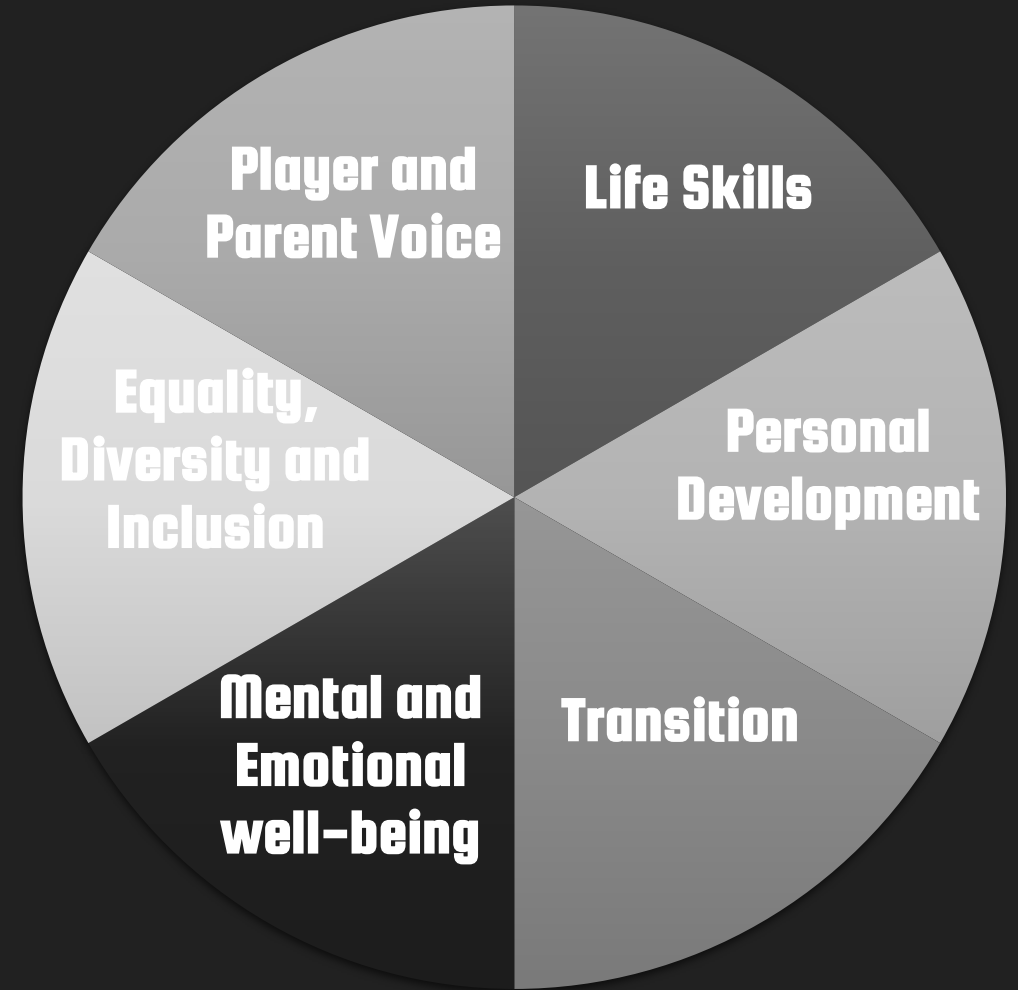
>>Player Welfare Check-in

Player Welfare is a vital component in assuring every player feels safe and happy when at the football club.

Our player care officer Greg Tempest will be available throughout the year should any player wish to book a welfare meeting with him to discuss any issues or concerns they have.



>>Player Care Introduction



Transitions of going through the academy ?



	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18+
ACADEMY PHASES	Foundation Phase				Youth Development Phase				Professional Development Phase	
REGISTRATIONS	1 - YEAR				2 - YEAR		2 - YEAR		2 - YEAR	
PERSONAL	Enter the Academy/ Stop playing Grassroots		Primary To Secondary School					End of Secondary School		
	Injuries, Illness, Bereavement, Moving home, financial pressures, Identity, Relationships, etc.									
PLAYING	Move Academies									
									First Team Debut Loans, etc.	

>> Life Skills Programme



Media Training

Social Media Training



Player Voice

Nutrition



Equality, Diversity & Inclusion



'WHO AM I?'



Mental Health & Wellbeing

ERS **Fill your boots**

That

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>>Parent Voice

To allow the Parents at Notts County Football Club to have a voice and to help the Academy be a better place, to improve learning and ultimately enhance the player development in the Academy.

Across the season the Academy Manager/Phase Leads holds meetings with individual Age Group Reps, Phase Reps and all Reps.

Each of these meetings happens in the following schedule:

- **Age group – October / February / April**
- **Phase – September / May**
- **All – December / July**

The focus of the meetings is for the parents to give feedback to the Academy Manager on their experience of having a child playing within the academy.



>>Aftercare and Transition U13's to U16's

Leaving an academy at this age can be an upsetting process for a young player but one that should not stop or deter them from continuing to develop as a player or as a person.

There are many options we can explore to support this transition and help support moving forward:

- **Contacting grassroots teams, local to the player and supporting this transition.**
- **Wellbeing check to talk about next steps.**
- **U16's transition support, Trials, Exam support, Support with College applications and references.**
- **'Who am I?' Making sure every player uses this incitive to support themselves with moving forward as a footballer as well a person.**



EDUCATION & SAFEGUARDING

Head of Education and Safeguarding–Josh Bradshaw

Josh.bradshaw@nottscountyfc.co.uk

“Notts County Football Club strives to ensure that everyone in our care or attending our activities feel safe and free from risk of harm. The Club takes its safeguarding responsibilities very seriously and we are committed to creating a safe and positive environment for everyone.”



VISION >>

Our safeguarding vision at Notts County Football Club Academy is to make the protection and well-being of all players and staff our utmost priority in every aspect of our daily operations. We are committed to placing the well-being of every individual above all else, creating a secure and nurturing environment where everyone feels safe, supported, and valued. By upholding the highest standards of safeguarding, we aim to foster a culture of trust, respect, and care, ensuring the holistic development and flourishing of all individuals within our Academy community.

MISSION >>

- Prioritize the safeguarding of all players and staff above all else.**
- Dedicated to ensuring the well-being and safety of every individual within our daily operations.**
- Place the highest importance on safeguarding to create a secure and protective environment.**
- Foster the welfare of all members of our Academy.**
- Enable them to thrive in a safe and supportive environment.**

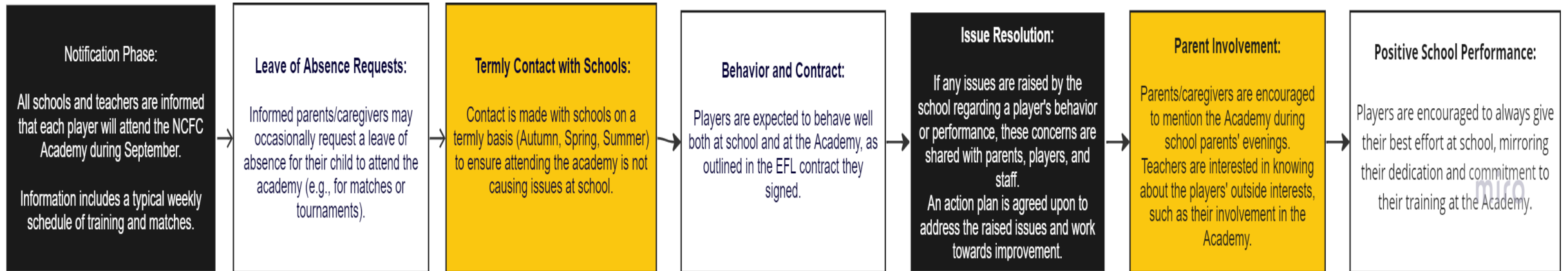


>> Aims and Key Principles

The Aims of NCFC Safeguarding Children and Young Persons Policy are:

- To safeguard all children and young people who interact with the NCFC through its Football and Development Programme and its Academy.
- To demonstrate best practice in safeguarding children.
- To positively reflect and promote NCFC values regarding safeguarding children.
- To develop a positive and pro-active welfare programme to enable all children and young people to participate in an enjoyable and safe environment.
- To encourage parents and other members of the child or young person's family to be involved in a relationship with NCFC.
- To ensure that Coaches, parents, and other adults who meet children and young people provide good role models of behaviour.
- To promote high ethical standards throughout NCFC and its Academy programme.

>> EDUCATION STRUCTURE



"In the world of sports, blending football and academics harmoniously forms a complete journey of growth. Just like a football academy hones players' skills, it's vital to cultivate their minds too. True greatness emerges when the energy of the game is enriched by intellectual prowess."



MEDICAL

Head of Medical – Phil Rippon Smith

Phil.rippon@nottscountyfc.co.uk

U9–U16’s Lead Physio– Charlotte Kirkpatrick

Charlotte.Kirkpatrick@nottscountyfc.co.uk



>> Who are we?

>> Philip Rippon – Head of Academy

- Been at Notts County as Academy Physiotherapist for the past four season.
- Worked for Nottingham Panthers Ice Hockey Club prior.

>> Charlotte Kirkpatrick – Academy Physiotherapist

- Has worked for the club for 1 season
- Has worked in football for 6 season, mainly Long Eaton united

>> Jasmine Kasprzyk – Academy Therapist

- Was on placement at the club last season and now joins to aid schoolboys with rehabilitation of injury



This is the link to the injury reporting form for parents/guardians to report injuries for age groups U9s-U16s.

parents/guardians: <https://forms.office.com/e/nMFZaEs4pJ>

- **Initial injury assessments will be completed on Tuesday evenings at Meadow Lane with the team starting 22/08/23. This means injuries sustained over the weekend must be reported by Tuesday 9 am so they can plan the injury clinic times and contact the relevant parents/guardians.**
- **Injuries sustained throughout the training week must be reported ASAP by parents/guardians.**
- **Tuesday evenings will be the only evening available for initial assessments therefore players can't train until they have been seen. For example, if a player sustains an injury on a Thursday evening during a training session, they will be unavailable for matches that weekend as I can't see them until the following Tuesday.**
- **Following the initial assessment players will then see Jas (sports rehabilitator) for their injury rehab. Jas's start date is still unknown so until then we will make it work the best we can and operate as we did last season with home exercise plans.**
- **Players cannot return to training or matches until signed off by Phil, Charlotte or Jas**



SPORTS SCIENCE

Lead Academy Fitness Coach – Harry Triptree

Harry.triptree@nottscountyfc.co.uk



>> STRUCTURE (YDP)

Harry Triptree – Lead Academy Fitness Coach

U15/16's:

- James Close
- Shogo Ishizuka

U13/14's:

- Samuel Darke
- Daniel Ross

Our part-time interns will be returning for University in September when we will then be able to get the program up and running properly.

These part-time interns will be supported by University of Nottingham students.



>> SPORTS SCIENCE (YDP)

Players will follow a structured program consisting of...

Gym:

- core
- lower/upper body strength
- speed/power
- injury prevention
- recovery/mobility

Nutrition:

- presentations put online for parents/players to access (hydration, macronutrients, matchday fueling etc.)
- social media page with meal plan/prep ideas

Athletic Development:

- plyometrics
- change of direction
- linear speed/acceleration

Periodised Training:

- Use of Catapult Playertek GPS to track players physical development and review/plan training sessions



>> GYM

6-week blocks:

Tuesday (MD+2/-5):

- recovery/mobility focus
- lower body strength

Thursday (MD-3):

- pitch-based Athletic Development

Friday (MD-2):

- power/speed focus
- upper body strength

>> Athletic Development

Linear Speed/ Acceleration	<ul style="list-style-type: none">- Top speed exposure- Sprint mechanics- Acceleration mechanics
Change of Direction	<ul style="list-style-type: none">- Deceleration mechanics- Lateral/backwards changing of direction
Plyometrics (horizontal)	<ul style="list-style-type: none">- Hopping/bounding- Multi-directional- Transfer to acceleration- Unilateral/Bilateral
Plyometrics (vertical)	<ul style="list-style-type: none">- Landing mechanics- Multi-directional- Unilateral/Bilateral- Transfer to velocity/acceleration

Area Focus:

- Linear Speed/Acceleration
- Change of Direction
- Plyometrics (horizontal)
- Plyometrics (vertical)

To be completed in 6-week cycles on a Thursday at Southglade as part of an extended warm up



AOB

>> 2023-24 YDP SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	MD+2/-5 (A)	OFF	MD-3 (E)	MD-2 (S)	MD-1 (MP)	GAME
	CLIFTON		SOUTHGLADE	CLIFTON	SOUTHGLADE	CLIFTON/AWAY

>> Sunday to Sunday Fixtures.

>> Same schedule throughout the YDP UI3-UI6's.

>> MD+2/-5 (activation)

>> MD-3 (endurance)

>> MD-2 (strength)

>> MD-1 (game prep activation)

>> Addiotnal mid-week fixtures to boost the games programme (Within 1 hour)



GK Coaching

- **Goalkeeping will be led by Joe Searson.**
- **2 GK specific sessions a week on Tuesdays and Fridays at FSM Clifton.**
- **Big emphasis on creating a fearless environment where mistakes are not to be feared but accepted.**
- **Sessions will have a technique/tactical aspect over multiple weeks.**
- **Continuity between age groups, with the under 9s – B team all working on the same topics.**
- **Close relationships with GK and Age Group Coach with constant communication to identify strengths, weaknesses and concerns.**



PMA

We are waiting for a new version of PMA as its currently being upgraded, PMA gives you an opportunity to look at the following across the season;

- ILP Reviews**
- Bi-Annual Reviews**
- End of season Reviews**
- Players Performance clock**

you haven't got access to PMA, contact Aaron who will email you and give you an option to re-set password



Video Analysis

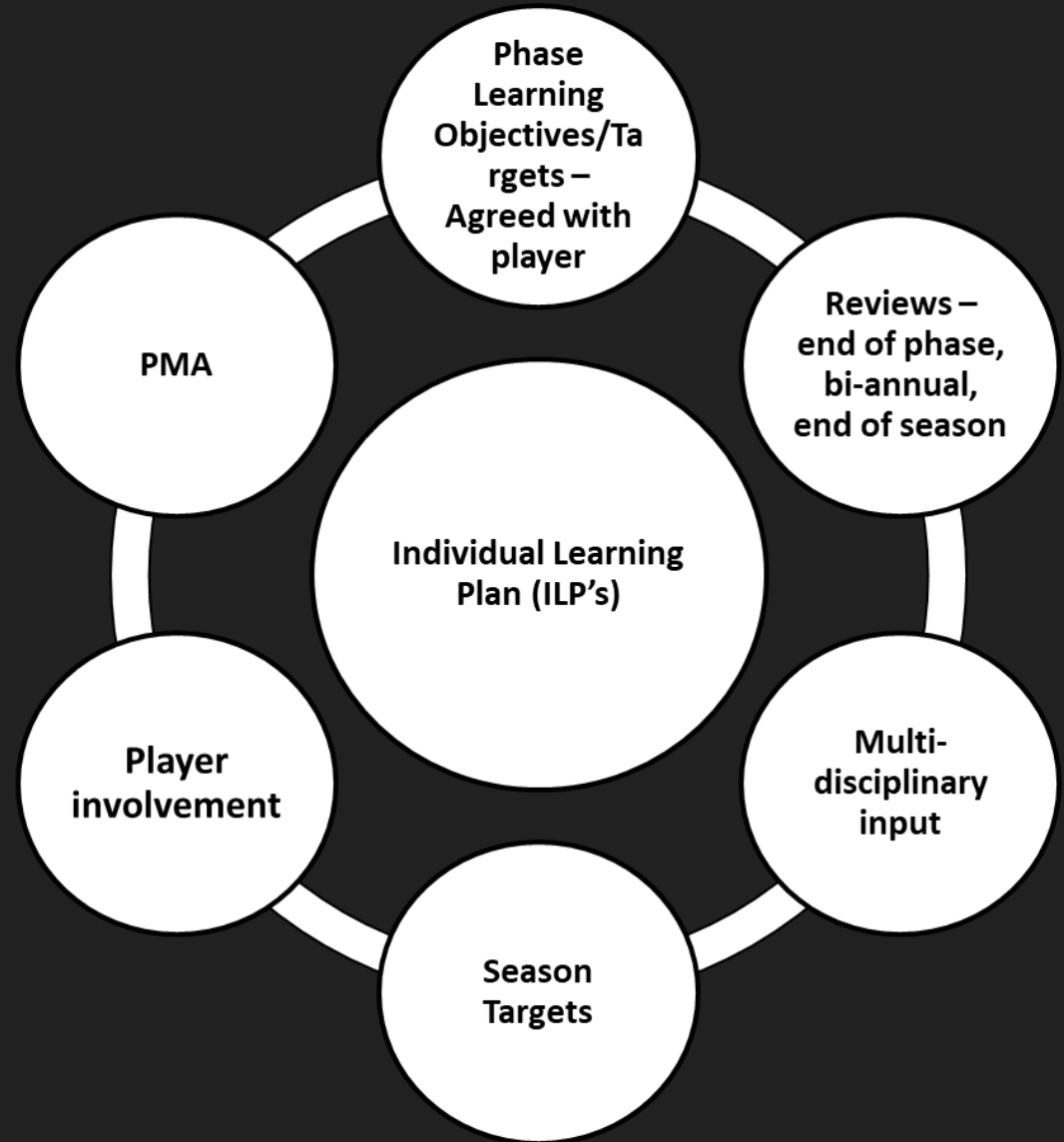
We have partnered Eyeball alongside Veo which will give you, both player and parents an opportunity to watch and reflect on fixtures across the season, away games will depend if they are filming the fixture.

From the footage we can utilise the following;

- Individual and Team Stats**
- Team and Unit highlights**
- Individual Player Tasks**



>> PLAYER REVIEWS AND ILP'S PROCESS





Spond

- **One Entry Per Player for training and games.**
- **10am on the day, confirmation on numbers for training across each age group- I understand there might be late dropouts but communicate these asap, age group coaches need to communicate and plan accordingly.**
- **Confirmed numbers for Squads by Thursday evening for Weekend games, and the day before a Midweek Fixture.**
- **If players miss Friday and Saturday, you will unfortunately miss Sunday's fixture, players will need at least 1 session/contact time before the Sundays game.**

**PLAYERS WHO ATTEND ALL SESSIONS AND FIXTURES WILL BE
THE ONES WHO HAVE THE GREATEST OPPORTUNITY TO
PROGRESS THROUGH THE PROGRAMME**



Scholarships

As per EFL Rules, scholarship decisions are made around Christmas time for the current U16's.

Those who are unsuccessful with us will have an individual exit strategy to support the players and parents next decisions

All decisions are made by the AMT and the MDT



THANK YOU

Any questions?