



U5-U6

Initial squad selection

The club offers a taster approach for children in the Academy ages to try the game with no pressure. The club is aware that some children are late-developers and keenness to learn and play is an appropriate younger-age attribute that should be encouraged. Where possible we will offer opportunities at all ages (subject to upholding a safe environment to conduct sessions in).

In the first instance it may be necessary to hold enquiries on a waiting list, we are restricted to a maximum number of teams in younger ages, and are restricted by the FA Safeguarding ratios of Coach: Children attending our sessions, these ratios vary based on the age of the group. We aim to provide sufficient coaches appropriate to the age-group(s) being coached.. The more volunteers, the more provision we can provide to children.

When initially forming club squads at U7s coaches should focus on their commitment and readiness to learn, whilst also looking at behaviour, respect and availability.

The club provides a recommendation on the number of players to register per team to ensure appropriate opportunity throughout the season is achieved. The FA set a maximum limit on registered players per squad (this is all outlined in our Ethos)

Playing time

Whether starting, or on the bench, coaches intend to play all players at some time during the game. In development age groups (up to U10's), we try to ensure that every player will have played broadly the same time as their peers over the duration of the season, with some exceptions such as a dedicated goalkeeper, availability, and long-term injuries.

U7-U11

Initial squad selection

Coaches should not be expected to offer equal playing time at all age groups, but should adopt a selection which allows appropriate playing time, taking into account

players ability, confidence and fitness. In some cases, a rotational approach can be used to enhance appropriate opportunity throughout the season as well as working on all players within the squad depth.

Team Selection

Coaches should not take substitutes to matches just to present an image of a “full bench” to the opposition or to cover the eventuality of non-attendance by unreliable players.

It is possible that unreliable players may be considered carefully for selection, and discussions with the parents should take place to consider the selection of the player.

Training players

Players develop at different rates and the Club’s philosophy is to include training players (non-registered players) in squads for competitive tournaments or friendly games over the season where possible and appropriate. This allows the coach the opportunity to “assess” the player in a genuine game environment.

The club expects at young ages coaches to accept a number of training squad players, this provisions the opportunity to ensure squads have longevity. The balance of training squad players vs facilitating coaching sessions is tough as such the club has outlined a maximum number of players attending any one session.

U11 Upwards

Initial squad selection

From under 11’s upwards the coach may choose to begin selecting the team based on their best players and will set up tactically as a result.

This means competition for team places and the coach should balance this competition with the player’s development needs and the interests of squad sustainability together.

Game time

Performance based approach, demonstrating the transition into a more competitive environment, rotational options of the squad where recommended sizes are exceeded. All underpinned by the backdrop that all match day selected players will receive some game time.

All age groups

Multiple teams

Where a very large number of players are training with an individual age-group, the coaches may decide to run two teams. These teams will be discussed with all coaches involved from both teams. The league will decide who is placed in what division and who will be classed as the higher division team and the lower division team.

The idea behind this is that all players have a fair chance to compete in matches and develop at an appropriate pace with likeminded players. Competitiveness is a key part to any sport and this should be the case in both training and matches as part of our teams.

New Players

All new players will be given a free month of training. This will allow the player/s time to mix with the squad, get to know the team and how they would see themselves within the squad. The 4-week free training will be a n incentive for the players to return after the first session.

Non-registered players

From U11 upwards the club no longer expects coaches to host training squad players (non-registered players), however they may choose to do so to support the sustainability of squads and enable assessment of players.

Departing Players

Any player looking to depart the club, will need to fill in a request to leave form with the reasons for wanting to depart. This will be passed onto the Football Development team who will identify opportunities in order to keep the player within Deeping United Football Club.

Player Swaps

If a player has developed at a slower or quicker pace and can benefit from playing within the higher division team or the lower division team, we ask managers to discuss the opportunity with all involved for the benefit of the player and their continuous development. We would like to offer a guided plan for such an occasion:

1. Coach to discuss with other coach.

2. Coaches to discuss with players parents, highlighting reasoning behind the discussion.
3. Coaches to discuss with the player and the reasoning behind the opportunity.

Ratios

0-2 Years Old	1:3
2-3 Years Old	1:4
4-8 Years Old	1:6
9-12 Years Old	1:8
13-18 Years Old	1:10

Coaching Ethos (We are a competitive entity with a focus on

development)

We believe in four key words which will ensure all players have the best opportunity to develop:

F – Focus

L – Learn

D – Develop

C - Compete

The playing members and their welfare/safeguarding are the most integral part of Deeping United FC and therefore coaches should aim to provide a fun, friendly environment in which to learn, develop and enjoy competitive football.

Our coaches ensure football is enjoyable by making training sessions fun and age appropriate, while striving to improve the player's individual skills and team development. They encourage fair play and teamwork whilst maintaining discipline within the squad and should be able to give praise and offer constructive criticism when required. Coaches should always show suitable conduct and the upmost professionalism at all times.

We welcome all coaches and their playing/coaching philosophy!

Courageous, Intensive, Free Flowing Football.

All of our coaches should aim to make the game **safe, fair and enjoyable whilst providing age-appropriate coaching** (5-11, 12-16, 17+) to develop the whole player across all four corners of the Football Association's LTPD model.

Throughout our club from U5's to adult football we have adopted a playing philosophy which all of our coaches encourage and promote;

Courageous, Intensive, Free Flowing Football.

Our approach to football coaching aims to:

- Improve the player's skills: agility, balance, co-ordination, speed and strength.
- Develop the player's technical skills and tactical awareness.
- Increase the player's decision-making capabilities.
- Teach the player life skills (co-operation, teamwork, communication and friendship).

Coaches Qualifications

As a minimum, all our coaches will undergo the following courses;

- FA Introduction to Coaching Football / FA Playmaker Award
- FA Emergency Aid
- FA Safeguarding
- All our coaches have Enhanced FA DBS checks.

Coaches may take it upon themselves to further progress their own understanding and knowledge of the game by visiting the Boot Room, where they can find a number of resources and additional training opportunities: <https://learn.Englandfootball.com/>

Coaches Behaviour

All coaches are expected to undertake a positive approach to mentoring, motivating, facilitating and teaching the players of their respective teams. Our coaches are aware that they are in a position to act as positive role models for the club and positivity is the key to our success and we pride ourselves on positive forms of communication and leadership.

All coaches will be required to regularly participate in the clubs Coaching Forum (approx. 4 per season) and an open-minded, respectful, interactive & positive attitude is expected.

On the touchline (We recognise all coaches are different in their own coaching methods which are welcomed by us as a club)

All of our Coaches and members are expected to embrace and encourage the Respect Code of Conduct and ensure that;

- Players must be free to play during matches, with positive encouragement from parents and coaches.
- Information from the touchline should be from the coaches only.
- Players always try their best and will learn from their mistakes without being told they have done wrong.

Long Term Player Development

Putting the player first and offering age-appropriate opportunities for children to enjoy the game of football. Making the game fun and enjoyable is key in coaching, so that players will continue in the game.

The club defines success as improving players and teams over time, by rewarding performance and effort rather than just the result. **Learning to accept defeat is an important life skill.**

Variety is key (Not all coaches will see the same qualities in all players, however may see a quality other do not which allows that player to thrive in a new position)

Players can benefit from playing a variety of positions; this can help them gain a rounded understanding of the game. Some children prefer to specialise in specific positions or try for a sustained period of time. Good coaching is recognising what is best for the player.

Small sided games in training allow more touches on the ball and can be used to coach many different skills and tactics by using conditioned rules.

Philosophy on competition (All coaches are different and have their own playing philosophy)

The club recognises that other sports and distractions play a part in young players lives but, to be able to take players through to Under 18 level and as a pathway to our adults teams, a core team and squad need to be developed.

Introduction to playing (Thrive to be the best and be competitive at every age group)

Children should not play any more than the FA recommended game time in a given day. There should also be a minimum 48hrs between any fixtures to allow sufficient rest time for players.

- **U6's and below:** Training only / develop individual skills / slowly introduce matches / no pressure 'Try' the game opportunity
- **U7's - U10's:** Regular matches / introduce teamwork and positional play / rotate positions / fair-reasonable playing time / reward performance
- **U11's upwards:** Regular matches / develop strong team ethic / position specific / competitive team selection policy rewarding performance and effort

Playing times

No player shall be permitted to play (on a given day) more than one game or, in the event the competition allows for a double-header, a maximum of;

- 40 minutes (U7's - U8's)
- 60 minutes (U9's - U10's)
- 80 minutes (U11's - U12's)
- 100 minutes (U13's - U16's)
- 120 minutes (U17's - U18's)

Playing Philosophy

The Deeping United Football Club playing philosophy has a backdrop to the

England DNA, The Future Game, three phases of In possession, Out of

Possession and Transition, with an approach that allows Individuality and

team play with all players playing a vital part of the game whatever the stage.