



Developing The Player

East Riding CFA CPD

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ENGLAND DNA

The **Future** England Player

Learning Objectives :

1. Identify strengths & areas for development across the FA 4 Corners model
2. Understand age/phase specific considerations relating to your players
3. Apply coaching styles and practice design

The Future Player: The developing player - Player development 5-21

Our aim is to develop future England players with outstanding characteristics across The FA four corner player development model.



England DNA – The Future England Player

Technical/Tactical

Psychological

Physical

Social



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Group Task

In groups you have 10 minutes to identify attributes and skills between ages (5-7/8-11/12-16/17-21) for the players in the following groups:

Group 1: **Technical** Corner

Group 2: **Psychological** Corner

Group 3: **Physical** Corner

Group 4: **Social** Corner

Technical

We aim to develop technically excellent England players with the skills and attributes to excel in international football. Future England players will have the ability to create, score and prevent goals through excellence in:

- Receiving skills
- Turning skills
- Travelling with the ball
- Passing over varying distances
- Attacking and defending skills
- Finishing skills
- Aerial ability



Physical Corner.

We aim to develop future England players who possess outstanding physical and athletic skills in the following areas:

- Agility, balance, coordination
- Speed/Speed endurance
- Flexibility
- Power
- Strength
- Nutrition and lifestyle
- Physical resilience
- Recovery



Social Corner.

We aim to develop future England players who display outstanding social skills across the following areas:

- Behaviour
- Reflection
- Teamwork
- Relationships
- Accountability
- Responsibility
- Independence



Psychological Corner.

We aim to develop future England players with the psychological skills and strategies to shape a winning England culture and mentality.

- We aim to develop reflective, resourceful and resilient England players who display outstanding:
- Confidence
- Creativity
- Concentration
- Communication
- Control
- Commitment

Practical Session

Whole -Part-Whole

Receiving back to goal, Supporting the Strikers

Individual-

Unit-

Team-



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Observation Tasks - In your groups:

Group up into 4s Observe 1 player –
(In possession and out of possession)

1. Identify and record strengths/areas for development in the **Technical Corner.**
2. Identify and record strengths/areas for development in the **Psychological Corner.**
3. Identify and record strengths/areas for development in the **Physical Corner.**
4. Identify and record strengths/areas for development in the **Social Corner.**

Reflection Task

- What have you learnt?

STOP START CONTINUE

How you going to apply it?

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