



ACADEMY

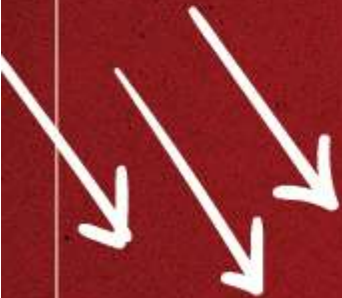


# MORECAMBE FC ACADEMY PERFORMANCE PLAN

2023-24

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



PRODUCING THE  
NEXT GENERATION  
OF LOCAL TALENT





### CONTENTS

Section	Subject	Page/s
	<b>MORECAMBE FC MISSION STATEMENT</b>	<b>4</b>
<b>1</b>	<b>VISION, LEADERSHIP &amp; FINANCE</b>	
1.1	Culture, Values, Vision & Strategy	6
1.2	Academy Performance Plan	18
1.3	Staffing – Leadership	19
1.4	Academy Management Team	19
1.5	Technical Board	21
1.6	Finance	23
<b>2</b>	<b>FOOTBALL</b>	
2.1	How we Play	24
2.2	Playing Philosophy	43
2.3	Coaching Philosophy	48
2.4	Morecambe FC – Foundation Phase (Shrimps DNA)	50
2.5	Youth Development Phase – Coaching Curriculum	84
2.6	Professional Development Phase – Coaching Curriculum	114
2.7	Session Planning	143
2.8	Game Time, Planning & Evaluation	145
2.9	Performance Analysis	148
2.10	Coaching Time / Access to Coaching	148
2.11	Coach Competency Framework	153
2.12	Continuing Professional Development	153
<b>3</b>	<b>EDUCATION</b>	
3.1	Education & Welfare	155
3.2	Life Skills	158
3.3	Education FAQs	160
3.4	Welfare at Morecambe FC	166
3.5	Player Care	166
3.6	Schoolboy Programme/Apprentices	167
<b>4</b>	<b>ELITE PERFORMANCE</b>	
4.1	Sports Science & Medicine Plan	169
4.2	Physiotherapy/Sports Therapy & Medical Sciences	171
4.3	Strength & Conditioning	172
<b>5</b>	<b>OPERATIONS</b>	
5.1	Morecambe FC Recruitment Strategy	173
5.2	Talent Identification	173
5.3	Morecambe FC Academy Recruitment Target Areas for Specific Age Phases	175
5.4	Recruitment Goals	178
5.6	Strategy for Dealing with Agents	179





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

<b>6</b>	<b>RELATIONSHIPS WITH FOOTBALL AGENCIES / EXTERNAL PARTNERS</b>	
6.1	Loan Strategy	180
6.2	FA Youth Coach Developers	180
<b>7</b>	<b>THE PLAYER</b>	
7.1	Multi-Disciplinary Environment	181
7.2	Multi-Disciplinary Reviews	187
7.3	Departmental Targets/Plans	188
7.4	Individual Learning Plans	192
7.5	Individual Training Sessions	193
7.6	Parent / Player Meetings	193
<b>8</b>	<b>ADMINISTRATION &amp; GENERAL</b>	
8.1	Administration & General	193





**MORECAMBE FOOTBALL CLUB**  
**ACADEMY MISSION STATEMENT**

Morecambe FC's ambition is to create a competitive EFL Club which is at the heart of its community; offers value for money; provides a professional service at all levels of the business and engages customers, the community and the local authorities to bring success to the town as a whole.

Morecambe FC is immensely proud to be seen as part of the local community and recognises that it can play a part in improving the lives of people associated with the Club and of the wider community through continuing support of local schools as well as local & national voluntary/charitable organisations.

The Club also recognises that it has a responsibility to help protect the environment in which we all live and work. The Club is therefore committed to exploring ways that it can reduce any environmental impact that its operations may have.

Morecambe FC is actively committed to upholding the EFL and its own standards, values and expectations in relation to Equality. The club has an Equality Policy which can be viewed at [www.morecambefc.com](http://www.morecambefc.com).

As a professional Football Club, Morecambe FC is committed to embracing the Equality Act 2010 and the confrontation and elimination of discrimination whether by reasons of age, gender, gender reassignment, sexual orientation, marital status or civil partnership, nationality, ethnicity (race), religion or belief, ability or disability, pregnancy/maternity and to encourage equal opportunities.

The Club has a zero tolerance approach to all forms of discrimination or harassment, whether physical or verbal, and will work to ensure that such behaviour is met with the appropriate disciplinary action.

The Club supports the Football Association and the EFL in their commitment to develop a programme of ongoing training and awareness raising events and activities in order to promote the eradication of discrimination.

Morecambe FC's Academy will:-

- Develop a recruitment programme that will attract the best young players by demonstrating a commitment to quality and a caring environment.
- Actively promote inclusion from parents/guardians/carers. By regular informing them of developments and creating an environment that they feel confident enough to be part of the player's journey at Morecambe.
- Invest in staff that are involved in the Youth Programme, including coaches, medical, sports science and scouts, by support and identifying training needs and professional development.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

- Promote a philosophy that strives for excellence in everything we do both on and off the pitch, thus becoming a standard for best practice. [in the football community]
- Encourage and achieve a style of play that embodies the game of football in terms of technical, tactical, mental, physical excellence with passion and commitment, to win with style.
- Ensure players are educated and supported in all aspects of the game, including fitness and conditioning medical, diet and nutrition, thus producing athletes that will cope and thrive with the demands of today's modern game.
- Regularly evaluate our practice in all areas, being honest enough to recognise areas of improvement and being skilful enough to implement an appropriate strategy.
- Regularly inform players of their development progress both technically and physically as well as pro-social development. Creating an environment of trust to ensure that the player is confident enough to take full part in their future development.
- Always focus on the ultimate objective to ensure that the players in our care reach their "full potential".





# **SECTION 1**

## **VISION, LEADERSHIP & FINANCE**

### **1.1 CULTURE, VALUES, VISION & STRATEGY**

#### **Culture**

Morecambe is a seaside resort town and civil parish within the City of Lancaster in Lancashire, England. As of 2011 the town had a resident population of 34,768. Morecambe and the nearby village of Heysham have a combined population of 51,400.

The town grew from a small fishing village, Poulton-le-Sands. In 1846 the Morecambe Harbour and Railway Company was formed to build a harbour and railway on Morecambe Bay, close to the fishing village of Poulton-le-Sands, linked to Skipton, Keighley and Bradford in the West Riding of Yorkshire.

A settlement began to grow around the harbour and railway to service the port and as a seaside resort. The settlement expanded to absorb Poulton-le-Sands and the nearby villages of Bare and Torrisholme. The settlement began to be referred to as “Morecambe”, possibly after the harbour and railway. In 1889 the new name was officially adopted.

In the late nineteenth and early twentieth centuries Morecambe developed into a popular seaside resort. By 2011 the town’s population stood at 34,768

#### **Commerce**

Morecambe is primarily a seaside town with a large proportion of the local economy based on tourism and leisure. It is located close to the Lake District National Park approximately one hour’s drive away. Morecambe’s manufacturing and industrial businesses are largely located in the White Lund Industrial Estate. The town’s main shopping area stretches from the Central Drive Retail Park to the Arndale Centre and incorporates two markets.

#### **Education**

Morecambe is served by a number of primary, secondary and higher educational establishments. Morecambe High School is a specialist Mathematics and Computing college and Heysham High School, is a specialist Sports College. Lancaster & Morecambe College is a further education establishment also partnered with Morecambe FC academy providing training and Matchday facilities.

#### **Art**

Morecambe was the birthplace of the artist William Woodhouse, (1857-1939), who lived all his life in the town and is buried with his wife and daughter at St. Peter’s Church in the village of Heysham.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

Morecambe hosts a number of large public festivals throughout the year. The town has two large live music venues, The Platform and More Music. The Platform is a converted Victorian style building which was formerly the town's railway station. It also houses the Morecambe Tourist Information Centre.

**Morecambe Football Club**

Morecambe Football Club has a long history having been established in 1920. Between 1920 and 2007 Morecambe FC played as a "non-league" club. In 2007 Morecambe FC beat Exeter City FC 2-1 in the Nationwide Conference Play-Off Final at Wembley Stadium and gained Football League status.

Morecambe FC has its own defined culture developed with the community spirit of the "underdog" constantly punching above its weight with a fighting spirit and willingness to overcome adversity. This willingness to succeed is embedded in the Town and Club's heritage, a heritage that the Club and its supporters are justifiably proud of. Morecambe FC recognises that this alone is not enough and that it must look to evolve and improve in order to fulfil the Club's, the supporters and the town's hopes and aspirations.

Morecambe Football Club is fortunate that within its catchment area, (which stretches from Merseyside, Greater Manchester and also to the Scottish borders), footballing resources are plentiful and continue to provide good footballing, coaching and ancillary staff.

**Values**

Morecambe FC Values:

- A **Commitment to Practice** - (Practice makes permanent)
- A **Commitment to Excellence** - (Aiming to be the best)
- A **Commitment to Winning** - (Promoting a Win Mentality)

**Winning Football**

Morecambe Football Club is committed to adopting a playing style, strategy and system that gives each individual player the opportunity to succeed at every stage of the developmental process and programme.

Ultimately, at first team level, the aim is to succeed in winning football matches and to maintain Football League status. A commitment to the Club values throughout the Academy Programme will ensure players are prepared for the transition through the various stages and phases of the Programme.

Each developmental phase has a set of criteria that coaches and players will follow in order to allow players to make appropriate progress and transition. Coaching sessions will be adapted for each phase of development.

Assessment will be completed on the '4 Corners of Football Performance' principle.

- Technical
- Tactical





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

- Physical
- Psychological/Social

The Club has a number of core values that cascade down from the Chairman, The Board of Directors, and the Management Team to all players, staff and supporters. The Club always endeavours to ensure that its values are upheld and that it is always striving to increase and add to those core values.

**Honesty**

The Club in all its dealings, not only internally but externally, tries to demonstrate complete honesty and openness and to show the Club, Board, Management, Staff and Supporters to be upright, fair, truthful and sincere.

**Integrity**

The Club prides itself on the integrity it shows in all its dealings. It adheres to, and expects all those involved in club activities/business to show the very highest moral and ethical principles, and to make decisions for the Club's benefit, which are unimpaired by influence from elsewhere.

**Realism**

Whilst Morecambe FC constantly wants to progress and to achieve greater things, we always have to be aware that we have to be realistic in our approach to many aspects of Football Club business.

Morecambe FC will ensure that it's aims are realistic and achievable. Whilst progress is the yard stick by which we want to be measured, Morecambe FC will must not allow that desire for progress to undermine the wellbeing of the football club.

**Teamwork**

It is our aim to unite all people involved in the Football Club to work together for one common aim, and to the benefit of Morecambe Football Club.

**Respect**

Respect is an overused word that a great many pay lip-service to. However, it is a word and a value that we strongly believe in at Morecambe Football Club. At Morecambe FC we will always demonstrate: -

- Respect for Officials
- Respect for each other
- Respect for your opponents
- Respect for ourselves





**Enjoyment**

At Morecambe FC we recognise that if we all pull together and work conscientiously to develop, improve and do our very best in our own individual roles within the Club we will have a much better chance of winning and or succeeding both on and off the field of play.

If along the way we succeed in working hard and winning, the journey will be much more enjoyable for having had that experience.

**Sportsmanship**

At Morecambe FC we believe that sportsmanship is at the heart of all we do at all levels and both on and off the pitch. It is expected that all involved with Morecambe FC - Chairman, Directors, Management, Players, Staff and Supporters – demonstrate sportsmanship. We believe that the good name of Morecambe FC must always be at the forefront of our thoughts and actions.

**Morecambe FC Academy Players**  
Guidelines / Expectations / Standards

**Appearance**

Correct kit provided by Club.  
Clean boots / Trainers.  
Smart / conservative appearance, no earrings, etc.  
No caps / hats / chewing gum while attending training / games.

**Leadership / Role Model**

Professional approach / polite / respectful / focussed.  
Recognition of the Code of Conduct.: be prepared to do more than the minimum required.  
Show enthusiasm and passion for training and the game.  
Punctuality.

**Planning & Preparation**

Think ahead to what is needed for training and games, kit, have you eaten properly, hydration,  
Journey (road works etc).  
Ensure diaries, ILP cards are completed after sessions and updated weekly.

**Team Player**

Reliable.  
Hard working.  
Trustworthy.  
Enthusiastic.  
Honest / Sharing ideas – Mentor teammates / younger players.  
No blame culture, take responsibility for YOU.





### **A Forward Thinking Approach**

Open to trialists, making them feel welcome.  
Embracing sessions, changes, the game.  
Push boundaries, be open to try different positions, systems, tactics, styles of play.  
Accept feedback from coaches, team mates.  
Strive to improve, daily, weekly, monthly, annually.

### **Morecambe FC Academy Staff Guidelines / Expectations / Standards**

#### **Appearance**

Correct kit provided by Club.  
Clean boots / Trainers.  
Smart / conservative appearance e.g., hair suitable for coaching, earrings, etc.  
No caps / hats / chewing gum while coaching and taking games.  
Leadership / Role Model.

#### **Professional approach**

Recognition of the Code of Conduct be prepared to do more than the minimum required.  
Show enthusiasm and passion for the game.  
Punctuality.

#### **Planning & Preparation**

Planned sessions with Aims & Objectives.  
Sessions set up at least 20 minutes before start, if possible, to do so. (e.g., inflated balls, clean bibs, etc.)  
Good time management skills.

#### **Communication Skills**

Be open and approachable.  
Be honest and direct with players.  
Positive body language.  
Ability to deal with different people and personalities.  
Verbal language / tone.  
Give clear and honest feedback when required. Reports on time.

#### **Knowledge & Understanding**

Technical & Tactical aspects of the game.  
How to teach technique.  
How to deliver the Club's philosophy.  
How to coach in the game.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

Awareness of other support and importance of other areas /departments.  
Know your player & his family background.

**Team Player**

Reliable.  
Hard working.  
Trustworthy.  
Enthusiastic.  
Honest / Sharing ideas – Mentor younger coaches.

**A Forward Thinking Approach**

Open to trialists.  
Embracing the game: research / Study the game.  
Experiment & Push boundaries.  
Accept feedback.  
Desire to maintain professional development.  
Strive to improve, daily, weekly, monthly, annually.

**Staff Values**

The core values of Morecambe Football Club are those values we hold which form the foundation on which we perform work and conduct ourselves. All staff are considered valuable to the promotion of Morecambe Football Club and are integral to successfully achieving the Club's targets and goals and providing an operation that is delivered both effectively and efficiently. The Staff will provide a hands-on approach, leading the Clubs resources through both practical and theoretical experiences.

**All Staff will:**

- Demonstrate a professional approach and carry out their roles and responsibilities to the best of their ability on a consistent basis.
- Respect the Staff Values and command respect through demonstrating a committed and motivated approach, working diligently with honesty and integrity and being passionate about the position they hold within the Club.
- Be loyal and trustworthy using their discretion to maintain confidentiality and protecting sensitive information.
- Act as Role Models for their position and roles within the Staff Team
- Promote teamwork and ensure all staff are incorporated into the day-to-day programme
- Provide a committed and enthusiastic work ethic to meet the demands of the programme

**Morecambe FC Vision**

It is the Board of Directors intention and determination to maintain a professional football club in the Lancashire coastal town of Morecambe, with our status as a member club of the English Football League.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

In order to make a valued contribution to the trade and commerce of the town the playing philosophy will be to play open and attractive football; thereby attracting and encouraging spectators to attend matches at Mazuma Stadium.

As a 'small' club with a 'small' fan-base, the financial planning will need to be effective and economically viable to sustain the infrastructure of a professional football club that will compete on level terms in the Football League.

The overall long-term vision of Morecambe Football Club is to continue building a local football club that is both successful and sustainable on and of the football pitch. On the playing side the club has and will continue to invest in the recruitment and development of players. The club will continue to aim for a mix of experienced professionals, the recruitment of players from non-league football, so giving them a chance to progress within the professional ranks, and as many players as possible from within the ranks of our own Academy set up.

The club has a strong history of developing players from within the youth structure. We feel that as a relatively small club we are ideally suited to developing talent as we do not have the "clutter" of the larger clubs, and the opportunities and chances for players to develop are more readily available, and players can in fact be fast tracked to the 1<sup>st</sup> team squad.

Primarily the two main points about outcomes of the football Vision are:

- Producing young players to progress to play in the 1<sup>st</sup> team.
- Producing young players to play in the 1<sup>st</sup> team, who then progress to a higher level and gain the Football Club transfer revenue to reinvest in strengthening the structure of the Club.

With a new ground, and investment developing the youth structure and also the training facilities, the club are showing to the local people that the club is moving forward in not only developing the team for today, but also working towards developing the clubs' players of the future. It is the aim that we carry on producing good players, good people and importantly winners.

**Facilities**

Morecambe Football Club will continue to develop its vision for the future to maintain and sustain its status as a full-time professional Football League Club with its pursuance of attaining its own training complex. The complex will provide the Club with facilities that will enable it to develop all levels of player, including Professional, Academy, Disability, and Futsal (MFC Community Trust).

**Short Term: 12 Months (2023-24)**

- To continue building on our academy Category 3 status.
- Review and implement the academy strategic plan updated version for 2023-24
- Develop and improve the current training facilities at Lancaster and Morecambe College to provide suitable playing surfaces to enable both the first team and the academy players





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

to train and meet the requirements and demands of player development at this level of football.

- The provision of a medical facility in order to provide immediate injury assessment would be a further enhancement.
- Continued development of the Academy Programme, including Coaching, Fitness and Conditioning and Player Profiling across all the age groups.
- Develop further the Player Recruitment Department and network of registered and appropriately qualified scouts to establish a recognised recruitment structure Nationally and Internationally.
- Forge better links with the community through wider and better publicity and engagement in community projects and programmes including sponsored events.
- To establish teams at all age groups, (Under 9 – Under 18), that understand and play to the Morecambe Football Club playing philosophy.

**Long Term: 5 Years (2019-24)**

- To continue to build on our Academy Category 3 status.
- Increase the number of suitably experienced and qualified full-time staff to appropriately meet the demands of age group coaching requirements and Academy administration.
- Develop an improved Academy Programme which meets the demands of Category 3 Academy status.
- Establish a purpose-built training complex with grassed and artificial pitches and training areas, with an appropriate indoor facility to accommodate playing areas, hydrotherapy treatment pool, a fitness-suite with free weight training equipment as well as fixed machinery, (treadmills, cross-trainers etc.), coaching staff and administrative offices and catering facilities including a dining room.
- Use the Talent ID department to continually look to improve the standard of players within the academy.
- Ensure that coaching is at the level required to enable all players the opportunity to progress through the phases and ultimately into our first team squad.

**Morecambe FC & The Community**

Away from the playing arena, the club has always had strong links with the local community and the people of North Lancashire and South Lakeland. The club is always trying to consolidate, strengthen and expand those ties. It is recognised that supporters are vital pieces in the overall jigsaw of a Football Club; we as a club will continue to ensure the experience of attending the Mazuma Mobile Stadium, not only on a match day, is safe, enjoyable and as uplifting as is possible. Morecambe Football Club's aim is to continue to be the number one destination for sport and leisure attendance and participation in North Lancashire and South Lakeland.

**In order to attain our vision:**

Our success on the pitch is a result of great organisation, determination, and professionalism. It is the responsibility of all staff both on and off the pitch to ensure that the extent of that approach does not end there. As a Club with its undoubted history, it must never be forgotten the progress the Club has made over a considerable period.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

We care about what our community thinks of us as an organisation. We care about the messages we deliver to our stakeholders, and we understand how we should communicate to each of them.

As a Club we consider honesty and integrity to be at the forefront of our values and 'Together we are Morecambe' and whilst Football clubs lose their grip on grass roots and the working man culture, the Mazuma Mobile Stadium will figure prominently in the EFL with passion and pride.

With our open and transparent approach to all matters we demonstrate the passion and pride that is Morecambe Football Club

To support this *Guidance Note: Club Policy Statement for Safeguarding Children*, for more information on the Academy's commitment to safeguarding. In addition, the *Club Equal Opportunities Policy Statement*, which provides more comprehensive information on our commitment to equality of opportunity as, outlined in the Safeguarding Policy.

The key principles underpinning our welfare philosophy, values and vision are that:

- The welfare of children and young people is, and must always be, the paramount consideration.
- All children, young people and vulnerable adults have a right to be protected from abuse regardless of their age, gender, disability, culture, language, racial origin, religious belief or sexual identity.
- All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
- Working in partnership with children, young people and their parents/guardians/carers is an essential element of our work.

**Vision**

To maintain Morecambe FC's Football League status without overstretching the "sustainable" financial budget the club will need to provide a structured programme of Learning & Development to produce its own "home grown" players.

The Board of Directors fully endorse the Academy philosophy to produce the players of the future for Morecambe FC and recognises the need for Morecambe FC to provide continuity, stability and sustainability by providing the opportunity to deliver a program of excellence through the various structured phases of the Academy Programme.

The club continues to demonstrate its commitment and support for youth development and continuous improvement of the Youth Development Programme through its Academy. Morecambe FC aims to be at the forefront in producing technically gifted young players who will represent the club at the highest level. It is Morecambe FC's belief that those who pass through the Academy and Youth Development Programme will, having learnt the values of dedication, friendship and – perhaps most significantly – teamwork, emerge not simply as better footballers but as better people.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

Morecambe FC can only build a successful Academy by ensuring that it has the right people on the staff team. The process for recruitment of suitably qualified and experienced coaching and ancillary staff is outlined in the Academy Recruitment Policy.

It is Morecambe FC Academy's firm belief that in ensuring all staff and volunteers are recruited safely, (with appropriate criminal record checks), understand their roles, responsibilities, and the importance of working ethically with young players will the club create a safe environment in which young players can develop to their full potential. Morecambe FC achieves this by having a robust recruitment policy and ensuring that effective Safeguarding arrangements are in place.

Morecambe FC's Academy aims not only to develop young players' technical abilities and innovative skills, but also to educate them in Match Play including tactical awareness, understanding and decision-making.

**Vision for The Future of Morecambe FC's Academy**

Morecambe FC's Academy Programme is designed to produce the players of the future and the continued development of the Academy holistic programme will ensure that this continues.

In line with Morecambe FC's Football Philosophy, the Academy programme will incorporate sessions on match specific areas where the coaches will relate the objectives and observations from games into training sessions. This will enable the coaches to identify both individual players' and the teams' specific training/development.

The Academy Programme will also provide all players with the opportunity to achieve fitness levels required by elite athletes and develop their knowledge and understanding of diet and nutrition.

Dedication, loyalty, friendship, and teamwork from all those associated with the Academy and Football Club will enable Morecambe Football Club to provide the learning environment through which Academy players can develop and progress through all Academy Phases and into the senior game.

The Academy program is designed to produce the players of the future for Morecambe Football Club and with the continued development of the Academy holistic program this will ensure it continues in the future.

Dedication, Loyalty, Friendship and Teamwork from all those associated with the Academy and Club will enable Morecambe Football Club to provide the avenue and learning environment for the development of players on the Academy Program, through all the phases and into the senior game of Association Football.

**Aims & Ethos of The Academy**

Morecambe Football Club aims to educate and prepare players for excellence in football through the implementation of a well-defined, age specific coaching and education programme which will allow for the holistic development of each individual player.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

Some of these individuals will progress to play as professional players for Morecambe Football Club first team but the aim will also be to improve each and every player who attends the Academy to not only improve as a player but as a person.

Morecambe Football Club Academy will provide a challenging learning environment designed to encourage the development of technical skills and game understanding.

The coaching and education program will involve work around the four corners of the Long-Term Player Development Model of the Football Association i.e. Technical, Tactical, Physical, Psychological/ Social.

The coaching and education program will be designed to offer age-appropriate learning strategies.

All staff will be suitably qualified and experienced for the role they carry out. All coaches will be trained in Safeguarding Children & Emergency Aid and will have undertaken an FA DBS Enhanced Disclosure.

All staff, whatever their role, will demonstrate a professional but friendly approach to ensure children and young people receive a positive coaching experience which supports the development of their football, personal and life skills.

All staff and players will be expected to maintain a disciplined approach towards training and match play.

All staff will be expected to offer positive, structured feedback to players and parents at regular intervals in accordance with the Youth Development Rules.

Part of the football philosophy of Morecambe Football Club Academy is a commitment to safeguarding and promoting the welfare of young players. We expect all staff, volunteers, parents/carers, young players, any partner agencies, or any commissioned service providers to share this commitment.

The way in which the Academy builds a successful youth team is by ensuring that we have the right people on the staff team. The process for this is outlined in the Academy recruitment policy. Ensuring staff and volunteers are safely recruited, are well trained, understand their roles, responsibilities, and the importance of working ethically with young players will create the safe environment where our young players can develop to their full potential. Morecambe Football Club Academy does this by having Safeguarding arrangements in place following The Football League Guidance.

The key principles underpinning the Academy's welfare philosophy, values and vision are that:

- The welfare of children and young people is, and must always be, the paramount consideration.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

- All children, young people and vulnerable adults have a right to be protected from abuse regardless of their age, gender, disability, culture, language, racial origin, religious belief or sexual identity.
- All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
- Working in partnership with children, young people and their parents/carers is an essential element of our work.

Morecambe Football Club's **Policy Statement for Safeguarding Children** and the **Equal Opportunities Policy Statement** provide more comprehensive information on our commitment to equality of opportunity as outlined in the Safeguarding Policy.





## 1.2 MORECAMBE FC – ACADEMY PERFORMANCE PLAN

### Academy Performance Targets

#### Academy Targets:

These are targets set for the Academy looking at on-going development and improvement. They will be reviewed quarterly through the Academy Management Team meetings and at the end of season Academy Performance Review with the Technical Board.

#### Football Targets:

These targets are based around performance figures within each phase and age group. The targets will be set following consultation with the Lead Phase Coaches and based on the retention of players within their phase. At the end of the season the Lead phase Coaches will sit down with the Head of Coaching and the Academy Manager to discuss the outcomes. Part time coaches will be involved in this process through the Coaching Team Meetings (phase specific).

#### Departmental Targets:

These targets are set for each department by the Academy Manager and the person responsible for that department within the Academy. These targets will be discussed and reviewed in quarterly Academy Management Team meetings.

#### Staff Targets:

These are targets set for individual staff. For coaching staff, they are based around individual CPD and development of their own coaching skills to assist in developing the groups of players they work with. In the case of non-coaching staff, the targets will be based around personal goals that are set to improve their own skills and the function of the Academy.

These will be reviewed at staff appraisals which are currently conducted annually for part time staff and biannually for Heads of Department and full-time staff. These are also reviewed periodically at Academy Management Team Meetings.

#### Academy Annual Report

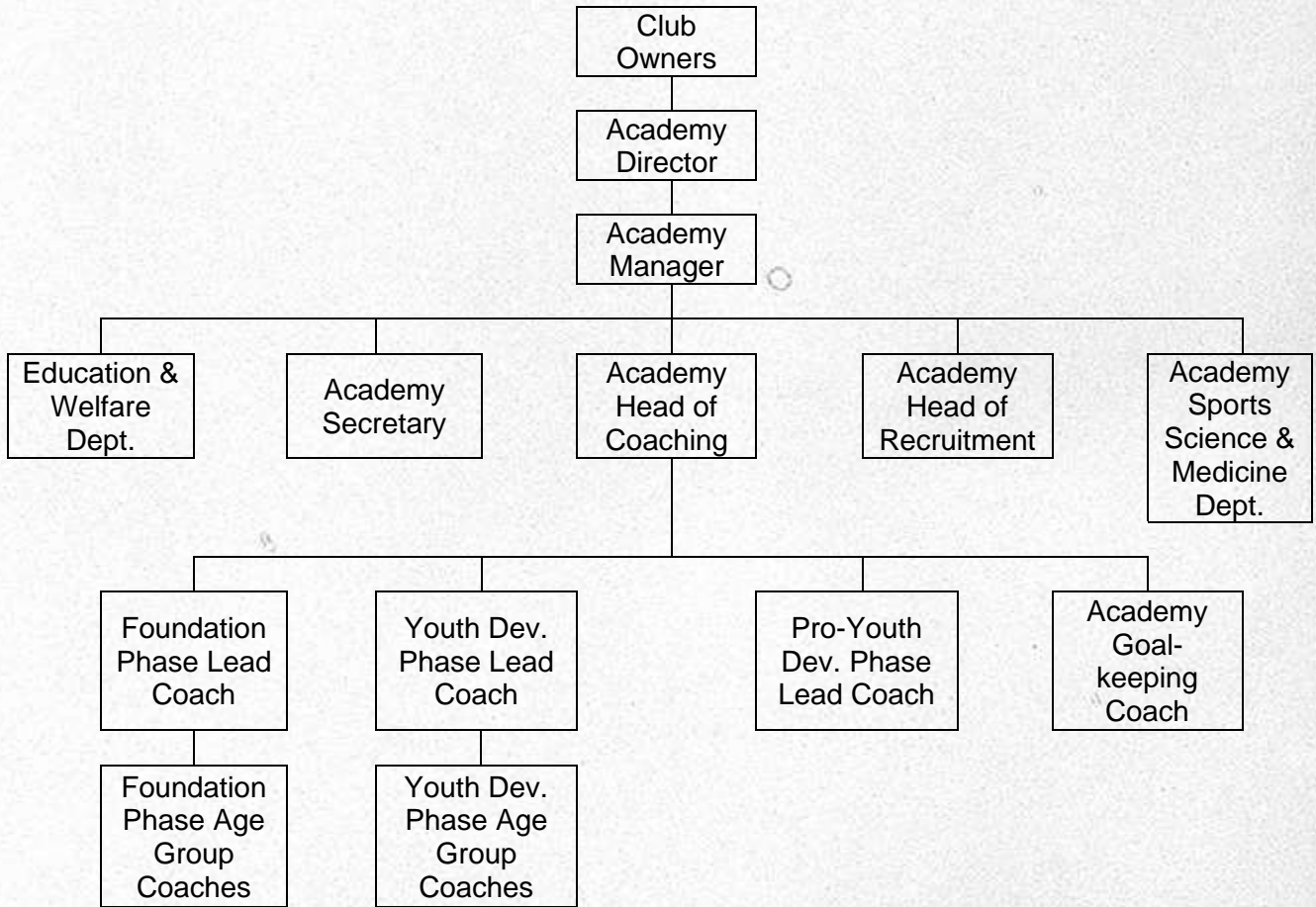
An Academy Annual Report is produced by the Academy Manager for the Board of Directors to sign off for the previous season. This report states what has happened during the season, action points for the next season and a basic SWOT analysis to improve the programme.





1.3 MORECAMBE FC – STAFFING / LEADERSHIP

Morecambe FC Academy Staffing Structure



MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

1.4 ACADEMY MANAGEMENT TEAM

**Morecambe FC Academy Management Team composition**

Morecambe FC’s Academy Management Team meet every 7 weeks. The following staff and officials of Morecambe FC comprise the Academy Management Team:-

- Head of Youth/Academy Manager : Stewart Drummond
- Head of Coaching : Neil Wainwright
- Professional Youth Development Phase Coach : Ollie Ras
- Senior Academy Physiotherapist : Liam Bromley
- Lead Sports Science : Charlotte Price
- Foundation Phase Lead Coach : Alex Stylianou
- Youth Development Phase Lead Coach : Darren Murray
- Academy DSO/Player Care Lead : Joe Shaw
- Head of Recruitment : Andrew Ferguson
- Player Care Officer : Sam Wright
- Head of Education : Gary Kelly





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

The following staff and officials of Morecambe FC will provide input to the Academy Management Team as/when required: -

First Team Coaching Staff : John McMahon

The aim of the Academy Management Team is to provide technical advice and support in the development of the Academy Philosophy and in the development, implementation and monitoring of the Academy Performance Plan.

**Academy Management Team Functions**

The Academy Management Team: -

- Define the profile and specific role/requirements of the Foundation Phase, Youth Development Phase and Professional Development Phase staff.
- Develop, define, and monitor the Academy Football Philosophy in line with the Morecambe FC Football Philosophy.
- Manage player transition from age group to age group and phase to phase.
- Develop, define, and monitor the Academy Performance Plan.
- Implement financial control to ensure that the Academy Finance strategy comes within budget.
- Monitor the Morecambe FC Academy Productivity and transition of players.
- Set productivity and performance targets.
- Define and develop the recruitment strategy and protocols, considering 'home grown' players against outside recruitment.
- Develop relationships with 'local' non-league Clubs to provide playing opportunities for Academy players, (primarily 'work experience' players), in order that such players can gain invaluable playing experience in a competitive league environment during their apprenticeship.
- Combine with other Academies to play 'bounce' games, midweek to provide 'playing' time and maintain 'match' fitness for the 'first year' (U17) apprentices.
- Review Policies and Procedures.
- Manage and review Human Resources – Functions of the Academy.
- Any other functions that the Academy Management Team deems necessary and appropriate.

**Specific contributions to the Morecambe FC Academy Management Team**

**The Head of Youth/Academy Manager** – Sets the agenda and chairs each meeting. The Academy Manager ensures that all staff are kept up to date with the Academy player's progress and provides updates on the development of the players in the Professional Development Phase (U17-U19) age group.

**Professional Development Phase Coach** – Provides updates on the progress of individual players, (weekly reviews), identifying player concerns, progress, or improvement.





**Youth Development Phase Coach** – Provides updates on the progress of individual players, (weekly reviews), identifying player concerns, progress or improvement.

**Foundation Phase Development Coach** – Provides updates on the progress of individual players, (weekly reviews), identifying player concerns, progress or improvement.

**The Sports Science & Medicine Department** – Provide updates player injuries, rehabilitation programmes and general progress of Academy and Professional Development Phase age group players. They also inform the meeting of developments in Sports Science and Medical fields that would benefit the Academy.

**Liaison Coach** – Provides updates on the progress and development of players who have graduated from the Academy as well as players who have ‘stepped up’ from the Academy to train or join the first team squad. Also provides advice in relation to concerns raised through player reviews.

**Academy Head of Recruitment**– Provides updates regarding potential Academy players, trials and games for triallists, (including provision of specific details regarding travel, accommodation and educational needs).

**First Team Coaching Staff** – Provide updates on the progress of players in the Professional Youth Development Phase, (apprentices), who are in the first team squad. Also provide information on concerns regarding such players, as well as any development needs and continuation.

**Head of Education** - Provides updates on Professional Youth Development Phase player’s educational progress and any needs and issues around players considered ‘at risk’ educationally.

**Academy DSO/Player Care Lead** – Provides updates on any welfare and/or /safeguarding issues involving Academy players and staff. Provides briefings in relation to new policies, guidelines, and procedures.

**Head of Education**– Provides advice on any academic or educational issues involving Academy players and staff or Lancaster and Morecambe College staff, as well as new processes and procedures.

### 1.5 TECHNICAL BOARD

#### Technical Board Composition

Morecambe FC Academy Technical Board meet quarterly – January, April July & October. The following staff and officials of Morecambe FC comprise the Academy Technical Board:

- 
- Academy Manager : Stewart Drummond
- Academy Director : Mick Horton
- 1<sup>st</sup> Team Coach : John McMahan





## MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

Head of Coaching : Neil Wainwright  
First Team Manager : Derek Adams

The following staff/officials of Morecambe FC provide additional input to the Academy Technical Board as/when required: -

Chief Executive : Ben Sadler  
Head of Academy Recruitment : Andrew Ferguson  
Head of Recruitment : Greg Strong

The aim of the Academy Technical Board is to provide technical advice and support in the development of the Club's Philosophy and in the development, implementation and monitoring of the Academy Performance Plan.

### Technical Board Function

- To define the job profile and specific role requirements of the Liaison Coach.
- To develop, define and monitor the Club and Academy Football Philosophy through quarterly reviews.
- To manage player transition from the apprentice/development squad into the first team squad.
- Strategically develop, define, and monitor the Academy Performance Plan.
- Implement financial control to ensure that the Academy Finance strategy comes within budget.
- Monitor the Morecambe FC Academy Productivity. See Performance Plan Template
- Defining and developing the recruitment strategy and protocols, considering 'home grown' against outside recruitment
- Developing relationships with 'local' non-league Clubs to provide playing opportunities for Academy players (primarily Development Squad players) in order that such players can gain invaluable playing experience in a competitive league environment during their transition from apprentice to first team.
- Combine with other Academies to play 'bounce' games, midweek to provide 'playing' time and maintain 'match' fitness.
- Monitor the playing opportunities for Academy players at first team level.
- Any other functions that the Club deems necessary and appropriate.

### Specific contributions to the Morecambe FC Academy Technical Board

**Head of Youth/Academy Manager** - Sets the agenda and chairs each meeting. Ensures that all staff present are kept up to date with Academy players' progress and provides updates on the development of the players in the Professional Development Phase (U17-U19) age group primarily and all age academy age groups.

**Academy Director** - Responsible for the Academy non-coaching elements including, where appropriate, financial matters. The Academy Director is responsible for the setting and monitoring of the first team academy related targets.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

**First Team Manager/Assistant** - Responsible for communicating the professional views of the senior coaching staff. These personnel will identify the needs of the first team playing staff and ensure that the Academy department is following the Club's philosophy.

**Liaison Coach** – Provides updates on the development of the players between Under 19 and Under 21s and monitor the playing opportunities of Academy players at first team level.

**Academy Head of Recruitment** – Advises the Technical Board of any potential Academy players, trials, and games for triallists. The Head of Recruitment provides specific details regarding travel, accommodation, and educational needs of potential players.

**First Team Coaching Staff** – Provides updates on progress of players in the Under 19-21 age group who are in the first team squad as well as any Under 18, (Professional Youth Development Phase players), who have progressed to the squad. First Team Coaching staff will also provide information on concerns regarding the same age groups as well as any development needs for example 'loans' and 'work experience' needs.

**1.6 FINANCE**

All matters regarding finance of the academy are dealt with by the Club's Finance Manager, the Board of Directors/Owner of the football club and the Academy Manager. An annual forecast is submitted by the academy manager for approval by the Board of Directors. The Academy Manager then works to this forecast, reporting to the Board of Directors on any actual or predicted variances.





# ACADEMY

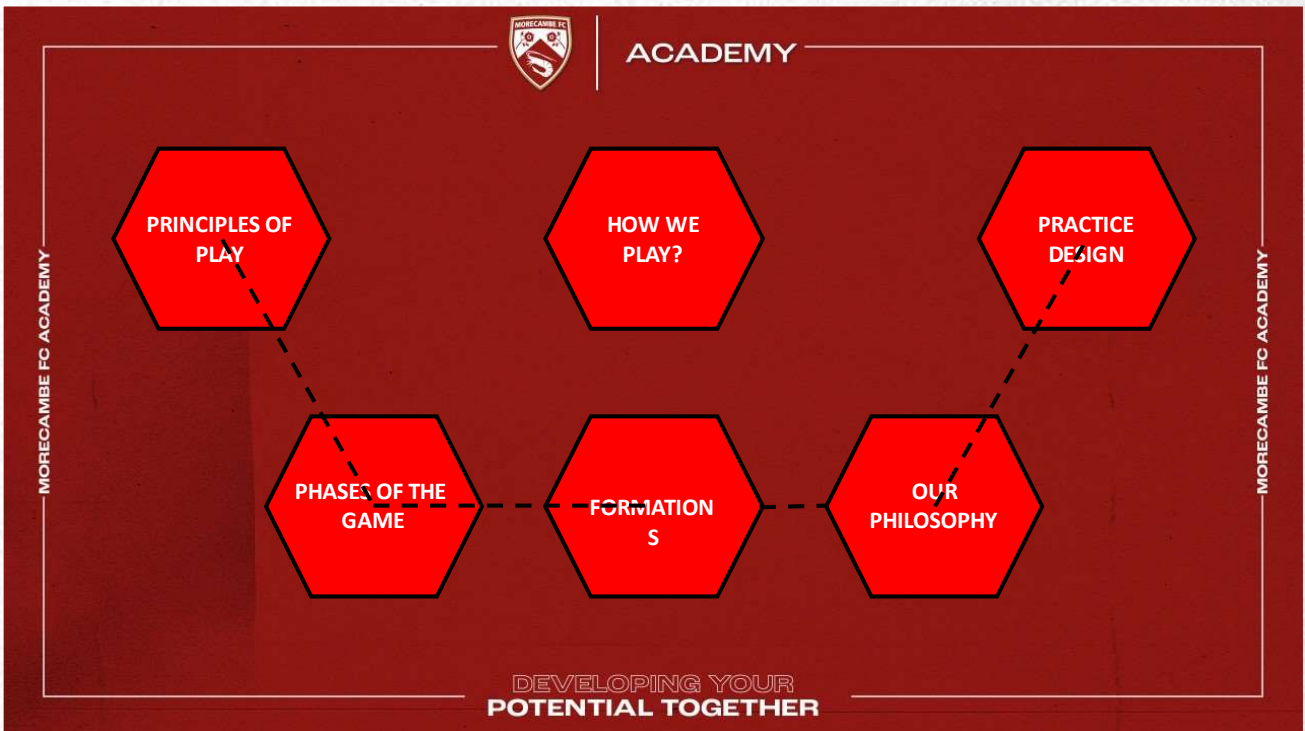
MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

## SECTION 2 – FOOTBALL



MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY







### Foundation Phase Player Friendly Principles of Play

TRY SOMETHING NEW. I TRY AND CREATE A NEW WAY TO SOLVE THE PROBLEM

**BE POSITIVE AND PLAY FORWARDS** - How quickly can we get to the opposition box. I might have to play between around or over defenders or even run/dribble to achieve this

**BE POSITIVE AND STEAL THE BALL** - If I'm close to the ball and the opposition play a long pass have a poor touch, receive the ball with their back to goal or fail to make the first pass I try and steal the ball

**CREATE SPACE** - Can I help my team mate create loads of space by making the pitch big (height, width, depth)? Try and do this quickly and potentially switch positions with team mate

**STAY CONNECTED** - Is the space between myself and my mate to the side of me, my mate in front of me and my mate behind me small enough so we can easily stop passes and players entering the space?

**HELP** - If I don't have the ball, can I find a space where I can get the ball. I may have to help in front/side/behind or diagonal to my mate to do this. I try and keep my distance so that we keep big spaces on the pitch.

**KEEP OUR STRUCTURE** - I help my team keep our formation even when players move out of position by staying connected to my mates so I'm able to cover them until they recover into position.

DEVELOPING YOUR POTENTIAL TOGETHER



### YDP Player Friendly Principles of Play

**Positive Play** - Can I play forwards quickly and as early as possible. I might have to run/dribble to do this. Play Forwards, Run Forwards.

**Delay** - If I'm the closest player to the ball (on our team) can I stop the other team playing forward to help a mate recover back into shape and help our team defend?

**In possession make the pitch as big as possible** Can I give my team options by making the pitch as wide and as long as possible. Can do this quickly when we have possession? Height, Width, Depth.

**Deny Space** - Is the space between myself and my team mates either side of me, in front of me and behind me, close enough so we can intercept passes and players entering that space?

**Lose opposition/Create space** - Can I rotate positions with my team mate in the middle and final third? Find Space Cleverly.

**When and Where to Press** - Triggers are : after losing the ball, a long pass, a slow pass, a poor touch and when the opposing player has his back to the goal.

**Out of Possession, Stay Compact, Defend the Middle** - Can I position myself close to a team mate never square and always in relation to the ball. Defend Where The Ball Is.

**Be Clever and Inventive (in the right areas)** Can I try something new when I have the ball to beat a defender or go forward quickly. Find a way out of tight spaces.

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





ACADEMY

**Foundation  
Phase  
Phases  
of Play**

With the ball

**KEEP** the ball & move forwards

Be positive & play **FORWARDS**

Create & **SCORE**

Without the ball

Stay together & **WIN** the ball back

**STOP** them playing forwards & through

**PROTECT** the goal

DEVELOPING YOUR POTENTIAL TOGETHER

ACADEMY

**YDP/PDP  
Phases  
of Play**

With the ball

**Retain** the ball and make good decisions

Dominate the opposition, be positive and play forwards quickly

Be Clever Create & **SCORE**

Without the ball

Stay compact & **Recover** the ball quickly

**STOP** the opposition dominating possession and deny goalscoring opportunities

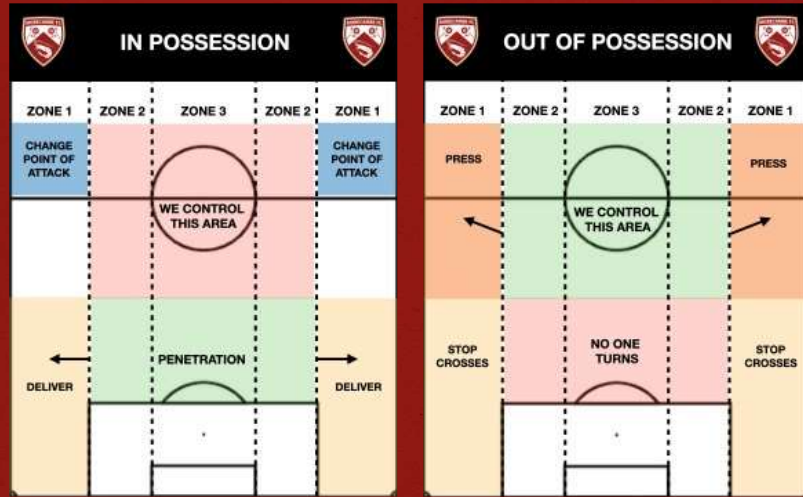
**PROTECTING** the goal

DEVELOPING YOUR POTENTIAL TOGETHER

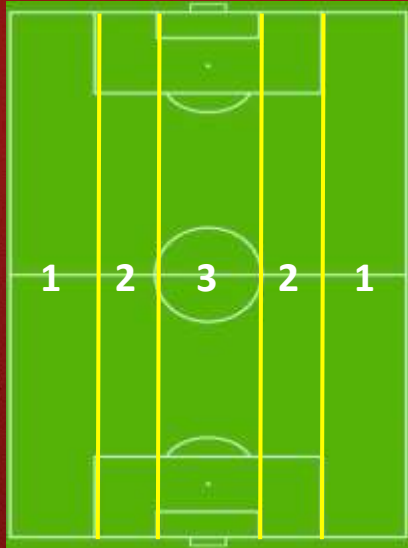




# YDP/PDP Phases of Play



DEVELOPING YOUR  
POTENTIAL TOGETHER



## 5 Zones/Lanes


In possession - if ball in zones 2 and 3, try and occupy all zones. Ball in zone 1, occupy zones 2 and 3, leaving opposite zone 1 free.

Out of possession - if ball in zones 2 and 3, try and occupy zones 2 and 3. Ball in zone 1, occupy zones 2 and 3, leaving opposite zone free.

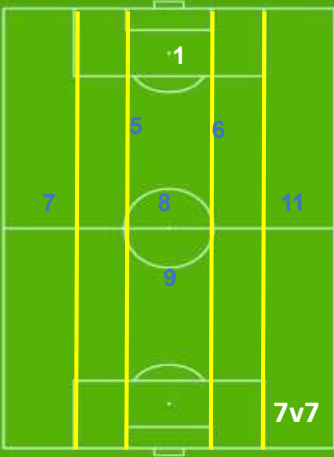
DEVELOPING YOUR  
POTENTIAL TOGETHER



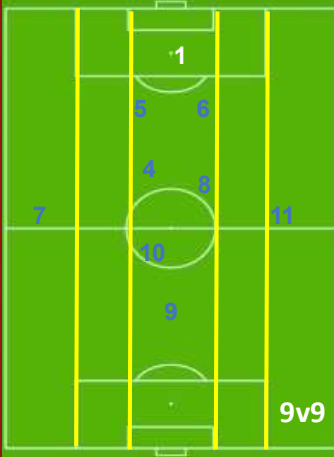


 ACADEMY

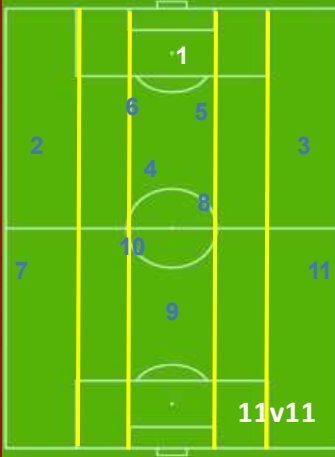
### Formations Across The Phases



7v7




9v9




11v11

DEVELOPING YOUR POTENTIAL TOGETHER

 ACADEMY

### Formations Explained



The available players are a starting point when choosing a formation. Primarily variations of 4-2-3-1, 4-3-3, 4-4-2.

Does it benefit our best players?

The way of playing is based on our principles and the opposition we are up against, where is the space? How they play depends on how we press for example.

DEVELOPING YOUR POTENTIAL TOGETHER





# MFC Attacking Principles :

- 1. Penetrate
- 2. Create, Maintain and Exploit Space
- 3. Help/Support

### Points of Observation

- 1. Create Space (Team/unit/individual)
- 2. ATT across 4 lanes (tempo/quality)
- 3. 4. Combination play
- 5. Timing/ Quality of runs
- 5.. End Product/ Quality (1<sup>st</sup> time)
- 6. Creativity & individual quality
- 7. Recycle ball to maintain attack

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



# Retain the Ball and Make Good Decisions

## FIND THE SPACE

Play through, Play over, Play around  
 Safer passing from defensive third  
 Prioritise furthest passie number 9



DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

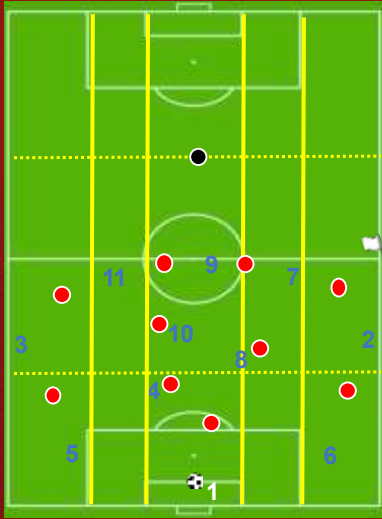




MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24



ACADEMY



Retain the Ball and Make Good Decisions

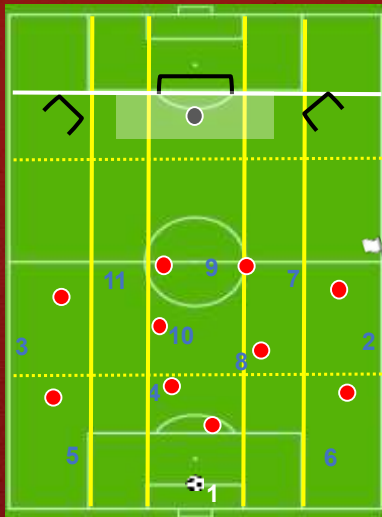
Individual Challenges:

- #9 – Look to play between their CB's or on their slowest CB
- #7/11 – Try & take up positions away from FBs in space
- #10/8 – Try & create space to receive or create space to allow a pass into #9
- #4 – Try & receive on an angle to play forwards
- #5/6 – Take up supporting positions on either side of the penalty area
- #2/3 – Try & play high and wide on the angle to receive to play forwards
- #1 – Recognise when to play long, medium or short

DEVELOPING YOUR POTENTIAL TOGETHER



ACADEMY



Example Practice

Retain the Ball and Make Good Decisions

Phase of play

Reds attempting to regain possession & finish in large goal. Blues attempting to work the ball into a finish in one of the top goals. 1pt for smaller goals & 2pts to finish past GK in large goal. Play can restart from either GK, normal game restarts or coach

Conditions: - 9 & 5/6 restricted to bottom zone to start the practice & 5/6 playing off 2 touches if possible

Progressions – Encourage defenders to press/ drop/ allow opposition to change formation

Players not required – N/A

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

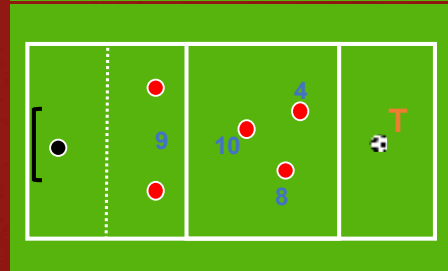
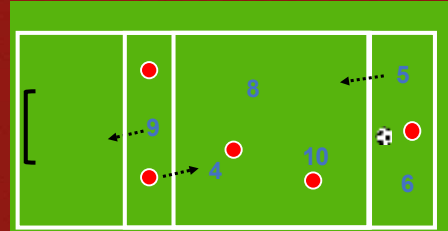




MORECAMBE FC ACADEMY



### Example Practices



MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



### Dominate the Opposition, Be Positive and Play Forwards Quickly

#### FIND THE SPACE

Play through, Play over, Play around  
Safer passing from defensive third  
Prioritise furthest passie number 9



MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER



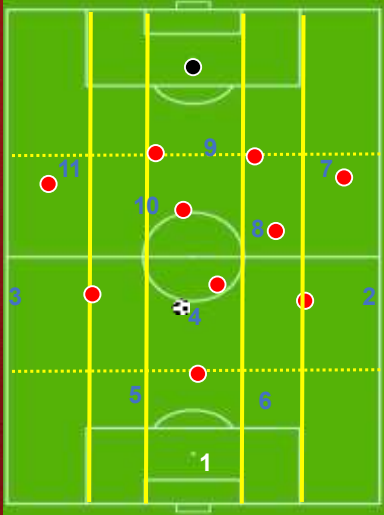


MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

## ACADEMY



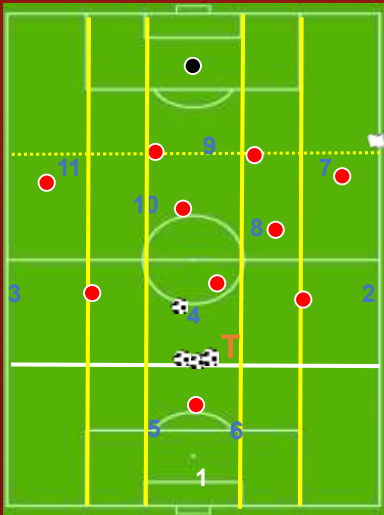
### Dominate the Opposition, Be Positive and Play Forwards Quickly

**Individual Challenges:**

- #9 – Look to play between their CB's or on their blind side
- #7/11 – Try & take up positions which occupies their FB's to create an opportunity to play through/ over
- #10/8/4 – Recognise when to rotate in order to create space to receive e/f or others
- #5/6 – Decide how deep to drop to support play from behind
- #2/3 – Try & play high and wide on the angle to receive to create opportunities to play around. Be seen by centre backs
- #1 – Provide support from a deep position

**DEVELOPING YOUR POTENTIAL TOGETHER**

## ACADEMY



### Example Practice

Dominate the Opposition, Be Positive and Play Forwards Quickly

**Phase of play**

**Red's** attempting to regain possession & play into **9** (1x red can join in) to create a 2v2 in the end zone to finish past the **Blue's** attempting to work the ball into finish in the large goal. Play can restart from either **4**, or **1**. Once play breaks out into the end zone **T** can play a ball in immediately to encourage an element of transition.

Conditions: - **5/6 & 9** restricted to end zone

Progressions – a) **5/6** can support from deep positions or 1x can step in b) Break out into an 11v 11.

**DEVELOPING YOUR POTENTIAL TOGETHER**

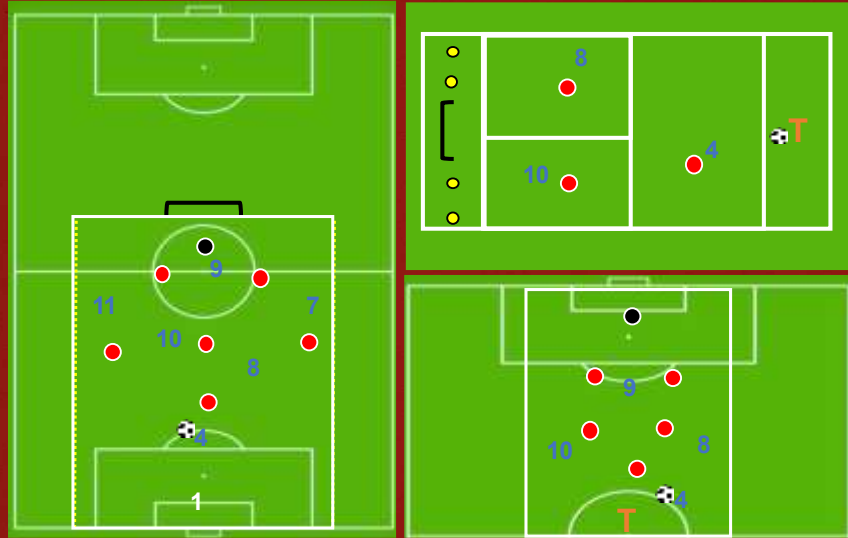




MORECAMBE FC ACADEMY



### Example Practices



MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



### Be Clever, Create and Score

### FINISH THE ATTACK

- Play through, Play over, Play around
- Sustain the Attack
- Secure behind the ball
- Recycle and switch play if needed



MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER

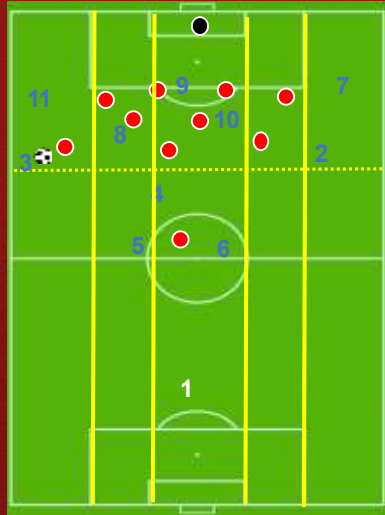




MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24



ACADEMY



Be Clever, Create & SCORE

Individual Challenges:

- #9 – Try & make runs into box
- #7/11 – When the ball is in zones 2/3 remain in zone 1, when the ball is in opposite zone 1, enter zones 2 and 3 in order to score
- #10 – Try stay connected to #9 and get in the box
- #8 – Try & make late runs into the box
- #4 – Try & stay on the edge of the final third to recycle any balls that come out of the box
- #5/6 – Organise to prevent counter attacks
- #2/3 - Try & stay connected to #5/6, dependent on number of opposition forwards, if up against one, then both full backs can get forward. Full back on the opposite side of the ball tucks round if the opposition leaves 2 forwards up
- #1 – Try & reduce the space in behind the defence

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

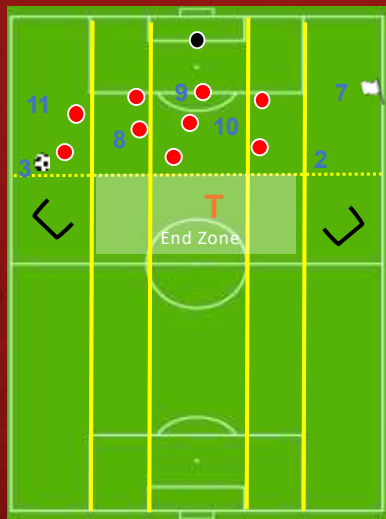
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



ACADEMY



Example Practice

Be Clever, Create & SCORE

Phase of play

Blues attempting to work the ball across the 5 lanes to finish in the goal. Reds attempting to protect the goal. Reds score by playing into wide goals or into T. T has two touches to play back into blues to encourage an element of transition.

Conditions - T restricted to 2 touches to speed up play due to being unopposed

Progressions – Encourage defenders to press/ drop/ allow opposition to change formation

Players not required – 4, 5, 6, 1 & 9

DEVELOPING YOUR POTENTIAL TOGETHER

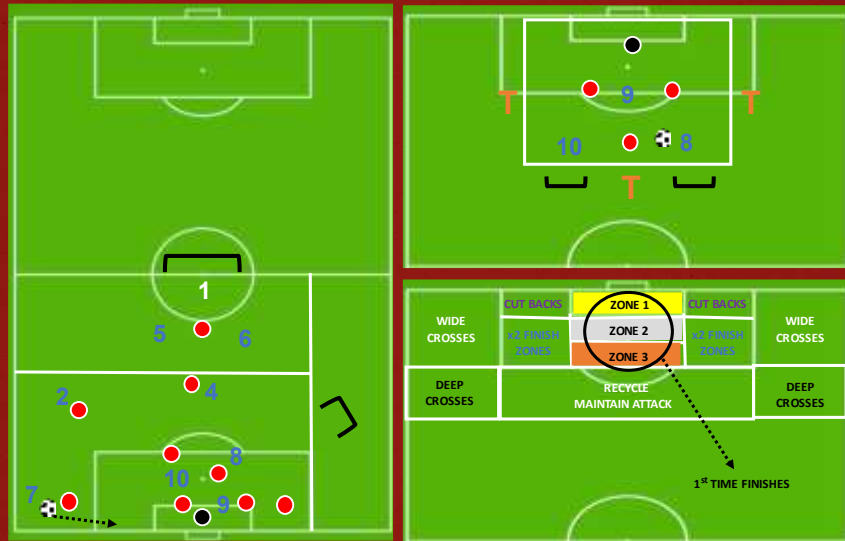
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Example Practices



DEVELOPING YOUR POTENTIAL TOGETHER

## MFC Defending Principles :

1. Try and Regain Quickly
2. Stay Together, Defend the Middle
3. Maintain Structure, Force Play Outside

### Points of Observation

1. Compactness with individuals/units
2. When to press and regain
4. Defend the middle of the pitch
5. Force the ball wide into outside zones
6. Cover and Support
7. Anticipating danger in behind
8. Blocks and bravery

DEVELOPING YOUR POTENTIAL TOGETHER





# Stay Compact and Recover the Ball Quickly

## WIN THE BALL BACK

Regain the ball with pressing triggers:

- Straight after losing the ball
- Backwards pass
- Long pass
- Poor touch



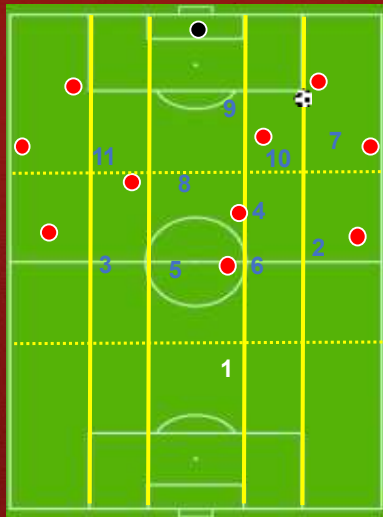
DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



### Stay Compact and Recover the Ball Quickly

**Individual Challenges:**

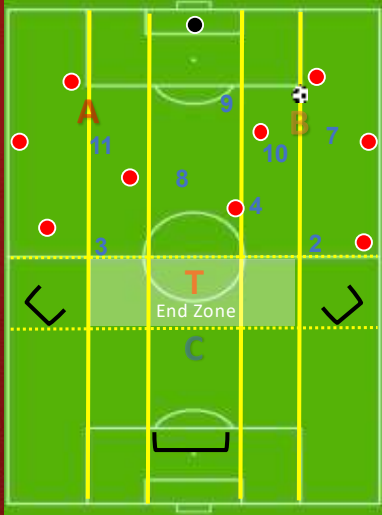
- #9 – Try & force the ball into zone 1
- #7/11 – When the balls in zone 1 recognise when to try & steal the ball
- #10/8 – Try & recognise WHEN to get attach yourself to your opponent & WHEN to detach yourself from your opponent to regain or cover space
- #4 – Try & stop passes into opposing strikers
- #5/6 – Try & stay connected to the midfield
- #2/3 - Try & stay connected to #5/6
- #1 – Try & reduce the space in behind the defence

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### Example Practice

Stay Compact and Recover the Ball Quickly

**Phase of play**

Blues attempting to regain possession & finish in large goal Reds attempting to protect the goal & work the ball out towards the 3 targets: wide goals = 1pt or into = 1pt. T has two touches to play back into blues to encourage an element of transition.

Conditions - T restricted to 2 touches

Progressions - a) Try & play through the thirds & b) Try & play into as early as possible

Players not required - 5, 6, 1 & 9

DEVELOPING YOUR POTENTIAL TOGETHER



### Stop the Opposition Dominating Possession and Deny Goalscoring Opportunities

### DEFEND THE MIDDLE

Stop them playing forwards and through  
Force play wide  
Stay connected as units/team



DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





ACADEMY

**Stop the Opposition  
Dominating Possession and  
Deny Goalscoring  
Opportunities**

**Individual Challenges:**

- #9/10 – Take up positions between the oppositions CB & FB to force play into zone 1 if possible
- #7/11 – Recognise when to defend in zones 2&3 and when to regain
- #8/4 – Try & stop passes into the opposition #10 & #9, stop opposing midfielders playing forwards
- #2/3 – Recognise when to press & when to drop and cover/support
- #5/6 – Anticipate any danger in behind by the amount of pressure on the ball & pressure on the back line
- #1 – Manage the space in behind the defenders

DEVELOPING YOUR  
POTENTIAL TOGETHER

ACADEMY

**Example Practice**

**Stop the Opposition Dominating the Ball and  
Deny Goalscoring Opportunities**

**Phase of play**

**Blues** attempting to regain possession & finish in large goal. **Reds** attempting to protect the goal & work the ball out towards the 3 targets: wide goals = 1pt or into = 1pt. T has two touches to play back into **blues** to encourage an element of transition.

Conditions - T restricted to 2 touches

Progressions – a) Introduce engagement line for the **blues** b) Try & play into T as early as possible

Players not required – 5, 6, 2, 3, 1 & 9, 10, 7, 11

DEVELOPING YOUR  
POTENTIAL TOGETHER





ACADEMY

**DEVELOPING YOUR POTENTIAL TOGETHER**

ACADEMY

## Protecting The Goal


### DEFEND THE MIDDLE

Press to protect as a unit  
Block to stop  
Force wide and stop crosses  
Regain to break

**DEVELOPING YOUR POTENTIAL TOGETHER**

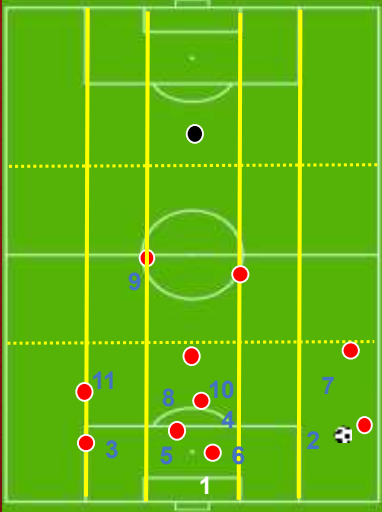






ACADEMY

MORECAMBE FC ACADEMY




MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER

Protecting The Goal

**Individual Challenges:**

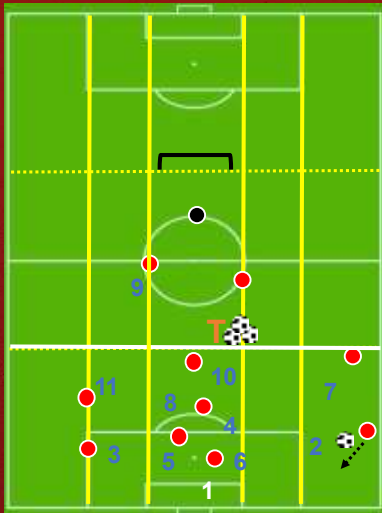
- #9 – Try & take up a position where you can support a counter attack if the ball is regained
- #7/11 – Recognise when to defend in zones 2&3 and when to defend zones 1
- #10 – Try & remain goal side of the #4
- #8/4 – Recognise when to press to prevent & when to hold your position
- #5/6 – Anticipate & deal with any danger in and around the penalty area
- #2/3 – Look to prevent crosses from
- #1 – Look to take up a start position between the centre of the goal & ball



ACADEMY

MORECAMBE FC ACADEMY

## Example Practice



MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER

Protecting The Goal

Phase of play

**Blues** attempting to regain possession & play into 9 (1x blue can join in) to create a 2v2 in the end zone to finish past the GK. **Reds** attempting to work the ball into finish in the large goal. Play can restart from either 4, or 1. Once play breaks out into the end zone T can play a ball in immediately to encourage an element of transition.

Conditions: - 5/6 & 9 restricted to end zone

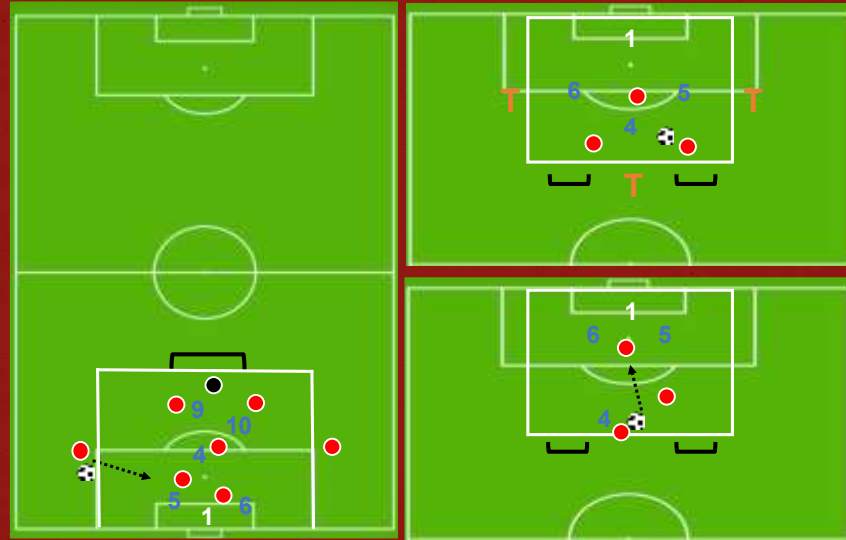
Progressions – a) 5/6 can step in b) Break out into an 11v11.

Players not required – N/A





# Example Practices



DEVELOPING YOUR POTENTIAL TOGETHER

## MFC Transition Principles :

1. FIRST PASS SIMPLE after regain (att)
2. Retain on regain then counter (att)
3. Regain straight after losing the ball if possible (def)
4. Recover shape as a team quickly to defend central areas

### Points of Observation

1. Composure to play forwards to retain
2. When to press and regain
3. Speed of transition both ways
4. Defend the middle of the pitch
  5. Delay if necessary
  6. Cover and Support
7. Anticipating danger in behind

DEVELOPING YOUR POTENTIAL TOGETHER





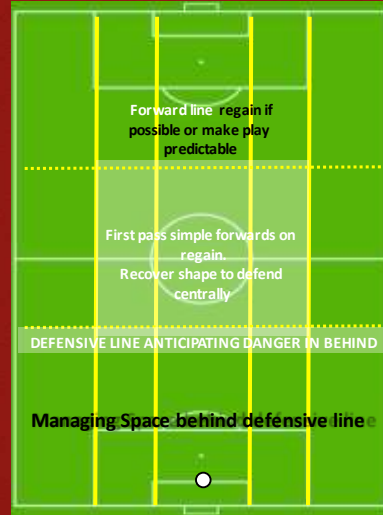
MORECAMBE FC ACADEMY



**Secure the Ball and Play Forwards**

**Recover Shape as Quickly as Possible**

**Exploit Forward Space**



MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



### PMA Diagrams

In addition to the practice/session examples shown, there are well over a hundred practices in diagram form that match up to the curriculum for coaches to follow and use if they see fit.

Date/Time	Coach	Activity	Phase of Play	U13	Description
26/02/2018 19:00	Carl Harris	Break out boxes to defend the counter attack	Phase of Play	U13	Counter Attacking team have possession after a number of passes they break out including the 2v1 boxes which are also used in possession but may not join in bigger box. Defending the counter must recover to stop a goal being scored. Teams can rotate in progression. If attacking team fail to score they become team to defend the counter. Use floaters one can join in big box to cause over head and join in attack.
22/02/2018 16:11	Dale Wood	Coaching Session Activity: 4321603	Phase of Play	U12	New Drill Diagram created for Coaching Session Activity: 4321603
14/08/2020 15:17	David Semako	Coaching Session Activity: 5232231	Phase of Play	U13	New Drill Diagram created for Coaching Session Activity: 5232231 play starts with centre back being pressed by forward centre back passes to full back who the passes into opposition midfield player ( as if a poor clearance)
04/04/2018 11:35	Dale Wood	Defending from the front ( Defending in balance )	Phase of Play	U12	Defending from the front- Create a diamond shape to defend but wait to encourage the attacking team to play out from the back.
28/10/2017 15:43	John McManis	Defensive shape / compactness and tactical work	Phase of Play	U12	10 v 9 overload looking at defensive balance and shape in relation to the ball
17/01/2018 15:08	Dale Wood	Finishing in the box	Phase of Play	U12	New Drill Diagram created for Coaching Session Activity: 4286422
18/01/2018 16:11	Carl Harris	Finishing/ breaking into the box	Phase of Play	U13	Attacking team to keep possession and use quick play to get into the box and shoot.

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

DEVELOPING YOUR POTENTIAL TOGETHER





### Practice Design Size Guide

Age Group	11v11	10v10	9v9	8v8	7v7	6v6	5v5	4v4	3v3	2v2	1v1
u7/8							40 x 30	32 x 24	24 x 18	16 x 12	8 x 6
u9/10					60 x 40	51 x 34	43 x 29	34 x 23	26 x 17	17 x 12	9 x 6
u11			80 x 50	71 x 45	62 x 39	53 x 34	44 x 29	36 x 23	27 x 17	18 x 13	9 x 6
u12	85 x 54	82 x 52	80 x 50	71 x 45	62 x 39	53 x 34	44 x 29	36 x 23	27 x 17	18 x 13	9 x 6
u13/14	90 x 55	82 x 52	81 x 52	73 x 47	64 x 41	55 x 36	45 x 30	37 x 24	28 x 18	19 x 13	10 x 6
u15/16	100 x 60	91 x 55	81 x 52	73 x 49	64 x 43	55 x 36	45 x 31	37 x 24	28 x 18	19 x 13	10 x 7
u18	110 x 70	100 x 64	90 x 57	80 x 51	70 x 45	60 x 38	50 x 32	40 x 25	30 x 19	20 x 13	10 x 7
1st Team	110 x 70	100 x 64	90 x 57	80 x 51	70 x 45	60 x 38	50 x 32	40 x 25	30 x 19	20 x 13	10 x 7

DEVELOPING YOUR POTENTIAL TOGETHER

### 2.1 FOOTBALL & PLAYING PHILOSOPHY

Morecambe Football Club aims to compete at the highest level of the professional game that is possible and within the financial boundaries that prevail at that time. Whilst competing at this level the club promotes that achievement, but will always respect our opponents, the Laws of the Game and will always endeavour to promote fair play

Morecambe Football Club is totally committed to comply with its Customer Charter, to be wholly inclusive, and to promote all opportunities within all sections of the local community. It is its aim to be the number 1 sporting club in the North Lancashire and South Cumbria area.

The club's Football Philosophy changes and is enhanced on an ongoing basis by the gathering of more knowledge and the changes that take place in the game at regular intervals. All aspects of the game are discussed on a regular basis and added to that philosophy.

However certain points remain constant

- The development of individual and team skills through high quality and qualified coaching.
- The promotion of high standards of behaviour through a consistent application of the core values of The Club by the management and staff.
- A competitive spirit and will to win as a team – and this also applies to off the field activities as well
- The cooperation, support and encouragement that exists within all individuals and all teams and departments for each other throughout the Club





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

- Welcoming all opponents, Directors, Players, Management, Staff and Supporters, irrespective of race, nationality, ethnicity, colour or religion.

**Playing Philosophy**

The following Playing Philosophy provides meaning and direction to the technical and tactical programme:

**Simple Attacking Principles:**

- **Create**
- **Maintain**
- **Exploit**  
**SPACE**

The following topics will develop players attacking skills in the different thirds of the pitch based on the playing philosophy of the Academy:

**Defending Third** – To play safe possession football if and when quick attacking play is denied by the opposition, always looking to create opportunities for penetration of the opposition in to the midfield and attacking thirds of the pitch.

**Midfield Third** – To maintain possession of the ball if counter attacking opportunities are denied. Possession must be intelligent with support and movement off the ball, to create opportunities to penetrate the opposition defence, creating goal scoring opportunities.

**Attacking Third** – To create goal scoring opportunities through individual and combined movements with the ball. Players will be encouraged to be clever and take risks in the appropriate areas of the pitch in order to create such goal-scoring opportunities.

**The General Playing Style:** *‘The best form of defence is to attack’*

Morecambe Football Club will play an efficient and economically based approach to their football, being a measured, possession based playing strategy where passing quality combined with intelligent (cleverness) support play (timing/angles) and player movement will allow the team to progress and penetrate through the playing thirds of the pitch in order to produce goal-scoring opportunities.

Counter-Attacking opportunities will be taken with pace and incorporate ‘quick-play’ in order to progress and penetrate effectively through the thirds of the pitch, both through central and flank areas. Players will be encouraged to be clever and take risks in the appropriate areas of the pitch in order to create goal-scoring opportunities.





### **Team Formations/Structures:**

The strategy to develop player understanding of team formations will include playing in a rigid 4:4:2 formation with players educated in adapting the team formation to suit the playing strategy in order to compete against other teams. Team Formations and Systems of Play will include adaptation to 4:4:1:1; 4:5:1; 4:3:3; 4:1:3:2; 4:2:3:1; All players will be educated over the period of the season with reference to specific opposition formations and strategy, scouting information with the emphasis on playing 'out from the back' when the opportunity presents itself.

### **Defending Strategy:**

Morecambe Football Club will defend effectively and efficiently using a controlled, calculated and concentrated approach, which will demonstrate assertiveness in the defending units of players.

The contribution from defending players will demonstrate their understanding and tactical awareness of the teams defending strategy and objectives in order to regain possession, including; Roles and Responsibilities (nearest defending player to the ball), Concentration (switch-on), Compactness (team shape) and Communication (awareness and information).

The defending strategy will combine the player understanding of when to 'Press High', when to 'Drop Off' and when to 'Defend Deep'. Players will be coached the various defending strategies to meet the demands of the game and the opposition (playing information) e.g. If the opposition generally plays out from the back.

Morecambe FC players will understand why and when to engage the player in possession, considering the opposition system of play and personnel.

The general pattern of play is a combination of playing 4:4:2 with adaptation to 4:3:3, 4:2:3:1 and 4:1:3:2. In the 4:4:2 formation playing against sides who are recognised for 'playing out from the back' the team will adopt a high pressing strategy and attempt to regain possession in the opponents defending third of the pitch. The requirement is to defend as a team and regain possession as high up the pitch as possible ensuring security at the back.

Playing against teams who play a more 'direct' style of football the formation and strategy will be adjusted to ensure the players understand their roles and responsibilities of when, where and how to 'drop off' and create an 'overload' of players in defensive areas.

Teams that play 'down the flanks' will be countered by ensuring the formation and strategy (possibly 4:5:1 or 4:2:3:1) allows for the 'wide' midfield players to track, recover and support the fullbacks.

Teams that play through central areas will be countered through 4:3:3 in order to create a balance in the middle third of the pitch with wide players expected to 'tuck-in' and create a defensive block and screening strategy. Players will be required to ensure Concentration, Compactness and Communication.





**Transition** - (When possession is gained or regained players will be developed and encouraged to ensure possession is maintained with quality).

**Attacking Strategy:**

Morecambe Football Club will demand that all players contribute to the attacking strategy of play when successfully regaining possession through effective and efficient defending. Players will be encouraged to demonstrate variety, cleverness, audacity and calculated risk taking, having taken into consideration the area of the pitch when in possession of the ball. When in our own defending areas, risk taking needs to be considered quickly with decisiveness, and players demonstrating their understanding and assertiveness.

The attacking strategy will generate from regained possession and include 'quick play', combination play, patterns of play in relation to the area of the pitch, and 'counter attacking' as well as considering 'risk'.

Taking into account the opposition, the venue (home or away) and the formation and strategy being adopted by the opposition (scouting information) Morecambe Football Club will generally 'play out from the back' predominantly utilising a 4:2:3:1 or 4:3:3 formation (the rigid 4:4:2 will also be required in particular circumstances (adaptations during play) situations and games).

The emphasis will be on quality possession and appropriate movement of players to retain the possession in order to develop an end product in the attacking third of the field. On gaining and regaining possession players will be developed and encouraged to counter-attack with pace down the flanks and through central areas of the pitch in order to create goal-scoring opportunities whilst ensuring security at the back.

**Transition** – (When possession is lost players will be developed and encouraged to 'switch on' and revert to the defensive strategy in order to attempt to gain or regain possession.

**PHASES OF DEVELOPMENT**

**Pre-Academy group (5-8s): Meet the ball**

The Morecambe FC scheme of work for the Pre-Academy aims to support the holistic development of players throughout the four corners of a player's development, whilst aiming to ignite a love & passion for the game through positive early year experiences. From a technical & tactical perspective the programme aims to develop players who are able to compete in 1v1 situations both with & without the ball, with ball mastery & loving the ball being the foundations to achieve this. The Pre-academy offers two pathways for players to ensure each individual is in an environment which will provide appropriate challenge for their long-term development: 1) Into the Clubs Academy at u9's and 2) Into the Clubs development centre at u9's to continue their journey





**Foundation Phase (9-11's): Ball Mastery**

During this phase of development, whether attending the pre-academy or academy, players will be encouraged to practice their technical skills, especially the ability to master the ball with and without pressure (1v1). The Games Programme will involve indoor games 6v6, (using different footballs i.e. futsal to encourage ball manipulation) and outdoor games 7v7. Players will be encouraged to express themselves in both training and games, with little emphasis placed on the outcome of the games. This learning environment will hopefully lay the foundation for players who are confident, technically strong and self-motivated to succeed.

**Youth Development Phase (12-16s): Learning to play as a team**

During the youth development phase players will experience 9v9 and 11v11 game formats. We are looking for players to transfer their technical skills developed in the foundation phase, into the bigger game. With less touches on the ball, more emphasis will be around what players do away from the ball to affect the game, both in attack, defence and transition. Decision making will become more complex but we still want players to express themselves without fear of failure and the pressure of winning or losing. Players will need different levels of understanding of some positions but begin to specialise in a specific role within the team. Having experienced this phase of development players will hopefully be confident to make decisions and solve problems, understand the importance of their role in the team and that success can only be achieved through working together.

**Professional Development Phase (17-21s): Learning to win**

During the professional development phase players will experience league positions in the 11v11 format. Learning to win will become a key element of their development as they could potentially be called up into the first team at any time. We are looking for players to demand excellence of themselves in their personal development, specialising in a particular position, within the frame work of the team. Having experienced this phase of development players will have the rounded skills to play the adult game at a professional and semi-professional level.





## 2.2 COACHING PHILOSOPHY

### Morecambe FC Academy Coaching Philosophy

The coaching philosophy of the academy is underpinned by a number of key areas:

- Coaching methods and styles
- Creating a positive learning environment
- Following the academy and club playing philosophies
- Academy core principles-Tempo, purpose, responsibility, enjoyment, adaptation, Hard work and set plays
- Coaching to allow players to meet the key player requirements per position
- Preparing players so that they become familiar with the adaptations to the playing strategy
- Developing a winning mentality

The link between the playing and coaching philosophy is vital if we are to prepare players to be ready to play in the first team. The communication of this to coaches and academy players is extremely important so that it continues through academy to first team football.

At academy level the predominant coaching style and method is through problem solving and guided discovery. As players at the academy are at an elite level we expect them to develop the most through this more challenging method of coaching. That is not to say we neglect command coaching but the environment we try to create is one of self and guided discovery this way the reinforcement is much stronger as they have to think for themselves rather than it being command learning.

Within the various sub-headings above we go into more detail in the following pages as to how we make this happen; the vocabulary used and differentiation of learning for example.

Once players reach the first team the level of understanding needs to be embedded to give them the best opportunity to succeed. The overall aim of our coaching philosophy centres around ensuring players have been equipped with the required technical/tactical knowledge; social skills; psychological skills and physical skills to be able to compete at first team level. How this is done is through the coaches interpretation of the best method of learning for each individual, this is carried out working within the framework of the technical curriculums but also having the skills to identify specific learning needs of all the players and to understand that this may vary across the group.

This philosophy, as in the APP is always under review. It is subject to new coaching ideas that come from the FA in coaching courses and CPD work for instance. We have to be flexible to the individual learners at the academy, so a very important primary role of the coach is to establish what type of coaching will benefit the learners in his group. The senior academy management team are very keen to give coaches the license to develop their own ideas to work with the group of players they have and within the overall football and coaching philosophies of the club.





**Coaching Philosophy Vision:**

The formal setting to discuss the development of the coaching philosophy is through Technical board meetings, where senior staff will discuss all operational aspects of the academy. This is then fed into the members of the AMT.

Although it will be senior staff only present at these meetings all staff can have an input and offer their own interpretations. The message that is passed down to all coaches is they have to utilise all methods and styles dependant to the group they are working with. Coaches individual ideas are discussed and observed through session observations with HOC and feedback will be given to help for DAP's.

The overall vision for the coaching philosophy will not change in that it centres around preparing players from an early age to be ready for full time professional football. Where it differs for MFC at the moment is establishing our philosophies with coaches and players quickly as we are new to cat 3.

**12 months:**

One of the major tasks is to ensure that all staff are aware of the various philosophies of the club. This will be done through the new staff induction process that involves them receiving the employee and coach's handbooks. These documents contain all the detail they need to coach to the curriculums and philosophies that the club has. The coaches handbook has been revised again for season 2023-24 to give a more simple breakdown of roles and responsibilities. Time will be spent on improving the ILP work delivered by coaching staff across the age groups.

The players also need to become accustomed to the style of play and coaching that is part of the curriculums. As this will be a new system for them all it will be important to spend time to ensure everyone is aware of coaching and playing philosophies.

**3 years:**

After 3 years it is hoped that the academy is running smoothly, coach and players should all understand the "Morecambe way of playing". As players will have been with us for a number of seasons the coach should know his group and the best methods to coach and promote learning. The intensive first year of embedding all the coaching and playing philosophies will be complete. This should allow the review of coaching philosophy to take place at technical board meetings to tweak anything if required.





## 2.4 Morecambe FC - Foundation Phase (Shrimps DNA)



MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**Foundation Phase (9-12's): Ball Mastery**

During this phase of development, whether attending the pre-academy or academy, players will be encouraged to practice their technical skills, especially the ability to master the ball with and without pressure (1v1). The Games Programme will involve indoor games 6v6, (using different footballs i.e. futsal to encourage ball manipulation) and outdoor games 7v7. Players will be encouraged to express themselves in both training and games, with little emphasis placed on the outcome of the games. This learning environment will hopefully lay the foundation for players who are confident, technically strong and self-motivated to succeed.



**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

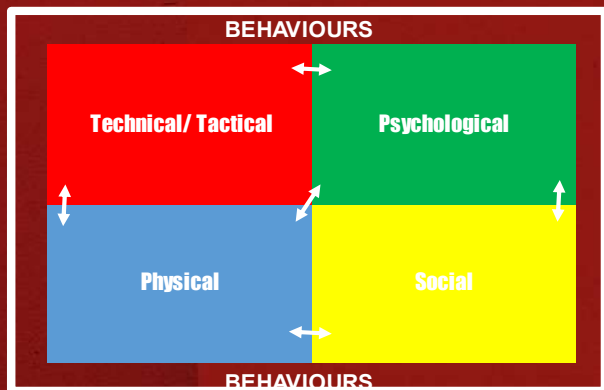
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





Our values behind the scheme of work.....

The Morecambe FC Academy curriculum for the Youth Development Phase will support the children in their journey in sport and life by providing players with 10,000 experiences in which they can **DEVELOP**, **INSPIRE**, **LEARN** & **EXPERIENCE** to support the holistic development of each player around the nationally recognised four corners of player development.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Values



To provide players with the **EXPERIENCES** to develop as **PEOPLE & PLAYERS**



To develop players who can **DOMINATE IN 1v1** situations

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
**POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**Technical and Tactical**

**In Possession**  
 LOVE the ball  
 Share & Combine creatively  
 Attacking solutions as an individual, unit & a team  
 Create Space (Height, width and depth)  
 Play forwards quickly

**Out of Possession**  
 WIN the ball  
 Experiencing a variety of roles & responsibilities  
 Delay, Deny & Dictate  
 Emergency defending and defend the goal

**Transition**  
 Quick & efficient decision-making  
 Positivity & awareness in the attacking & defensive transition  
 Play forwards, run forwards

**Morecambe FC Academy  
 Foundation Phase Curriculum**

**DEVELOPING YOUR  
 POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### Player Friendly Principles of Play

**TRY SOMETHING NEW. I TRY AND CREATE A NEW WAY TO SOLVE THE PROBLEM**

**BE POSITIVE AND PLAY FORWARDS** - How quickly can we get to the opposition box. I might have to play between around or over defenders or even run/dribble to achieve this.

**BE POSITIVE AND STEAL THE BALL** - If I'm close to the ball and the opposition play a long pass, have a poor touch, receive the ball with their back to goal or fail to make the first pass I try and steal the ball.

**CREATE SPACE** - Can I help my team mate create loads of space by making the pitch big (height, width, depth)? Try and do this quickly and potentially switch positions with team mate

**STAY CONNECTED** - Is the space between myself and my mate to the side of me, my mate in front of me and my mate behind me small enough so we can easily stop passes and players entering the space?

**HELP** - If I don't have the ball, can I find a space where I can get the ball. I may have to help in front/side/behind or diagonal to my mate to do this. I try and keep my distance so that we keep big spaces on the pitch.

**KEEP OUR STRUCTURE** - I help my team keep our formation even when players move out of position by staying connected to my mates so I'm able to cover them until they recover into position.

**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**Foundation  
Phase specific set  
piece examples.  
Attacking corners**

**ALWAYS PLAY SHORT**

**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**Foundation  
Phase specific set  
piece examples.  
Attacking corners**

**ALWAYS PLAY SHORT**

**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Physical Development

### U9's – U12's

#### Lead Sport Scientist

Sessions will either include Multi-Sport Games, Gymnastics, Wrestling or Jumping & Landing to support the development of functional movement strength, power, balance, reactive agility & COD. Functional movement testing and application of movement patterns are integrated in S&C sessions based on data collected.

#### Areas to develop

Reactive Agility, Balance, Coordination, Unilateral/Bilateral, Change of Direction, Plyometrics, Speed, Strength/Resistance, Functional Movement, Endurance (Aerobic/Anaerobic)

#### How?

This will include individual & group sessions, engaging in specific movements, 1v1 contests, reactive agility, speed & quickness, using their own body weight, core and muscle stabilisation activities and conditioned/constrained practices and games to achieve physical outcomes. Varied gym programmes, in groups & individually.

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Psychological Characteristics

### **Confidence**

A belief in your own ability.  
Not afraid to take risks and try new things.  
Plays with freedom and doesn't let mistakes affect performance.

### **Control**

Displays emotional control in a variety of different situations.  
Regulates thoughts and emotions to support performance.  
Reacts positively to different situations.

### **Commitment**

Loves the game and enjoys giving 100% in training and games.  
Displays a motivation and desire to learn and achieve.  
Embraces setbacks and difficult challenges.

### **Communication**

Conveys information positively to teammates, staff and officials.  
Inquisitive, asking relevant questions to support learning.  
Displays respect and listening skills to all within the group.

### **Concentration**

Remains on task and focused throughout practice and games.  
Prioritises the right things at the right times to aid learning and development.  
Regulates attention to maximise performance.

### **How?**

Conditioned and constraints led practices/games which stretch the players' capabilities.  
Encouragement of goal setting to aid in reflection and autonomy of learning.  
Linking the Cs to the block of learning.

**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Social Characteristics

### Team Player

Recognises the importance of being part of a team.  
Understands their role within the team.  
Prepared to lead and also follow others.

### Role Model

Displays excellent behaviours and represents the football club positively both on and off the pitch.  
Adheres to club expectations and associated codes of conduct.

### Hard Worker

Gives 100% effort in both practices and games.  
Attends all training sessions and games.  
Develops themselves throughout the four corners away from the Academy.

### Lifelong Learner

Recognises the importance of learning.  
Takes information on board and uses this to make informed, independent decisions.  
Uses goal setting and understands the process benefits the outcome.

### 'Can Do' Attitude

Willing to try new things in order to learn and develop.  
Displays positive behaviours and supports others in their learning.  
Understands the pathway to success is not a smooth ride.

### How?

Responsibility and ownership encouraged and promoted in practices and games.  
Players to be regularly paired/grouped with different players within their team and other age groups.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Behaviours

### Positivity

“Can I play forwards as quickly as possible or help my teammates play forwards”

### Resilience

“I don’t give up and I recover from hard situations I find myself in (injuries, losing the ball etc.)”

### Self Drive

“Can I set goals effectively?”  
“Can I motivate myself?”

### Creativity

“I try and think of new skills, and I am happy to try something new, even if I make mistakes at the start”

### Learning

“If I need help from a teammate or coach, I will ask and not give up”

### How?

Conditioned & constraints led games and practices which stretch the players capabilities  
All sessions planned to incorporate at least one ‘Behaviour’  
Regular prompting by club staff

**Morecambe FC Academy  
Foundation Phase Curriculum**

DEVELOPING YOUR  
**POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Technical Curriculum

### **In Possession**

- Ball manipulation (Dribbling, RWTB, Turning)
- Range of receiving skills
- Range of passing techniques
- Range of striking techniques
- Supporting my mates
- Reacting positively when the ball is won
- Playing simple & fast looking to score

### **Out of Possession**

- Winning the ball (Tackle/Intercept)
- Body Shape and Speed (Deny/Deflect/Delay)
- Marking the player and space (Deny/Defend)
- Compactness/shape
- Recovery runs with pace & intensity
- Cover, balance and communication
- Desire not to be beaten & concede
- Aerial ability general & set plays

**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### Macro Objectives

The aim of Morecambe FC Youth Development Phase curriculum is to provide players with a variety of **EXPERIENCES** to support each individuals' holistic **DEVELOPMENT** as a person and as a player, in order to **INSPIRE** them to engage in sport through the game we love.

The curriculum also aims to encourage players to **LEARN** and apply their technical competencies in a decision -making environment, to support decision -making behind 'When, Why, Where' to complete a specific technique.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





ACADEMY



ACADEMY



# Morecambe FC Academy FP Technical Curriculum Scheme Of Work

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# 7 Week Phase Scheme of Work

Week	Theme	Behaviours	Homework Task
1	Attacking on my own	Positivity/ Creativity/ Learn	Ball Manipulation Challenge
2	Attacking with my mates	Positivity/ Sharing/ Resilience/ Creativity/ Learn	Physical Challenge
3	Defending on my own	Positivity/ Learn	Lifeskills Challenge
4	Defending with my mates	Positivity/ Sharing/ Resilience/ Learn	Ball Manipulation Challenge
5	When we've won or lost the ball...	Positivity/ Sharing/ Resilience/ Creativity/ Learn	Physical Challenge
6	SSG/ Played tournament/ Coach directed tournament (Varying Mixed Game Formats)		Lifeskills Challenge
7	Review and consolation week		Reflection Task

The specific topic for each week will be down to the coaches discretion, giving them the freedom to meet the players needs.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# 6 Phase Topics Over The Year

1

2

3

4

5

6

Keep the ball and move forwards	Be positive and play forwards quickly	Create and Score	Keep the ball and move forwards	Be positive and play forwards quickly	Create and Score
Stay together and win the ball back	Stop them playing forwards and through	Protecting the goal	Stay together and win the ball back	Stop them playing forwards and through	Protecting the goal
Transition based	Transition based	Transition based	Transition based	Transition based	Transition based

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





ACADEMY



ACADEMY

# How We Coach



Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





	Training 1	Training 2
Training focus	<p><b>Technical &amp; Skill</b></p> <p>Zooming into the individual, targeting their individual learning plans and areas for development, sharpening up their technical skills and how they then transfer into the skill practice where their game insight can be developed</p>	<p><b>Decision-making within the team</b></p> <p>Can pick up from where we left off on Tuesday, working on skill practice in medium sized areas/distances followed by large-sided game to work on the application of those skills practiced within the team</p>
Formats	<p><b>Small to medium formats</b></p> <p>Small-sided games - technical (i.e. 2v2s, 2v1s, 3v1s, 3v2s, 4v3s etc) and medium-sided games for skill practice (6v5, 7v6, 6v6, 7v7 etc)</p>	<p><b>Medium to big formats</b></p> <p>Medium-sided games for skill practice (i.e. 5v5, 5v4, 6v4 etc) followed by large sided games (i.e. 6v6, 7v7 etc)</p>
Volume	<p><b>High volume</b></p> <p>High repetition, high involvement with and without the ball per player per minute</p>	<p><b>Medium to high volume</b></p> <p>Moderate involvement with/without the ball per player per minute</p>
Intensity	<p><b>Medium to high intensity</b></p> <p>Due to high involvement with/without the ball per player per minute, need to manage the work:rest ratio to ensure players get enough rest to be able to execute the actions with good quality</p>	<p><b>High intensity</b></p> <p>Due to moderate involvement with/without the ball per player per minute can prolong the duration of each set, as long as the quality of actions both on and off the ball is maintained</p>

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Foundation Phase Specific Key Vocabulary

## Building The Attack



### 'Open The Door'

Create a passing option for players higher up the pitch by vacating space. (Height, Width, Depth)

## Creating The Attack



### The Diamond Principle

Creating height, width and depth with appropriate angles, and to show passing options to the player in possession

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Other Key Vocabulary

Go win it back

Create Space (Height, Width, Depth)

How quick can you get to goal?

Spot when to share

Defend the middle

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**Technical and Tactical**

- 'LOVE the ball'- I move the ball in different ways by using different parts of my feet
- 'WIN the ball'- I regain the ball back if I lose it and TRY and keep it.
- 'SHARE the ball'- I TRY and pass/strike the ball using both feet with different techniques.
- 'Be Positive'- I TRY and play forwards when and I TRY and win the ball back as quickly as possible if I lose it.
- '1v1s, 2v2s, 3v3s'- I TRY and dominate the ball in small games, and use them to think about when to pass and when to dribble.

**Psychological**

- 'Confidence'- I TRY new things in training/games and not afraid of making mistakes
- 'Commitment'- If I find something hard or make mistakes I keep going and don't give up
- 'Communication'- I listen to my coaches and I verbally communicate with them to answer questions.
- 'Control'- I TRY and react positively in difficult situations but sometimes make mistakes
- 'Concentration'- I TRY and keep focus by staying on task away from distractions.

**Physical**

- 'ABCs'- I have had opportunities to work on my agility, balance and coordination both with and without the ball.
- 'Movement Patterns'- I have experienced different movements that I will use in football both with and without the ball.
- 'Speed'- I have had opportunities to work on my speed, both with and without the ball.
- 'Strength'- I have had opportunities to improve my overall body strength through games that require me to make contact with others.

**Social**

- 'Hard Worker'- Whatever I do I try my hardest and never give up.
- 'Lifelong Learner'- I engage with the challenge for the session and ask questions if I don't understand.
- 'Can Do Attitude'- I TRY and think about how I can improve and I don't mind making mistakes because I know that's how I learn.
- 'Reflection'- I TRY and think about my performance in the session or game and how I can improve next time.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Match Day Warm ups

## Like The Game



Looking like the game with direction (back to front rather than sideways) scoring system, pressure

## End Product



Towards the end of the warm up it has to look closer to the game, with transitions, pressure, shots and goals

## ILPs



Link warmups to the individuals' ILPs if possible, enabling them to practice scenarios they may encounter in game

**Morecambe FC Academy  
Foundation Phase Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

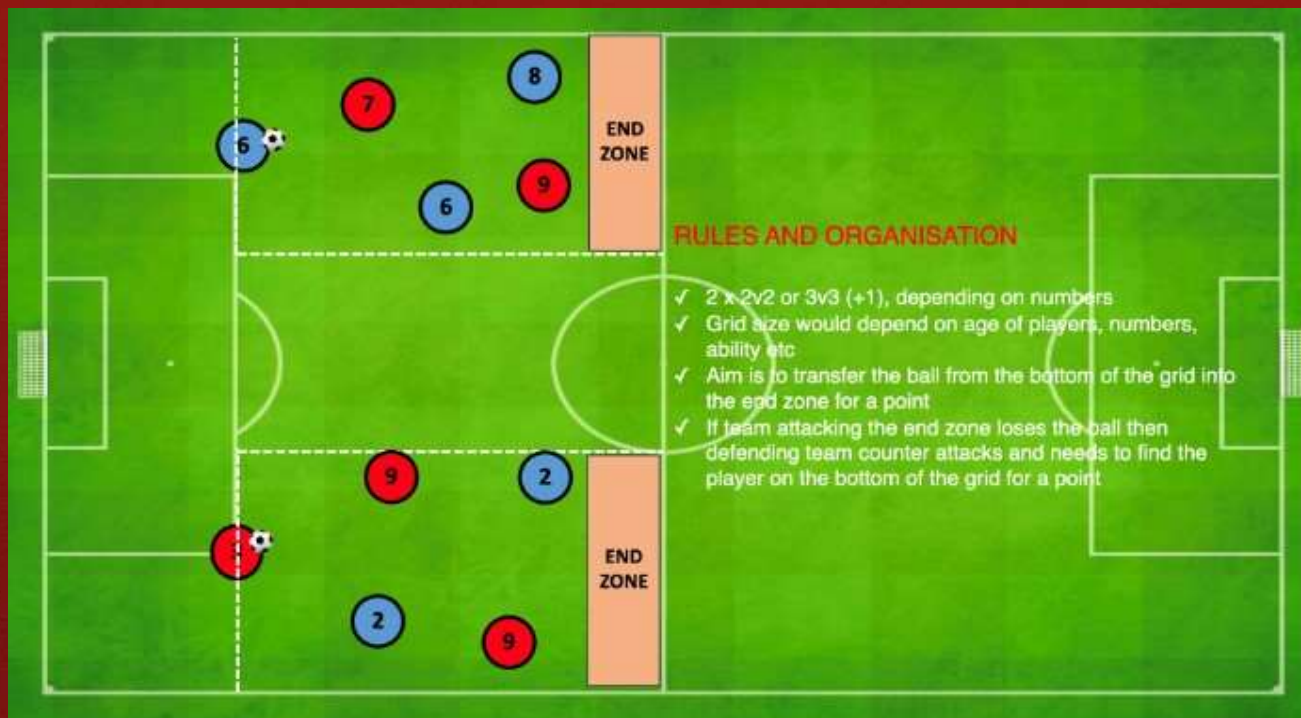
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**RULES AND ORGANISATION**

- ✓ 2 whites attack the goal + 3 reds vs 3 blues
- ✓ If blues win the ball, they need to play across to the yellows for a point.
- ✓ Yellows then step in with the ball + 3 reds vs blues while the whites go back home
- ✓ Reds always play for the team attacking the goal
- ✓ Scoring system in place, 2 x 5 minute rounds
- ✓ Blues score a point by playing across to whites or yellows
- ✓ Whites, Yellows, Reds score a point by scoring in the big goal
- ✓ If GK intercepts the ball, can he play out to the blues or to any of the 2 whites or yellows waiting high up the pitch

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# PMA

### Performance Review

The coach will complete a 'Performance Review' for each player. This will be based on their performance around characteristic within each of the 4 corners.

### ILP's

Players will be provided with Individual Learning Plans based on their Performance Reviews (both player and coach scores) This will be worked upon throughout the season by coaching staff and multi disciplinary staff and regularly reviewed to support each player's development.

### Curriculum Objectives

For each week players will be given a challenge which relates to the YDP Curriculum and individual phase topics. These will change each week and will be pre-loaded onto PMA.

### Match Objectives

Each week players will receive a match day objective. These will be separate to the curriculum & based on the player's position/needs. The challenges will be reviewed each week using a grading system & comment.

### Training/Game Performance Clock

Players' sessions and attendance will be recorded by coaching staff, as well as game minutes throughout the season. These will be regularly monitored to support each player's development.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## ILPs

Players and coaches collaborate and discuss what the player's four key strengths and 4 key areas of improvement are, based around the four corners. This is then inputted into an Individual Learning Plan for the player which is worked on weekly, graded and constantly assessed in order to improve the players in these areas.

These ILPs will then form a large part of the 6 week review process.

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





ACADEMY



ACADEMY



# Technical and Tactical Objectives Foundation Phase Scheme Of Work

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 1

Technical & Tactical Topics	Technical & Tactical Challenges
ATTACKING ON MY OWN	Try and put your body between the defender and the ball when turning
ATTACKING WITH MY MATES	Try and move into a space where you can share/ receive the ball
DEFENDING ON MY OWN	Try and use your breaks when going to steal the ball
DEFENDING WITH MY MATES	Try and stay connected with your mates
WHEN WE'VE WON OR LOST THE BALL...	Try and make your first pass simple
PLAYER LED TOURNAMENT/ COACH DIRECTED TOURNAMENT	Try and win back the ball back near the oppositions goal

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 2

Technical & Tactical Topics	Technical & Tactical Challenges
ATTACKING ON MY OWN	Try and find a way to move the ball forwards
ATTACKING WITH MY MATES	Try and make forwards runs to help your mate on the ball
DEFENDING ON MY OWN	Try and stop the opposition playing forwards
DEFENDING WITH MY MATES	Try and give your mates information that will help you all stay connected
WHEN WE'VE WON OR LOST THE BALL...	Try and delay the attack
PLAYER LED TOURNAMENT/ COACH DIRECTED TOURNAMENT	Try and play/move forwards as quickly as possible

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 3

Technical & Tactical Topics	Technical & Tactical Challenges
ATTACKING ON MY OWN	Try and take your 1 <sup>st</sup> touch forwards
ATTACKING WITH MY MATES	Recognise when to combine and when to play forwards on your own
DEFENDING ON MY OWN	Recognising when you are the nearest player to ball and need to make blocks
DEFENDING WITH MY MATES	Try and cover/ help your mate when they try and steal the ball
WHEN WE'VE WON OR LOST THE BALL...	Spot when to pass or travel with the ball
PLAYER LED TOURNAMENT/ COACH DIRECTED TOURNAMENT	Try and do everything you can to stop the opposition from scoring

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 4

Technical & Tactical Topics	Technical & Tactical Challenges
ATTACKING ON MY OWN	Try and play forwards as quickly as possible
ATTACKING WITH MY MATES	Try and move into a space where you can receive the ball and go forwards
DEFENDING ON MY OWN	Try and become a surfer when stealing the ball back
DEFENDING WITH MY MATES	Try and give your mates information around when to press, hold & drop
WHEN WE'VE WON OR LOST THE BALL...	Spot when to recover to the ball & when to recover into space
PLAYER LED TOURNAMENT/ COACH DIRECTED TOURNAMENT	Try and find a way to play/ move forwards

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 5

Technical & Tactical Topics	Technical & Tactical Challenges
ATTACKING ON MY OWN	Try and find a space where you can see both goals
ATTACKING WITH MY MATES	Recognise when to support from in front, behind and to the side of your mate
DEFENDING ON MY OWN	When pressing try and stop the opposition playing forwards
DEFENDING WITH MY MATES	Try and recover into a position where you're goal side & connected to your mate
WHEN WE'VE WON OR LOST THE BALL...	Spot when to join in the attack & when to hold your position
PLAYER LED TOURNAMENT/ COACH DIRECTED TOURNAMENT	As an individual, unit & team try and reduce the space the opposition have to play in

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 6

Technical & Tactical Topics	Technical & Tactical Challenges
ATTACKING ON MY OWN	Try and be positive in/around the box and work the keeper at every opportunity
ATTACKING WITH MY MATES	Try and score from rebounds
DEFENDING ON MY OWN	Try and keep the ball out of the box
DEFENDING WITH MY MATES	Try and encourage teammates to be brave when pressing the ball
WHEN WE'VE WON OR LOST THE BALL...	Try and cut passes when delaying & denying
PLAYER LED TOURNAMENT/ COACH DIRECTED TOURNAMENT	Try and work the keeper at every opportunity

Morecambe FC Academy  
Foundation Phase Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

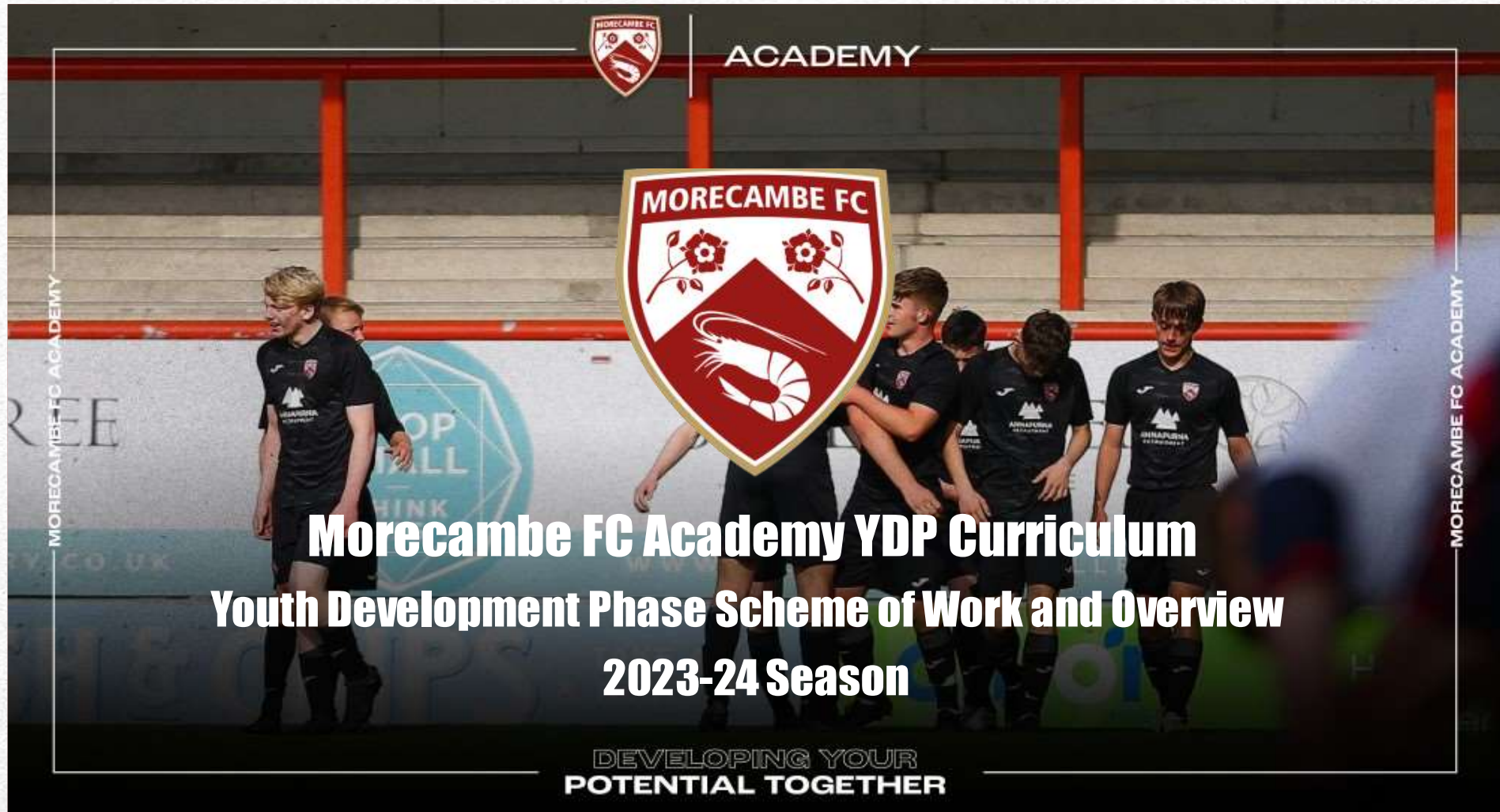
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## 2.5 Youth Development Phase Coaching Curriculum



# Morecambe FC Academy YDP Curriculum Youth Development Phase Scheme of Work and Overview 2023-24 Season

DEVELOPING YOUR  
POTENTIAL TOGETHER





**Youth Development Phase (13 -16s): Learning to play as a team**

During the youth development phase players will experience 9v9 and 11v11 game formats. We are looking for players to transfer their technical skills developed in the foundation phase, into the bigger game. With less touches on the ball, more emphasis will be around what players do away from the ball to affect the game, both in attack, defence and transition. Decision making will become more complex but we still want players to express themselves without fear of failure and the pressure of winning or losing. Players will need different levels of understanding of some positions but begin to specialise in a specific role within the team. Having experienced this phase of development players will hopefully be confident to make decisions and solve problems, understand the importance of their role in the team and that success can only be achieved through working together.



Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

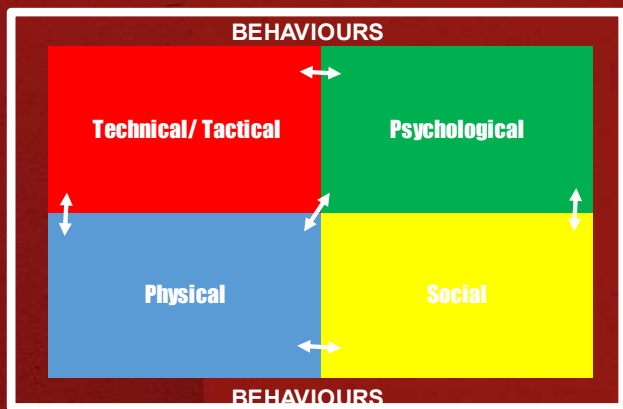
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





Our values behind the scheme of work.....

The Morecambe FC Academy curriculum for the Youth Development Phase will support the children in their journey in sport and life by providing players with 10,000 experiences in which they can **DEVELOP**, **INSPIRE**, **LEARN** & **EXPERIENCE** to support the holistic development of each player around the nationally recognised four corners of player development.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### Technical and Tactical

#### **In Possession**

- Retain the ball effectively
- Share & Combine creatively
- Attacking principles as an individual, unit & a team
- Create Space (Height, width and depth)
- Create and Score

#### **Out of Possession**

- Recover the ball quickly (Pressing triggers)
- Experiencing a variety of roles & responsibilities
- Delay, Deny & Dictate
- Defending outnumbered & Goal Protection

#### **Transition**

- Retain the ball - first pass simple after regain
- Quick & efficient decision-making
- Positivity & awareness in the attacking & defensive transition
- Play forwards, run forwards

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
**POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Player Friendly Principles of Play

**Positive Play-** Can I play forwards quickly and as early as possible. I might have to run/dribble to do this. Play Forwards, Run Forwards.

**Delay -** If I'm the closest player to the ball (on our team) can I stop the other team playing forward to help a mate recover back into shape and help our team defend?

**In possession make the pitch as big as possible** Can I give my team options by making the pitch as wide and as long as possible. Can do this quickly when we have possession? Height, Width, Depth.

**Deny Space -** Is the space between myself and my team mates either side of me, in front of me and behind me, close enough so we can intercept passes and players entering that space?

**Lose opposition/Create space-** Can I rotate positions with my team mate in the middle and final third? Find Space Cleverly.

**When and Where to Press-** Triggers are : after losing the ball, a long pass, a slow pass, a poor touch and when the opposing player has his back to the goal.

**Out of Possession, Stay Compact, Defend the Middle-** Can I position myself close to a team mate, never square and always in relation to the ball. Defend Where The Ball Is.

**Be Clever and Inventive (in the right areas)** Can I try something new when I have the ball to beat a defender or go forward quickly. Find a way out of tight spaces.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

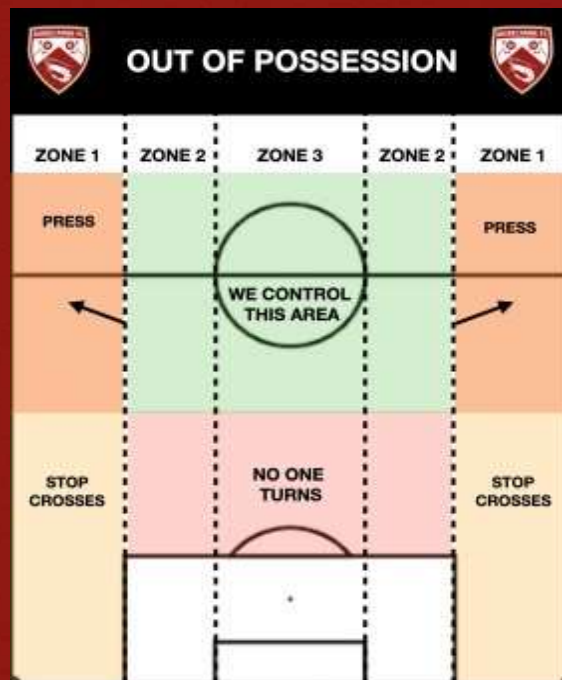
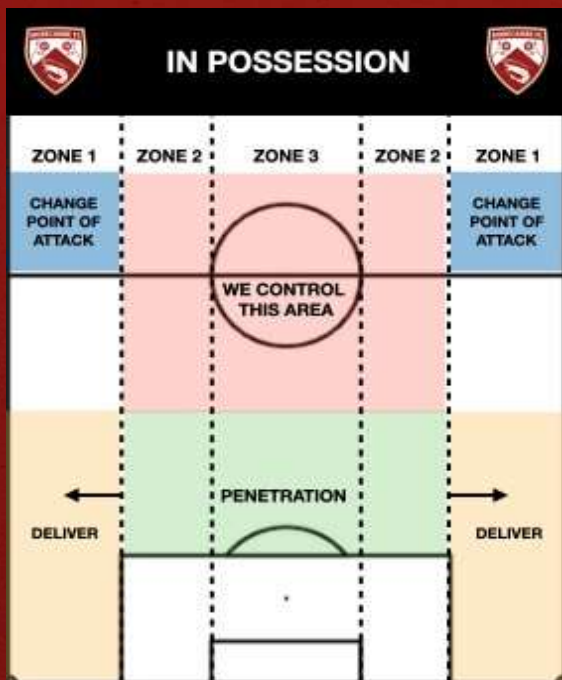
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

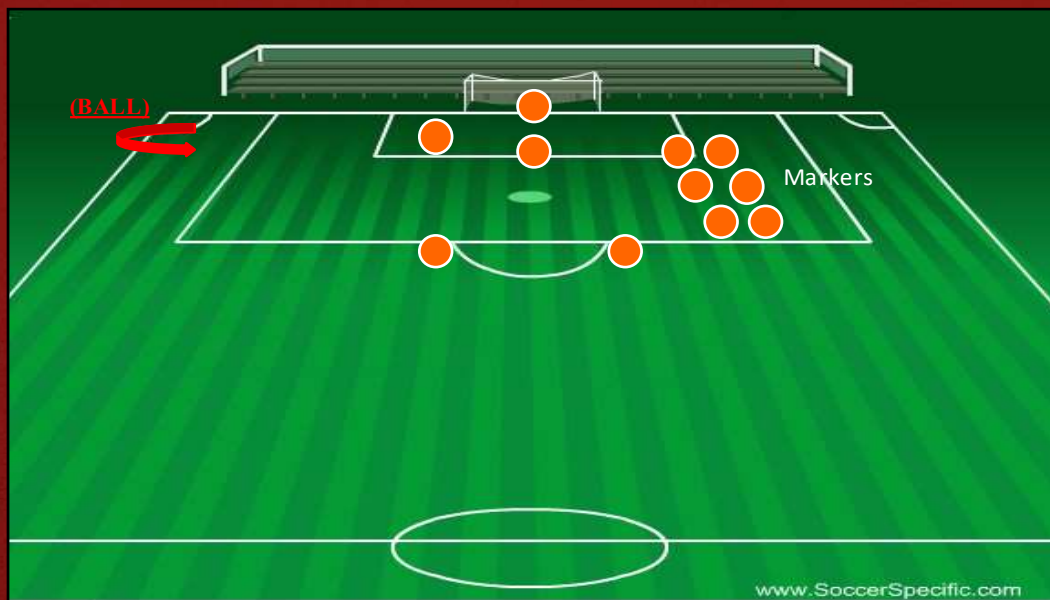
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### Set Pieces

Defensive set pieces, particularly corners, to try replicate PDP set piece principles, such as amount of markers, type of marking and amount of players back to defend, dependent on age and physicality of the players.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Physical Development

## U12's – U16's

### Lead Sport Scientist

SAQ sessions to support the development of reactive agility, speed & quickness. Position specific movement is built into warmups by incorporating quick feet, COD, plyometrics or unilateral/bilateral drills. Functional movement testing and application of movement patterns are integrated according to individual ILPS. Strength & powerbased sessions in the gym.

## Areas to develop

Reactive Agility, Balance, Coordination, Unilateral/Bilateral, Change of Direction, Plyometrics, Speed, Strength/Resistance, Functional Movement, Endurance (Aerobic/Anaerobic)

## How?

This will include individual & group sessions, engaging in specific movements, 1v1 contests, reactive agility, speed & quickness, using their own body weight, core and muscle stabilisation activities and conditioned/constrained practices and games to achieve physical outcomes. Varied gym programmes, in groups & individually.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Social Characteristics

### Team Player

Recognises the importance of being part of a team.  
Understands their role within the team.  
Prepared to lead and also follow others.

### Role Model

Displays excellent behaviours and represents the football club positively both on and off the pitch.  
Adheres to club expectations and associated codes of conduct.

### Hard Worker

Gives 100% effort in both practices and games.  
Attends all training sessions and games.  
Develops themselves throughout the four corners away from the Academy.

### Lifelong Learner

Recognises the importance of learning.  
Takes information on board and uses this to make informed, independent decisions.  
Uses goal setting and understands the process benefits the outcome.

### 'Can Do' Attitude

Willing to try new things in order to learn and develop.  
Displays positive behaviours and supports others in their learning.  
Understands the pathway to success is not a smooth ride.

### How?

Responsibility and ownership encouraged and promoted in practices and games.  
Players to be regularly paired/grouped with different players within their team and other age groups.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Psychological Characteristics

### **Confidence**

A belief in your own ability.  
Not afraid to take risks and try new things.  
Plays with freedom and doesn't let mistakes affect performance.

### **Control**

Displays emotional control in a variety of different situations.  
Regulates thoughts and emotions to support performance.  
Reacts positively to different situations.

### **Commitment**

Loves the game and enjoys giving 100% in training and games.  
Displays a motivation and desire to learn and achieve.  
Embraces setbacks and difficult challenges.

### **Communication**

Conveys information positively to teammates, staff and officials.  
Inquisitive, asking relevant questions to support learning.  
Displays respect and listening skills to all within the group.

### **Concentration**

Remains on task and focused throughout practice and games.  
Prioritises the right things at the right times to aid learning and development.  
Regulates attention to maximise performance.

### **How?**

Conditioned and constraints led practices/games which stretch the players' capabilities.  
Encouragement of goal setting to aid in reflection and autonomy of learning.  
Linking the Cs to the block of learning.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Behaviours

## Positivity

“Can I play forwards as quickly as possible or help my teammates play forwards”

## Resilience

“I don’t give up and I recover from hard situations I find myself in (injuries, losing the ball etc.)”

## Self Drive

“Can I set goals effectively?”  
“Can I motivate myself?”

## Creativity

“I try and think of new skills, and I am happy to try something new, even if I make mistakes at the start”

## Learning

“If I need help from a teammate or coach, I will ask and not give up”

## How?

Conditioned & constraints led games and practices which stretch the players capabilities  
All sessions planned to incorporate at least one ‘Behaviour’  
Regular prompting by club staff

**Morecambe FC Academy  
YDP Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Technical Curriculum

### **In Possession**

- Control the game through overloads in all areas
- Positive attitude to play forwards or run forwards
  - Range of passing techniques
  - Range of receiving techniques
- Aerial ability general & set plays
- Always available to receive & give options
- Reacting positively when the ball is won
- Playing simple & fast looking to score

### **Out of Possession**

- Recover the ball as quickly as possible
  - Aggressive & Fast in closing down
- Two jobs in marking, Player & Space
  - Compactness/shape
- Recovery runs with pace & intensity
- Cover, balance and communication
- Desire not to be beaten & concede
- Aerial ability general & set plays

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Macro Objectives

The aim of Morecambe FC Youth Development Phase curriculum is to provide players with a variety of **EXPERIENCES** to support each individuals' holistic **DEVELOPMENT** as a person and as a player, in order to **INSPIRE** them to engage in sport through the game we love.

The curriculum also aims to encourage players to **LEARN** and apply their technical competencies in a decision -making environment, to support decision -making behind 'When, Why, Where' to complete a specific technique.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





ACADEMY



ACADEMY



# Morecambe FC Academy YDP Technical Curriculum Scheme Of Work

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# 7 Week Phase Scheme of Work

Week	Theme	Behaviours	Homework Task
1	Attacking as unit	Positivity/ Creativity/ Learn	Recovery & Reflection
2	Attacking as a team	Positivity/ Sharing/ Resilience/ Creativity/ Learn	Physical Challenge
3	Defending as an individual	Positivity/ Learn	Recovery & Reflection
4	Defending as a unit/team	Positivity/ Sharing/ Resilience/ Learn	Physical Challenge
5	Transition/ Tactical Awareness	Positivity/ Sharing/ Resilience/ Creativity/ Learn	Recovery & Reflection
6	Transition/ Tactical Awareness	Positivity/ Sharing/ Resilience/ Creativity/ Learn	Physical Challenge
7	Review, Consolidation and Testing		Recovery & Reflection

The specific topic for each week will be down to the coaches discretion, giving them the freedom to meet the players needs. Players will also be required to complete a reflection sheet after each week block through the PMA software.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# 6 Phase Topics Over The Season

1

2

3

4

5

6

Retain the ball and make good decisions	Dominate the opposition, be positive and play forwards quickly	Be clever, create and score	Retain the ball and make good decisions	Dominate the opposition, be positive and play forwards quickly	Be clever, create and score
Stay compact and recover the ball quickly	Stop the opposition dominating possession and deny goalscoring opportunities	Protecting the goal	Stay compact and recover the ball quickly	Stop the opposition dominating possession and deny goalscoring opportunities	Protecting the goal
Secure the ball and play forwards	Recover shape as quickly as possible	Exploit forward space	Secure the ball and play forwards	Recover shape as quickly as possible	Exploit forward space

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Key Vocabulary

'Maintain High Intensity'  
In coaches' own words  
(PRESS, WORK HIM,  
RECOVER etc)

Create, Maintain,  
EXPLOIT Space (Height,  
Width, Depth)

Recover the ball, first  
pass simple. Secure the  
ball.

Play forwards (As soon  
as possible)

Compact the pitch.  
Defend the middle.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





**Technical and Tactical**

- 'Ball Control' I move the ball in different ways by using different parts of my feet
- 'Defending and Tackling' I regain the ball back if I lose it and TRY and keep it.
- 'Range of Passing' I TRY and pass/strike the ball using both feet with different techniques.
- 'Heading'- Be proficient to be able to head the ball offensively and defensively.
- 'Working in Units' I TRY and dominate the opposition in various areas of the pitch related to my position.
- 'Working within the team' I understand my role in and out of possession.

**Psychological**

- 'Confidence' I TRY new things in training/games and not afraid of making mistakes
- 'Commitment' If I find something hard or make mistakes I keep going and don't give up
- 'Communication' I listen to my coaches and I verbally communicate with them to answer questions.
- 'Control'- I TRY and react positively in difficult situations but sometimes make mistakes
- 'Concentration'- I TRY and keep focus by staying on task away from distractions.
- 'Be Positive' I TRY and play forwards when I can, and I TRY and win the ball back as quickly as possible if I lose it.

**Physical**

- 'ABCs'- I have had opportunities to work on my agility, balance and coordination both with and without the ball.
- 'Movement Patterns' I have experienced different movements that I will use in football both with and without the ball.
- 'Speed'- I have had opportunities to work on my speed, both with and without the ball.
- 'Strength'- I have had opportunities to improve my overall body strength through games that require me to make contact with others.

**Social**

- 'Hard Worker'- Whatever I do I try my hardest and never give up.
- 'Lifelong Learner' I engage with the challenge for the session and ask questions if I don't understand.
- 'Can Do Attitude' I TRY and think about how I can improve and I don't mind making mistakes because I know that's how I learn.
- 'Reflection'- I TRY and think about my performance in the session or game and how I can improve next time.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# YDP Phase Specific Key Vocabulary

## Building The Attack



### Leave The Space

Create a passing option for players higher up the pitch by vacating space. (Height, Width, Depth)

## Creating The Attack



### The Diamond Principle

Creating height, width and depth with appropriate angles, and to show passing options to the player in possession

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Match Day Warm ups

## Like The Game



Looking like the game with direction (back to front rather than sideways) scoring system, pressure

## End Product



Towards the end of the warm up it has to look closer to the game, with transitions, pressure, shots and goals

## ILPs



Link warmups to the individuals' ILPs if possible, enabling them to practice scenarios they may encounter in game

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





End to end practice, can be with starting players and/or substitutes. Try and work in the central area of the pitch on roughly 30 x 40 distance. The aim is to prepare the players mentally and physically to perform well from minute 1 to 90 with a directional practice that relates as closely to the game as possible. Sports Science warm up and unopposed technical work to precede this.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# PMA

## Performance Review

The coach will complete a 'Performance Review' for each player. This will be based on their performance around characteristic within each of the 4 corners.

## ILP's

Players will be provided with Individual Learning Plans based on their Performance Reviews (both player and coach scores) This will be worked upon throughout the season by coaching staff and multi disciplinary staff and regularly reviewed to support each player's development.

## Curriculum Objectives

For each week players will be given a challenge which relates to the YDP Curriculum and individual phase topics. These will change each week and will be pre-loaded onto PMA.

## Match Objectives

Each week players will receive a match day objective. These will be separate to the curriculum & based on the player's position/needs. The challenges will be reviewed each week using a grading system & comment.

## Team Objectives

The teams performance will be reviewed briefly using the individual phase topics. e.g. Be positive & play forwards.

## Training/Game Performance Clock

Players' sessions and attendance will be recorded by coaching staff, as well as game minutes throughout the season. These will be regularly monitored to support each player's development.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## ILPs

Players and coaches collaborate and discuss what the player's four key strengths and 4 key areas of improvement are, based around the four corners. This is then inputted into an Individual Learning Plan for the player which is worked on weekly, graded and constantly assessed in order to improve the players in these areas.

These ILPs will then form a large part of the 6 week review process.

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





ACADEMY



ACADEMY



# Technical and Tactical Objectives YDP Scheme Of Work

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 1

Technical & Tactical Topics	Technical & Tactical Challenges			
	GK	DEF	MID	ATT
ATTACKING AS AN INDIVIDUAL	When to play quickly - direct or short	First pass decision, forwards if possible	Try and receive on the half turn and be positive	Try and be strong in possession & link play
ATTACKING AS A UNIT/TEAM	Try and play quickly to the furthest available point	Try and link with the CF/ wide player/ midfielders	Try and link with the CF/ wide players	Try and link with the midfielders/ wide players
DEFENDING AS AN INDIVIDUAL	Try and take up a positive start positions	Try and be aggressive in closing down & don't be beaten 1v1	Try and be aggressive in tackles & stop opposition playing forwards	Try and make play predictable
DEFENDING AS A UNIT/TEAM	Try and stay connected to your defensive line	Try and stay compact and force play wide	Try and stay compact and force play wide	Recognise when to press/hold/drop
TACTICS/TRANSITION	Can you play quick, short or long?	Regain the ball, first pass simple	Try to play forwards with no risk	Vary movement, to the ball and in behind
TACTICS/TRANSITION	Be positive with the use of the ball	Try and play forwards early with thought	Try and be positive and support the attacks	Link with midfield players to create goal scoring opportunities
REVIEW WEEK	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 2

Technical & Tactical Topics	Technical & Tactical Challenges			
	GK	DEF	MID	ATT
ATTACKING AS AN INDIVIDUAL	Try and distribute the ball to the highest available player with quality	Try and distribute the ball to the highest available player	Try and retain possession & play forwards whenever possible.	Be reliable in possession and link play with midfield
ATTACKING AS A UNIT/TEAM	Look to use the ball positively, quickly and safely	Try and retain possession & play forwards whenever possible	Link play with attackers to create chances. Support play	Create goalscoring opportunities with varied movement.
DEFENDING AS AN INDIVIDUAL	Try and manage the space in behind the defenders	Try and be aggressive in closing down & don't be beaten 1v1	Try and be aggressive in tackles & stop opposition playing forwards	Try and recover the ball as high as possible, whenever possible
DEFENDING AS A UNIT/TEAM	Try and stay connected to your defensive line	Try and stay compact/connected with midfielders	Try and stay connected to defenders & attackers	Recognise when to press/hold/drop
TACTICS/ TRANSITION	Assess risk, hold ball if required	Recover width and depth appropriately. Defend the middle	Stop the opposition playing centrally and track runners	Force play one way, drop if necessary
TACTICS/TRANSITION	Be vocal and organise the defence	Recognise when/ where to squeeze as a defensive unit	Look to screen passes into the opposition CF	Recognise when to press/ hold & drop
REVIEW WEEK	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Technical and Tactical Objectives - Phase 3

Technical & Tactical Topics	Technical & Tactical Challenges			
	GK	DEF	MID	ATT
ATTACKING AS AN INDIVIDUAL	Concentrate and organise defenders to prevent counter attack	Look to take up positions to recycle the ball	Look to get into goal scoring situations	Look to work the keeper in and around the box
ATTACKING AS A UNIT/TEAM	Concentrate and organise defenders to prevent counter attack	Concentrate and organise defenders to maintain defensive shape	Try and link with fellow teammates & be positive	Look to create 2v1 situations
DEFENDING AS AN INDIVIDUAL	Try and get in line/ down the line of the ball	Be brave and keep the ball out of the box	Look to recover with opposition players	Look to recover into spaces where you can be an outlet
DEFENDING AS A UNIT/TEAM	Try and deal with the majority of crosses into the box	Recognise when/where to cover	Look to stay compact with your defensive unit	Recognise when to drop and defend the middle
TACTICS/TRANSITION	Recognise passing options to counter	Recognise when to drive into space and when to pass	Recognise where to pass, through, round or over	Find space in the box to score
TACTICS/TRANSITION	Recognise passing options to counter. Is long the best option?	Pass forwards quickly with few touches	Pass to feet or into space when playing forwards	Look to stretch play in behind
REVIEW WEEK	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Technical and Tactical Objectives - Phase 4

Technical & Tactical Topics	Technical & Tactical Challenges			
	GK	DEF	MID	ATT
ATTACKING AS AN INDIVIDUAL	When to play quickly - direct or short	First pass decision, forwards if possible	Try and receive on the half turn and be positive	Try and be strong in possession & link play
ATTACKING AS A UNIT/TEAM	Try and play quickly to the furthest available point	Try and link with the CF/ wide player/ midfielders	Try and link with the CF/ wide players	Try and link with the midfielders/ wide players
DEFENDING AS AN INDIVIDUAL	Try and take up a positive start positions	Try and be aggressive in closing down & don't be beaten 1v1	Try and be aggressive in tackles & stop opposition playing forwards	Try and make play predictable
DEFENDING AS A UNIT/TEAM	Try and stay connected to your defensive line	Try and stay compact and force play wide	Try and stay compact and force play wide	Recognise when to press/hold/drop
TACTICS/TRANSITION	Can you play quick, short or long?	Regain the ball, first pass simple	Try to play forwards with no risk	Vary movement, to the ball and in behind
TACTICS/TRANSITION	Be positive with the use of the ball	Try and play forwards early with thought	Try and be positive and support the attacks	Link with midfield players to create goal scoring opportunities
REVIEW WEEK	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Technical and Tactical Objectives - Phase 5

Technical & Tactical Topics	Technical & Tactical Challenges			
	GK	DEF	MID	ATT
ATTACKING AS AN INDIVIDUAL	Try and distribute the ball to the highest available player with quality	Try and distribute the ball to the highest available player	Try and retain possession & play forwards whenever possible.	Be reliable in possession and link play with midfield
ATTACKING AS A UNIT/TEAM	Look to use the ball positively, quickly and safely	Try and retain possession & play forwards whenever possible	Link play with attackers to create chances. Support play	Create goalscoring opportunities with varied movement.
DEFENDING AS AN INDIVIDUAL	Try and manage the space in behind the defenders	Try and be aggressive in closing down & don't be beaten 1v1	Try and be aggressive in tackles & stop opposition playing forwards	Try and recover the ball as high as possible, whenever possible
DEFENDING AS A UNIT/TEAM	Try and stay connected to your defensive line	Try and stay compact/connected with midfielders	Try and stay connected to defenders & attackers	Recognise when to press/hold/drop
TACTICS/TRANSITION	Assess risk, hold ball if required	Recover width and depth appropriately. Defend the middle	Stop the opposition playing centrally and track runners	Force play one way, drop if necessary
TACTICS/TRANSITION	Be vocal and organise the defence	Recognise when/where to squeeze as a defensive unit	Look to screen passes into the opposition CF	Recognise when to press/hold & drop
REVIEW WEEK	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Technical and Tactical Objectives - Phase 6

Technical & Tactical Topics	Technical & Tactical Challenges			
	GK	DEF	MID	ATT
ATTACKING AS AN INDIVIDUAL	Concentrate and organise defenders to prevent counter attack	Look to take up positions to recycle the ball	Look to get into goal scoring situations	Look to work the keeper in and around the box
ATTACKING AS A UNIT/TEAM	Concentrate and organise defenders to prevent counter attack	Concentrate and organise defenders to maintain defensive shape	Try and link with fellow teammates & be positive	Look to create 2v1 situations
DEFENDING AS AN INDIVIDUAL	Try and get in line/ down the line of the ball	Be brave and keep the ball out of the box	Look to recover with opposition players	Look to recover into spaces where you can be an outlet
DEFENDING AS A UNIT/TEAM	Try and deal with the majority of crosses into the box	Recognise when/where to cover	Look to stay compact with your defensive unit	Recognise when to drop and defend the middle
TACTICS/TRANSITION	Recognise passing options to counter	Recognise when to drive into space and when to pass	Recognise where to pass, through, round or over	Find space in the box to score
TACTICS/TRANSITION	Recognise passing options to counter. Is long the best option?	Pass forwards quickly with few touches	Pass to feet or into space when playing forwards	Look to stretch play in behind
REVIEW WEEK	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion	PHASE REVIEW - Coach Discretion

Morecambe FC Academy  
YDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





2.6 Pro-Development Phase – Coaching Curriculum



**Morecambe FC Academy PDP Curriculum**  
**Professional Development Phase Scheme of Work and Overview**  
**2023-24 Season**

DEVELOPING YOUR  
POTENTIAL TOGETHER





**Professional Development Phase (17 -21s):  
Learning to win**

During the professional development phase players will experience league positions in the 11v11 format. Learning to win will become a key element of their development as they could potentially be called up into the first team at any time. We are looking for players to demand excellence of themselves in their personal development, specialising in a particular position, within the frame work of the team. Having experienced this phase of development, players will have the rounded skills to play the adult game at a professional and semi- professional level.



**Morecambe FC Academy  
PDP Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

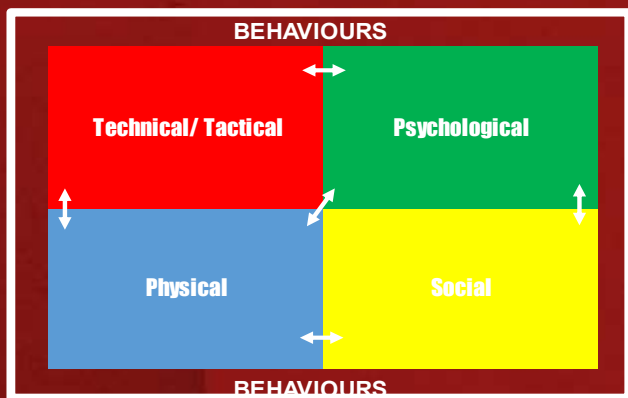
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### Our values behind the scheme of work.....

The Morecambe FC Academy curriculum for the Youth Development Phase will support the children in their journey in sport and life by providing players with 10,000 experiences in which they can **DEVELOP**, **INSPIRE**, **LEARN** & **EXPERIENCE** to support the holistic development of each player around the nationally recognised four corners of player development.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Technical and Tactical

### **In Possession**

Retain the ball effectively  
 Share & Combine creatively  
 Attacking principles as an individual unit & a team  
 Create Space (Height, width and depth)  
 Create and Score

### **Out of Possession**

Recover the ball quickly (Pressing triggers)  
 Experiencing a variety of roles & responsibilities  
 Delay, Deny & Dictate  
 Defending outnumbered & Goal Protection

### **Transition**

Retain the ball - first pass simple after regain  
 Quick & efficient decision -making  
 Positivity & awareness in the attacking & defensive transition  
 Play forwards, run forwards

**Morecambe FC Academy  
 PDP Curriculum**

**DEVELOPING YOUR  
 POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Player Friendly Principles of Play

**Positive Play** Can I play forwards quickly and as early as possible. I might have to run/dribble to do this. Play Forwards, Run Forwards.

**Delay-** If I'm the closest player to the ball (on our team) can I stop the other team playing forward to help a mate recover back into shape and help our team defend?

**In possession make the pitch as big as possible** Can I give my team options by making the pitch as wide and as long as possible. Can I do this quickly when we have possession? Height, Width, Depth.

**Deny Space-** Is the space between myself and my team mates either side of me, in front of me and behind me, close enough so we can intercept passes and players entering that space?

**Lose opposition/Create space** Can I rotate positions with my team mate in the middle and final third? Find Space Cleverly.

**When and Where to Press** Triggers are : after losing the ball, a long pass a slow pass, a poor touch and when the opposing player has his back to the goal.

**Out of Possession, Stay Compact, Defend the Middle** Can I position myself close to team mate never square and always in relation to the ball. Defend Where The Ball Is.

**Be Clever and Inventive (in the right areas)** I try something new when I have the ball to beat a defender or go forward quickly. Find a way out of tight spaces.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

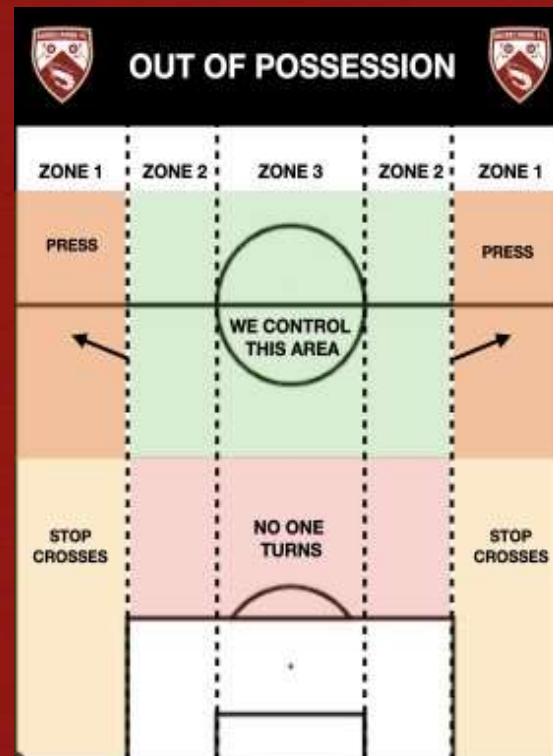
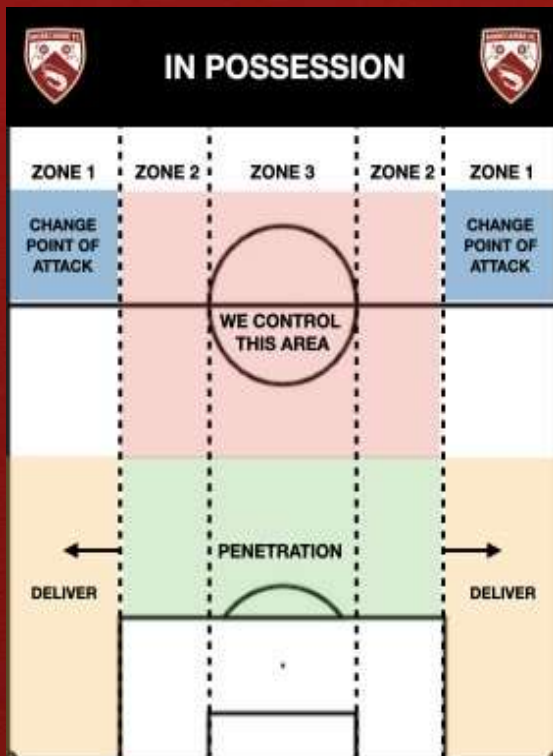
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

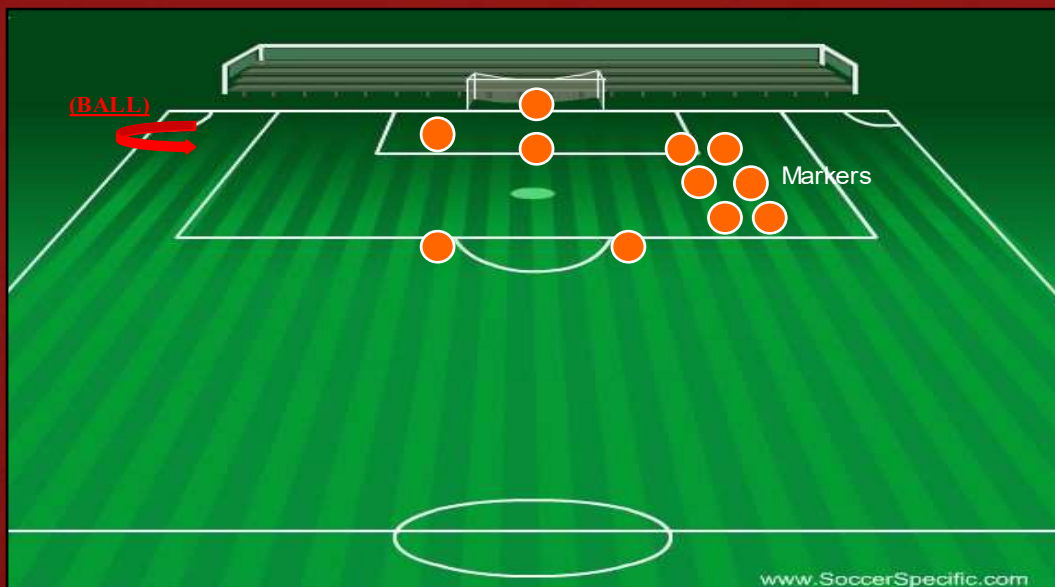
MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Set Pieces

Defensive set pieces, particularly corners, to replicate first team set piece principles, such as amount of markers, type of marking and amount of players back to defend.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Physical Development

## U17's – U21's

### Lead Sport Scientist

SAQ sessions to support the development of reactive agility, speed & quickness. Position specific movement is built into warmups by incorporating quick feet, COD, plyometrics or unilateral/bilateral drills. Functional movement testing and application of movement patterns are integrated according to individual ILPS. Strength & powerbased sessions in the gym.

## Areas to develop

Reactive Agility, Balance, Coordination, Unilateral/Bilateral, Change of Direction, Plyometrics, Speed, Strength/Resistance, Functional Movement, Endurance (Aerobic/Anaerobic)

## How?

This will include individual & group sessions, engaging in specific movements, 1v1 contests, reactive agility, speed & quickness, using their own body weight, core and muscle stabilisation activities and conditioned/constrained practices and games to achieve physical outcomes. Varied gym programmes, in groups & individually.

**Morecambe FC Academy  
PDP Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Social Characteristics

### Team Player

Recognises the importance of being part of a team.  
Understands their role within the team.  
Prepared to lead and also follow others.

### Role Model

Displays excellent behaviours and represents the football club positively both on and off the pitch.  
Adheres to club expectations and associated codes of conduct.

### Hard Worker

Gives 100% effort in both practices and games.  
Attends all training sessions and games.  
Develops themselves throughout the four corners away from the Academy.

### Lifelong Learner

Recognises the importance of learning.  
Takes information on board and uses this to make informed, independent decisions.  
Uses goal setting and understands the process benefits the outcome.

### 'Can Do' Attitude

Willing to try new things in order to learn and develop.  
Displays positive behaviours and supports others in their learning.  
Understands the pathway to success is not a smooth ride.

### How?

Responsibility and ownership encouraged and promoted in practices and games.  
Players to be regularly paired/grouped with different players within their team and other age groups.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Psychological Characteristics

### Confidence

A belief in your own ability.  
Not afraid to take risks and try new things.  
Plays with freedom and doesn't let mistakes affect performance.

### Control

Displays emotional control in a variety of different situations.  
Regulates thoughts and emotions to support performance.  
Reacts positively to different situations.

### Commitment

Loves the game and enjoys giving 100% in training and games.  
Displays a motivation and desire to learn and achieve.  
Embraces setbacks and difficult challenges.

### Communication

Conveys information positively to teammates, staff and officials.  
Inquisitive, asking relevant questions to support learning.  
Displays respect and listening skills to all within the group.

### Concentration

Remains on task and focused throughout practice and games.  
Prioritises the right things at the right times to aid learning and development.  
Regulates attention to maximise performance.

### How?

Conditioned and constraints led practices/games which stretch the players' capabilities.  
Encouragement of goal setting to aid in reflection and autonomy of learning.  
Linking the Cs to the block of learning.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Behaviours

### Positivity

“Can I play forwards as quickly as possible or help my teammates play forwards”

### Resilience

“I don’t give up and I recover from hard situations I find myself in (injuries, losing the ball etc.)”

### Self Drive

“Can I set goals effectively?”  
“Can I motivate myself?”

### Creativity

“I try and think of new skills, and I am happy to try something new, even if I make mistakes at the start”

### Learning

“If I need help from a teammate or coach, I will ask and not give up”

### How?

Conditioned & constraints led games and practices which stretch the players capabilities  
All sessions planned to incorporate at least one ‘Behaviour’  
Regular prompting by club staff

**Morecambe FC Academy  
PDP Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Technical Curriculum

### In Possession

- Control the game through overloads in all areas
- Positive attitude to play forwards or run forwards
- Range of passing techniques
- Range of receiving techniques
- Aerial ability general & set plays
- Always available to receive & give options
- Reacting positively when the ball is won
- Playing simple & fast looking to score

### Out of Possession

- Recover the ball as quickly as possible
- Aggressive & Fast in closing down
- Two jobs in marking, Player & Space
- Compactness/shape
- Recovery runs with pace & intensity
- Cover, balance and communication
- Desire not to be beaten & concede
- Aerial ability general & set plays

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## Macro Objectives

The aim of Morecambe FC Youth Development Phase curriculum is to provide players with a variety of **EXPERIENCES** to support each individuals' holistic **DEVELOPMENT** as a person and as a player, in order to **INSPIRE** them to engage in sport through the game we love.

The curriculum also aims to encourage players to **LEARN** and apply their technical competencies in a decision -making environment, to support decision -making behind 'When, Why, Where' to complete a specific technique.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER



ACADEMY



ACADEMY



# Morecambe FC Academy PDP Technical Curriculum Scheme Of Work

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# 7 Week Phase Scheme of Work

<i>Week</i>	<i>Theme</i>	<i>Behaviours</i>	<i>Homework Task</i>
1	<b>Attacking as an individual</b>	<b>Positivity/ Creativity/ Learn</b>	<b>Recovery &amp; Reflection</b>
2	<i>Attacking as a unit/team</i>	<i>Positivity/ Sharing/ Resilience/ Creativity/ Learn</i>	<i>Physical Challenge</i>
3	<b>Defending as an individual</b>	<b>Positivity/ Learn</b>	<b>Recovery &amp; Reflection</b>
4	<i>Defending as a unit/team</i>	<i>Positivity/ Sharing/ Resilience/ Learn</i>	<i>Physical Challenge</i>
5	<b>Transition/ Tactical Awareness</b>	<b>Positivity/ Sharing/ Resilience/ Creativity/ Learn</b>	<b>Recovery &amp; Reflection</b>
6	<i>Transition/ Tactical Awareness</i>	<i>Positivity/ Sharing/ Resilience/ Creativity/ Learn</i>	<i>Physical Challenge</i>
7	<b>Review, Consolidation and Testing</b>		<b>Recovery &amp; Reflection</b>

The specific topic for each week will be down to the coaches discretion, giving them the freedom to meet the players needs. Players will also be required to complete a reflection sheet after each week block through the PMA software.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



# 6 Phase Topics Over The Season

1

2

3

4

5

6

Retain the ball and make good decisions	Dominate the opposition, be positive and play forwards quickly	Be clever, create and score	Retain the ball and make good decisions	Dominate the opposition, be positive and play forwards quickly	Be clever, create and score
Stay compact and recover the ball quickly	Stop the opposition dominating possession and deny goalscoring opportunities	Protecting the goal	Stay compact and recover the ball quickly	Stop the opposition dominating possession and deny goalscoring opportunities	Protecting the goal
Secure the ball and play forwards	Recover shape as quickly as possible	Exploit forward space	Secure the ball and play forwards	Recover shape as quickly as possible	Exploit forward space

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Key Vocabulary

'Maintain High Intensity' In coaches' own words (PRESS, WORK HIM, RECOVER etc)

Create, Maintain, EXPLOIT Space (Height, Width, Depth)

Recover the ball, first pass simple. Secure the ball.

Play forwards (As soon as possible)

Compact the pitch. Defend the middle/central areas.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



**Technical and Tactical**

- 'Ball Control' I move the ball in different ways by using different parts of my feet
- 'Defending and Tackling' regain the ball back if I lose it and TRY and keep it.
- 'Range of Passing' I TRY and pass/strike the ball using both feet with different techniques.
- 'Heading'- Be proficient to be able to head the ball offensively and defensively.
- 'Working in Units' I TRY and dominate the opposition in various areas of the pitch related to my position.
- 'Working within the team' understand my role in and out of possession.

**Psychological**

- 'Confidence' I TRY new things in training/games and not afraid of making mistakes
- 'Commitment'- If I find something hard or make mistakes I ~~learn~~ learn and don't give up.
- 'Communication' I listen to my coaches and I verbally communicate with them to answer questions.
- 'Control'- I TRY and react positively in difficult situations but sometimes make mistakes
- 'Concentration' I TRY and keep focus by staying on task away from distractions.
- 'Be Positive' I TRY and play forwards when I can, and I TRY and win the ball back as quickly as possible if I lose it.

**Physical**

- 'ABCs'- I have had opportunities to work on my agility, balance and coordination both with and without the ball.
- 'Movement Patterns' I have experienced different movements that I will use in football both with and without the ball.
- 'Speed'- I have had opportunities to work on my speed, both with and without the ball.
- 'Strength'- I have had opportunities to improve my overall body strength through games that require me to take contact with others.

**Social**

- 'Hard Worker'- Whatever I do I try my hardest and never give up.
- 'Lifelong Learner' I engage with the challenge for the session and ask questions I don't understand.
- 'Can Do Attitude' I TRY and think about how I can improve and I don't mind making mistakes because I know that's how I learn.
- 'Reflection' I TRY and think about my performance in the session or game and how I can improve next time.

**Morecambe FC Academy  
PDP Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# Match Day Warm ups

## Like The Game



Looking like the game with direction (back to front rather than sideways) scoring system, pressure

## End Product



Towards the end of the warm up it has to look closer to the game, with transitions, pressure, shots and goals

## ILPs



Link warmups to the individuals' ILPs if possible, enabling them to practice scenarios they may encounter in game

**Morecambe FC Academy  
PDP Curriculum**

**DEVELOPING YOUR  
POTENTIAL TOGETHER**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



End to end practice, can be with starting players and/or substitutes. Try and work in the central area of the pitch on roughly 30 x 40 distance. The aim is to prepare the players mentally and physically to perform well from minute 1 to 90 with a directional practice that relates as closely to the game as possible. Sports Science warm up and unopposed technical work to precede this.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





# PMA

## Morecambe FC Academy PDP Curriculum

### Performance Review

The coach will complete a 'Performance Review' for each player. This will be based on their performance around characteristic within each of the 4 corners.

### ILP's

Players will be provided with Individual Learning Plans based on their Performance Reviews (both player and coach scores) This will be worked upon throughout the season by coaching staff and multi disciplinary staff and regularly reviewed to support the player's development.

### Curriculum Objectives

For each week players will be given a challenge which relates to the PDP Curriculum and individual phase topics these will change each week and will be preloaded onto PMA.

### Match Objectives

Each week players will receive a match day objective. These will be separate to the curriculum & based on the player's position/needs. The challenges will be reviewed each week using a grading system & comment.

### Team Objectives

The teams performance will be reviewed briefly using the individual phase topics. e.g. Be positive & play forwards.

### Training/Game Performance Clock

Players' sessions and attendance will be recorded by coaching staff, as well as game minutes throughout the season. These will be regularly monitored to support each player's development.

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



## ILPs

Players and coaches collaborate and discuss what the player's four key strengths and 4 key areas of improvement are, based around the four corners. This is then inputted into an Individual Learning Plan for the player which is worked on weekly, graded and constantly assessed in order to improve the players in these areas.

These ILPs will then form a large part of the 6 week review process.

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





ACADEMY



ACADEMY



# Technical and Tactical Objectives PDP Scheme Of Work

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



# Technical and Tactical Objectives - Phase 1

Technical & Tactical Topics	Technical & Tactical Challenges					
	GK	Full Backs	Central Defenders	Central midfielders	Wingers	Strikers
ATTACKING AS AN INDIVIDUAL	When to play quickly-direct or short.	First pass decision-forwards if possible. Direct/short.	First pass simple, direct or short (FB, CM, ST)	Forward pass - retain or create	Pass or dribbleEnd productn final third.	Movement in and around the penalty area to score.
ATTACKING AS A UNIT/ TEAM	Speed of play - start a counter/slow the game down.	When to support from behind/when to overlap beyond wide player	Look to play forward to furthest team mate if possible.	Movement to receive to play forwards. Rotate when necessary	Movement to receive in space to play forwards, either wide or inside	Be reliable in possession, protect the ball and positive facing goal
DEFENDING AS AN INDIVIDUAL	Communication- act as a sweeper.	Don't be beaten 1v1	Know when to get tight and when to drop. Dominate physically	Stop opposition playing forwards. Regain if possible	Don't be beaten 1v1.	Make play predictable. Show one way
DEFENDING AS A UNIT/ TEAM	Communication - stay connected to defensive line.	Communication - force play wide in defensive third.	Maintain compactness. Force play wide and defend balls in box	Stay compact and force play wide. NO through balls between lines	Force play wide and narrow off when appropriate.	When to press when to drop. Force one way
TACTIC/ TRANSITION	Can you play quick, short or long?	Regain the ball, first pass simple	Try to play forwards with no risk.	Know when to support forward players.	Link with midfield to create. Attack with fewer touches	Vary movement, to the ball/in behind. End product
TACTICS/ TRANSITION	Claim crosses with confidence, decide whether to play quickly	Recognise passing options after regaining.	Win aerial battles/1v1 duels. Move higher with the ball	When to support behind, when to go beyond.	Maintain possession. Can we counter wide/central?	Hold up and lay offEnd product Shoot/pass.
REVIEW WEEK	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Technical and Tactical Objectives - Phase 2

Technical & Tactical Topics	Technical & Tactical Challenges					
	GK	Full backs	Central Defenders	Central Midfielders	Wingers	Strikers
ATTACKING AS AN INDIVIDUAL	Distribute the ball to the highest available player with quality	Distribute the ball to the highest available player. Striker/wide player.	Retain possession & play forwards whenever possible. No risk.	Keep possession & play forwards whenever possible. Create/retain.	Create/retain. Attack 1v1 whenever isolated in attacking half.	Be reliable in possession and link play with midfield.
ATTACKING AS A UNIT/ TEAM	Look to use the ball positively, quickly and safely	Retain possession & play forwards whenever possible	Play forwards whenever possible with composure. No risk.	Link play with attack to create chances. Support play.	Attack the space and create end product	Create goalscoring opportunities with varied movement
DEFENDING AS AN INDIVIDUAL	Communicate - manage the space in behind the defenders	Be aggressive in closing down & don't be beaten 1v1	Be aggressive, don't let forwards turn.	Stop opposition playing forwards. Get tight when necessary	Be aggressive in closing down & don't be beaten 1v1	Recover the ball as high as possible, whenever possible
DEFENDING AS A UNIT/ TEAM	Stay connected to your defensive line. Start positions.	Stay compact, push up when necessary.	Stay compact, push up when necessary.	Stay connected to defence and attack. Compactness.	Stay connected to midfield unit. Narrow off, nearest man close.	Recognise when to press/ hold/ drop
TACTIC/ TRANSITION	Assess risk, hold ball if required	Recover depth and width appropriately. Defend the middle.	Recognise when to cover partner, try and stay central	Stop the opposition playing centrally and track runners	Defend where the ball is, centrally or on your side	Force one way, drop if necessary. Can I press?
TACTIC/ TRANSITION	Manage defence to maintain compactness	Recover depth and width appropriately. Defend the middle.	Recognise when to cover partner, try and stay central	Stop the opposition playing centrally and track runners	Press with intensity, recover shape quickly	Press high up to regain the ball if possible
REVIEW WEEK	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER



# Technical and Tactical Objectives - Phase 3

Technical & Tactical Topics	Technical & Tactical Challenges					
	GK	Full backs	Central Defenders	Central Midfielders	Wingers	Strikers
ATTACKING AS AN INDIVIDUAL	Recognise passing options and distribute accordingly	Create width quickly with effective body shape to receive to play forwards.	Create width/depth quickly to receive to play forwards.	Choose when to support behind and when to join the attack/be able to score	Movement to receive, either wide or inside between the lines.	Look to work the keeper in and around the box
ATTACKING AS A UNIT/ TEAM	Recognise passing options and distribute with correct speed	Organise defenders to maintain defensive shape	Organise defenders to maintain defensive shape	Be dynamic to help with teammates & be positive	Exploit 1v1 situations with speed and cleverness.	Look to create 2v1 situations with clever movement.
DEFENDING AS AN INDIVIDUAL	Get in line/ down the line of the ball with good distances.	Be brave and keep the ball out of the box. STOP CROSSES.	Compete individually with determination inside the box.	Recover quickly with opposition players. Track danger.	Track runners, get behind the ball quickly. Narrow off.	Look to recover into spaces where you can be an outlet
DEFENDING AS A UNIT/ TEAM	Deal with the majority of crosses into the box with confidence.	Recognise when/where to cover	Cover others within defensive unit when out of shape.	Look to stay compact within the midfield area	Narrow off when ball is on the opposite flank. Distances.	Recognise when to drop and effect the oppositions.
TACTIC/ TRANSITION	Recognise passing options on counter	Recognise when to drive into space, when to pass	Recognise space to pass, around, through or over	Recognise where to pass, through wide or over	Be positive in 1v1 situations. Find space for end product	Find space in the box to score
TACTIC/ TRANSITION	Recognise passing options on counter. Is long the best option?	Pass forwards quickly with few touches.	Pass forwards quickly with few touches. No risk.	Pass to feet or into space when playing forwards	Use few touches when countering quickly	Look to stretch the pitch to create space for others. Be an option when needed
REVIEW WEEK	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Technical and Tactical Objectives - Phase 4

Technical & Tactical Topics	Technical & Tactical Challenges					
	GK	Full Backs	Central Defenders	Central midfielders	Wingers	Strikers
<b>ATTACKING AS AN INDIVIDUAL</b>	When to play quickly- direct or short.	First pass decision- forwards if possible. Direct/short.	First pass simple, direct or short (FB, CM, ST)	Forward pass- retain or create	Pass or dribble to final third.	Movement in and around the penalty area to score.
<b>ATTACKING AS A UNIT/ TEAM</b>	Speed of play- start a counter/slow the game down.	When to support from behind/when to overlap beyond wide player	Look to play forward to furthest team mate if possible.	Movement to receive to play forwards. Rotate when necessary	Movement to receive in space to play forwards, either wide or inside	Be reliable in possession, protect the ball and positive facing goal
<b>DEFENDING AS AN INDIVIDUAL</b>	Communication- act as a sweeper.	Don't be beaten 1v1	Know when to get tight and when to drop. Dominate physically	Stop opposition playing forwards. Regain if possible	Don't be beaten 1v1.	Make play predictable. Show one way
<b>DEFENDING AS A UNIT/ TEAM</b>	Communication - stay connected to defensive line.	Communication - force play wide in defensive third.	Maintain compactness. Force play wide and defend balls in box	Stay compact and force play wide. NO through balls between lines	Force play wide and narrow off when appropriate.	When to press when to drop. Force one way
<b>TACTIC/ TRANSITION</b>	Can you play quick, short or long?	Regain the ball, first pass simple	Try to play forwards with no risk.	know when to support forward players.	Link with midfield to create. Attack with fewer touches	Vary movement, to the ball/in behind. End product
<b>TACTICS/ TRANSITION</b>	Claim crosses with confidence, decide whether to play quickly	Recognise passing options after regaining.	Win aerial battles/1v1 duels. Move higher with the ball	When to support behind, when to go beyond.	Maintain possession. Can we counter wide/central?	Hold up and lay off/End product. Shoot/pass.
<b>REVIEW WEEK</b>	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY



# Technical and Tactical Objectives - Phase 5

Technical & Tactical Topics	Technical & Tactical Challenges					
	GK	Full backs	Central Defenders	Central Midfielders	Wingers	Strikers
<b>ATTACKING AS AN INDIVIDUAL</b>	Distribute the ball to the highest available player with quality	Distribute the ball to the highest available player. Striker/wide player.	Retain possession & play forwards whenever possible. No risk.	Keep possession & play forwards whenever possible. Create/retain.	Create/retain. Attack 1v1 whenever isolated in attacking half.	Be reliable in possession and link play with midfield.
<b>ATTACKING AS A UNIT/ TEAM</b>	Look to use the ball positively, quickly and safely	Retain possession & play forwards whenever possible	Play forwards whenever possible with composure. No risk.	Link play with attack to create chances. Support play.	Attack the space and create end product	Create goalscoring opportunities with varied movement
<b>DEFENDING AS AN INDIVIDUAL</b>	Communicate - manage the space in behind the defenders	Be aggressive in closing down & don't be beaten 1v1	Be aggressive, don't let forwards turn.	Stop opposition playing forwards. Get tight when necessary	Be aggressive in closing down & don't be beaten 1v1	Recover the ball as high as possible, whenever possible
<b>DEFENDING AS A UNIT/ TEAM</b>	Stay connected to your defensive line. Start positions.	Stay compact, push up when necessary.	Stay compact, push up when necessary.	Stay connected to defence and attack. Compactness.	Stay connected to midfield unit. Narrow off, nearest man close.	Recognise when to press/hold/ drop
<b>TACTIC/ TRANSITION</b>	Assess risk, hold ball if required	Recover depth and width appropriately. Defend the middle.	Recognise when to cover partner, try and stay central	Stop the opposition playing centrally and track runners	Defend where the ball is, centrally or on your side	Force one way, drop if necessary. Can I press?
<b>TACTIC/ TRANSITION</b>	Manage defence to maintain compactness	Play forwards quickly if possible, can I attack?	Push up the pitch when we counter. Assess danger	Quick to regain the ball with intensity and retain	Press with intensity, recover shape quickly	Press high up to regain the ball if possible
<b>REVIEW WEEK</b>	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER





# Technical and Tactical Objectives - Phase 6

Technical & Tactical Topics	Technical & Tactical Challenges					
	GK	Full backs	Central Defenders	Central Midfielders	Wingers	Strikers
<b>ATTACKING AS AN INDIVIDUAL</b>	Recognise passing options and distribute accordingly	Create width quickly with effective body shape to receive to play forwards.	Create width/depth quickly to receive to play forwards.	Choose when to support behind and when to join the attack/be able to score	Movement to receive, either wide or inside between the lines.	Look to work the keeper in and around the box
<b>ATTACKING AS A UNIT/ TEAM</b>	Recognise passing options and distribute with correct speed	Organise defenders to maintain defensive shape	Organise defenders to maintain defensive shape	Be dynamic to link with teammates & be positive	Exploit 1v1 situations with speed and cleverness.	Look to create 2v1 situations with clever movement.
<b>DEFENDING AS AN INDIVIDUAL</b>	Get in line/ down the line of the ball with good distances.	Be brave and keep the ball out of the box. STOP CROSSES.	Compete individually with determination inside the box.	Recover quickly with opposition players. Track danger.	Track runners, get behind the ball quickly. Narrow off.	Look to recover into spaces where you can be an outlet
<b>DEFENDING AS A UNIT/ TEAM</b>	Deal with the majority of crosses into the box with confidence.	Recognise when/where to cover	Cover others within defensive unit when out of shape.	Look to stay compact within the midfield area	Narrow off when ball is on the opposite flank. Distances.	Recognise when to drop and effect the oppositions.
<b>TACTIC/ TRANSITION</b>	Recognise passing options on counter	Recognise when to drive into space, when to pass	Recognise space to pass, around, through or over	Recognise where to pass, through wide or over	Be positive in 1v1 situations. Find space for end product	Find space in the box to score
<b>TACTIC/ TRANSITION</b>	Recognise passing options on counter. Is long the best option?	Pass forwards quickly with few touches.	Pass forwards quickly with few touches. No risk.	Pass to feet or into space when playing forwards	Use few touches when countering quickly	Look to stretch the pitch to create space for others. Be an option when needed
<b>REVIEW WEEK</b>	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW	PHASE REVIEW

Morecambe FC Academy  
PDP Curriculum

DEVELOPING YOUR  
POTENTIAL TOGETHER

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





## 2.7 SESSION PLANNING

### Session Plan Considerations

Session planning has to take more into consideration than just the age group and point in the curriculum. There needs to be a multi-disciplinary approach to the type of session, level of intensity, duration, proximity to a match, recovery and rest periods, weather conditions, time of year. There are several things to consider meaning that working closely with the sports science department who monitor load and physical well-being; first team staff to enquire if any players are to be involved with them in upcoming training and games; even potentially safeguarding and welfare.

There will be broad guidelines that will be followed across the phases in relation to the game programme and recovery periods. Invariably days preceding games will be match preparation, Friday morning sessions for PDP; Saturday morning sessions for any academy groups training that day. These sessions will need to be of a lower intensity due to a match being played the next day. The impact that a game might have on academy players recovery levels is taken into consideration; Monday morning in PDP is generally a lighter intensity as they are still recovering. In the PDP phase this can also be affected by reserve team games that are on a midweek so sessions prior and after would be lighter for those involved.

Within an age group there may be players who haven't played so will need more physical work in training. These are all considerations that the coaches need to have when planning sessions.

### FOUNDATION PHASE

<p><b>FOUNDATION PHASE</b> <b>Session Plan</b> <b>Guidelines</b></p>	<p>A typical coaching session will follow the structure outlined below. However, coaches have the discretion to decide whether the particular group they are working with would benefit from an alternative structure i.e., Whole-Part-Whole game-based sessions.</p> <p><b>All syllabus coaching Sessions Under 9's – Under 12's</b></p> <ol style="list-style-type: none"> <li>1   Arrival activities (Individual Technical Challenges)</li> <li>2   FUNdamental warm up</li> <li>3   Discuss topic of session (Objectives &amp; Outcomes in 4 corners)</li> <li>4   Skill Practice/Technical Practice</li> <li>5   Skill Practice and/or Functional Practice in area of pitch</li> <li>6   Review &amp; consolidation</li> </ol> <p><b>All Physical Development sessions (led by Sports Science)</b></p> <ol style="list-style-type: none"> <li>1   Warm up</li> <li>2   Gym work (Band work)</li> <li>3   Cool down</li> </ol>
--	--





YOUTH DEVELOPMENT PHASE

<p><b>YOUTH DEVELOPMENT PHASE</b> <b>Session Plan Guidelines</b></p>	<p>A typical coaching session will follow the structure outlined below. However, coaches have the discretion to decide whether the particular group they are working with would benefit from an alternative structure i.e., Whole-Part-Whole game-based sessions.</p> <p><b>All syllabus coaching Sessions Under 13's – Under 16's</b></p> <ol style="list-style-type: none"> <li>1 Arrival activities (Individual Technical Challenges)</li> <li>2 Core warm up session (Physical movement)</li> <li>3 Discuss topic of session (Objectives &amp; Outcomes in 4 corners)</li> <li>4 Skill Practice/ and/or Functional/POP practice in area of pitch</li> <li>5 Small sided games (Ratio – 5 minutes play/1 minute instructions)</li> <li>6 Core cool down and stretches (Coach/Player lead)</li> </ol> <p><b>All Physical Development sessions (led by Sports Science)</b></p> <ol style="list-style-type: none"> <li>1 Warm up</li> <li>2 Gym work (Band work)</li> <li>3 Cool down</li> </ol>
--	--

PRO-DEVELOPMENT PHASE

<p><b>PRO-DEVELOPMENT PHASE</b> <b>Session Plan Guidelines</b></p>	<p>A typical coaching session will follow the structure outlined below. However, coaches have the discretion to decide whether the particular group they are working with would benefit from an alternative structure i.e., Whole-Part-Whole game-based sessions.</p> <p><b>All syllabus coaching Sessions Under 18's</b></p> <ol style="list-style-type: none"> <li>1 Arrival activities (Individual Technical Challenges)</li> <li>2 Core warm up session (Physical movement)</li> <li>3 Discuss topic of session (Objectives &amp; Outcomes in 4 corners)</li> <li>4 Skill Practice/ and/or Functional/POP practice in area of pitch</li> <li>5 Small sided games (Ratio – 5 minutes play/1 minute instructions)</li> <li>6 Core cool down and stretches (Coach/Player lead)</li> <li>7 Potential for ILP work</li> </ol> <p><b>All Physical Development sessions (Sports Science)</b></p> <ol style="list-style-type: none"> <li>1 Warm up</li> <li>2 Gym work (Band work)</li> <li>3 Cool down</li> </ol>
--	--

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





2.8 GAME TIME, PLANNING & EVALUATION

**MATCHDAY FORMAT DOCUMENT (FOUNDATION PHASE)**

There is a specific Matchday Format for coaches to follow.

MATCHDAY FORMAT – FOUNDATION PHASE	
<b>60 minutes before Kick Off</b>	- Players and staff report for the game. Social opportunity for players & coaches. (Subject to change depending on Home/Away, Venue & facilities, etc.)
<b>55 minutes before Kick Off</b>	- Name the team. Let the players get changed.
<b>45 minutes before Kick Off</b>	- Present a structured pre-match motivated, positive team talk. Use of tactics board, white board, discs, diagrams, discussion, question & answer – Remember the players all learn in different ways. <b>Team</b> - Involve all the players in the team learning objectives. Refer to the coaching sessions/coaching programme, use of visual aids. <b>Individual</b> - Involve each player in his own learning objectives. Refer to individual learning objectives from coaching sessions/programme, use of visual aids. <b>Set-Pieces</b> - Individual positional learning objectives defending/attacking at set-pieces. Use visual aids in the dressing room. Refer to coaching programme.
<b>30 minutes before Kick Off</b>	- Take team out and do a practical team shape session. Emphasise team and individual learning objectives. During the session refer to weekly coaching programme, team & individual learning objectives.
<b>20 minutes before Kick Off</b>	- Pre-game warm up covering Technical, Physical & Psychological aspects from the coaching programme.
<b>Kick Off</b>	- During the game <b>do not</b> commentate, re-position players or make decision for players. - <b>Do</b> encourage the players with positive language and assurance. - Remain calm, professional & focussed during the game. - Analyse individual & team objectives. - Do not argue with match officials. - Set substitutes a structured technical practice in preparation for the game, (if facilities allow).
<b>Half-Time</b>	- Remember when conducting team talks: - Keep the team talk simple. - Use a variation of coaching methods/styles, visual aids to emphasise points you have observed. - Remain calm, positive, and professional, - Revisit team & individual learning objectives
<b>After Game Debrief &amp; Feedback</b>	- Provide a structured cool down period at the end of the game. (This also gives the coach a cooling down period). - Keep it simple. - Use visual aids. - Review the team & individual learning objectives. - Prepare the group for the forthcoming weekly coaching programme. - Remain positive





MATCHDAY FORMAT DOCUMENT – YOUTH DEVELOPMENT PHASE

There is a specific Matchday Format for coaches to follow.

MATCHDAY FORMAT – YOUTH DEVELOPMENT PHASE	
60 minutes before Kick Off	- Players and staff report for the game. Social opportunity for players & coaches. (Subject to change depending on Home/Away, Venue & facilities, etc.)
55 minutes before Kick Off	- Name the team. Let the players get changed.
45 minutes before Kick Off	- Present a structured pre-match motivated, positive team talk. (Use of tactics board, white board, discs, diagrams, discussion, question & answer – Remember the players all learn in different ways). <b>Team</b> - Involve all the players in the team learning objectives. (Refer to the coaching sessions/coaching programme, use of visual aids). <b>Individual</b> - Involve each player in his own learning objectives. (Refer to individual learning objectives from coaching sessions/programme, use of visual aids). <b>Set-Pieces</b> - Individual positional learning objectives defending/attacking at set-pieces. Use visual aids in the dressing room. Refer to coaching programme.
30 minutes before Kick Off	- Take team out and do a practical team shape session. Emphasise team and individual learning objectives. During the session refer to weekly coaching programme, team & individual learning objectives.
20 minutes before Kick Off	- Pre-game warm up covering Technical, Physical & Psychological aspects from the coaching programme.
Kick Off	- During the game <b>do not</b> scream at players, commentate, or argue with match officials. - <b>Do</b> encourage the players with positive language and assurance. - Remain calm, professional & focussed during the game. - Analyse individual & team objectives. - Set substitutes a structured technical practice in preparation for the game, (if facilities allow).
Half-Time	- Remember when conducting team talks: - Keep the team talk simple. - Use a variation of coaching methods/styles, visual aids to emphasise points you have observed. - Remain calm, positive, and professional, - Revisit team & individual learning objectives
After Game Debrief & Feedback	- Provide a structured cool down period at the end of the game. (This also gives the coach a cooling down period). - Keep it simple. - Use visual aids. - Review the team & individual learning objectives. - Prepare the group for the forthcoming weekly coaching programme. - Remain positive





**MATCHDAY FORMAT DOCUMENT – PROFESSIONAL DEVELOPMENT PHASE**

There is a specific Matchday Format for coaches to follow.

<b>MATCHDAY FORMAT – PROFESSIONAL DEVELOPMENT PHASE</b>	
<b>105 minutes before Kick Off</b>	- Meeting time & social opportunity for players & staff. (Subject to change depending on Home/Away, Venue & facilities, etc.)
<b>90 minutes before Kick Off</b>	- Name the team and present a structured pre-match motivated team talk. (Use of tactics board, white board, discs, diagrams, discussion, question & answer – Remember the players all learn in different ways).
	<p><b>Team</b></p> <ul style="list-style-type: none"> <li>- Involve all the players in the team learning objectives. (Refer to the coaching sessions/coaching programme, use of visual aids).</li> </ul> <p><b>Individual</b></p> <ul style="list-style-type: none"> <li>- Involve each player in his own learning objectives. (Refer to individual learning objectives from coaching sessions/programme, use of visual aids).</li> </ul> <p><b>Set-Pieces</b></p> <ul style="list-style-type: none"> <li>- Individual positional learning objectives defending/attacking at set-pieces. Use visual aids in the dressing room. Refer to coaching programme.</li> </ul>
<b>75 minutes before Kick Off</b>	- Players get changed.
<b>60 minutes before Kick Off</b>	- Players & staff leave for .....
<b>45 minutes before Kick off</b>	- Pre-game warm up covering Technical, Physical & Psychological aspects from the coaching programme.
<b>Kick Off</b>	<ul style="list-style-type: none"> <li>- During the game <b>do not</b> scream directly at or be overly critical of individuals. Also, do not commentate the players through the game.</li> <li>- <b>Do not</b> argue with match officials.</li> <li>- <b>Do</b> encourage the players with positive language and assurance.</li> <li>- Remain calm, professional &amp; focussed during the game.</li> <li>- Analyse individual &amp; team objectives.</li> <li>- Substitutes to carry out periodic warmups and observation of the game.</li> </ul>
<b>Half-Time</b>	<ul style="list-style-type: none"> <li>- Remember when conducting team talks:</li> <li>- Keep the team talk simple.</li> <li>- Use a variation of coaching methods/styles, visual aids to emphasise points you have observed.</li> <li>- Remain calm, positive, and professional,</li> <li>- Revisit team &amp; individual learning objectives</li> </ul>
<b>After Game Debrief &amp; Feedback</b>	<ul style="list-style-type: none"> <li>- Provide a structured cool down period at the end of the game. (This also gives the coach a cooling down period).</li> <li>- Keep it simple.</li> <li>- Use visual aids.</li> <li>- Review the team &amp; individual learning objectives.</li> <li>- Prepare the group for the forthcoming weekly coaching programme.</li> <li>- Remain positive</li> </ul>





## 2.9 PERFORMANCE ANALYSIS

### Match Analysis Statement

Resources and staffing levels at Morecambe FC are such that recording and “clipping” all academy games, (U9’s – U18’s), is not possible. As a result, Morecambe FC Academy has to prioritise all youth team fixtures in the Youth Alliance and Pro-Development Phase.

All youth team games are recorded and the whole match is uploaded onto our Veo and Hudl platforms for players to clip individual pieces from.

In the Foundation and Youth Development Phases we will operate on a rota system so that we can get some footage of the age group games that are played on a Sunday.

Working each week at home games we will film under 9’s working through until under 16’s then back to 9’s.

Players will also get the opportunity to view training sessions, which will be filmed as part of the coach education work that the club will do. Sections or full training sessions will be added to the PMA.

## 2.10 COACHING TIME / ACCESS TO COACHING

### Training Schedules and Contact time

The Academy will continue to deliver a programme that is progressive and challenging but at the same time serves to safeguard against early physical and emotional distress and any fulfilment of ‘empty energy’.

All practice must be meaningful and place emphasis on realism and relevance to the game. A gap analysis of existing arrangements has been undertaken and adjustments to the weekly timetable are in operation, with continuing attention being paid to individual, small group and whole group activities. These contacts will incorporate a blend of structured learning, inter-active group learning, play, self-assessment/reflection, rest and recovery.

Timetabling ensures that:

#### Foundation Phase (U9-U12)

Players receive (a minimum) 3hrs per week practice (4 hrs for under 12s) plus games on Sundays over a 40-week season (total 120hrs per season)

#### Youth Development Phase (U13)

Players receive (a minimum) 4hrs per week practice, plus games on Sundays over a 40-week season (total 160hrs per season)





**Youth Development Phase (U14-U16)**

Players receive (a minimum) 6hrs per week practice, plus games on Sundays over a 40-week season (total 240hrs per season)

**Professional Development Phase**

Players receive (as a minimum) 14hrs per week decreasing to 12hrs (dependent on involvement with senior squad) over a 46-week season (total 644-552hrs per year)

**Individual Learning Plans**

PDP have time allocated as per daily timetable that they will be allotted time to work on their own ILP's. IN YDP 30 minutes within the session on Thursdays will be scheduled and expected that players work on their ILP. This will be directed by coaches (explained in ILP section) and player led. Players can work in small groups, as units or larger numbers that will assist in their own learning objectives. The Foundation phase groups will have ILP time on a Thursday as well, following the same guidelines as above.

**Flexibility**

It is clearly understood that the coaching curriculum and time allocated to individual player development needs will vary at different times and different stages.

The Academy coach's appreciation of when to 'go with the players' and steer back onto the Curriculum with its stated learning outcomes and outputs is an important skill indicative of the coaching craft required to maximise coaching effectiveness.

This also includes the coach's awareness of any onset of chronic fatigue within individuals (and the group as a whole). The establishment of 'tactical' periods of rest and recuperation are left to the discretion of the staff in conjunction with the Full-Time Phase Leads. However, it is clearly understood that learning outcomes and outputs (collective and individual) form the core of player evaluation, which ultimately leads to the player retention and release mechanism.

Opportunities are created for age group teams to travel and play in festivals and tournaments, aimed at developing social identity and skills relevant to the team 'bonding' and good citizenship. It is considered a significant contributor to the holistic development of players.

The Youth Team, however, work on periodised micro-cycles of training intensity aligned to the (typically) Saturday games programme, punctuated through the season by FA Youth Cup and Youth Alliance Cup fixtures which invariably are scheduled mid-week.

The PDP group can also be involved in the reserve team fixtures that are scheduled as members of the Central League. These fixtures are mid-week and will have an effect on the working week in terms of intensity of workload and involvement in Youth Alliance games.

All involvement in the games programme from the Foundation right through to the PDP is discussed at weekly and 7 weekly AMT meetings where we can have a multi-disciplinary





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

input. Sports science will have input to work loads, coaching will comment on game time opportunities and Education can comment on any impact mid-week games may have on their Education as examples.

With the recent addition of individual learning plans (ILP) this has influenced the structure of the working week for all phases. All academy players are expected to work on their ILP at periods over the week. This can be flexible, more in the FP and YDP, the PDP have specified times in the week for ILP work. ILP comments will be made by players in the FP and YDP at the weekend to give a weekly comment on what areas they have worked on as part of their ILP. PDP players have daily diaries where they must make a comment each day on their ILP. As training weeks can vary with fixtures, workload, weather all having an impact there has to be an element of flexibility in the week and what times players work on ILP's.

**Policy on Outside Activities**

Another area that must be considered when looking at the working week is any involvement in outside activities, such as school sports, other sports, and interests.

If the academy is kept included and informed on what activities and how these may affect training contact, we are happy for them to pursue other activities. It is our belief that it is beneficial to players to experience other sports; it helps their physical development to play other sports with different movement patterns perhaps; socially it is an opportunity for them to mix with their friends and outsiders from the academy and psychologically it can be a benefit to take a break from the academy and have different things to focus on.

This is recommended for foundation phase players especially; as players progress into the later stages of the YDP it then becomes more important that they start to focus on football with the academy as the tactical element of coaching comes in more.





Morecambe FC Academy : Pro-Development Phase Daily Timetable



Morecambe FC PDP Daily Timetable



		09.00 – 09.45	10.00 – 12.00	12.00 – 12.30	13.00 – 16.00	13.00 – 16.00	Extra Sessions
<b>Monday</b>		Team debrief/ Recovery gym- Individual Prehab 9.00 -9.45	Football Coaching Programme GK specific training-1 <sup>st</sup> team	Lunch	COLLEGE	COLLEGE	ILP 11.30-12.00
<b>Tuesday</b>		Gym-Individual gym programme/ prehab 9.00-9.45	Football Coaching Programme 10.00-12.00	Lunch	Football Coaching Programme 13.00- 15.00	Conditioning Gym Session 15.00-16.00 Group Session	Development Squad Fixtures 14.00 KO or Development Squad session 14.00-16.00
<b>Wednesday</b>			College		College		
<b>Thursday</b>		Gym-Individual gym programme/ prehab 9.00-9.45	Football Coaching Programme GK specific training-1 <sup>st</sup> team 10.00-12.00	Lunch	Football Coaching Programme 13.00- 15.00	Conditioning Gym Session 15.00-16.00 Group Session	Development Squad session 14.00-16.00 ILP pm session
<b>Friday</b>		9.00-9.45 Gym-Individual Activation	Game Preparation 10.00-12.00	Lunch	SEP Work and Review 13.00-15.00		SEP extra sessions available in pm sessions
<b>Saturday</b>	Travel	FLYA Game 11:00 KO	FLYA Game 11:00 KO	FLYA Game 11:00 KO			





Morecambe FC Academy: Foundation & Youth Development Phase  
Daily Timetable

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Matchday Sunday 9 - 12
DEVELOPMENT CENTRE	U5-U8 X Heysham (6:00pm-8:00pm)		U9-U13 X Astro (4:30pm-6:00pm)				
PRE-ACADEMY		U7 Astro (4:30pm-6:00pm)		U8 Astro (4:30pm-6:00pm)		U8 Astro (9:30am – 11:00am)	
U9		X Astro (5:00pm-6:30pm)		X Astro (6:00pm-7:30pm)			(Details will be confirmed by email)  <b>GAMES</b>
U10		X Astro (5:00pm-6:30pm)		X Astro (5:30pm-7:00pm)			
U11			X Astro (6:00pm-7:30pm)	X Astro (5:30pm – 7:00pm)			
U12		X Astro (5:30pm – 7.00pm)	X Astro (6:00pm-7:30pm)			X Astro (9:30am – 11:00am)	
U13		X Astro (6:30pm-8:00pm)	X Astro (6:00pm-7:30pm)			X Astro (09:30am – 11:00am)	
U14		X Astro (6:30pm-8:00pm)		X Astro (7:00pm-8:30pm)		X Astro (11:15am – 12:45pm)	
U15		X Astro (7:00pm-9.00pm)	Additional Game (7:30pm-9:00pm)			X Astro (11:15am – 12:45pm)	
U16		X Astro (7:00pm-9.00pm)		X Astro (7.00pm-9:00pm)		X Astro (11:15am – 12:45pm)	
GOALKEEPERS				X Astro (6:00-7:00) U9-U12 (7:00-8:00) U13-U16			





## 2.11 COACH COMPETENCY FRAMEWORK

### Coach Competencies

- Session Preparation (Equipment setup, session plan, punctuality, attendance)
- Session Organisation (Appearance of session, how it flows, ball rolling time, Staff roles specified within session)
- Intended Outcomes (Link to curriculum, playing philosophy, ILPs)
- Coaching Styles/Behaviours (Adaptability, linked to session outcomes, Cater to Individual Needs)
- Progressing the Gifted and Talented (Know the players, Use of Interventions, Logical Process)

## 2.12 CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

The CPD programme for all academy staff is monitored by the academy manager and discussed in AMT meetings.

Many of the procedures have now changed but the result is to be able to produce a calendar of CPD for all staff members within the academy. We have created a new staff CPD calendar to include all staff members, which now needs populating with dates and targets. Read the following protocol:

- All staff receive individual targets for the season, based on CPD and normal duties that they are expected to carry out throughout the season. These link into the departmental targets.
- Staff have a meeting with the head of academy and head of coaching to establish targets for them for the following season (individual targets sheet)
- In order to meet these targets, there may be qualifications they have to achieve or gain more experience watching more experienced coaches for example. These development needs are noted on the action plan (see action plan document)
- A CPD programme will be drawn out from these documents to produce a CPD calendar for the year.
- Ongoing progress of CPD is noted and ticked off on the planner, which will be discussed at staff appraisals that happen on a bi-annual basis.

### CPD Vision:

CPD programmes are specific to individuals but may see some crossover of staff from other departments. For example, sports science staff may be present at a coaching session put on by the first team staff. The phase coaches will need specific sessions to observe that relate to the ages of the players in their group. There may still be some benefit for all coaches to see first team staff work but other CPD such as visiting other academies working at the same phase may be of more benefit.

A major area of CPD is to ensure that the coaching and playing philosophies of the academy and club are embedded into the new staff. Once all staff have a sound club knowledge and that of the curriculum, we can look at other areas for staff to be developed. As part of the academy targets (see academy targets document) a major target for the





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

academy is to ensure that all staff are suitably qualified, which will be another main consideration for the first year of operating as a cat 3 academy.

As we start to move into year 2 and 3 operationally then it is hoped that we will have a settled staff structure who are qualified to the requirements of their roles. It may then be a consideration to start looking into our curriculums and giving CPD to staff to observe practices at other clubs to gain new ideas.

Several club staff members will be utilized in making the CPD programme work effectively. The role of the first team staff is very important as we look to embed the working practices of the first team through the spine of the club. External assistance is sought from Stuart Delaney our FA Coach Educator who plays a large role in observing and working alongside the head of coaching to put together the training needs analysis (TNA) for all coaching staff. This will help to bring coaching staff up to the required qualification levels that they need.





## SECTION 3 EDUCATION

Morecambe Football Club's Head of Education is former Professional & International Goalkeeper Gary Kelly who is a fully qualified teacher and UEFA 'A' licence coach with a range of academic and degree level qualifications. Gary coordinates, tutors and oversees the Education programme and provides additional academic and career support to the apprentices when required.

The Academy follows a Quality Cycle which allows timely monitoring of all players educational progress & personal development with measurable performance criteria. The Academy consistently monitors and reviews its policies and procedures and insists they are adhered to. Good Practice dictates that a comprehensive Equality and Diversity (including anti-bullying), Equal Opportunities Policy and Complaints/Grievance Procedures are in place.

### 3.1 Education & Welfare

The way in which the Academy builds a successful youth team is by ensuring that we have the right people in the staff team. The process for this is outlined in the Academy recruitment policy. Ensuring staff and volunteers are safely recruited, are well trained, understand their roles, responsibilities, and the importance of working ethically with young players will create the safe environment where our young players can develop to their full potential. Morecambe Football Club Academy does this by having Safeguarding arrangements in place following The Football League Guidance.

The key principles underpinning the Academy's welfare philosophy, values and vision are that:

- The welfare of children and young people is, and must always be, the paramount consideration.
- All children, young people and vulnerable adults have a right to be protected from abuse regardless of their age, gender, disability, culture, language, racial origin, religious belief, or sexual identity.
- All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
- Working in partnership with children, young people and their parents/carers is an essential element of our work.

Supporting Documentation includes:

*Club Policy Statement for Safeguarding Children (Child Protection), Equality and Diversity and the Club Equal Opportunities Policy Statement*, which provides more comprehensive information on our commitment to equality of opportunity as outlined in the Safeguarding Policy.

### 3.2 Academy Educational Philosophy & Importance

Morecambe Football Club's Category 3 Academy puts great emphasis and importance on every player's educational progress and personal development throughout their time in the





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

Morecambe FC Football Academy. Head of Education, Gary Kelly, monitors and tracks players' educational progress to ensure that their involvement with the Academy is having no detrimental effect to their educational studies and attainment. The Academy will implement appropriate interventions if they receive any academic progress reports that clearly identify educational progress is being hindered by their involvement with the Football Academy.

**Academy Schools Communication**

Every Academy player's school is sent a letter to confirm they have been signed into the Morecambe FC Category 3 Football Academy. The Academy establish a communication link with relevant staff at players' schools so their academic and personal development progress can be monitored, tracked & recorded. These communication links play an important part in monitoring any potential effects that players' involvement in the Football Academy may be having on their educational progress.

We inform the key contact in each school that they can contact the Head of Education/Academy, at any point in the academic year, if they feel players' educational progress or behaviour is being hindered by their involvement with the Academy.

The Academy also sends a second communication letter to schools to remind them of players' continued engagement with Morecambe FC Academy and that we continue to monitor their academic and personal development progress via educational reports.

**Interventions for Academic & Personal Development Progress**

Morecambe FC Academy will implement appropriate interventions if they receive any academic progress reports from schools that clearly identify if their educational progress is being hindered by their involvement with the Football Academy. It is important to note that interventions could be of a supportive nature if there are specific areas of need that are identified from reports or discussions with players' parents/guardians.

**Academy Parents/Guardians Communication**

All Academy player's parents/guardians receive a monthly newsletter which informs parents/guardians about Academy education such as school reports, evaluation statistics, Safeguarding & Life Skills sessions. Information is also provided which is linked to Life Skills which benefit players' personal & vocational skill development.

**Education Tracking & Reporting**

The Head of Education requires all Academy players to provide their educational reports for each season they are signed to the Academy. The key information in these reports include specific subject progress, Personal and Social Development & attendance which are key Employability Skills required for Professional Football. The Academy use this information along with players' regular footballing reviews, to assess all players' abilities and to support





## MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

their potential progression through the Morecambe FC Academy. All Academy players are registered on the League Football Educations EMS virtual learning environment. The Head of Education will upload all school reports received so that educational progress can be tracked annually for each individual player.

### **Educational Quality Improvement**

Morecambe Football Academy has a commitment to continuous quality improvement and development to enhance its football and educational provisions. The Academy recognises that effective feedback is essential to provide relevant information so that it can be used to inform and drive quality improvements. The Head of Education conducts evaluation & statistical analysis and uses the information to develop Quality Improvement Plans for Academy Education. Quality improvements are also drawn from relevant audits, inspections, and observation reports from governing bodies such as EFL, LFE, FA and PGAAC.

At Morecambe Football Club we recognise that the continual educational development of the Academy player is an extremely important aspect of the Apprenticeship Programme.

The Club and its staff take the commitment to education very seriously and seek to ensure there is a solid working relationship with the education providers (Lancaster & Morecambe College, League Football Education). We view the educational element of the programme as an essential asset to the overall programme and understand that it not only provides an opportunity for enhanced qualifications, especially if the players football ambitions do not materialise, but also provides essential 'life skills' that will ensure all players who pass through Morecambe FC Academy will have the essential skills to use throughout their lifetime.

The Club facilitates additional educational provisions, alongside the BTEC qualification at Lancaster and Morecambe College, via a structured 'classroom' and the completion of the Level 3 Sporting Excellence Professional Apprenticeship Standard. This is delivered by Morecambe FC SEP Coordinator Neil Wainwright and operates in conjunction with League Football Education. The club scholars also complete their Level 2 (UEFA C) Certificate in Coaching Football in conjunction with the PFA.

### **Loan Players Joining Morecambe FC & Educational Progress**

If a loan player is signed on loan at Morecambe Football Club and he is a scholar that is working on a BTEC/SEP qualification, the following process will be followed.

- The player will be able to join the BTEC classes of the normal Morecambe FC Scholars and also complete work applicable to the units they are taking with their parent club.
- The player will be able to join the SEP unit classes of the normal Morecambe FC Scholars and also complete work applicable to the units they are taking with their parent club.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

- Morecambe FC Head of Education will contact the parent club's Head of Education to find out the progress of the learner and where they are up to on their BTEC/SEP qualification.
- The Head of Education of the loan player should then provide details of where that loan player is up to in his education and what units they are studying so that applicable learning resources can be used.
- The loan payer will be able to join any Life Skills sessions that are being provided by Morecambe FC to support their personal and professional development.
- The Head of Education will inform the LFE Regional Officer that the loan player has joined Morecambe FC and to include them as part of pastoral and progress reviews.
- The Head of Education at Morecambe FC will request a learner profile with applicable starting points from the loan players parent club.
- The Head of Education shall organise for tutors to be aware of the loan players individual learner profile so they can incorporate/accommodate these in relevant lessons.

**3.3 Life Skills Programme**

The Academy provide Life Skills programmes with a range of developmental sessions that will be delivered over the season to FDP, YDP & PDP players. These sessions are aimed at providing players with information to enhance their personal, vocational, and social development. There are a range of Life Skills programmes which map to relevant phase groups which include LFE, PFA, LMC & GK 20 Mins programmes.

The Life Skill programmes provide players with the opportunity to enhance their knowledge and skill development to improve performance and follow best practice.

PDP Scholars receive IAG to support their potential future career pathways which enable them to gain knowledge of a range of progression routes should they not be successful in achieving a professional football contract on completion of their Apprenticeship.

**APPRENTICESHIP IN SPORTING EXCELLENCE PROFESSIONAL (16 – 18 years)**

**Assessment protocols and procedures are in place to provide.**

- Initial Assessment of players
- LFE Regional Officers complete an initial assessment (education) with all Apprentices prior to the start of the learning programme. The results are held in Individual Learning Plan's and VLE profile.

**Induction of new apprentice players**

LFE Regional Officers in conjunction with the Academy Manager present induction evening information to carers and players. Clubs use the meeting to provide their own information about the Club and the training programme. LFE provide online & paper-based induction resources (delivered by the Club) and support for when Apprentice starts programme and monitor through VLE.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

A recognised educational pathway will be agreed with parents/guardians/carers, school, Morecambe FC, and League Football Education before the player enrolls on the apprenticeship.

Enrolling on the 'Apprenticeship Standard' appropriate to the players academic ability, consideration will be given to alternative career aspirations as well as promoting life skills through presentations and informal education such as enrichments ('Sporting Chance', Kick It Out' and 'If You Care Share') which are presented in conjunction with the League Football Education sponsored programme. The Club and its staff will strive to support all apprentices through the educational element of the two-year programme ensuring 12 Weekly Reviews (LFE) and 6 Weekly Reviews (Coaching Programme) are completed in order to keep players and parents/guardians/carers informed of the players' progress.

***Awarding of a first Professional Contract Process***

Those players considered for the offer of a first professional contract will be informed at the formal interview process and will be provided with a formal letter containing the offer, contract information and dates, salary, and bonus scheme. The player will be given one week to consult those people considered relevant and appropriate (parents/guardians/carers and in some instances agent) to decide whether to accept the contract on offer. Players must convey their decision in the prescribed time otherwise the Club has the right to withdraw the offer.

***Player Exit/Release Strategy***

This is a very important area and the way the players that are released by the club at all age groups is indicative of the club, so we want to ensure that we manage the inevitable release of players in the right manner. The key to us achieving this, especially at Foundation and YDP is to create strong links with grass roots clubs. As soon as it has been decided that a player is going to be released a plan must be developed for the steps to his next footballing opportunity. Staff at the academy do have links to many professional clubs in the area so player's availability will be circulated by the Head of Recruitment, however it is the grass roots clubs who are the likely destination for our released players.

The Club will ensure that all players in the PDP who are not successful in attaining a professional contract following the apprenticeship will be provided with advice and guidance to further access alternative career options, further education opportunities (scholarships including the United States of America) and advice from League Football Education, The Football League (Exit Trials) and the Professional Football Association (PFA). League Football Education - assessment trials, career progression events, Leonardo placements, support guidance / documentation, LFE Regional Officer support and help with UCAS applications (college + Club Education & Welfare Officer).

At the conclusion of contracts, all players, both those attaining a first professional contract and those being released will be informed through a formal interview process as follows:

- The Interview Process will take place on completion of the 'Framework' and no later than the first week in May. All apprentices will attend on the same day.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

- A panel consisting of the First Team Manager, The Academy Manager/Head of Academy Coaching will review the apprenticeship with relevant and specific feedback for the player.
- The First Team Manager or The Academy Manager/Head of Coaching will inform the player of the decision of the panel.
- All apprentices will be presented with a formal letter outlining the decision.

In the FP and YDP this format will be very similar and follow the review process that is in place. At the end of the season parents will be informed at parent's evenings the club's intentions. Reasons for release will be explained and showed via the annual review report that players will have. It is hoped that through the review process over the whole season there will not be any surprises for the players if the 6- or 12-week reviews have been honest.

**Morecambe FC Academy-U9-U16 Education- Frequently Asked Questions**

**What is the Academy Educational Philosophy and why is it important?**

Morecambe Football Club's Category 3 Academy puts great emphasis and importance on every player's educational progress and personal development throughout their time in the Morecambe FC Football Academy. The Head of Education, Gary Kelly, monitors and tracks players' educational progress to ensure that their involvement with the Academy is having no detrimental effect to their educational studies and attainment.

Educational tracking via school reports also provides an indication of players personal and social development including attitude, behaviour, punctuality & attendance amongst other aspects. These are key disciplines and Employability Skills which are required for Professional Football. The Academy use this information along with players' regular footballing reviews, to assess all players' abilities and to support their potential progression through the Morecambe FC Academy.

The Academy will implement appropriate interventions if they receive any academic progress reports or school communications that clearly identify educational progress is being hindered by their involvement with the Football Academy.

**Why do school reports need to be submitted to the Head of Education in Summer & Winter?**

It is a mandatory requirement from the English Football League (EFL) & EPPP regulations for all clubs with academies to communicate, track & monitor player's educational progress. The school reports must be uploaded to the League Football Education's EMS database, so they are available for audit and inspections.

**Why do parents/guardians need to send school reports to the Academy and ensure they forward the player signing on & communication letters to players Form Tutor/Head of Year?**

The Academy has previously asked schools for players' educational reports and sent communication letters to inform them of their pupils' Academy involvement with Morecambe FC. A combination of GDPR regulations, communication not reaching key staff at schools and the vast location range of players' schools, has meant that school reports & communication links have not been effectively received or established. It is a mandatory requirement from the English Football League (EFL) & EPPP regulations for all clubs with





academies to communicate, track & monitor players educational progress which is audited annually. The Academy and Head of Education therefore asked for the full engagement of all parents & guardians to support our efforts to ensure that players' academic and personal development progress is robustly tracked and monitored. Parents/guardians' engagement with this process has been very successful with high level returns of school reports and effective communication links with schools established. Parents/guardians' successful support in this key educational aspect is greatly appreciated by the Academy.

**We only receive a main school report at the end of the school year in July, how can we submit a report in Winter?**

The Education department recognises that schools may only provide full school reports at the end of the academic year. The Education department has created a parent/guardian school report particularly for the Winter report cycle. When parents/guardians attend parent's evenings at schools they gain information on players educational performance & progress. They can use this information to complete the parent report which has a range of progress boxes to tick/cross and to add any comments. Parents/Guardians then send the report to the Head of Education which satisfies this aspect of the quality cycle and EFL requirements. Parents/guardians can also send in any school interim progress reports (Autumn, Spring, Summer) they receive throughout the year to support this requirement.

**Why do we receive email requests and reminders to submit school reports?**

It is a mandatory requirement from the English Football League (EFL) & EPPP regulations for all clubs with academies to track & monitor players educational progress with at least two school reports per season. The Education department will email any parent/guardian to request their sons/guardians' school report to ensure we comply with regulations and to ensure we set high educational standards for all our stakeholders. Return percentages for all age groups are published in the education section of the monthly Academy Newsletters.

**Why do we need to ensure we pass on players signing on forms and communication letters to schools/form tutors each season?**

Schools need to know that their learners are involved with the Academy and that their educational progress is being tracked and monitored by the Academy Education department. They also need to know that they can contact the Academy if they think that the players' engagement with the academy is having a detrimental effect on their educational progress. Schools are also highlighting and linking pupils' involvement with the Academy to subject performance and mentioning their contribution to the schools sporting achievements in reports.

**Why are players educational, personal & social development qualities/attributes highlighted from school reports and given to lead phase coaches?**

The key information in these reports provides a profile of players specific educational subject progress including math & English. The reports also have information and provide an indication of players' personal and social development including attitude, behaviour, punctuality & attendance amongst other aspects. These are key disciplines and Employability Skills which are required for Professional Football. The Academy uses this information along with players' regular football reviews, to assess all players' abilities and to support their potential progression through the Morecambe FC Academy.





**Why should I read the education section of the monthly Academy Newsletter?**

You will get an update of all educational activity from the Head of Education and upcoming processes that require parental support. You will have the opportunity to read information about educational aspects that you may not have known about previously. You can engage with a range of Life Skills activities that can develop your knowledge or support your son/guardian in their playing and personal development. You can read profiles of how previous Academy players & Scholars have progressed in their football or alternative careers. You will have the opportunity to view articles about Life Skills that have been undertaken during the previous month and how they help develop players. You can view articles about your son/guardians' extra-curricular achievements and recognition awards for their endeavors from school or additional activities outside of school life. You can get information, advice & guidance on careers including alternative football programmes.

**What Life Skills provisions are available and what can they do for players/parents/guardians?**

There is a wide-ranging programme of Life Skills activities that are available to players, parents, guardians to access throughout the season. The activities are delivered to enable flexible access including face-to-face delivery, academy newsletters, organised events, online webinars, and specific sessions linked to age group training times. The activities are aimed at providing players with information and learning potential to enhance their personal, vocational, and social development. Relevant activities will also be provided for parents/guardians with key information and knowledge which can be used to support players as they progress through the Academy. The range of sessions includes nutrition, fitness, analysis, teamwork, psychology, technical/tactical, safeguarding, careers IAG, mental health, mind-set, and professional behaviours amongst others. A wide range of organisations are utilised to deliver a comprehensive programme of life skills activities which include Professional Footballers Association (PFA), English Football League, (EFL) Premier League (PL), League Football Education (LFE), Football Association (FA) and Morecambe FC (MFC) club staff amongst others.

**What is the value in reading former Morecambe FC Scholar profiles about their successful football progressions or alternative career pathways?**

The success rates of players progressing through academies, being offered a scholarship, gaining professional contracts, and having a long career in football are very low. These scholar profiles show the value of education, life skills, personal development, and the enhancement of players transferable & employability skills whilst with MFC Academy. They also show how players can progress with their educational studies and continue to play football with a range of alternative pathways and courses.

**Why should we inform the Head of Education if a player has achieved or been awarded recognition for extra-curricular activities at school or in the community?**

Academy players must contend with the demands of their training and games programme and their full-time education. This takes a considerable amount of commitment and effort from both players and their parents/guardians. If players have gained achievement and recognition awards for their endeavors from their school or additional activities outside of school life it is something boys/parents/guardians should be rightly proud of. This also shows the character, determination, and personal qualities the player possesses, and which





need to be highlighted. When parents/guardians send information about these awards to the Head of Education, an article will be produced and put in the subsequent education sector of the Academy Newsletter, so all coaches/stakeholders are aware of this recognition.

**How can we find out about alternative careers if a player is not offered a scholarship at 16?**

The Head of Education publishes a range of careers information in the education section of the Academy Newsletter. This includes information on job/career routes in sport and other industries, BTEC's, Apprenticeships, UCAS and football related progression courses amongst others. The Head of Education is also available to contact all parents/guardians to gain information, advice & guidance about alternative careers. The Head of Education can also discuss the BTEC Level 3/Football Studies programmes that players can progress on to after leaving school at Lancaster & Morecambe College or make them aware of similar programmes in their own home regions.

**How can we contribute any suggestions, ideas, or areas for improvement about the academy education provisions?**

Parents/guardians can scan the QR codes for parent/guardian/carer voice from the posters which are situated around the Academy base at LMC college. These open the opportunity for you to provide feedback on a range of Academy provisions which include education. Your feedback will be considered and actioned accordingly to enhance the education provisions where appropriate. Parents/guardians can also contact the Head of Education directly via email [garykelly@mfc-academy.com](mailto:garykelly@mfc-academy.com) to discuss any feedback or ideas. These will be considered and actioned accordingly to enhance the education provisions further, which are always welcome and greatly appreciated.

**How important are parents/guardians in supporting the academy education provisions?**

It is essential that all school reports are received by the Academy and that communication letters reach key school contacts. Parents/guardians taking the time to engage, support and ensure these key activities are successfully completed is vital to satisfy English Football League (EFL) & EPPP regulations. This is recognised and greatly appreciated by the Head of Education and Academy.

Key information is created and provided for players/parents/guardians at induction events, education sections of the academy newsletters and via email communications. Ensuring this key information is disseminated and used effectively can support and enhance stakeholders' progress through the Academy. Your time and engagement in these activities can play a key part in successful player development and your efforts are encouraged and much appreciated.

One of the major components of players' involvement and progression in a football academy is the reliance of them being able to attend training, games and academy events. This places a huge amount of commitment on parents/guardians with the demands of time, finances, employment, and family life. The importance and commitment of these aspects is never overlooked by the Head of Education and your vital contributions are always greatly appreciated.





**What is the Academy Education Quality Cycle?**

The Education Quality Cycle shows what key educational activities take place and at what times of the year.





Academy Education Quality Cycle







3.4 Welfare at Morecambe Football Club

The Club and its staff recognise that, together with the many positive aspects of being an apprentice football player there are also pressures associated with the position. The pressures not only impact on the player but his entire family and the Club understands the enormous commitment involved in taking part in the Academy programme and the Club and staff will strive to support all players on the apprenticeship journey. The Club Designated Safeguarding Officer (DSO)/Welfare Officer will undertake to do all that is reasonably possible in all circumstances to ensure that the player's welfare is safeguarded. The Academy is committed to maintaining and ensuring compliance with approved Safeguarding Policies, Procedures and recognised Best Practice in ensuring the welfare of all players.

All staff, full and part time will attend and maintain compliance with the FA Safeguarding Workshop and promote awareness of Best Practice.

Player Care

Our strategy - To provide opportunities that challenge their thinking and support the person through their footballing journey. Offering personal support mechanisms pre planned to enhance the level of growth achieved, most importantly as a person. Our objective is to provide the best possible environment for each young person within our academy to grow, and to dive into deeper waters on and off the pitch with regards to self-development.

Equality Diversity & Inclusion- Firstly, to Represent the demographic of Morecambe, then promoting the inclusion of diversity, and how those changes can make a difference inside and out of the football bubble. 2023, building a relationship between academy and community trust to enable opportunities for both parties, bringing greater development and connection for our people at the football club and those living in our town.

Awareness Days- Following the PFA Awareness Calendar, we aim to:

- Have Kick It Out becoming more prominent with workshops for U9's-U'16's.
• U18 monthly group discussion with the Player Care team on a topic agreed by captain and player care, around awareness topic.
• A yearly visit to a local place of worship with education and tour.
• Her game too, mixture of boys and girls training together.
• Pride Day, academy and players to wear rainbow clothing/ kit.
• Wheelchair basketball lesson, team building and trying something new.
• Including topics in the monthly newsletter to raise awareness.
• Short conversations around the relevant topics with different age groups - encourage discussion and raise awareness.

Calendar Awareness Days

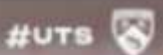


Table with 4 columns (January, February, March, April) and 2 rows (May, June, July, August) listing awareness days such as Holocaust Memorial Day, International Women's Day, and World Autism Day.





### 3.5 Apprentice Players

Morecambe Football Club and its staff recognise that the welfare of players on the programme is particularly important throughout the period the players are with the Club. In some cases, the players are living away from home for the first time and in such cases the Club arrange for houseparents' and accommodation. The Club and its houseparents' will strive to ensure the experience and environment is a stable and enjoyable one. The Club Welfare Officer will visit houseparents on a regular basis to ensure everything is running appropriately and as planned. Players will be helped in all areas of their attendance on the programme be it of a practical or personal nature and the Club and its staff will endeavour to make the time on the programme as positive, rewarding and enjoyable as possible.

#### Accommodation Guidance

In conjunction with the Morecambe FC Academy Accommodation Guidance, LFE

Accommodation guidance can be found on EMS (in Club Administrator Section). Morecambe Football Club will accommodate young apprentices with properly 'vetted' house-parents who have been through the policy and procedures for 'housing' young players and have a current FA Safeguarding Children Workshop Certificate.

#### Transport Policy

Please refer to the Morecambe FC Academy Transport Guidance document and the Morecambe FC Academy Employee's Handbook for information regarding driving own or Club vehicles.

#### Head of Academy Education and Life Skills

Gary Kelly will oversee the Education programme and when necessary, provide additional academic support to the apprentices varied educational programmes when required. A comprehensive careers IAG is provided by the education department to current and alumni apprentices to support their alternative/future career aspirations.

The Academy consistently monitors and reviews its policies and procedures and insists they are adhered to. Good Practice dictates that a comprehensive Equality and Diversity (including anti-bullying), Equal Opportunities Policy and Complaints/Grievance Procedures are in place.

### 3.6 School Boy Programme

With the progression of our academy to category 3 there has been a consideration as to the models we will employ for the schoolboy programme. With the associated commitment to education that is attached to running a day release programme it has been decided that we will not running any hybrid models for the age groups, including under 16. Although appropriate staff are in position our focus is on establishing ourselves as a cat 3 academy first and foremost; we may revisit this area in the future.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

We will be following the recommended actions for checking on the education of all academy players, through checks with schools and the assistance of the LFE staff. The following protocol will be followed:

- As soon as an academy player is signed the boy's school will be sent a letter by the Head of Education to inform them, he has been signed by our academy and should there be any associated issues with his education let us know
- Should the school come back with any issues these will be addressed by communication/meeting with the player, his parent and the Head of Education or Safeguarding officer where it will be explained that any negative effects on his education cannot be accepted.
- School reports will be requested by the Head of Education for all academy players. (Summer/Winter)
- The Head of Education will track players educational & personal development progress and inform Academy staff of excellent/poor performance to support player progression decisions.
- These protocols will be followed by the Academy and clearly stated to parents/guardians/players to adhere to at annual reviews, parents' evenings, player review sessions and induction days.





**SECTION 4  
ELITE PERFORMANCE**

**Morecambe FC Academy Science and Medicine Programme**

**Science and Medicine Programme Philosophy**

At Morecambe football club we strive for excellence in all areas. The academy sports science and medicine programme is no different. The programme is designed to facilitate optimal player performance and development in keeping with the coaching programme. We also place a firm emphasis on injury reduction techniques and protocols. The programme is based on a fundamental communication process between coaching, sports science, and medical staff. It is this process that enables the sports science and medicine programme to run efficiently and supports the other facets of the academy system. One of our essential roles is to transform adolescents into physically robust, well-balanced competent athletes, giving them every opportunity to flourish in professional football.

**Sports Science**

**Physiology**

Players are monitored by the lead sports scientist daily with regards training loads and recovery. Each player is required to send their wellbeing and recovery information to the PMA (fatigue, sleep, stress, mood, muscle soreness, training/game time and rate of perceived exertion (RPE)).

U18 player's loads are managed and monitored using GPS. GPS pods are worn for training and matchdays for us as coaches to better manage players physical component of their game. Data post training/matches are analysed by the lead sport scientist and visible to players the morning after. This includes total distance covered, top speed, number of sprints, sprint distance and powerplays. Their loads are also discussed between coaches to better inform training sessions to accommodate for both adequate recovery and prevent overtraining. Players receive recovery advice from the lead sports scientist to ensure optimal recovery and more importantly to educate the players on the importance of recovery for performance and why recovery strategies are implemented.

**Physical Testing and Measurements**

The sports science department (lead sport scientist and sports science interns) will carry out various physiological testing conducted at 4 points during the season covering Foundation Phase, Youth Development Phase and Professional Development Phase.

Testing covered during:

- Start of pre-season
- End of pre-season
- November-December
- April-May





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

**U9-12 Testing will include:**

- Anthropometric testing
- Physiological fitness testing three times per season
- Functional Movement Screening three times per season
- Predictive testing
- Maturation assessment

**U13-U16 Testing will include:**

- Anthropometric testing
- Physiological fitness testing three times per season
- Functional Movement Screening three times per season
- Predictive testing
- Maturation assessment

**U18 Testing will include:**

- Anthropometric testing every 6 weeks
- Physiological fitness testing twice per season
  - o Lower body power assessments every 6 weeks
  - o Endurance testing three times per season
  - o Speed testing three times per season
- Functional Movement Screening three times per season
- Predictive testing three times per season
- Maturation assessment three times per season
- Bodyfat assessment every 6 weeks

Players are also given strength and conditioning programmes that specifically target any weaknesses demonstrated. These programmes are phase specific and will be progressed and regressed according to age group then uploaded to the PMA system.

**Nutrition**

The Academy signed up with Youth Sport Nutrition for season 2021/22, which gave several workshops, resources and 1 to 1 session for all academy players across the programme. Players are sent a nutrition booklet via e-mail by lead sports scientist/head of academy coaching, to ensure their educated on the important role nutrition plays for young footballers. The players also have access to the science and medicine staff for advice whenever required. The lead sports scientist will lead an induction presentation to all parents from age groups U9-U16 as well as providing this to players aged U16-18. The presentation consists of education around nutrition and all players will have access to nutrition documents through the PMA. This can be accessed individually by each player from U9-18.





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

The club encourage players to use protein supplements post training to facilitate optimal recovery. Players are educated on the importance of maintaining hydration and the disastrous effects of dehydration on performance. U18s hydration is tested once per week at random to encourage good habits in being vigilant and monitoring their own hydration levels. This education also practiced by having wall charts with hydration information on. These charts are located in the changing rooms by the urinals.

**Physiotherapy/Sports Therapy and Medical Services**

**Injury Assessment**

All players have the responsibility to report injuries to coaching and medical staff as soon as possible. Players are then assessed by the academy physiotherapist. Coaching staff are then informed of the recovery guidelines and a return to train and play estimate for the player. Notes are made by the academy physiotherapist on PMA. The academy physiotherapist also keeps an electronic injury audit spreadsheet to map out injuries and evaluate any trends and implement prevention strategies where appropriate.

**Injury Treatment**

Injured players report to the academy physiotherapist/senior academy physiotherapist in the medical room for 9:30am to await the treatment and rehabilitation plan for that day. Players requiring medical treatment (massage/strapping) before training report to the academy medical room for 9:00am. All other players complete their individual pre-training programmes prior to training as an injury preventative measure. Players receive manual therapy and other hands-on therapies i.e. electrotherapy between 10:30 and 11:30am. From 11:30-12:30 injured players undergo rehabilitation and rest of the body conditioning. Injured players then return after lunch for further conditioning and rehabilitation if appropriate between 1:30pm and 3:30pm. 3:30pm – 4:30pm is available for players to receive sports massage if required on Mondays and Fridays. Injured players are given structured home exercises and rehabilitation plans, e-mailed to them for their reference when required. Notes are done using the PMA system.

**Referral to Appropriate Staff**

Players are referred to the club's head physiotherapist or doctor if appropriate for further investigation and/or treatment. The First team physiotherapist is available daily and the club doctor is at the club for 2 clinic sessions a week on a Tuesday and Thursday.

**Player Screening**

In addition to the physiological testing carried out, players also fill out a medical questionnaire, and undergo a functional movement analysis and MSK screen performed by the academy physiotherapist; this information is then uploaded to PMA. This functional





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

analysis allows us to evaluate postural and functional issues and implement training programmes to normalise whenever possible or at the very least decrease its effect on performance. Players also undergo the FA cardiac screening. These reports are received by the club doctor and then forwarded on to the academy physiotherapist for further action if required. Injury prevention programmes are implemented based on the results of the screening process. These programmes are designed and produced by the academy physiotherapist.

**Sports Massage**

Sports massage is available for all players if they require it. It is not mandatory, but players are openly encouraged to have at least one sports massage a week to further facilitate recovery and muscle tissue health. Sports massage is generally available on request time allowing.

**Strength and Conditioning**

During their first-year scholar, the players undergo a generic strength programme which takes them through the correct periodization and progressions. i.e., Hypertrophy/muscle adaptation phase, strength phase and power phase. These sessions are accessed by the player through the PMA system.

During their second-year players are given their own personalised strength and conditioning programmes, tailored from their fitness results and their own personal expectations and position specific demands. These programmes are added to the PMA library where the player can view the plans. These plans are reviewed and adapted accordingly. Players are given conditioning sessions to perform on matchday for those who haven't played or had limited minutes. This is to ensure their aerobic and anaerobic fitness levels are maintained regardless of minutes. Further conditioning will be provided on the Monday morning post-match for players who have played under 60 minutes. For those players that have played 60 minutes or more on a weekend matchday, they will undergo a recovery session, visible by the PMA system.

Players also undergo injury prevention, strength, and conditioning as part of their warm-up prior to sessions. Each warm-up will consist of proprioception, plyometric, acceleration and deceleration and SAQ drills.

Age group S&C on PMA





## Psychological Support

Players receive psychological support from a number of sources. Coaches provide support during sessions and games as a frontline response. As previously mentioned, players send daily scores to the PMA system with regards fatigue, sleep, stress, mood. These are monitored and action plans implemented on the results. Relevant information is then relayed to the academy manager and relevant coaching staff.

## CPD

Members of the academy medical department are required to attend CPD events as per their professional requirement. These CPD events should be football based or at the very least be geared towards treating common injuries associated with football, or the prevention of these injuries. In service training also occurs monthly.

## SECTION 5 OPERATIONS

### 5.1 Morecambe Academy Recruitment Strategy

The Academy employs a full time Head of Talent Identification and Recruitment, (Tom Bryan), whose key roles and responsibilities are to recruit the best players available for Morecambe academy. This will be achieved through the management of the scouting network.

There has been a massive change in the recruitment for the academy with the appointment of a full time Head of Academy Recruitment for the first time. The strategy that has been developed to now improve the standard of players that we have signed is as follows:

### 5.2 Talent Identification

#### **Talent Identification in the Developmental Group (Under 7 – Under 8)**

The process for recruitment at this age range will involve:

- Observing under 7 and Under 8 games wherever available
- Making scouts aware of current requirements
- Invite players in for 8 weekly blocks.
- At the end of 8 weeks players will either be released or retained for a further 6 weeks
- Towards the end of the season players identified as Academy standard will be given the opportunity to sign for the Under 9s for the following season
- Upon release, each player will be given a laminated certificate detailing their involvement within the Academy.
- As much as possible, players released will be documented and their destination recorded.





**Talent Identification in the Foundation Phase (U9 to U12)**

The process for recruitment at this phase will involve:

- Targeting specific areas
- Targeting specific positions and ages
- Making scouts aware of current requirements
- Scouts will look to recruit players against desired player profiles.
- For 7 to 9s, players will enter the developmental Group on a trial basis.
- For 9-11s, players will enter the Academy as a signed player or on a trial basis.
- Those on a trial will be given feedback at the end of the trial period according to the Talent and Identification protocols.
- At 8 weeks, or earlier players will be signed or released.
- If possible, players released will be documented and their destination recorded.

**Talent Identification in the Youth Development Phase**

The process for recruitment at this phase will involve:

- Targeting specific areas
- Targeting specific positions and ages
- Making scouts aware of current requirements
- Scouts will look to recruit players against desired player profiles.
- For 12-16s, players will enter the Academy as a signed player or on a YD8 trial basis.
- Those on a trial will be given feedback at the end of the trial period according to the Talent and Identification protocols.
- At the end of the trial players will be signed or released
- If possible, players released will be documented and their destination recorded.

**Talent Identification in the Professional Development Phase**

Recruitment within the Professional Development Phase will be determined to an extent by the requirements of the First Team. At this Phase specific target areas will be identified where the Academy will look to recruit players: these will include the following.

- Other Academies Under 18 games/ Under 21 games
- Regular visits to Morecambe FC College programme- late developers
- Non-League clubs Senior and Youth levels
- School 6 forms and College games
- FA County youth competitions
- Position specific
- International
- Communication with Agent





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

<b>Target Areas for Specific Phase</b>		
<b>Phase</b>	<b>Target Area for recruitment</b>	<b>Specific Organisations</b>
Foundation	<ul style="list-style-type: none"> <li>attend games in specified areas or within specified communities as directed if required.</li> <li>target inner city areas due to population and more players to select from</li> <li>target better leagues and top teams where better junior players tend to congregate.</li> <li>target clubs that the Club has informal links with</li> </ul>	<ul style="list-style-type: none"> <li>schools</li> <li>Sunday teams</li> <li>Community programmes</li> <li>Soccer schools</li> <li>Academies</li> <li>Open days</li> <li>tournaments</li> </ul>
Youth Development	<ul style="list-style-type: none"> <li>attend games in specified areas or within specified communities as directed if required.</li> <li>target inner city areas due to population and more players to select from</li> <li>target better leagues and top teams where better junior players tend to congregate.</li> <li>target clubs that the Club has informal links with</li> </ul>	<ul style="list-style-type: none"> <li>schools</li> <li>Sunday teams</li> <li>Community programmes</li> <li>Soccer schools</li> <li>Academies</li> <li>Open days</li> <li>tournaments</li> <li>non-league clubs</li> <li>FA County representative sides</li> </ul>
<b>Phase</b>	<b>Target Area for recruitment</b>	<b>Specific Organisations</b>
<b>Professional Development Phase/18 plus</b>	<ul style="list-style-type: none"> <li>-Attend highlighted U18 and U21 games</li> <li>-Position specific</li> <li>-Possible loans</li> </ul>	<ul style="list-style-type: none"> <li>Academies</li> <li>tournaments</li> <li>non-league clubs</li> <li>County representative sides</li> </ul>





MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

		<ul style="list-style-type: none"> <li>• Colleges 6<sup>th</sup> forms</li> <li>• FA County representative side</li> </ul>
--	--	--

**Academy Recruitment Strategy**

In order to provide a robust scouting network, the areas of Lancaster & Morecambe, South Lakes and Cumbria, Westmorland, East Lancashire, Manchester and Merseyside will provide the main regions of the Scouting Network

Coaching staff and the Academy Senior Scout all have knowledge of the academy player requirements (engaged daily) and will ensure suitable players are considered for Morecambe FC Academy. All staff in the academy will attend the FA Talent Identification Award course when it is finally developed and available, at the very least to level one.

Academy scouting activity will be regularly undertaken, attending schools, county, and grass roots games as well as football festivals and tournaments in the 'catchment' area. Recruitment staff will complete the position specific Player Assessment document for all potential Academy players providing information on the technical, tactical, physical and psychological corners of performance.

Morecambe FC Academy holds advertised 'trial' days and periods (circulated to Football League Academies and local grass roots leagues and on the Morecambe FC website) where players are invited for 'training/coaching sessions with the Player Assessment documentation being completed for any perceived potential Academy players.

Integration with other departments occurs on a regular basis and is contained within the Multi-disciplinary Departments document.

When scouting for players MFC Academy staff utilise the 4 Corner Player Assessment document which is based on the Player Specific when assessing players internally and the Player Profiles when assessing externally.

The strategy will be reviewed at the end of the season within the annual academy review to see if any changes are required.

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





5.3 Morecambe FC Academy Recruitment Target Areas for Specific Age Phases

It is vital to build and maintain friendly, co-operative links across all levels of football and the Head of Recruitment has prime responsibility for maintaining and developing these in keeping with the image and reputation of the Club.

Networking is key and the reconnaissance from the field, alerted by 'friends and contacts' in clubs and Schools Associations offers a valuable service not only for the Club to view players; but also, for players to showcase their talent and potential.

The scouting team provide the face of the Club and it is vital they adhere-to and demonstrate the Academy philosophy, whilst operating out in the field.

Morecambe FC academy prides itself on transparency and accountability in everything it does and scouts are required to operate within the Youth Rules, sign and adhere to the scouts' code of conduct, abide by the protocols, and commit to CPD provided both internally and externally.

The table bellows illustrates key geographic, agencies & target groups.

Phase	Target Area for recruitment	Specific Organisations
FDP	<ul style="list-style-type: none"> <li>&gt;&gt; Attend games in specified areas or within specified communities</li> <li>&gt;&gt; Inner city areas due to population and more players to select from</li> <li>&gt;&gt; Better standard leagues and top teams where better junior players tend to congregate.</li> <li>&gt;&gt; Clubs with whom MFCCT has informal links</li> </ul>	<ul style="list-style-type: none"> <li>&gt;&gt; Schools &amp; community</li> <li>&gt;&gt; Sunday/local junior teams</li> <li>&gt;&gt; Futsal programme</li> <li>&gt;&gt; Soccer schools</li> <li>&gt;&gt; Academies</li> <li>&gt;&gt; Open days/trials</li> <li>&gt;&gt;Tournaments</li> </ul>
Key Geographic Areas of Recruitment for FDP: Lancaster, Morecambe, Heysham		
YDP	<ul style="list-style-type: none"> <li>&gt;&gt; Attend games in specified areas or within specified communities</li> <li>&gt;&gt; Inner city areas due to population and more players to select from</li> <li>&gt;&gt; Better leagues and top teams where better junior players tend to congregate.</li> <li>&gt;&gt; Clubs that the Club has informal links with</li> </ul>	<ul style="list-style-type: none"> <li>&gt;&gt; Schools &amp; community</li> <li>&gt;&gt; Sunday/local junior teams</li> <li>&gt;&gt; Futsal programme</li> <li>&gt;&gt; Soccer schools</li> <li>&gt;&gt; Academies</li> <li>&gt;&gt; Open days/trials</li> <li>&gt;&gt;Tournaments</li> <li>&gt;&gt; Non-league clubs</li> <li>&gt;&gt; FA County rep' sides</li> </ul>
Key Geographic Areas of Recruitment for YDP: Lancaster, Morecambe, Heysham, Kendal, Preston, Barrow		

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

<b>PDP</b>	>> Attend games in specified areas or within specified communities  >> Regional professional and semi-professional clubs that the Club has informal links with	>> Academies >> Tournaments >> Non-league clubs >> England Schools >> College's 6 <sup>th</sup> forms >> FA County rep' side
------------	--	---

Key Geographic Areas of Recruitment for PDP: Lancaster, Morecambe, Heysham, Kendal, Preston, Barrow, North of England.

5.4 Recruitment Goals

2021-24 (3 years plan)

- Build Academy details of trialist & scouting activity on to PMA. (On-going- Scouting Coordinator/Academy Administrator)
- Report on all trialist activity half-yearly. (Head of Recruitment. December & May each season)
- Review all policy, practice & procedures. (Head of Recruitment, Academy Manager. May each season)
- Identify development plans (to include annual review)
- Retain all ATB/AMT notes and monitor returns of Actions Identified (On-going-Academy Administrator)

Maintenance Goals for this section

2023-24 (1yr plan)

- Gain Technical Board approval for this Section of the APP (Head of Academy by August 2023)
- All scout DBS certification to be verified. (Academy Manager/Academy Administrator by October 2023)
- Scouts issued with Official Club ID. (Academy Manager/Academy Administrator by October 2023)
- Develop clear procedures and job descriptions for scouts. (Academy Manager/Academy Administrator by October 2023)
- Develop clear procedures for reporting back on scouting missions. (Academy Manager/Academy Administrator by October 2023)
- Develop clear procedures for the management of trialists. (Academy Manager/Academy Administrator by October 2023)
- Determine Annual Coaches' CPD programme with FAYCD. (Academy Manager/Academy Administrator by October 2023)
- Establish Trialist evaluation/feedback report template. (Head of Recruitment/Academy Manager by October 2023)
- Establish Talent ID (Level2) training for scouts & coaches.

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### 5.6 Strategy on Dealing with Agents

More and more young players are being approached by agents attempting to represent them. The advice we give out is if players are seeking an agent, then they should approach the PFA for advice and to use their services.

We advise our scholars against becoming attached to agent at an early age as there is not a lot, they can do for them or affect in terms of representing them in any contract negotiations. If a scholar is offered a professional contract the club will not enter negotiations with an agent; the contract for a first-year pro is a standard offer, within a set wage structure with no room for negotiation.

The club will not pay agent fees and any young player entering a professional contract will have to pay any agent fees themselves.

The academy has links to a very small number of agents or agencies who we have worked with before and who understand the role that we set down for them when/if their player is offered a professional contract. It is usual for them to waive any fees for the first contract.





**SECTION 6**  
**RELATIONSHIPS WITH EXTERNAL FOOTBALL AGENCIES / PARTNERS**

**6.1 Loan Strategy**

- Morecambe Football Club have a player profile for all playing positions, which is used when recruiting players to the academy.
- We have a PDP Player Pathway, which all scholars are part of. The gifted and talented scholars will progress to become 1<sup>st</sup>/2<sup>nd</sup> year professionals, and any loan players coming into the club will become part of the pathway and progress accordingly. This pathway is discussed at AMT meetings.
- Wherever possible this will produce players to progress and play for the first team.
- If the Club need to recruit a player in a position where no suitable academy player is available, it will look to recruit from other clubs on a loan basis, sticking to the player profile which is in place.
- At the moment we have informal relationships with a couple of local clubs to discuss providing loan players, initial conversations are made with both managers to discuss the availability of suitable players.
- Other ways in which we identify loan players, from other clubs, are watching games on a weekly basis, searching player databases, receiving available player lists from clubs and personal recommendations.

**6.2 FA Youth Coach Developers**

The Academy has been working with the Football Association in developing, educating, and qualifying our coaches.

Stuart Delaney, FA Youth Coach Educator, is our club representative who comes in to

- support the coaches through their qualifications.
- Provide CPD to the coaching staff.

This is all planned and delivered through the Head of Academy coaching on an annual basis.





## SECTION 7 THE PLAYER

### Integration of Multi-Disciplinary Departments

#### Values

A **Commitment to Practice** (Practice makes permanent)

A **Commitment to Excellence** (Aiming to be the best)

A **Commitment to Winning** (Promoting a Win Mentality)

Morecambe Football Club will utilise and operate a multi-disciplinary approach to:

- Create an enjoyable learning environment and development programme that shares the values and vision of the club and the first team.
- Combine a unique culture of honesty, excellence, pride, and unity.
- Maintain and continually improve a programme that “nurtures” young talent to achieve their maximum potential throughout the Academy and Youth Development structure.
- Strive to achieve a minimum of 3 players who have progressed through the Clubs Academy structure playing in each Morecambe Football Club’s first team fixture (based on a minimum of one player per season graduating from the apprenticeship to first year professional)

The Academy will utilise the following Departments.

- Academy and First Team Coaching Staff (Updated coaching programme)
- Sports Science & Medical Department (Access to sports science provision for fitness and conditioning programmes/testing with regular feedback of results; Access to medical provision for injury assessment and rehabilitative programmes)
- Access to Club Welfare Officer/Safeguarding Officer
- Education & Life Skills Programme (League Football Education / Lancaster and Morecambe College / Professional Footballers Association – Btech programmes/FA Level 2 Certificate in Coaching Football)
- Recruitment Department – Identifying and observing potential Academy players.
- Morecambe FC Community Trust (Involvement in community initiatives)

#### 7.1 Integration of Multi-Disciplinary Departments

##### **Academy Coaching Staff / First Team Coaching Staff:**

Communicate on a daily basis regarding the programme and ‘whereabouts’ (FA Doping) and training venues and times. Discussions with the first team staff will centre on player progress including development phase players (Under 21), Academy (apprentice) players working with the first team and players performing to high standards with the Professional Youth Development Phase (apprentices) who it is considered should be given an opportunity to work with the first team. Player selection (reserve team) will be discussed and considered when fixtures are confirmed. First team coaching staff will be provided with weekend game performance, result and individual player performance. Any incidents (at or away from the Club) involving Academy (apprentice) players will be discussed and appropriate actions decided.





**Academy Coaching Staff / Sports Science & Medicine:**

Access to sports science provision for fitness and conditioning programmes and testing with regular feedback of results; Identifying with SC&M Department specific programmes for individuals and groups of players to improve fitness levels and when they are returning from injury rehabilitation. The reporting of injuries and the provision of immediate treatment for players injured in training or games. Reporting the progress of players who have returned from injury/rehabilitation. Discussions around individual player health concerns and requests for medical examinations. Regular update on FA Doping procedures and player 'whereabouts'. Access and the provision of player diet and nutrition information/programmes for the players with identification of player specific needs.

**Academy Coaching Staff / Education & Life Skills:**

Liaison with League Football Education, Lancaster and Morecambe College, Professional Footballers Association regarding all educational aspects of the 'Framework'. Utilise and distribute Club policies and procedures on welfare with introduction to club DSO and role that they play in the welfare of players. Provision of player progress information regarding 6 weekly reviews (Academy Programme) and LFE 12 weekly reviews with regular updates on apprentices considered 'at risk'. Liaison with League Football Education regarding informal education such as enrichment (If 'U' Care Share, Sporting Chance presentations and well-being modules on VLE, etc).

**Academy Coaching Staff / Welfare and Safeguarding:**

Access to Welfare and Safeguarding Officer (Joe Shaw) for any concerns regarding apprentice players (personal issues or welfare). Inform and advise on incidents involving apprentice players (at or away from the Club). Player information regarding accommodation & travel. Provision and access to Academy Codes of Conduct and Handbook.

**Academy Coaching Staff / Recruitment:**

Provision of Scouting Protocol and Code of Conduct. Access to player information (trial requests) and players released by other Clubs. Regular consultation regarding player qualities and position specific information/requirements. Dissemination of player trial requests received by Coaching Staff via telephone, email and mail.

**Academy Coaching Staff / Morecambe Football Club Community Trust:**

Liaison regarding use of facilities and transport (astro-turf and fitness suite/minibus). Provision of trial games dates and venues as well as pre-planned organised training dates/times. Access to information on players attending the MFC Community Trust Player Development Programme. Liaison regarding Local Community initiatives.

**First Team Coaching Staff / Academy Coaching Staff:**

Provision of information regarding apprentice players with the reserves/ first team squad. Player progress and provision of information on players training with the first team (7 week





**MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24**

reviews) and development age (Under 21) players in the first team squad. 'Whereabouts' (training venue/FA doping)

**First Team Coaching Staff / Sports Science & Medicine:**

Access to sports science provision for fitness and conditioning programmes and testing with regular feedback of results for apprentice players and development age players (Under 21) with the first team squad. Identifying with SC&M Department specific programmes for individuals and groups of players (apprentices and development age players) in order to improve fitness levels and when they are returning from injury rehabilitation. The reporting of injuries and the provision of immediate treatment for players injured in training or games. Reporting the progress of players (apprentices and development age) who have returned from injury/rehabilitation. Discussions around individual player health concerns and requests for medical examinations. Regular update on FA Doping procedures and player 'whereabouts'. Access and the provision of player diet and nutrition

information/programmes for the players with identification of player specific needs (apprentices and development age). Access to medical provision for injury assessment and rehabilitative programmes (apprentices and development age players)

**First Team Coaching Staff / Education & Life Skills:**

Access to the educational progress and specific educational needs of apprentices who are training with the first team.

**First Team Coaching Staff / Welfare and Safeguarding:**

The provision of information regarding Academy (apprentice) player issues.

**First Team Coaching Staff / Recruitment:**

Dissemination of information received regarding trial requests from potential Academy (apprentice) age group players.

**First Team Coaching Staff / MFC Community Trust:**

Public Relations exercises involving Academy (apprentice) players.

**Sports Science & Medicine / Academy Coaching Staff:**

Provision of specific Academy player fitness, injury, and illness information. Provision and regular updates of testing results and information on individual player needs. Provision of injury assessment results, treatments and rehabilitation programmes with regular progress reports on players following a rehabilitation programme. Ongoing information regarding diet and nutrition including specific and individual needs of Academy players. Regular update on FA Doping procedures and player 'whereabouts'. Heart Screening information and dates of examination (prior to pre-season).





**Sports Science & Medicine / First Team Coaching Staff:**

As per 16 regarding Academy (apprentice) players and development age (Under 21) group players.

**Sports Science & Medicine / Education & Life Skills:**

The provision of updates/enquiries regarding Academy player progress. Information on Academy (apprentice) player issues.

**Sports Science & Medicine / Welfare and Safeguarding:**

Liaison regarding Academy player issues (players on rehabilitation and injury recovery programmes) and any specific concerns.

**Sports Science & Medicine / Recruitment:**

Provision of the fitness level requirements of potential Academy (apprentice) players).

**Sports Science & Medicine / MFC Community Trust:**

Identified fitness levels for player's trialing for the Academy. Injury assessment and Rehabilitation programmes for players attending the MFC Community Trust Player Development Programme.

**Education & Life Skills / Academy Coaching Staff:**

Provision of Academy (apprentice) player educational progress (Btech) and behavior whilst at the college. Update and information for the compilation of 7-week Reviews. Player issues regarding additional educational needs and information and updates on identified 'at risk' Academy (apprentice) players.

**Education & Life Skills / First Team Coaching Staff:**

As per 20 regarding Academy (apprentice) players with the first team squad.

**Education & Life Skills / Sports Science & Medicine:**

Liaison regarding any specific Academy (apprentice) player programmes

**Education & Life Skills / Welfare and Safeguarding:**

The provision of information regarding specific Academy (apprentice) player progress, issues, and individual needs as well as information regarding 'at risk' Academy (apprentice) players. Information on progress of Academy (apprentice) players completing Functional Skills.





**Education & Life Skills / Recruitment:**

The provision and information of educational requirements for potential Academy (apprentice) players. (GCSE qualification results required)

**Education & Life Skills / MFC Community Trust:**

As per 23 regarding players attending the MFC Player Development Programme for potential Academy (apprentice) players.

**Welfare and Safeguarding / Academy Coaching Staff:**

Issues raised by parents/ guardians of Academy (apprentice) players regarding Academy and First Team Coaching Staff, Lancaster & Morecambe College Staff, and other players. Issues raised by Academy players regarding Accommodation, Transport or Education.

**Welfare and Safeguarding / First Team Coaching Staff:**

As per 25 regarding Academy (apprentice) players with the first team. Issues around programmes (especially education)

**Welfare and Safeguarding / Sports Science & Medicine:**

Access for any parent/guardian/carer concerns regarding Academy (apprentice) player fitness, diet, and nutritional needs. Provision of Policies and Procedures.

**Welfare and Safeguarding / Education & Life Skills:**

Any concerns raised regarding Academy (apprentice) players education (attendance, Teaching Staff, College/LFE issues) or personal issues with the Education Programme.

**Welfare and Safeguarding / Recruitment:**

Any concerns raised regarding players on trial. Provision of information regarding Morecambe FC Academy Welfare and Safeguarding Policies and Procedures.

**Welfare and Safeguarding / Morecambe FC Community Trust:**

Welfare & Safeguarding Officer is also the Morecambe FC Community Trust Manager.

**Recruitment / Academy Coaching Staff:**

Potential Academy (apprentice) player information and personal details. Identifying player targets and dissemination of requests for trials from correspondence, emails, telephone and other Academies Release documentation. Confirmation of fixtures involving potential Academy (apprentice) players.





**Recruitment / First Team Coaching Staff:**

Provision of information regarding potential first team prospects that have come to the Departments attention outside of the Academy recruitment process (College players for instance).

**Recruitment / Sports Science & Medicine:**

Information on player needs and/or concerns for players invited to trial, train or participate in organized games.

**Recruitment / Education & Life Skills:**

Dissemination of any educational issues regarding potential Academy (apprentice) players, qualifications being undertaken or already completed.

**Recruitment / Welfare/Safeguarding:**

Any concerns raised and brought to the attention of the Recruitment Department from 'scouting' of players at games or trials.

**Recruitment / Morecambe FC Community Trust**

Provision of player details/information regarding potential Academy (apprentice) players that would benefit from the MFC Community Trust Player Development Programme, allowing closer observation.

**Morecambe FC Community Trust / Academy Coaching Staff:**

Identification and the provision of player information/details of potential Academy (apprentice) players attending the MFC Community Trust Player Development Programme. Details of bookings for facilities (astro-turf and fitness suite). Fixtures for the Under 16 squad (observation of players)

**Morecambe FC Community Trust / First Team Staff:**

Requests for staff and players for inclusion in Public Relations exercises. Awards presentations and ad-hoc coaching request from first team players at Soccer Schools. Attendance by first team squad players at Community events (Christmas hospital visit etc).

**Morecambe FC Community Trust / Sports Science & Medicine:**

**Morecambe FC Community Trust / Education & Life Skills:**

Provision of educational information of players selected for the Academy (apprentice) Programme from the MFC Community Trust Player Development Programme. Provision of Policies and Procedures regarding the Academy.





MORECAMBE FC ACADEMY PERFORMANCE PLAN 2023-24

**Morecambe FC Community Trust / Welfare/Safeguarding:** Information on player needs and/or concerns for players invited to trial, train or participate in organized games who have attended the Morecambe FC Community Trust Player Development Programme.

**Morecambe FC Community Trust / Recruitment:**

Player recommendations regarding those players who are attending the MFC Community Trust Player Development Programme. Provision of player details/information.

**7.2 Multi-Disciplinary Reviews**

An annual multi-disciplinary review cycle takes place in the academy to determine whether players are retained or released from the programme. See table below

Schedule	Action	Who
Start of the season	The players meet with their coach and lead coach for the season and together, put an individual learning plan in place	All
Multi-Disciplinary Meeting	Prior to the 7-week reviews, an MDM is held to discuss the progress of each player.	AMT
7 Week Review	At 7 weeks a review will be completed on the PMA for the player to review and then if required, discuss with the coaches at an appropriate time.	PDP, YDP
December	Parent's Evening	
End of Season	Parent's Evening	
End of Season	An End of season report will be completed by the coaches and multi-disciplinary academy staff on the PMA for the players to review.	All
	The cycle then continues for the following season using the end of season report for the new individual learning plan	

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY





### 7.3 Morecambe FC Academy - Departmental Targets/Plan

Age group	Objectives	Process	Staff responsible	Time scale
Academy - General	To ensure ALL academy staff are suitable Qualified and if possible additionally qualified to do their roles within the academy.	Work with Stuart Delaney (FA Coach Educator) in supporting the needs of the staff. Allow staff opportunity to observe good practice and attend relevant training.	Academy Manager, FA Coach educator, Head of Coaching	June 2024
Academy - General	To ensure all EPPP Category 3 criteria are met and any areas corrected and improved accordingly	Managing, monitor and continue to check all processes and departments within the academy through schedule meetings and communication with key staff	Academy Manager, Head of Coaching, and Academy Administration	June 2024
Academy - General	Maintain all records and receipts relevant to academy business.	Ongoing communication through AMT meetings, communication with players, parents, and other relevant personnel to show evidence of processes within the academy	Academy Administration	June 2024
Academy - General	Ensure all staff are provided with a formal documented induction process	Lead of department to deliver formalised induction and evidence	Academy manager and AMT department heads of	Sept 2023
Academy - General	Update risk assessments and Health and Safety documentation at all venues training and games programme	Arrange appropriate time for sports science and admin to prepare documents	Academy Manager, Sports Science, Academy Administration	Sept 2023
Academy - General	Update all relevant documentation for the season 2019-20	Discussion between all members of AMT	Academy Administration Academy Manager	Aug 2023
Coaching	Plan organise and deliver appropriate CPD to coaches in the academy and development centres	Lease with FA coach educator and meet with lead phase coaches and part time coaches	Head of coaching lead phase coaches and p/t coaches	Sept 2023
Coaching	Work with individual coaches to develop their knowledge and skill set. This includes the competition of all awards required to carry out their job	Head of coaching and FA coach educator to carry out (or delegate accordingly to lead phase coaches)	Head of coaching, lead phase coaches and FA coach educator	June 2024
Coaching	Coaching competency framework needs to continue to be developed and individual coaching plans for all full and part time coaches need development	Meeting with lead phase coaches and head of coaching. 2 observations of all coaches working within the academy need to take place in the season	Head of coaching	Sept 2023
Coaching	Deliver the player reviews to all academy players, maximising the opportunity to get an understanding of where the player is currently at in their development process.	Working alongside the head of Coaching to schedule introduced for lead phase coaches and part time coaches.	Head of coaching lead phase coaches and p/t coaches	June 2024





Coaching	Provide opportunity for coaches and players to continue to develop and learn through new ideas	Discussions at AMT meetings when new ideas and opportunities arise	Head of coaching lead phase coaches and academy manager	June 2024
Goalkeeping	The documented GK coaching programmes at each age/phase needs to be updated in line with the changes in the coaching programme	In discussion with the 1 <sup>st</sup> team, coaches and goalkeeping coaches.	Head of Goalkeeping, Head of coaching, and lead phase coaches	June 2024
Sports Science & Medicine	To complete all scholars medicals before 1 <sup>st</sup> July	Booked with Club Doctor, Physios	Sports Science.	July 2023
Sports Science & Medicine	Youth Team players to receive fitness tests as per schedule	Waiting on schedule from SW. Reports to be discussed and analysed at AMT meetings.	Sports Science.	May 2024
Sports Science & Medicine	Youth development and foundation phase players to receive fitness tests as per schedule	Waiting on schedule from SW. Reports to be discussed and analysed at AMT meetings.	Sports Science.	June 2024
Sports Science & Medicine	Provide an bi annual injury audit report	Through collation of visits from the physio clinics	Senior Academy Physio/Sports Science	Dec 2023 June 2024
Sports Science & Medicine	Provide relevant information and updates on developments within sports science and medicine to aid in the well-being and physical development of academy players	Ongoing research and development	Sports Science.	June 2024
Sports Science & Medicine	All Medical staff are fully qualified to administer treatment	Courses made available to physio staff to allow to be trained up on medical equipment.	Sports Science Club Doctor 1 <sup>st</sup> team Physio	August 2023
Education	Obtain Educational data for players in the youth development and foundation phase of the academy.	The Head of Education needs to liaise with the players schools twice a year following initial letter to inform signing	Head of Education	Sept 2023
Education	All scholars (100%) to complete the ASE framework, BTEC course	Progress reports, regular meetings with Education officer. Contact with schools	Head of Education	June 2024
Education	Maintain records of graduation profiles of all players leaving the Academy at U19.	Continued communication with leavers	Head of Education	June 2024
Welfare	Ensure all staff are up to date with CRCs and Safeguarding Course.	JP to communicate information at AMT meetings. Also record info to be regularly updated. JP to check facilities for posting of information.	Academy Safeguarding Officer	Sept 2023





Welfare	Transport plans for players in all phases, particularly in the PDP, needs to be up dated.	Liaise with players and parents regarding the access to and from the academy.	Academy Manger, Academy Safeguarding Officer	Sept 2023
Recruitment	Create a plan to improve the pre academy development centre	Put together a development plan covering the key catchment areas within a radius of MFC	Head of Recruitment, Academy Manager, Lead Foundation phase	Sept 2023
Recruitment	Maintain an up to date Talent ID database and records.	Weekly/monthly activity plans, recruitment plans. Formal records of specific target groups and areas of recruitment.	Head of Recruitment, Lead coach Foundation Phase	Sept 2023
Recruitment	Utilise the player profiles and scouts guidelines with all scouting staff when assessing potential players coming into the academy.	Include in the induction of all scouts at start of season meeting.	Head of Recruitment, Lead coach Foundation Phase	Sept 2023
Recruitment	Ensure all new and existing Talent ID staff undertakes appropriate CPD.	Ensure formal induction procedure is followed and a minimum of 2 academy sessions are observed, for age groups to be scouted	Head of Recruitment , Lead coach Foundation Phase	June 2024
Recruitment	Organise a talent identification course for scouts to attend	Through liaison with the FA coach educator	Head of Recruitment, Academy Manager	June 2024
Recruitment	From the 12- 16 players signed as scholars, aim to have 4-5 players graded as Green (Gifted and Talented)	Meetings with staff, Scouts Reports. Good, effective Scouting. Understanding of Player Requirements. Additional satellite centres/contacts.	Head of Recruitment, Lead coach Foundation Phase, Lead coach YDP	Sept 2023
Recruitment	From the 8-12 players registered to form the U9s, aim to have 3-4 players graded as Green (Gifted and Talented)	Meetings with staff, Scouts Reports. Good, effective Scouting. Understanding of Player Requirements. Additional satellite centres/contacts.	Head of Recruitment, Lead coach Foundation Phase	Sept 2023
Recruitment	To create formal links with Clubs, schools or other organisations	Through Grass Roots Clubs. Meetings, watch/analyse individuals/teams, forming relationships with key personnel	Head of Recruitment	June 2024





### Monitoring of Performance Targets

Staff are provided with departmental and individual targets which are monitored at the 7 weekly AMT Meeting; through the Staff Appraisal Review system and a traffic light system on the calendar.

Individual staff receive a targets form at the beginning of the season that is produced between the Head of Coaching, Academy Manager, and the coach. These targets are linked to the CPD targets that are set at the same stage. The CPD and Departmental calendar will have a traffic light system on that will change at the end of each month. The six monthly and annual targets will be reviewed and assessed at staff appraisals that happen In December and at the end of the season. There is a comprehensive target, review, and assessment system in place to bring together staff targets, appraisals, CPD targets and CCF reviews, which lead onto the coach development plans, again which will set targets and areas to action.

All staff and departmental targets are subject to change and upon agreement from the Head of Coaching and Head of Academy new targets may be set at any stage of the season.





#### 7.4 Individual Learning Plans

Individual learning plans (ILP's) are created across the phases to ensure that every academy player is working on areas that are designed specifically to aid their own personal learning plan. The plans are based upon a set assessment criterion that will involve Talent ID, player and coaching staff who will all work on a template that is designed to establish strengths and weaknesses for all players.

##### Protocol:

- Talent ID fill out scouting assessment forms on the player based on the phase they are playing in. (These forms differ throughout the phases).
- The score that the player is given is benchmarked against current academy players. If the player scores above this score, he will be invited in for an 8-week trial.
- The age group coach will fill out the same assessment form at week 7 of the trial, against the current academy cohort and same rules apply in that if he scores above, he will be invited to sign.
- When the player has signed, he will fill out the same assessment form on himself, which will form the basis to compare with the copies of Talent ID and the age group coach to give a good indication of the strengths and weaknesses of the player.
- These established areas, one from each of the four corners will form the ILP.

Another thing to consider in this process is the gifted and talented benchmark score. All age groups will have an element of gifted and talented players who are operating at the top end of the assessment criteria. It is hoped that any new signings will be coming into this category.

##### The assessment forms:

In the Foundation Phase the players are assessed on a four-corner model but not against position specifics as in the YDP and PDP. (See assessment report forms) FP players are judged more on technical ability, social skills, and movement patterns (ball mastery)

YDP phase sees the introduction of position specifics where players are graded against set criteria for each position, in a similar way to the PDP players who are assessed against the first team player profiles.

Once the assessment forms are completed by the player and coaching staff, one strength and one weakness from each of the four corners is then chosen. These four strengths and four weaknesses form the ILP.

The ILP runs alongside the technical coaching curriculum within each phase but is centred on what the individual needs are at that time, whereas the curriculums work through the various aspects of learning. The plans are reviewed by coaches and players on a 7-weekly pattern in the YDP and PDP as part of the review process and can be changed at any time with prior agreement of players and coach. ILP's can be used as a way of testing and pushing the gifted and talented group to give them objectives that are above those that other players may have and other generic curriculum-based ILO's.





Within the players ILP's are separate match day LO's that form part of the ILP. Prior to each game they are given match day LO's that are decided upon by coach and player, these are specific to the players developmental needs at that moment in time. They are there to reflect a current need or objective. Players grade themselves after the game as do coaches on the PMA.

7.5 Individual Training Sessions

Individual development work is carried out in all the phases as follows.

Phase	Session
Foundation Phase	10 minutes of the 1 <sup>st</sup> session in the week
Youth Development Phase	30 mins in one of the two syllabus sessions in the week
Professional Development Phase	One full session per week is allocated to individual learning 30 mins

7.6 Parents / Player Meetings

Academy Player Reviews - Parents Evening Procedure

All players and parents will have an agreed 15 x minute appointment with their sons lead coach and head of phase. The following procedure will be followed.

- Access to player reviews via the PMA before the meeting
- Parents will book their assessment slot via the academy website booking page.
- Reviews will take place at The Mazuma Stadium
- When called, each player and his parent(s) / guardian will sit down and discuss the player's progress with the staff, this will be based on their 7 weekly reports throughout the season.
- At the end of the review players and parents will be asked to sign to confirm completion of the review.
- The Academy Manager and heads of department will be available on the evening should any parents wish to discuss anything regarding the feedback they have been given.

SECTION 8 ADMINISTRATION & GENERAL

Morecambe FC Academy employs a full-time Academy Secretary / Football Administrator. The Academy Secretary, in addition to general administration, is responsible for assisting the Academy Manager with Player registrations, Schoolboy Games Programme Match & Match Official arrangements & co-ordination.





ACADEMY

**PRODUCING THE  
NEXT GENERATION  
OF LOCAL TALENT**

MORECAMBE FC ACADEMY

MORECAMBE FC ACADEMY

**ACADEMY PERFORMANCE PLAN 2023-24**