

01279 443388



'Performance is Priority'

## **NCFootball Development Centre**

**01279 443388 or 07966 307199**

[www.ncfootball.co.uk](http://www.ncfootball.co.uk)



## **Parent Information Pack**

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## **Who are NCFootball?**

NCFootball has a young, enthusiastic and skillful team of coaches led by Nick Cook. Nick has been professionally coaching young players since 1996 starting at Barnet FC before moving to Tottenham Hotspur's Football Development for 3 years in 1999.

The creation and development of NCFootball since 2002 has seen Nick use his professional qualifications & experiences to create a caring, enthusiastic and professional approach to the coaching of young players. The creation of NCFootball's 'pyramid of progression' marks the progression of the individual providing them with stepping stones as levels are achieved.

NCFootball deliver the very highest standard of coaching, taking boys and girls into the NCFootball coaching family as young as 4. Their football experience develops from basic coaching through to competitive league football with local youth club, Barnet Azzurri FC, who employ Nick as Director of Football. The NCFDC is used as a feeder session into the club.

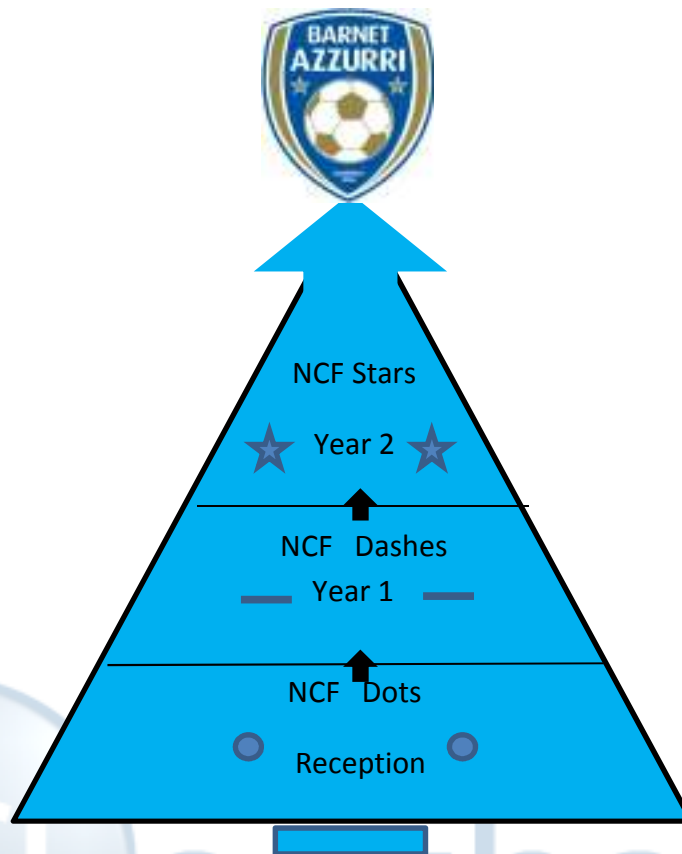
NCFootball is at the forefront of youth football and is continually developing its coaches' qualifications, skills and techniques keeping up to date with the FA's youth development plans. Its established links with Arsenal Football Club has seen a number of football stars delivering master classes to the boys and girls of Barnet Azzurri FC and matches against the Arsenal Juniors.

NCFootball has links to both Hertfordshire and Middlesex FAs, works with a number of local schools and has coached the medal winning LB of Barnet's Girls London Youth Games team.

## **What is the NCFootball 'Development Centre? (NCFDC)**

The NCFDC has been designed to offer young children from reception year through to year 2 a football coaching experience like no other. We have designed a tailored system that provides our players with four progressional steps with a view to them being selected to play for Barnet Azzurri FC.

## NCFootball's 'Pyramid of Progression'



The sessions take place on a Saturday at our venue at East Barnet Secondary school on the new 3G all weather pitch. Players train at a minimum once a week for one hour. Whilst at the centre, players will also have the opportunity to play in 'Development matches'.

The Centre takes in 16 reception players each season to form our new class of '**NCF Dots**' .

**NCF Dots** – this is the entry point in to the Centre. Sixteen players of reception age who have been identified as being physically and socially equipped for these focused sessions will be offered a place at the Centre. After one full season (school year), players will progress through to the next level.

**Skills School** - players deemed to be at an earlier stage of sporting awareness will be offered the opportunity to attend our weekly Skills School session, where they will have the chance to develop their love of football.

**NCF Dashes** – players now begin level two. As well as attending the Development Centre players, will be invited to attend our 'Training Days' during the school holidays. After one full season (school year), players will progress through to the next level.

**NCF Stars** – players will now begin level three. At this level, players will have the opportunity to play in four ‘development matches’ across the season. These will include matches against some professional club development centres.

On completion of this season, players will either be invited to join Barnet Azzurri FC or be offered a place to continue their football development at our ‘Skills School’.

### Centre Details

**Venue** - East Barnet Secondary School, Chestnut Grove, East Barnet, Hertfordshire EN4 8PU

**Time**- NCF Dots (reception) 12noon – 1pm

NCF Dashes (year 1) 12noon – 1pm

NCF Stars (year 2) 1pm – 2pm

**Session dates** – sessions will be held every Saturday during school term (no sessions during school holidays).

**Annual subscription** is £30 per year which covers the price for each player to receive their own kit. This consists of – training top, shorts and socks. Players kits are colour coded and printed with either a dot, dash or a star, dependent on where players are in the ‘pyramid of progression’.

**Cost** – 6.50 per session. Parents will be invoiced at the beginning of each term.

### Training Syllabus

**NCF Dots** – these sessions will focus on 3 key areas:

1. **Ball mastery** – 1-to-1 ball contact to maximise player’s touches of the ball. This is achieved by setting out a number of fun exercises, designed to develop hand/eye co-ordination & foot/eye co-ordination through manipulation of the ball.
2. **Movement patterns** – the most important aspect of a young child’s sporting development, however often overlooked. This is achieved by setting out a number of tag games, agility exercises & balance games.
3. **Mini matches** – small sided games.

**NCF Dashes** – these sessions will focus on 4 key areas:

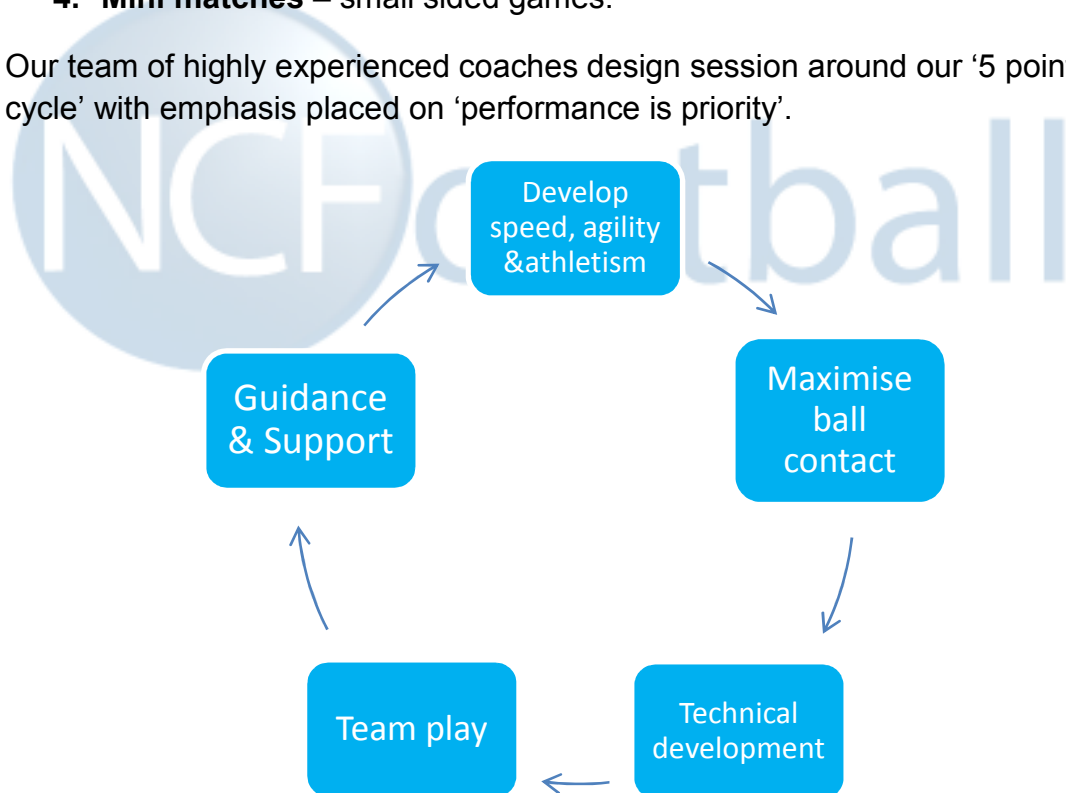
1. **Ball mastery** – a continuation of the 1-to-1 ball contact to maximise player’s touches of the ball. However, the level of technique becomes slightly more advanced, focusing on 1<sup>st</sup> touch.

2. **Movement patterns** – players will now be exposed to using specialised speed equipment and begin some basic plyometric training.
3. **Introduction to team play** – players will now also be introduced to basic aspects of team play - small group passing drills, small group shooting drills and basic positioning.
4. **Mini Matches** – small sided games.

**NCF Stars** – these sessions will focus on 4 key areas:

1. **Ball mastery** – a continuation of the 1-to-1 ball contact to maximise player's touches of the ball. However, the level of technique becomes slightly more advanced, now focusing on skills, turns and 1<sup>st</sup> touch.
2. **Movement patterns** - this important aspect is developed further with the focus now moving to reaction games, technical footwork, is achieved by setting out a number of tag games, agility exercises & balance games.
3. **Introduction to team play** – players will now also be introduced to basic aspects of team play - small group passing drills, small group shooting drills and basic positioning.
4. **Mini matches** – small sided games.

Our team of highly experienced coaches design session around our '5 point learning cycle' with emphasis placed on 'performance is priority'.



## FAQ

1. **How do I gain feedback on my child's progress?** We welcome open communication between our coaches and parents. Coaches are happy to

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arrange a time to speak by phone to discuss your child's progress. Parents will also receive an annual progress log.

2. **If the weather is bad, will a session be run?** NCFootball strive to make sure every session goes ahead. However in severe weather conditions please check the website or text a coach.
3. **What footwear is needed to train on an astro turf?** Specialist astro turf trainers. We are happy to advise you on the purchase of these.
4. **What should I dress my child in when the weather is cold?** Please avoid heavy jackets that restrict movement. Thermal under garments are a great idea. We also highly recommend hats and gloves for cold days.
5. **What should I do if my child is ill or we are unable to attend a session –** whilst we know it may not always be possible, we appreciate a text as early as possible as sessions are planned in advance and some activities need to be adapted for different group sizes.

### **Advice for Parents**

You all play a huge part in your child's football development. This comes in many different forms.

1. Please ensure your child is at their session at least 5 minutes before it begins.
2. On arrival, please make sure you book your child in with our session co-ordinator (Abby).
3. Make sure they are dressed appropriate for the weather conditions and attend with shin pads and correct footwear.
4. Whenever possible, encourage them by watching them train.
5. Be ready to greet them on completion of the session.
6. On the way home, praise your child on the things they have done well and offer them lots of positive re-enforcement. A willingness to try new things without fear of making mistakes is important to good learning. NCFootball provide a 'pressure free' environment that allows all our players to be creative and experimental.
7. We encourage parents to applaud good play but refrain from offering coaching tips. Children thrive on encouragement but too many voices can become distracting. And, after all coaching is what you pay us for!

Please feel free to contact us for an informal chat or to book a taster session for your child.

Kind regards

NCFootball Team

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