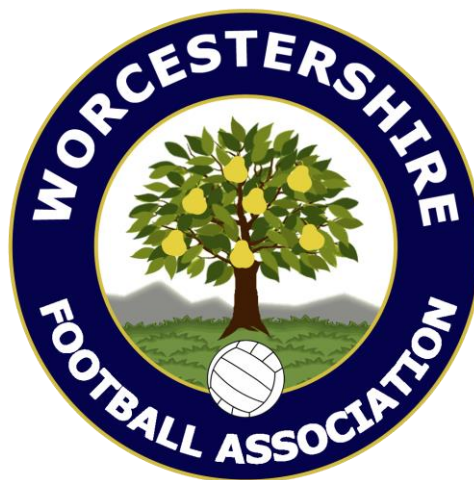




**The Albion Foundation and Worcestershire FA
Girls Player Development Centre
2017/2018**



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About the Player Development Centre

The Albion foundation are in their second year of running a girls Player Development Centre (PDC), which is designed to complement grassroots football by providing selected players with additional training by specialist coaches. The purpose of the PDC is to bridge the gap between Grassroots and the WBA FC Regional Talent Centre by supporting players to embark on the Talent Pathway.

Our Player Development Centre's (PDC's) are sessions that specifically mirror the WBA FC Girls Regional Talent Centre (Under 10's – 16's) following the same topics, structure and core unopposed sessions. Our PDC's engage players from Under 8s – 14's however the age groups vary at different venues so please ensure you select the correct Centre. The sessions have a key technical focus that mirrors the WBA FC RTC curriculum, designed by the Academy director, whilst aiming to develop the children holistically. Players are guaranteed to participate in a minimum of one hour coaching session that will include unopposed and opposed technical work, game related practices, whilst applying these skills in small sided games.

Players that are showing outstanding ability or potential have the possibility to be referred to the WBA FC Regional Talent Centre trials. This will be at the lead coach and Centre director's discretion, with parents being advised of the next steps individually.

Session Breakdown

6.00pm – Conditioning (15)

6.15pm – Training (75)

Unopposed Technical Practice (20)

Opposed Functional Practice (20)

Small Sided Game - SSG (25)

Shooting (10)

OR

6.15pm – Training (75)

Whole - SSG (20)

Part – Opposed Technical Practice(20)

Whole - SSG (20)

Shooting (15)

7:30pm – End of Training

Prior to fixtures, sessions will include Match Preparation

Important Information

Payment Details

Once you have been confirmed a place on the Player Development Centre, all details of payment will be published on the Albion Foundation website for you to book.

These will be made by termly installments.

Playing Kit

If you are joining us at the start of the Academic year, we would like all players to purchase their kit from the macron west midlands store.

* Kit can be purchased online from our kit supplier Macron.*

<http://macronstorewestmidlands.com/shop/club-shops/albion-foundation-ladies/>

Footballs

Each player will be required to purchase their own football specific to their age group. This is to ensure more ball time is available within sessions for each player. These will be available in age specific sizes and colours.

Communication

All information throughout the season will be sent via email.

A Whatsapp Group will be created at the start of the season for information that needs to be communicated quickly and effectively e.g. training cancellations. The group will include all players for their specific age group, Lead Coach and centre manager Lauren Affron.

Season Agenda

Term	Date	Topic
Autumn Term 1		Trials
<i>Out of Possession</i>	Wednesday 4th October	<i>Defending as an individual 1v1 2v2</i>
	Wednesday 11th October	<i>2v2 & 3v2 Defending</i>
<i>Transition - Regain</i>	Wednesday 18th October	<i>Attack quickly on regain</i>
HALF TERM	HALF TERM	HALF TERM
Autumn Term 2		
	Wednesday 1st November	<i>Possession Play on Regain</i>
<i>In Possession</i>	Wednesday 8th November	<i>Dribbling 1v1</i>
	Wednesday 15th November	<i>Combination Play 2v1 2v2 3v2</i>
<i>Transition - Loss</i>	Wednesday 22nd November	<i>Defend to Delay</i>
	Wednesday 29th November	<i>Defend Early/High</i>
	TEAM PHOTOS!	
<i>Out of Possession</i>	Wednesday 6th December	<i>Defending Out of Shape</i>
	Wednesday 13th December	<i>Defending when in Shape</i>
HALF TERM	HALF TERM	HALF TERM
Spring Term 1		
<i>Transition - Turnover</i>	Wednesday 10th January	<i>Attacking wide areas</i>
	Wednesday 17th January	<i>Attacking/Forward runs without ball</i>
<i>In Possession</i>	Wednesday 24th January	<i>Attacking through No 9</i>
	Wednesday 31st January	<i>Creativity in final 1/3</i>
<i>Loss of Possession</i>	Wednesday 7th February	<i>Press early or regain shape</i>
	Wednesday 14th February	<i>Defending around penalty box</i>
HALF TERM	HALF TERM	HALF TERM
Spring Term 2	RTC programme is reviewed!	
	Wednesday 28th February	<i>TBC</i>
	Wednesday 7th March	<i>TBC</i>
	Wednesday 14th March	<i>TBC</i>
	Wednesday 21st March	<i>TBC</i>
	Wednesday 28th March	<i>TBC</i>
HALF TERM	HALF TERM	HALF TERM
Summer Term 1		
	Wednesday 18th April	<i>TBC</i>
	Wednesday 25th April	<i>TBC</i>
	Wednesday 2nd May	<i>TBC</i>

	Wednesday 9th May	<i>TBC</i>
	Wednesday 16th May	<i>TBC</i>
	Wednesday 23rd May	<i>TBC</i>
HALF TERM	HALF TERM	HALF TERM
Summer Term 2		
	Wednesday 6th June	<i>TBC</i>
	Wednesday 13th June	<i>TBC</i>
	Wednesday 20th June	<i>TBC</i>
	Wednesday 27th June	<i>TBC</i>
	Wednesday 4th July	<i>TBC</i>
	Wednesday 11th July	<i>TBC</i>
	Wednesday 18th July	<i>TBC</i>
END OF SEASON	END OF SEASON	END OF SEASON

Fixtures

Fixture Dates	Age Group/Team	Venue
October Half Term	Wildcats Festival (U8's)	
	Ross Junior Royals (10's & 12's)	
	Premier League Clubs (14's)	
February Half Term	Wildcats Festival (U8's)	
	Kewford Eagles (10's & 12's)	
	Premier League Clubs (14's)	
March/April - Easter	Wildcats Festival (U8's)	
	Solihull Sporting (10's & 12's)	
	Sporting Khalsa (U14's)	
May Half Term - Summer	Wildcats Festival (U8's)	
	WBA Grassroots Festival (U10's, U12's & U14's)	

Please Note:

Fixtures may change throughout the season, with the possibility of extras being added. We aim to adhere to this as closely as we can.

If you know of any clubs who would be interested in playing against our PDC's please put them in contact: lauren.affron@albionfoundation.co.uk