



Central Football Academy

imagine, believe, achieve

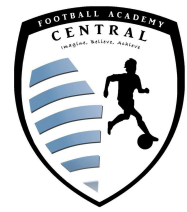




Welcome To CFA

CFA coaches and staff have a vast amount of experience in youth football, our expertise has allowed us to devise our own specific football programme, for pre-school through to adult players. Our unique position allows us to promote our expertise in the game to develop players to a high standard and fully prepare them to play either professionally, at scholarship level or playing socially. Where we cannot predict how each player will progress we are sure that we will be preparing a confident and knowledgeable individual, with a positive attitude towards participation in competitive sport for a lifetime of physical activity.





Aims, Objectives and Outcomes

The aim of the CFA is to enable promising players to progress as young footballers both on and off the pitch into well balanced individuals who understand the importance of teamwork, hard work and discipline. We ensure that each player will constantly develop and improve their technical ability and we hope fulfill their potential as young footballers, whatever level they go on to play in their future careers.

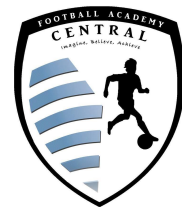
Our squad of coaches has a vast experience in football, however as a team we believe that to challenge the players to elite standard we should look outside Scotland to increase our expectations and standards.

CFA is not about changing the systems that are in place nationally or changing the deep mind sets of the established clubs, we understand that for individuals to thrive their training, expectations and confidence is dependent on a club which is player centered and not team centered. We firmly believe that if we get the structure in place at an early age the team achievements will follow, developing each into effective players.

At CFA we have looked beyond the borders of Scotland to embrace a programme which has produced the best players in the world, in reality the best Scottish players leave the country to further themselves, our mission is to produce players that are of a level which exceeds Scottish expectations and meets International standards.

We make no apology about our aspirations and collectively we feel we have the programme, support and knowledge to take our players on a football journey of excellence which will support them not only in football and sport fitness but in self confidence and leadership in life.





Programme Overview

Our team of Football Coaches deliver on a daily basis fun-educational academies to pupils from ages 3 – 10 years of all abilities and 11-adult of an elite standard. Whether it is the first time a player has kicked a football, through to players who are signed to Premier Football Clubs.

During the football season and school term time, we manage and deliver our academy to over 170 players. Our unique programme aims to give the players the opportunity to have fully qualified, enthusiastic coaches in safe sessions for the players; while accepting that the 'one size fits all' football programmes ran throughout clubs are not developing footballers to their maximum potential, our experience and ability to deliver sessions specifically for our players has provided us with enormous success over the years. CFA identifies these with these specific needs and deliver team and individual programmes to maximise the players' potential.

Our pre-schools Happy Feet programme thrives from having a regular enthusiastic sessions taking place each week on location, with consistent and supportive guidance from friendly and approachable coaches. The children self-confidence is boosted whilst developing responsibility and self-discipline through the wealth of knowledge that is passed on from the CFA coaches within the session.

During school breaks, we run holiday academies in the Falkirk area. These academies are immensely popular with children and parents alike, with our fantastic local secure location and friendly, confident, enthusiastic coaches added to our management of each academy session. Holiday academies allow every parent to have the upmost confidence that their child will have a great safe and fun filled day.

CFA also run weekly training sessions for our Happy Feet pupils, the sessions take place at the weekend giving the chance for our pre-school and early years players the chance to meet other children from local schools, at the same time having a fun filled themed session which will keep entertained throughout.

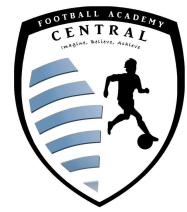
Our Level 1 and 2 Academy programme, is linked to an age development programme, which allows our young players to be ahead of the game in development and progress as an individual.

Our Level 3 builds from their Level 1 and 2 experiences and enables us to select from talented players and place them at the best possible team for them to experience the weekly vigours of competitive league and cup football. The programme now moves closer to developing both individual and team awareness, at this stage our programme embraces other aspects, such as: game knowledge, preparation and nutrition.

Our Scholarship and Senior levels complete the pathway and allow the player to continue playing with CFA within the regional and national set up or head to the USA to take up a scholarship. It is also the hope that scholarship players will again pull the CFA colours on their return to Scotland and bringing with them a vast knowledge and experience of playing abroad.

CFA team playing systems will strive to allow players to perform to their full potential by contributing to the team performance. We accept that players contribute in different ways, however we are committed to empowering all players to feel valued and equipped to perform to the highest level of their ability.





US/UK Scholarship Opportunities

The CFA Scholarship Initiative allows our 15-18 year olds the opportunity to travel over to the USA to showcase their individual and team skills to potential College and Universities coaches, this will give the players an insight to US-Scholarships Degrees Programmes first hand,



while over they will play against invited US college teams. Games will be played on the University campus giving the players a realistic feel for what to most would be a dream. CFA are committed to making sure that the players are



well prepared on all aspects of US Scholarships from their athleticism to their academic levels, we are able to advise players about the US CAP academic scoring exam which enables the players to submit their academic level to potential US Colleges and Universities. Our system is well organised and will prepare the players fully to what to some may be a lifelong dream. We of course accept that players may

not see the US as something for them, however we are committed to preparing the players to achieve the levels that are required to meet the College/ University standards, which will also be extremely useful if players wish to continue their education in Scotland, in particular for sport associated degree courses. At Central Football Academy we believe that this will prepare the players for all eventualities and decisions they make about their own futures





Our Coaching Achievements:

SWF (Scottish Women's Football) Championship

Division 1 winners 2009, 2017

Division 2 winners 2007, 2015

Division 2 runners up 2009, 2010

U17's League winners 2016

U17's League runners up 2011, 2017,

U15's League Championship 2013, 2014, 2015, 2017, 2018=

U15's League runners up 2015

U14's League Championship 2013

U14's League runners up 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019

U13's League runners up 2010, 2012, 2019

SWF Scottish Cup

U17's Scottish Cup runner's up 2016

U15's Scottish Cup winners 2015

U13's Scottish Cup winners 2013

U13's Scottish Cup winners 2012

U13's Scottish Cup runners up 2011

U13's Scottish Cup semi-finalists 2012, 2014, 2019

SWF League Cup

U15's League Cup winners 2011, 2014, 2015, 2017

U15's League Cup runners up 2012, 2013

U13's League Cup winners 2011, 2013, 2014, 2015, 2016, 2018, 2019

League Cup runners up 2010, 2011, 2012, 2018, 2019



Tournaments

Disney International Cup (USA) winners 2017

Nottingham Cup winners Senior Cup winners 2015, 2017

Nottingham Cup winners u12's 2017

Scotland Cup u13's winners 2017

Scotland Cup u12's runners up 2017

Glasgow City Cup winners u13's 2016, 2017 / u17's 2017

Blackpool Cup winners u13's 2019

Cumbernauld Cup u13's winners 2018

Coalfields Cup u15's winners (Keltie, Fife) 2018 runner's up 2019 (Manchester)

Umbro Cup (Manchester) Senior Plate runners up 2008, 2009

Umbro Cup (Keele) Senior Plate winners 2010

Umbro Cup (Keele) Senior Cup winners 2012

Umbro Cup (Keele) u17's Plate winners 2011

Umbro Cup (Keele) u17's Cup winners 2010

Umbro Cup (Keele) u15's Plate runners up 2011

Umbro Cup (Keele) u15's Cup runners up 2013

Umbro Cup (Keele) u13's Cup runners up 2011, 2013 / (Huddersfield) 2016

Umbro Cup (Keele) u11's Cup winners 2012

Umbro Cup (Keele) u11's Cup winners 2013

ACES Shield (Leicester) u14's winners 2014

ACES Shield (Leicester) u15's winners 2018

ACES Shield (Leicester) u16's winners 2016

ACES Shield (Leicester) u17's winners 2017

Puma Cup (Liverpool) u11's Cup winners 2012

Puma Cup (Liverpool) u13's Cup winners 2012

Puma Cup (Liverpool) u15's Cup winners 2012

Loch Lomond (Stirling) u11's Cup winners 2011, 2012, 2013

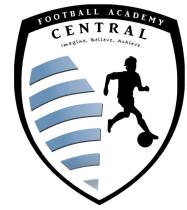
Loch Lomond (Stirling) u13's Cup winners 2011, 2012, 2013, 2014

Loch Lomond (Stirling) u15's Cup winners 2013, 2014, 2015

Loch Lomond (Stirling) u17's Cup winners 2015



Player Pathway



Seniors – Clyde FC girls

Once leaving our youth programme the girls not taking the scholarship opportunity will play with the seniors' team within the Regional Amateur Football League set up.

CFA Scholarship

Footballers playing u17's will have the opportunity to travel to the USA (including Tennessee, Kansas City), during the visit they will play games observed by University coaches and the opportunity to be offered a scholarship at a top US College for their education and continue playing football at a high standard.

Senior girls

Our u17's+ play in the Scottish Women's Championship League with Clyde FC Women's team, Central Football Academy provide all coaching staff for the Clyde FC Senior programme.

Under 17's Central

The 17's girls play competitive league and cup games each weekend in the SWF league set up. We have 1 side who play in the Central Regional League 2020.

Under 15's Central

The 15's girls play competitive league and cup games each weekend in the SWF league set up. We have 1 side who play in the Central Regional League 2020.

2006 Boys

Currently the 06's are the oldest section in the Boys section, we have evolved from the Grassroots and each year the new age intake, currently 2014's.

The Boys section play in the FVDL until 8 years old and enter the Central League from 2010's in 2020.

Under 13's – FVDL/SWF

The 13's play competitive league and cup games each weekend in the Scottish Women's Football league set up.

Under 11's – FVDL/SWF

The 11's along with training will play non-competitive games against boys and girls teams each weekend.

Under 9's League – FVDL/SWF/McDonald Programme

The 9's league players are ready to include non-competitive games. This will be against boys and girls teams at the weekend.

Happy Feet Nursery

A fitness programme centered on motor and cognitive development, young boys and girls are introduced to skills in a fun and exciting way. The weekly sessions take place in their nursery.





Structures in Football

If we analyse football by taking a grassroots point of view we all should be able to state the 3 player actions within team play when the player is on the ball.

Too often we hear about the player's flaws, indeed how many times have we assessed a Premiership player and commented on his ability, knowing that these players are at the top of their profession. Fans know best, really!

What we at CFA have done is to strip back the skills to what are important and indeed the essential keystones to development, in our opinion. These player requirements are the bases of all our training and although may be differentiated within training all players will be moving towards excellence in these areas throughout their time at CFA.

The basis of our coaching philosophy is dependent on all our staff identifying and accepting the following areas are essential.

When a player receives a ball she must:

- *Pass the ball*
- *Dribble the ball and pass*
- *Dribble the ball and shoot*

If a player isn't confident that he/she is able to dribble the ball effectively she will pass, if she always passes she will never develop the dribble and shot at goal (drills for shooting can be used however it rarely transfers to the pitch in a game), however we laud the passing player, but revel in the dribbler. Coaches love the passer its low risk and they may follow the philosophy that if the ball is being moved and retained then you can't concede goals. The passing coach has convinced us that the game should be played that way and those who don't are lesser beings...

Now we love the passing game but we want the dribbler to play in our team, we also accept that the high risk element of this style of play and the young developing player may not see the obvious pass that comes in time, with development and experience.

We see that by mastering the 3 situations posed above then we will have a player with the ability to play the game at the highest level, the skills to go by players, confidence with the ball control to pass well and of course the ability to shoot and score, risk of course, but that's why we want to watch the top players and teams because they take players on, they take risks, although the best teams look like they're not taking risks, it's because their individual skill set are in advance of the opponents, they didn't manage that by developing passing football alone.





Sports Science

Within the curriculum our coaches will build in balance and co-ordination exercises. Sports science tells us that coaches rarely develop a programme which relates directly to the players needs, fitness which is based on the tiredness after the session etc We focus on building good balance through basic core exercises build into training, repeated muscle and bone training will strengthen the players physicality with benefits of injury reduction, increased recovery, developed core skills which leads to explosive jumping, turning and take off.

Our coaches will extensively use one or more of the following drills:

- *Single Leg Squats*
- *Walking Lunges*
- *Push Ups*
- *Single leg hop and jump*

The coaches will be able to identify the following:

- *Single Leg Stability*
- *Vertical Stability and Whole Body Control*
- *Dynamic Stability*
- *Force Reduction Capability*

We strongly believe that implementing these drills we will contribute towards injury reduction, in particular the ACL. The provision of physiotherapy is an essential element to the support structure for the players, currently we are discussions for a consultation area at the training facility, for early diagnosis.

We are currently developing our sports science programme where Fitness coaches will be available to take sessions for the upper age groups, the fitness training will be football specific and will be complimented by the football training session content as indicated above. Also access to a Fitness Club, we are members of a local gym where their fitness instructors will work in co-ordination with our fitness coach to maintain a high level of conditioning throughout the year.



