



Foundation

THE CLUB'S OFFICIAL CHARITY

PLAYER DEVELOPMENT PROGRAMME

BELFAST

Expression of Interest Link

WHAT IS THE PLAYER DEVELOPMENT PROGRAMME?



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Weekly LFC Foundation development programme, costing £31 per month.

DELIVERY

Delivered each Monday at Brook Leisure Centre and Tuesday at Avoniel from 4pm to 6pm. From the start of September to the end of June.

CURRICULUM

We follow a 12 week technical syllabus to ensure we target all key areas of the game.

COACHING

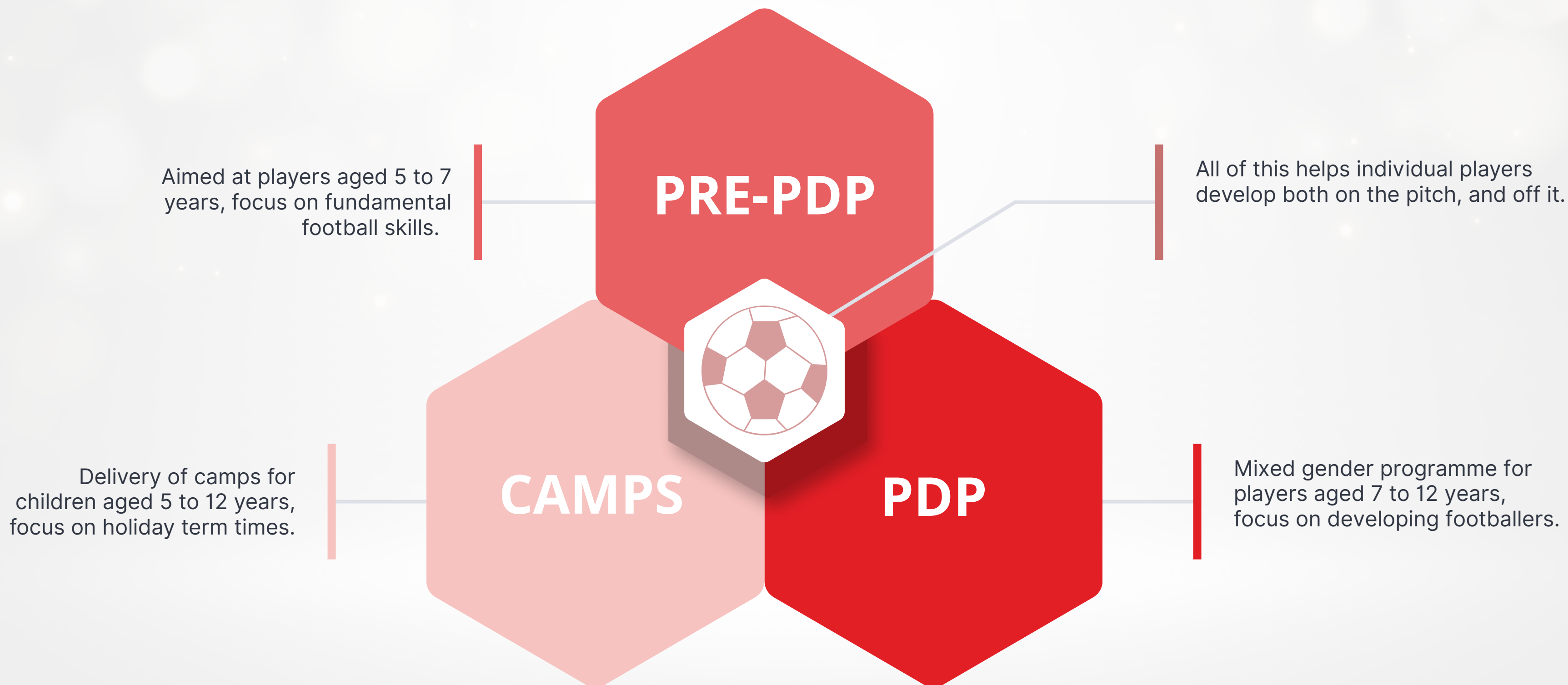
Coached by UEFA qualified coaches, who have experience throughout a range of age groups.

AGE GROUPS

We deliver to players aged 5 to 12 years old, age groups are double age banded on an invite only basis.

WHAT DO WE DO?

We aim to develop players and add to the work of the local clubs.



PLAYER PATHWAY



BELFAST COACHING STAFF

Player Development Programme Lead

Corey Wilson

UEFA A Licence

Current Larne FC U16s Manager and U20s Coach

Player Development Programme Coach

Adam Bridgnell

UEFA A Licence

Current Coagh United First Team Coach

Player Development Programme Coach

Jamie Hamilton

UEFA A Licence

Former U16s Ayr United Head Coach

Player Development Programme Coach

Darryl Smith

UEFA B Licence

Current Glentoran U16s Head Coach

Player Development Programme Coach

Stephen McDowell

UEFA B Licence

Former Queens University U21s Head Coach

Player Development Programme Coach

Samuel Evitt

UEFA B Licence

Former Dundela FC Academy Manager

PRE-PDP DELIVERY PLAN

The Pre-PDP follows a 6 week curriculum:

- 01 Beating a Player
- 02 Staying on the Ball
- 03 Mini Games - 3v3s
- 04 Creativity
- 05 Goal Scoring
- 06 Mini Games - 3v3s

Mini Games
15 Mins

Ball Mastery
15 Mins

**Session
Structure**

Main Topic
15 Mins

Mini Games
15 Mins

PRE-PDP OBJECTIVES

- 1** To provide our young people with clear principle based coaching messages that are consistent throughout our player development pathway.
- 2** To ensure our environment is of high challenge but underpinned by high support to best prepare individuals for Academy Football.
- 3** To develop the individual within a team-based setting by working through individual development plans in collaboration with the full multidisciplinary team.

PDP CURRICULUM



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01 Protect the Ball

02 Pressing to Score

03 Playing Under Pressure

04 Pressing in Numbers

05 Finishing

06 Block to Counter

07 Combination Play

08 Forcing Wide

09 1v1 With the Ball

10 1v1 Without the Ball

11 Consolidation

12 Games Week v Local Clubs

PDP SESSION STRUCTURE



High Ball Contact Time

1

Individual Development

2

Challenging Games

3

Short Interventions

4

Fun and Engaging Sessions

5

Freedom to Express

6

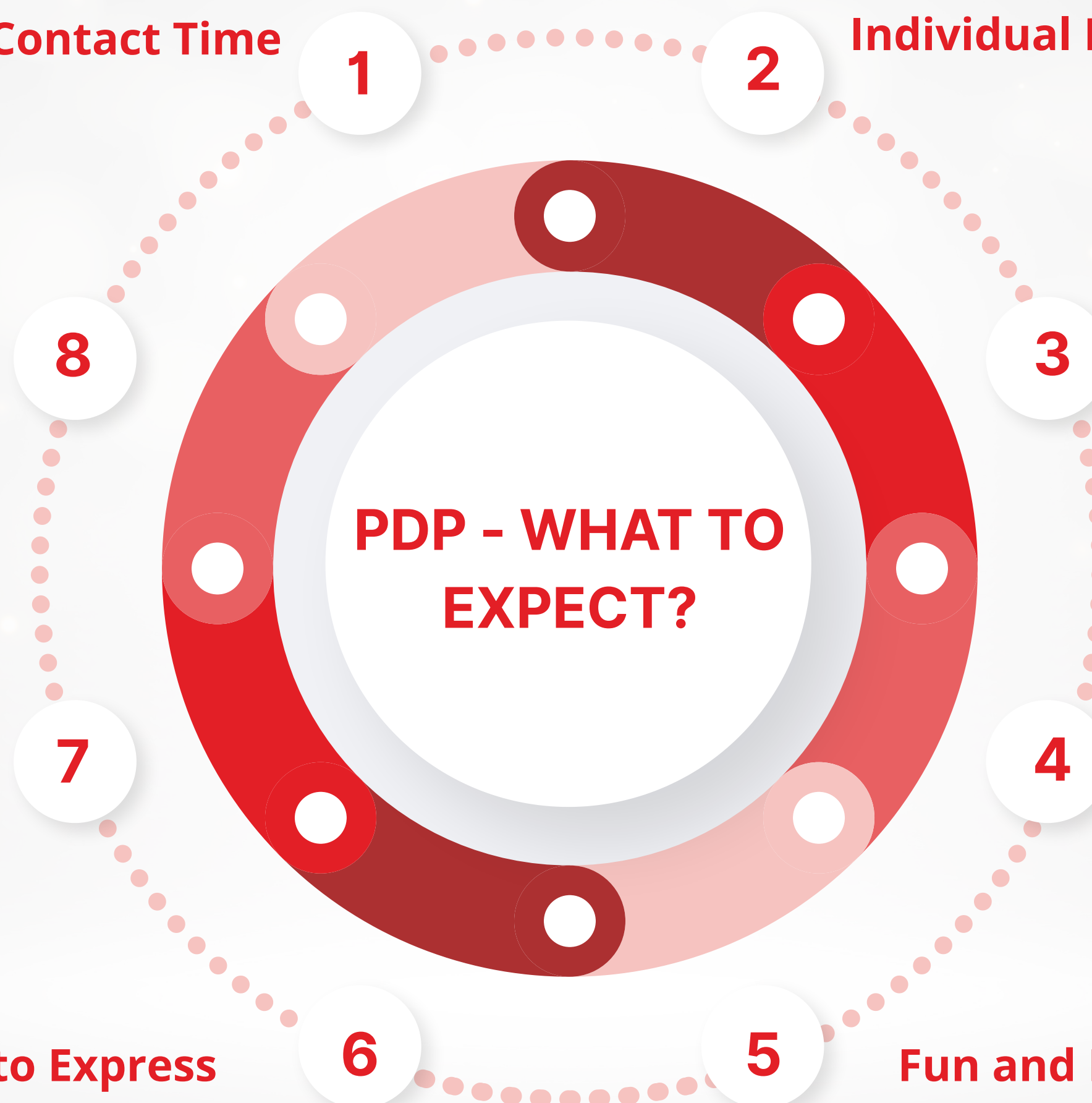
Supportive Environment

7

Professionalism

8

PDP - WHAT TO
EXPECT?



PLAYER REVIEWS

All players receive informal and formal feedback throughout the season.



WEEK

10

First Review

Players receive an initial informal review



WEEK

20

Second Review

First formal review is provided



WEEK

30

Third Review

Another informal review for players



WEEK

40

Fourth Review

Final formal review to help shape IDPs for the post season

PDP PLANS

There are a number of new exciting developments in the Player Development Programme.

01

GK Specific

Potential to start Goalkeeper specific training at the PDP.



New Site

New programme starting at Brook Leisure Centre.

02**03**

In House Games

Opportunities to take part in games against other sites or local clubs.

**04**

LFC Shop Discount

All PDP players receive 20% discount in the Belfast LFC Superstore

05

Player Development Centre

Informal link created with the Elite Belfast Player Development Centre.

Other Plans

Seasonal camps across the city, S&C Coaching, LFC visits.

**06**

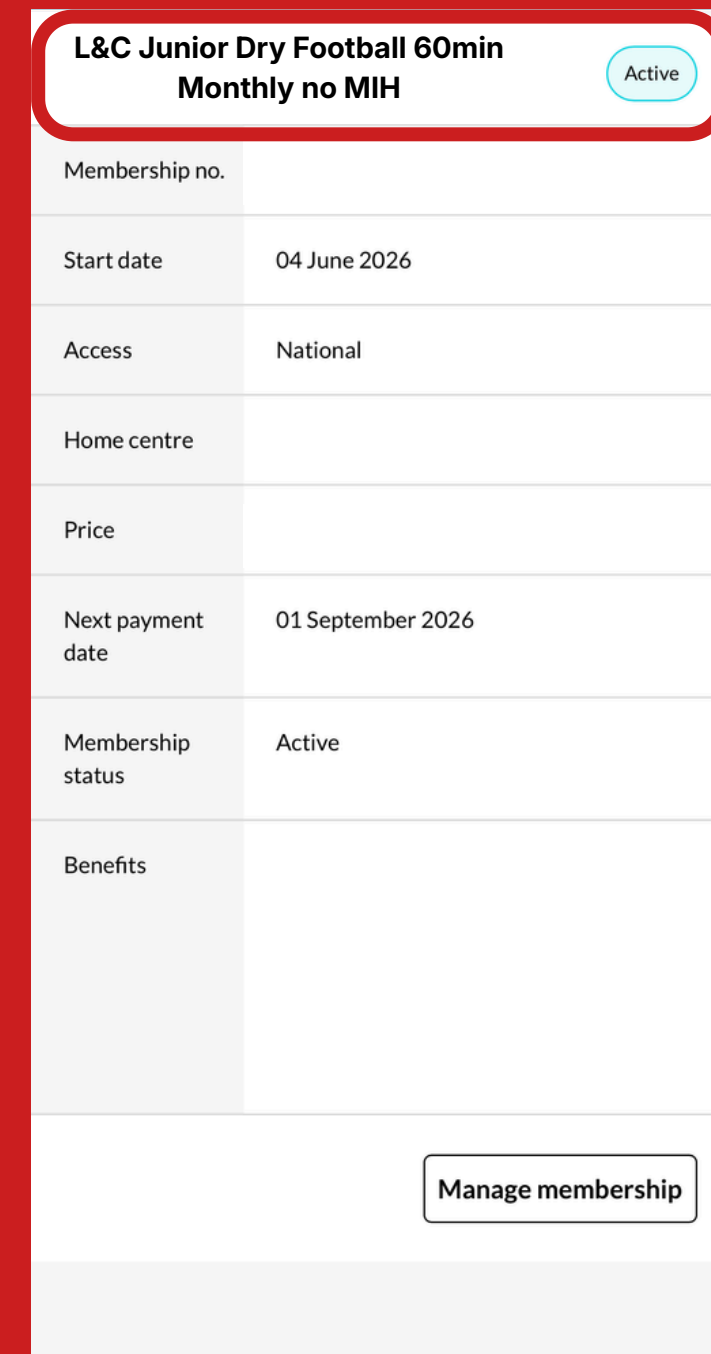
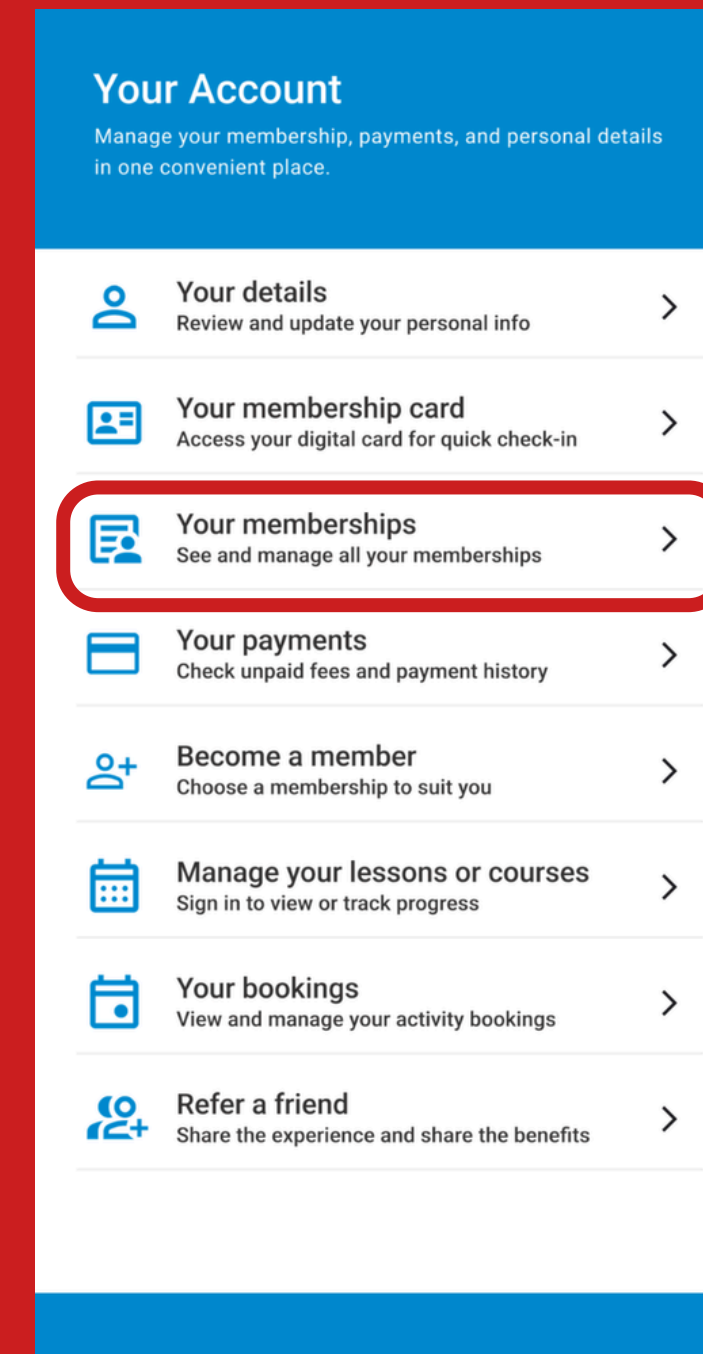
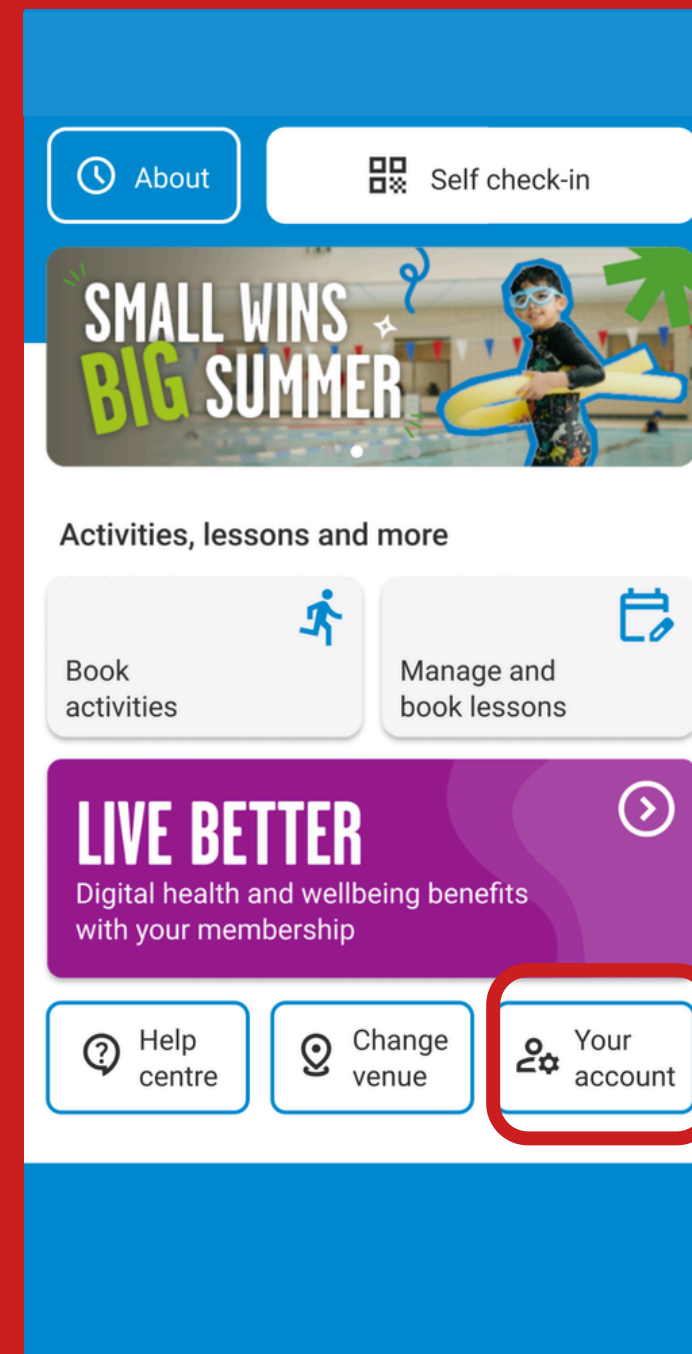
Belfast PDP – LFC Superstore Discount

As part of your enrolment on the Player Development Programme in Belfast, you will have access to a range of exclusive benefits at the LFC Superstore in Belfast City Centre. These benefits include:

- 20% off full price lines, 10% off sale lines, and usual T&C's for discounts would apply (not applicable to gift cards, memberships etc).
- Access to any new launches for upcoming events.

To prove your eligibility, you will need to follow the process outlined:

1. Open the **Better UK app**.
2. From the home screen, select '**Your Account**'.
3. Select '**Your Memberships**'.
4. Your membership name will be displayed at the top of the page.
5. The membership should be listed as '**L&C Junior Dry Football 60min Monthly no MIH**'. It should say '**Active**' beside the name.
6. **Please note: Screenshots will not be accepted as proof of membership.**





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**If interested or want to discuss
further, please contact or complete
the expression of interest:**

Corey Wilson

Corey.Wilson@GLL.org

[Expression of Interest Link](#)