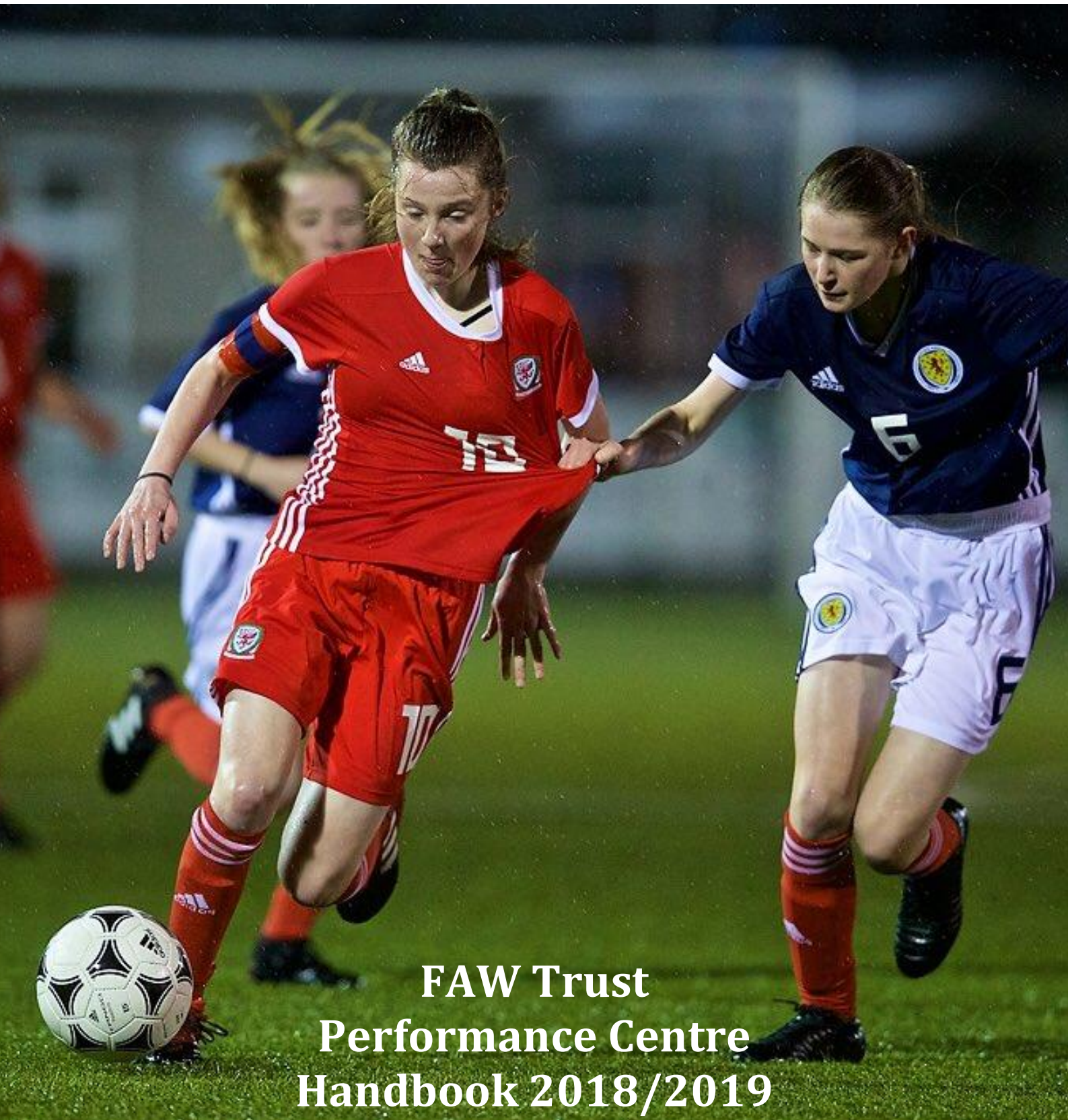


Girls Performance Centre



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FAW Trust Performance Centre Handbook 2018/2019



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Central Girls' (Aberystwyth)

Central Region

Centre Address: Aberystwyth Town FC, Park Avenue, Aberystwyth, SY23 1PG

Club Manager:	Steve Davies	Tel:	07788945280	Email:	sr-davies@hotmail.co.uk
Technical Director:	Steve Davies	Tel:	07788945280	Email:	sr-davies@hotmail.co.uk
Match Day Contact:	Steve Davies	Tel:	07788945280	Email:	sr-davies@hotmail.co.uk

Facebook Page Name:

Twitter Handle:

Training

	Day	Time	Venue	Surface	Session Type
U14's	Mon	6.00-7.00pm	Park Avenue	3G	Technical/Physical
U12's	Mon	6.00-7.00pm	Park Avenue	3G	Technical
U10's	Mon	6.00-7.00pm	Park Avenue	3G	Technical
U8's	Mon	6.00-7.00pm	Park Avenue	3G	Technical
GK's	Mon	6.00-7.00pm	Park Avenue	3G	Technical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
U14	Park Avenue	9v9	3G	18.00	Mon
U12	Park Avenue	9v9	3G	18.00	Mon
U10	Park Avenue	7v7	3G	18.00	Mon
U8	Park Avenue	5v5	3G	18.00	Mon

Training Kit Colour

	Shirt	Shorts	Socks
Outfield	Blue	Blue	Blue
Goalkeeper	Green	Green	Green



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Central Girls' (Newtown)

Central Region

Centre Address: Newtown AFC, Latham Park, Newtown SY16 1EN

Centre Manager:	Ffion Barnett	Tel:	07805708291	Email:	ffionbarnett97@gmail.com
Technical Director:	Ffion Barnett	Tel:	07805708291	Email:	ffionbarnett97@gmail.com
Match Day Contact:	Ffion Barnett	Tel:	07805708291	Email:	ffionbarnett97@gmail.com

Facebook Page Name:

Twitter Handle:

Training

	Day	Time	Venue	Surface	Session Type
U14's	Mon	6.00-7.00pm	Latham Park	3G	Technical/Physical
U12's	Mon	6.00-7.00pm	Latham Park	3G	Technical
U10's	Mon	6.00-7.00pm	Latham Park	3G	Technical
U8's	Mon	6.00-7.00pm	Latham Park	3G	Technical
GK's	Mon	6.00-7.00pm	Latham Park	3G	Technical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
U14	Latham Park	9v9	3G	18.00	Mon
U12	Latham Park	9v9	3G	18.00	Mon
U10	Latham Park	7v7	3G	18.00	Mon
U8	Latham Park	5v5	3G	18.00	Mon

Training Kit Colour

	Shirt	Shorts	Socks
Outfield	Yellow	Black	Black
Goalkeeper	Yellow	Black	Black



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Gwent Girls'

South Region

Centre Address: Llanwern High School, Hartidge Farm Roadm Newport. NP18 2YE

Technical director: Charlotte Preen **Tel:** 07974989569 **Email:** Gpcdirector.preeny@hotmail.com
Technical Director: Ben Davies **Tel:** **Email:** Gpcdirector.ben@hotmail.com
Match Day Contact: Charlotte Preen **Tel:** 07974989569 **Email:** Gpcdirector.preeny@hotmail.com

Facebook Page Name:

Twitter Handle:

Training

	Day	Time	Venue	Surface	Session Type
U14's	Thurs	8.00-9.15pm	Llanwern High School	3G	Technical/Physical
U12's	Thurs	8.00-9.15pm	Llanwern High School	3G	Technical
U10's	Thurs	7.00-8.00pm	Llanwern High School	3G	Technical
U8's	Thurs	7.00-8.00pm	Llanwern High School	3G	Technical
GK's	Thurs	Split Times	Llanwern High School	3G	Technical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
U14	Llanwern High School	11v11	3G	8.00pm	Thurs
U12	Llanwern High School	9v9	3G	8.00pm	Thurs
U10	Llanwern High School	7v7	3G	7.00pm	Thurs
U8	Llanwern High School	5v5	3G	7.00pm	Thurs

Training Kit Colour

	Shirt	Shorts	Socks
Outfield	Red	White	Red
Goalkeeper	Red	White	Red



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North Coast Girls'

North Region

Centre Address: Coleg Llandrillo, Llandudno Road, Rhos-on-Sea, LL28 4HZ

Technical director:	Steve Thomas	Tel:	Email: Snt1878@gmail.com
Technical Director:	Steve Thomas	Tel:	Email: Snt1878@gmail.com
Match Day Contact:	Steve Thomas	Tel:	Email: Snt1878@gmail.com

Facebook Page Name:

Twitter Handle:

Training

	Day	Time	Venue	Surface	Session Type
U14's	Tue	6.30-7.30pm	Coleg Llandrillo	3G	Technical/Physical
U12's	Tue	6.30-7.30pm	Coleg Llandrillo	3G	Technical
U10's	Tue	6.30-7.30pm	Coleg Llandrillo	3G	Technical
U8's	Tue	6.30-7.30pm	Coleg Llandrillo	3G	Technical
GK's	Tue	6.30-7.30pm	Coleg Llandrillo	3G	Technical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
U14	Coleg Llandrillo	9v9	3G	18.30	Tue
U12	Coleg Llandrillo	9v9	3G	18.30	Tue
U10	Coleg Llandrillo	7v7	3G	18.30	Tue
U8	Coleg Llandrillo	5v5	3G	18.30	Tue

Training Kit Colour

Shirt	Shorts	Socks
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Outfield

Goalkeeper



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South Girls'

South Region

Centre Address: Cardiff University Sports Fields, Mendip Rd, Llanrumney CF3 4JN

Centre Manager:	Clare Daley	Tel:	02920 870889	Email:	SouthGirls-PC@cardiff.ac.uk
Technical Director:	Josh Liddard	Tel:	07928954051	Email:	SouthGirls-PC@cardiff.ac.uk
Match Day Contact:	Clare Daley	Tel:	02920 870889	Email:	SouthGirls-PC@cardiff.ac.uk

Facebook Page Name: Cardiff Uni Sport
Twitter Handle: @CardiffUniSport

Training

	Day	Time	Venue	Surface	Session Type
2004&2005	Thurs	6.30-8.00pm	Cardiff University Sports Fields	3G	Technical/Physical
2006&2007	Thurs	6.30-8.00pm	Cardiff University Sports Fields	3G	Technical/Physical
2008&2009	Thurs	6.00-7.00pm	Cardiff University Sports Fields	3G	Technical/Physical
2010&2011	Thurs	6.00-7.00pm	Cardiff University Sports Fields	3G	Technical/Physical
GK's	Thurs	Varied – age dependant (6.00-8.00pm)	Cardiff University Sports Fields	3G	Technical/Physical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
2004&2005	Cardiff University Sports Fields	11v11	3G	7.00pm	Thurs
2006&2007	Cardiff University Sports Fields	8v8/9v9	3G	7.00pm	Thurs
2008&2009	Cardiff University Sports Fields	6v6/7v7	3G	6.00pm	Thurs
2010&2011	Cardiff University Sports Fields	5v5	3G	6.00pm	Thurs

Training Kit Colour

	Shirt	Shorts	Socks
Outfield	Red	Black	Red
Goalkeeper	Blue/Varied	Black	Black



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West Wales Girls'

South Region

Centre Address: Ysgol Maes-Y-Gwendraeth, 74 Heol-Y-Parc, Cefneithin, Llanelli SA14 7DT

Club Manager:	Andy Jones	Tel:	07795007220	Email:	AndyJDirectorWWGPC@gmail.com
Technical Director:	Andy Jones	Tel:	07795007220	Email:	AndyJDirectorWWGPC@gmail.com
Match Day Contact:	Andy Jones	Tel:	07795007220	Email:	AndyJDirectorWWGPC@gmail.com

Facebook Page Name: WWGPC
Twitter Handle: @wwgpc

Training

	Day	Time	Venue	Surface	Session Type
U14's	Wed	7.00-8.30pm	Ysgol Maes-Y-Gwendraeth	3G	Technical/Physical
U12's	Wed	7.00-8.30pm	Ysgol Maes-Y-Gwendraeth	3G	Technical
U10's	Wed	7.00-8.30pm	Ysgol Maes-Y-Gwendraeth	3G	Technical
U8's	Wed	7.00-8.00pm	Ysgol Maes-Y-Gwendraeth	3G	Technical
GK's	Wed	7.00-8.00pm	Ysgol Maes-Y-Gwendraeth	Hall	Technical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
U14	Ysgol Maes-Y-Gwendraeth	9v9	3G	19.00	Wed
U12	Ysgol Maes-Y-Gwendraeth	9v9	3G	19.00	Wed
U10	Ysgol Maes-Y-Gwendraeth	7v7	3G	19.00	Wed
U8	Ysgol Maes-Y-Gwendraeth	5v5	3G	19.00	Wed

Training Kit Colour

	Shirt	Shorts	Socks
Outfield	Green	Black	Green
Goalkeeper	Green	Black	Green



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Wrexham Girls'

North Region

Centre Address: The Racecourse Stadium, Mold Road, Wrexham, LL11 2AH

Club Manager:	Gemma Owen	Tel:	07411758248	Email:	Gemma.owen@wrexhamafc.wst.org.uk
Technical Director:	Matthew Jones	Tel:	07792788623	Email:	Matthew.jones@wrexhamafc.wst.org.uk
Match Day Contact:	Gemma Owen	Tel:	07411758248	Email:	Gemma.owen@wrexhamafc.wst.org.uk

Facebook Page Name: The Racecourse Community Foundation / RCF/Wrexham Girls
Twitter Handle: @RCFWxmAFcGirls / @Racecourse_C_F

Training

	Day	Time	Venue	Surface	Session Type
U14's	Tues	5.00-6.30pm	Ysgol Morgan Llwyd, Cefn Rd, Wrexham LL13 9NG	3G	Technical/Physical
U12's	Tues	5.00-6.30pm	Ysgol Morgan Llwyd, Cefn Rd, Wrexham LL13 9NG	3G	Technical
U10's	Thurs	5.00-6.00pm	Wrexham Glyndwr Sports Centre, Plas Coch Campus, Mold Road, Wrexham, LL11 2AW	3G	Technical
U8's	Thurs	5.00-6.00pm	Wrexham Glyndwr Sports Centre, Plas Coch Campus, Mold Road, Wrexham, LL11 2AW	3G	Technical
GK's	Thurs	5.00-6.00pm	Wrexham Glyndwr Sports Centre, Plas Coch Campus, Mold Road, Wrexham, LL11 2AW	3G	Technical

Match Day

Age Group:	Venue Name:	Pitch Size	Surface:	Kick Off:	Day:
U14	Ysgol Morgan Llwyd	11v11	3G	17.00	Tues
U12	Ysgol Morgan Llwyd	9v9	3G	17.00	Tues
U10	Wrexham Glyndwr Sports Centre	7v7	3G	17.00	Thurs
U8	Wrexham Glyndwr Sports Centre	5v5	3G	17.00	Thurs

Training Kit Colour

	Shirt	Shorts	Socks
Outfield	Red	White	Red
Goalkeeper	Green	Green	Green



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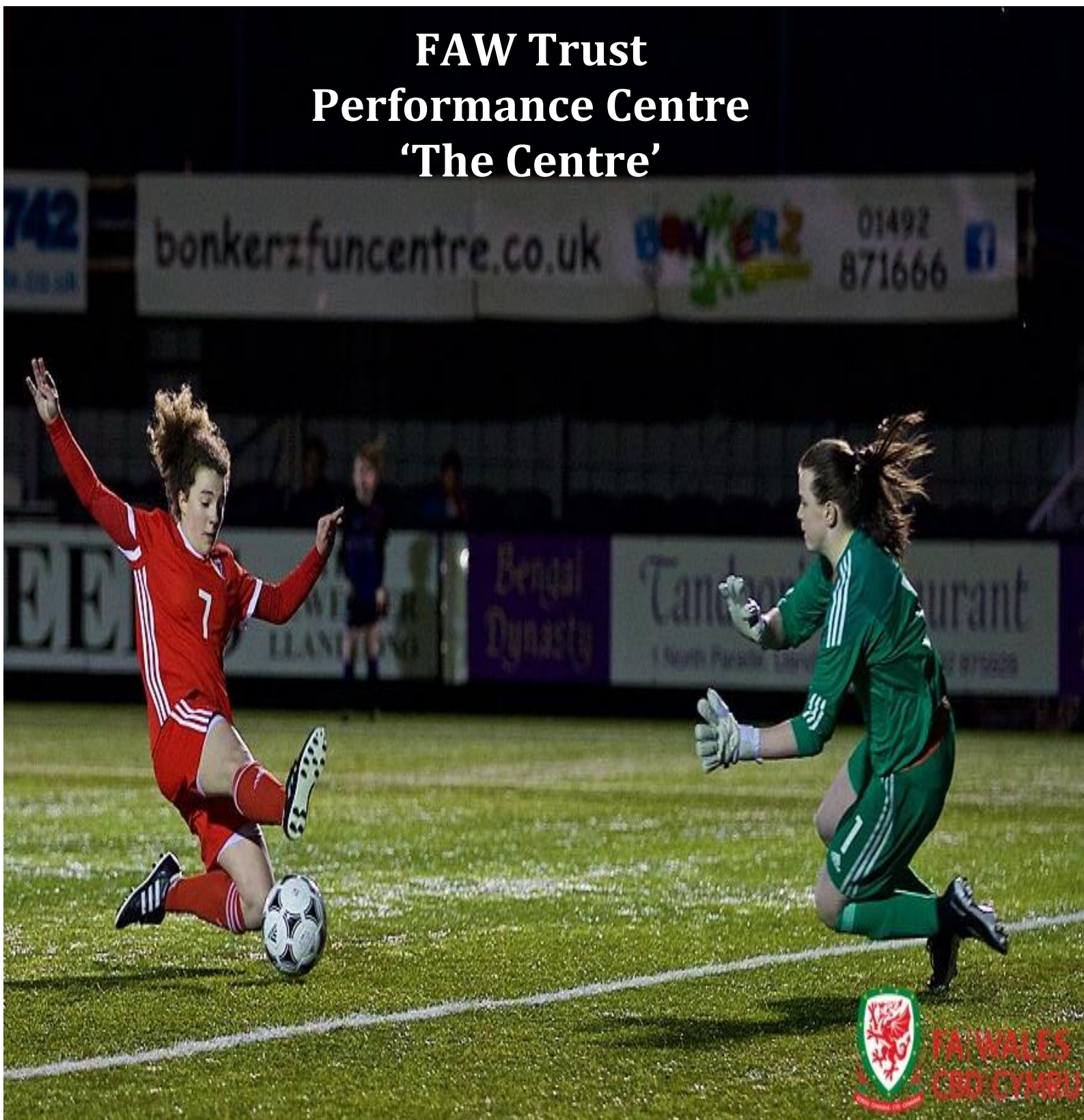
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FAW Trust Girls Player Pathway

The FAW Trust girls' player pathway stems right from grassroots (including Welsh Schools Football and Urdd competitions) through to under 15's National team. The 2018/2019 season see's the introduction of the National Development Squad, this is for late developing 2005, 2006's and excelling 2007's preparing them ready for International football. Past this age players will be passed onto the FAW Intermediary teams at U17's and U19's before progressing to the senior Women's team.

Under 15's National
Squad

National Development Squad

Weekly Regional Squads

Performance Centres

Grassroots

Performance Centres

Purpose

"The purpose of the FAW Trust Girls Performance Centres is to identify and support the development of female players to be progressed onto Regional level in a safe and challenging learning environment."

Mission

"Our mission is to continue to lead the development of girls' football in Wales and to improve levels of performance and excellence in the female game. We aim to achieve a 60% success rate of development squad players representing intermediate teams."

Philosophy

"Develop players that are confident and effective decision makers who can actively solve problems that occur in matches. Not only to develop good footballers but good people."

"Players that not only adhere to the Welsh Way but defend the ideas they are implementing in practice. Ensure players are flexible and can adapt to any system or style of play."

"Create a performance environment where learning and values are at the forefront and players can express themselves freely."

Representation

Performance centres will be the first stage in the Elite Talent Pathway within Wales. Each centre will be required to submit any recommendations to the Regional Squad via the appropriate channels in writing. From the 2019/2020 season, Regional Squads will not have trials and will be an on going recommendation process from Performance Centres & FA Regional Talent Clubs.



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Centre Key Performance Indicators (KPI's)

From this season a set of KPI's have been introduced to monitor and evaluate centres that are all working towards targets set nationally. These are not to catch centres out but they are there to monitor and progress centres towards higher standards of operation in order to produce higher standards of players. There are eight categories;

1. The Centre	
Employing Body	- Status of employing body. - Employing body must be incorporated. - Employing body has previous experience of employing staff. - Employing body has clear operating policies. - Copy of public liability insurance. - Comply with FAW Trust GDPR policy.
Vision & Mission	- Vision & Mission that is clearly communicated to players and parents.
Organisation Structure	- Organisational structure that follows the guidelines but best meets the needs of the individual centre.
Marketing Plan & Contact	- Marketing Strategy - Twitter and Facebook accounts for each centre set up and following guidelines set. - Positive marketing activity.
Financial Accounts	- Finance forms are completed and kept up to date. - To be kept within budget set.
Development Plan	- A yearly development plan is in place to meet the needs of the centre.

2. Facilities	
Training Facility	- Registered 3G pitch (For 40 players or less then half a pitch is recommended) • Adequate washing facilities and toilets • Rapid access to qualified medical expertise • A recognised parent/visitor area for those observing the session or waiting • An Emergency Aid Plan documented An accessible defibrillator is recommended
Match Day Facility	- Registered 3G pitch • Under 14's – Ideally play 11v11 with full size goals • Under 12's – Play 9v9 with 9v9 goals • Under 10's – Play 7v7 with 7v7 goals - Under 8's – Play 5v5 with 5v5 goals
Facility Risk Assessments	- Risk assessments carried out on all facilities used (Updated Annually)

3. Workforce	
Staffing Structure	- Staffing structure in place and with clear roles and responsibilities.
Technical Staff	- Technical Staff Qualifications meet minimum requirements;



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	• Technical Director (UEFA B Qualified For A Minimum of Three Years) • Goalkeeping Coach (FAW C Goalkeeping) • U14 Head Coach (UEFA B) • U14 Assistant Coach (FAW C) • U12 Head Coach (UEFA B) • U12 Assistant Coach (FAW C) • U10 Lead Coach (FAW C) • U10 Assistant Coach (FAW C) • U8 Lead Coach (FAW C) • U8 Assistant Coach (FAW C) • Volunteers (FAW Leaders) • All staff to have in date DBS, FAW safeguarding and FAW First Aid.
Staff Reviews & Development	- Database are to be submitted and kept up to date. - Two staff PDR's to be completed per season. - One staff CPD event to be held per season.
Female Coach Development	-Talented female coaches identified and signposted to FAW Trust.
Support To Grassroots Clubs & Coaches	-1 x open training session for grassroots clubs and coaches

4. Performance Staff	
Admin	- A Centre Manager who is responsible for all the admin of the centre and should be present at all training sessions. - A financial lead to take a lead on all the finance.
Welfare	- A Welfare lead that must have QTS, work as a social/youth professional or have other relevant education and welfare experience. - Welfare Lead That Is Communicated To Parents - Welfare Lead With Clear Reporting Lines
Physical Performance	- N/A staffing at Performance Centre Level. - Physical Performance to be considered in session planning.
Medical Support	- N/A staffing at Performance Centre Level.
Psychological / Social Support	- N/A staffing at Performance Centre Level.
Education	- N/A for staffing at Performance Centre Level.
Cover Coaches	- Cover coaches available at short notice who are registered and meet all the same coach criteria as technical staff.

5. Recruitment	
Workforce Recruitment	- Job descriptions for all roles. - Any vacant positions advertised. - Timescale of recruitment set. - Recruitment at local Universities and Colleges for volunteers.
Workforce Induction	- A staff induction evening is to be held to outline the upcoming programme, prior to it commencing.
Player Recruitment	- Trials to be held in either May, June or July to recruit for the centre that starts in September.



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	- A players trials should not exceed three weeks. - Players are to be charged £90 per season to access the centre. This can be paid in two instalments of £45 or one payment of £90.
Player/Parent Induction	- An induction evening is to be held before the start of the programme, outlining the centre.
Trialists	- Players are invited in on a two week trial basis. After the second week, a decision must be made that week and written communication to parents to inform them of the decision. If players is unsuccessful and not in a club, then the performance centre has a responsibility to support them finding a club.

6. Player Development

Implementation of Programme	- A comprehensives record of the - Player Registers From Games & Training - Session Plans From All Staff - Game Reviews
Player Reviews	- Two Player Reviews Per Season
Competitive Programme	- Six fixtures per season, versus boys teams or girls RTC clubs.
Contact Time	- All age groups have a minimum of 1 hour per week contact time. - Goalkeepers provision must be provided at all pitch based activity.
Girls Training & Playing With Boys	- High performing players across the centre.
Player Exit Routes	- Transition support for players leaving the centre. - Have 100% of players playing club football for either boys or girls teams.
Representation	- Have representation at regional squads at under 10 and under 12 age groups. - Have at least four players in the Under 14's age group at regional squad.

7. Additional Areas

Partnership Links	- Support County School Reprehensive sides - Links with local grassroots leagues
Quality Assurance	- All staff to be quality assured throughout the year to check quality is at the standard it should be.



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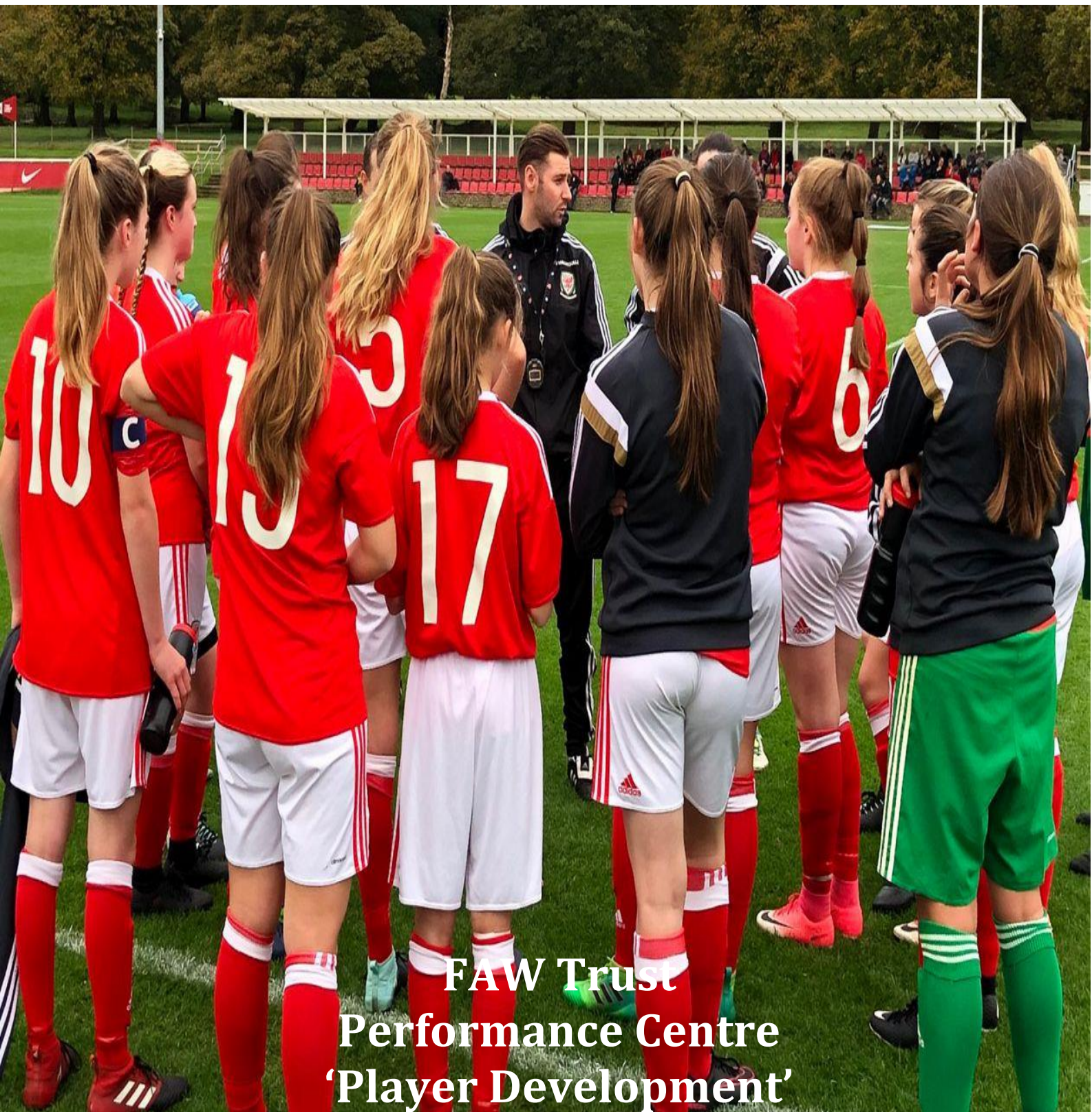
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The Welsh Way

Identity can be seen at the core of any high performance team and the success of our National teams is underpinned by a unique way of playing and thinking. Players and coaches share team membership collectively with a strong sense of 'we' and 'us' and are willing to sacrifice personal interests for the greater good of the team – an environment where everyone is valued. The team always supports in times of hardship and displays a strong support network in order to cope with training and game demands. Strong leadership is key for our identity and creates, advances and embeds a collective sense of 'us'. Our leadership has the power to influence team members and strengthen what we are and what we want to be:

Winning mentality
Attitude & ability
Love the ball & defending
Emotional stability
Speed of body & mind

Principles of Play

Create and Exploit Overload

Understand when and how to exploit a numerical advantage against the opposition.

Switching play

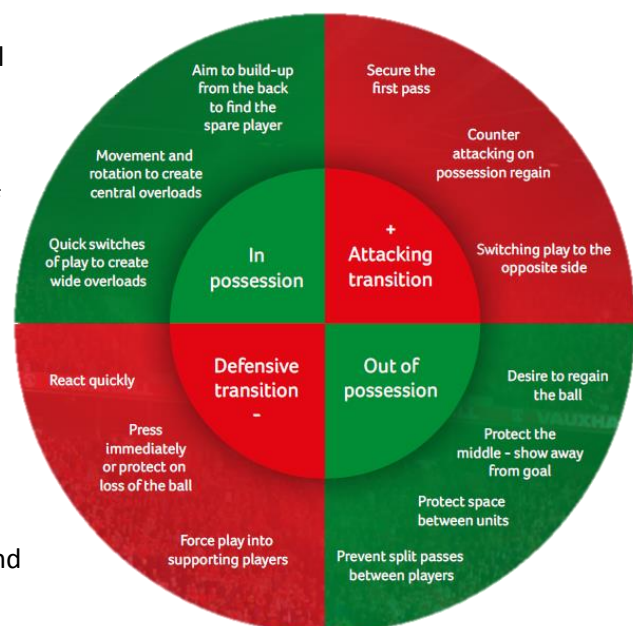
Understand when and how to switch the point of an attack based on the pressure applied from the opposition.

Breaking lines

Understand when and how to play through, around or over the opposition based on the type of pressure applied.

Final third

Understand when and how to combine, create and finish in the attacking 3rd of the pitch.



We have a domestic landscape in Wales where young players are exposed to various playing philosophies adopted by their individual clubs. Additionally, the majority of young players making up Welsh Regional and National squads from U12 through to U21 play outside of Welsh club football competition and are therefore also exposed to differing styles and strategies. Due to this diverse nature of player development, it's important that the 'Welsh way' playing philosophy adopts clear principles of play that are always present regardless of team shape, tactics or the animation of tactics.

The principal challenge and ultimate gauge for success of developing players is facilitating the transition of youth players to first team. A major factor in achieving this goal is determined by the



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linkage between the various development phases that cover regional intermediate and first team squads.

Coaching

To be a coach at a FAW Trust performance centre required a demand to develop both the player, practice and environment but there selves along the same journey. Female football is developing at a fast pace and the coaches have to ensure that they also continue to do so, in order to meet the aims and purpose of the centres.

Delivering the 'Welsh Way' in sessions is imperative to players making a smooth transition from Performance Centre to Regional Squad.

Age Bandings

2003-2005 – Under 14's (Youth Development Phase)

2006-2007 – Under 12's (Foundation Phase)

2008-2009 – Under 10's (Foundation Phase)

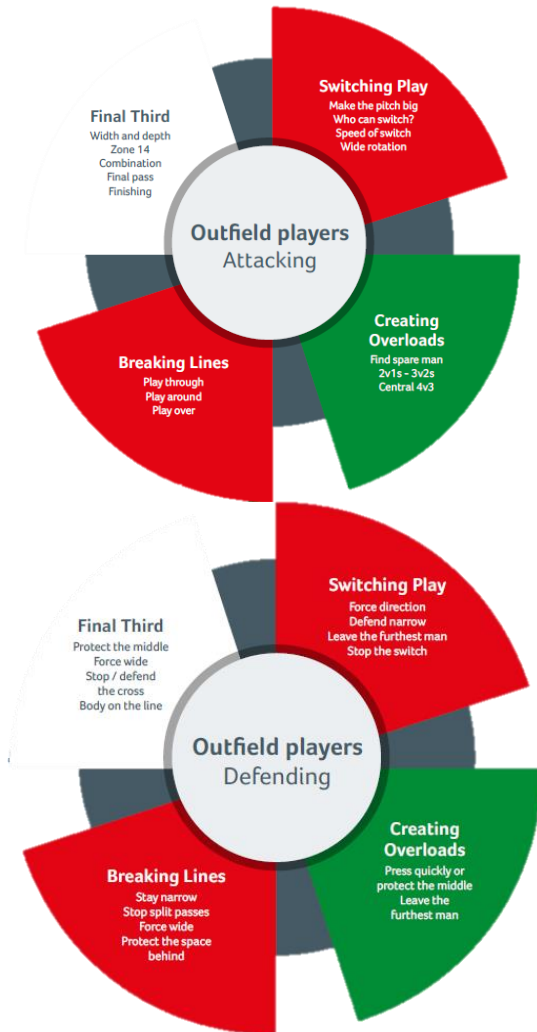
2010-2011 – Under 8's (Beginning Phase)

The beginning phase main focus is learning football through fun related practices. At performance centre level these players will need to be challenged and think for themselves, developing their decision making and thought process whilst encouraging their creativity to flourish. A very technical programme will be introduced with functional movement patterns. The 'who' is the most important factor at this point, a player centred approach.

The foundation phase, no amount of fitness or competitive spirit will ever compensate for

deficiencies competitive spirit will ever in functional game skills. Again the players decision making development is key, we need more independently thinking players that are able to thrive in a competitive environment in order to produce better players for international level. The 'what and when' to performance a move or type of pass is key at this phase. There will be a brief introduction to tactical elements of the game and an increased load physically.

Youth Development Phase, sees a more tactical elements to the game, the 'why' a player makes a certain movement and how this affects the rest of their team. There will be a high level of physical



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planning going into this phase, this being tailored into practice design to not hinder the amount of playing time that they get.

The Coaching Process

The coach identifies a problem during play, pauses play, provides feedback, rehearsal and restarts practice from the same to reinforce the solution. Coaches must be mindful that this approach is time consuming and can disrupt the flow of the session and player motivation.

Real time 'concurrent'

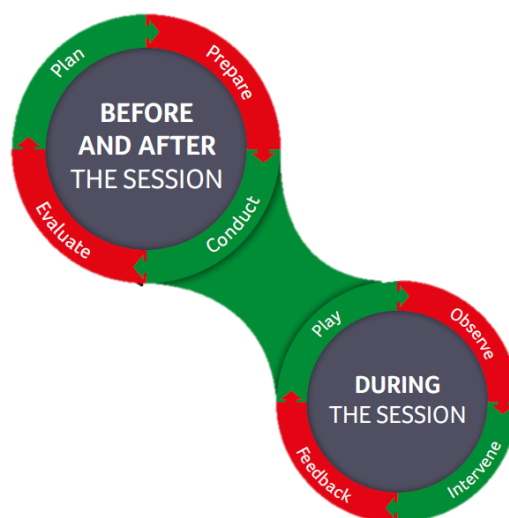
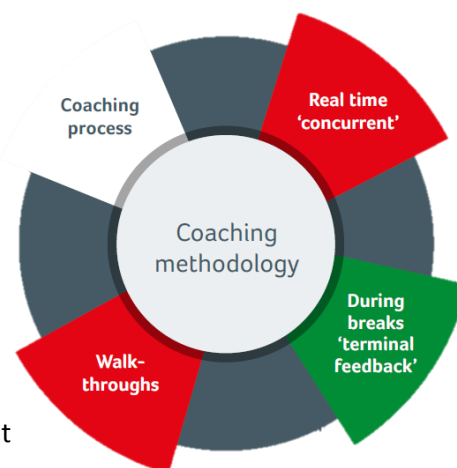
Player-Coach interaction during periods of play; the practice remains uninterrupted. The coach uses the technique to 'reinforce' or 'correct' in a concise manner. Example: 'Excellent pass Gareth; great use of weight to break the line.'

During breaks 'terminal feedback'

Player-Coach interaction during predetermined breaks in play. Feedback can take a variety of forms (individual, unit or collective). The coach can draw upon a variety of resources (e.g. tactics board or video clips). Example: Using a tactics board to show the 2 strikers how to press from the front.

Walk-throughs

The coach utilises this technique to give players a clear idea of what is required from a practice or block of work. They are drawn upon in a bid to prevent the necessity to intervene during play and can be used to address 'what-ifs'. Example: Showing players how you would like them to defend against a counterattacking overload prior to commencing a 3v2 'wave-game'.



Coaching Interventions & Disguised Learning

	Command	Question & Answer	Observation & Feedback	Guided Discovery	Trial & Error
Player & Coach Intervention	Coach tells and shows required solution.	Coach leads with questions to gain response from players.	Coach and players observe.	Coach asks a question or issues a challenge.	Player and/or coach decide in the challenge.
Example	"I want you to..."	"What do you think?"	"Let's watch this..."	"Can you show me...?"	"Try this for yourself..."
Description	Coach tells, explains and shows player(s) how to do something.	Coach poses question and players offer verbal solutions to the challenge.	Coach and players observe and discuss feedback.	Coach challenges and players offer visual demonstration of possible solution	Players are encouraged to find solutions with minimal support from coach.



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It is important that all players learning desires are met within sessions. With performance centres only having on average one hour training session it is important that time is maximised to meet the players needs.

Coach interaction should be kept to a minimum and where possible having coaching interventions that allow practices to continue while players are being effected by the coach. Playing time should be 75% of the session which means that 45 minutes of every session should be ball rolling time.

Session & Practice Design

Developing players of the future is the primary aim of the Performance Centres and we have to ensure that the 'Welsh Way' along with the demands of the elite female game are being met at all levels of the game.

	Block 1	Block 2	Block 3	Block 4	Block 5
Theme	Breaking Lines	Switching Play	Creating Overloads	Final Third	Coaches Choice

The aim of the performance centre is produce technically better players so all sessions, even though based on a 'Welsh Way' principle of play will focus on the technical demands with secondary focus areas of Physical, Psychologically and Social corners. The tactical corner is the least important but shouldn't be neglected completely.

While session planning each block should include attacking, defending, transition turnover (loss of possession) & possession regain (winning the ball) so that players have an all round technical development.

Performance Centre sessions will follow a guideline content as follows;

Time	
00:00-00:10	Invasion Games / Physical preparation
00:10- 00:20	Ball Manipulation
00:20- 00:30	1v1's
00:30- 00:40	General session based on the block theme
00:40-00:60	Specific session based on the block theme

The session will allow for various technical developments. When sessions designing, we want to create intelligent players who are able to problem solve for themselves. With this it is important to consider developing sessions that give the players things to think about both on and off the ball.

Physical Preparation

Using Tag and Chase Games. These types of activities improve individual speed through enjoyable challenges. To maximise the benefits from this type of activity:

- Include multi-directional movement requirements.
- Have a variety of start positions (180 turns, seated, laying down).



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- Include single leg challenges to improve dynamic balance.
- Get them skipping as these challenges improve overall coordination.
- Include hopping challenges to improve muscle power.
- Remember that early development of fast twitch fibres can reap long term benefits.

Whilst you will be able to create an enjoyable environment, remember that all speed and tag games must have intervals for recovery. Without these intervals you will not be working speed and the challenges will become endurance based. When watching your players look for areas of mechanical weakness in running style. This might be indicated by:

- Poor or inefficient arm movement, or
- An upper body position when running that is upright or is leaning forwards/backwards.
- We are not asking that you “fix” these things just become more aware of the physical capabilities of your players and if you feel confident that you can help then do so.

Body Patterning

Major body movement include lots of thing happening at the same time so our physical activity must reflect this. To help you:

- Try and make every movement a link between upper & lower body.
- Include movements that engage both sides of the body (right arm + left leg or left arm + right leg. Crawling, plank position and activities that might involve catching a ball with one hand whilst passing the ball with the opposite leg).
- Use rolls + flips (every major muscle in the body is used).
- Pair dance or mirror movements.
- Ultimately body patterning will determine your long term ability to improve muscle memory and therefore skill acquisition. It must be acknowledged that if we want our players to play creatively they have to possess not only the ability to think creatively but also MOVE creatively.

Body to Body Challenges

These are enjoyable challenges where individuals face one another and only use their own body weight. These activities have a huge potential to be enjoyable but make sure no ones safety is put at risk.

- Try and make every movement a link between upper & lower body (and remember right arm-left leg and vice versa).
- Major muscles groups can be developed through dynamic movements and dynamic balance.
- Try to include challenges that allow for single leg/single arm practice.
- To ensure that things are run safely, consider age and maturity issues when pairing players. With correct planning the above area will help improve physical literacy at an extremely fast



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rate. We are looking to see how a child can use his or her own body when forces are for and against it.

Player Report

Players at all centres will have players reports completed on them at Christmas and then at the end of the season. The assessment will be based on the five corners and just give them an update on progress and areas they need to continue to develop.

Fixtures Guidance

Each centre is responsible for their own fixtures for the 2018/2019 season, however support will be given from the FAW Trust for internal Performance Centre fixtures.

Centres are recommended to arrange games at least every six weeks. For the 2004/2005 and 2006/2007 there will be a competitive competition. This will consist of a Regional Group fixture, home and away to be played on a training night and then a semi final and final to be played towards the end of the season.

Fixtures against boys teams are highly recommended however these must be against affiliated boys teams. For any fixtures with teams not from Wales, a request must go into the FAW Trust who will then contact the FAW to seek clearance for the fixture to go ahead.

Fixtures to be played during each block;

	Block 1	Block 2	Block 3	Block 4	Block 5
Fixtures	1 x Boys (All age groups)	1 x Inter Performance Centre (All age groups)	1 x Boys (All age groups)	1 x Inter Performance Centre (All age groups)	2 x fixtures Boys or Inter Performance Centres (All age groups)

There will be a Futsal festival in both the North and the South. Dates of these are to be confirmed. Players in the session leading up to the futsal will be given an introduction to the game. There will be a Festival held for all centres. Dates of these are to be confirmed.

All games time will be logged and submitted on request to the FAW Trust. For matches it is recommended that teams have no more than five subs. This is to maximise game time and for players that don't get the opportunity to play, extra fixtures are arranged and squad rotation is used.

Fixtures are to be carried out on training nights or the oppositions training night, but this would replace the training session. Payment for staff would be the same as a training night and no extra, maximum of £20. Any fixtures and tournaments arranged by the FAW Trust will be on a different day to training and will have a fee attached as decided by the FAW Trust.

Registers, Playing & Training Logs



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Each centre is required to keep a register of attendance and have a sign in and sign out method for all players so that the safety of players is kept at it's highest level. Playing and training logs will be required to be submitted to the FAW Trust at the half year and the end of year stages so that figures can be gathered into the impact of the centres.

Registers are legal documents and it is against the law to falsify any figures or players attending or not attending sessions when this wasn't the case.

Continued Personal Development (CPD)

Personal development is a important part of the FAW Trust, with staff being able to upskill themselves throughout the season being key to both themselves and the players progression. We will be releasing dates where coaches can come and observe both Regional Sessions and National Development Squad sessions.

Each performance centre is also required to have one open training session per season. This session is an opportunity to invite local grassroots coaches and other centre staff in to showcase the Performance Centre. It is also a good way to show the hard work being done within the centre and deliver the 'Welsh Way' messages to a different audience of Welsh coaches.

Payments

Players payments for the Performance Centre will remain the same as previous seasons, £90, this works out at £3 per session which is very good value for money. Centres are then able to offer kit packages to players on top of this.

Staff payments will be done through FAW Trust claim forms and these must be submitted to Peter Wilson via the Centre Technical Director or Centre Manager at the end of each block. It is both the Centre Technical Director and Centre Manager responsibility to check each individual claim form and sign it off before it is then checked and signed off. It is an criminal offence under the Fraud act (2006) to claim for work not done, so please ensure staff are only claiming for sessions they have been at.

	Block 1	Block 2	Block 3	Block 4	Block 5
Staff Invoice Due Dates	01/11/2018	22/12/2018	22/02/2018	19/04/2018	31/05/2018

Staff

Staff must meet requirements as set out by the FAW Trust. Before staff are able to work and come into contact with Performance Centre players, they must be signed off by FAW Trust staff. All staff data is to be recorded and constantly updated with the FAW Trust via the excel Player and Staff Database. Staff must hold a valid DBS and it is their responsibility to ensure that it is renewed before it expires.

Social Media



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Each centre is able to have it's own social media on both Facebook and Twitter to communicate information about the centre and also share news stories about the FAW Trust and partners. At no point should the social media be used for anything other than centre business.

Staff social media will be monitored and in accordance with the FAW Trust policies, shall always act in the best interest of the organisation. Staff are reminded that they are representing the FAW Trust and must do so in the appropriate manner.

Any breach of these may result in disciplinary action being taken against the individual.

External Stakeholders

All player and staff data is protected by the FAW Trust and must not in any circumstances be shared with another party other than the FAW Trust without the prior written permission of an FAW Trust staff member (Player Development Department). If this is breached this is deemed as gross misconduct and dealt with accordingly.

Documents

Each centre will receive documents for the effective of the centre. These will include;

- Player & Staff Database
- Player Agreement Form
- Player Medical Form
- Parent Agreement Form
- Staff Code of Conduct
- Technical Syllabus
- Team Sheet for fixtures
- Player Report Form
- Foreign Team Clearance Application Form
- Training Time Log

Any documents with personal data will be stored as according to the GDPR policy.

Policies

As part of the FAW Trust there are several policies that all centres and staff need to be aware of.

- Safeguarding
- Photograph Policy
- Gross Misconduct
- Blog & Social Networking Policy
- GDPR
- Disciplinary Procedures
- Positive Work Environment
- Rules & Procedures



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