

ELITE PLAYER DEVELOPMENT PROGRAMME

CODE OF CONDUCT



- ✓ To always be on time for training, matches and classroom activities.
- ✓ To always be presentable – clean boots, shirts tucked in and socks below the knee.
- ✓ To lead by example and play by the spirit of the game.
- ✓ To be an excellent listener.
- ✓ To always try your best, strive for excellence and never give up!
- ✓ To pick up all football training equipment and all rubbish and bottles after each training session or game.
- ✓ To ensure that the changing rooms are kept tidy at all times.
- ✓ To ensure you complete all school work to the best of your ability and in a timely fashion.
- ✓ To practice purposefully if you arrive early for training.
- ✓ To be respectful of all players, coaches, officials and opponents; bullying or aggressive behaviour towards any individual will not be tolerated.
- ✓ No excuses!
- ✓ Enjoy yourself!

THE COACHING

Our team of FA and UEFA-qualified professional coaches are dedicated to creating a bespoke, elite coaching environment for students.

During your programme you will participate in sessions that are themed around a specific element of the game. The development syllabus has been created by our Academy staff, whereby player development is at the heart of the Club and is a significant point of difference for us on and off the pitch. Our coaches use inspiration from our current First Team and Academy to help develop all players on our programmes.

The Global Football Development team brings to life our philosophy at grassroots level, delivering coaching to players of all abilities.

We aim to improve each player to reach their maximum potential through:

- AUTHENTICITY:** Coaching from authentic, experienced and highly skilled FA and UEFA-qualified coaches from the Club who are fully integrated into the Club's overarching Player Development model.
- PHILOSOPHY:** Academy endorsed programmes which align with the Club's track record of developing players with flair, fluidity and attacking football associated with Tottenham Hotspur.
- PROGRESSION & DEVELOPMENT:** A focus on maximising every attendee's potential, not just as a player but as a confident individual, with clear progression pathways for players and coaches of all abilities.



PLAYER DEVELOPMENT TECHNICAL PROGRAMME

TECHNICAL DNA 1

- Learning Outcome: To develop a range of techniques to manipulate the ball.
- Players will be given a range of 'floor work' challenges to help them travel in multiple directions using different surfaces and become more dynamic individuals.

TECHNICAL DNA 2

- Learning Outcome: To practice a range of aerial ball juggling techniques to support ball mastery.
- Players will be given a range of aerial challenges to develop their control using different combinations to prepare them for the demands of the game.

1-V-1 (DEFENDER IN FRONT) / RONALDO WORK 1

- Learning Outcome: Explore different ways to beat an opponent who is in front of you.
- During this session players will practice and develop an understanding of different techniques to manipulate the ball in a 1-v-1 scenario.

1-V-1 (DEFENDER IN FRONT) / RONALDO WORK 2

- Learning Outcome: When facing an opponent, develop a sound tactical understanding of how to implement different techniques.
- Understand the strategy behind the 'when' and 'how' to beat an opponent and apply these in practice.

1-V-1 (DEFENDER BEHIND) / ZIDANE WORK 1

- Learning Outcome: Identify the key methods of beating an opponent who is behind you.
- Explore a variety of techniques required when facing away from goal in order to create space to create opportunities to play forward.

1-V-1 (DEFENDER BEHIND) / ZIDANE WORK 2

- Learning Outcome: Understand the tactical decisions required to beat an opponent who is behind you.
- Apply Zidane techniques and strategy in practice and develop an understanding of how to perform these effectively to maximise your performance.

BRILLIANT BASICS 1

- Learning Outcome: Practice a range of different passing techniques.
- Identify different passing techniques and explore the mechanics behind the execution of these movements.

BRILLIANT BASICS 2

- Learning Outcome: Practice different ways to receive and manipulate the ball.
- Practice receiving the ball in a variety of ways in order to create space under pressure and become a dynamic player in tight areas.

GOALSCORING

- Learning Outcome: Explore and practice different finishing techniques.
- All players love scoring goals! This session will provide a range of technical/tactical detail to support the development of players goalscoring.

REVIEW

- Learning Outcome: Support holistic player development to review the key principles of the 'GFD philosophy'.
- Identify and explain the key principles of our programmes and set tasks for players to complete a self-assessment in order to set goals for future progression and development.



PLAYER DEVELOPMENT PHYSICAL PROGRAMME

1: TECHNICAL DNA 1

AEROBIC DEVELOPMENT

- Learning Outcome: To improve players ability to perform continuous actions for a prolonged period of time.
- Description: Long duration drills (greater than 2 minutes) to enhance the players ability of making multiple movements over a prolonged period of time.

2: HIGH SPEED RUNNING

- Learning Outcome: Improve players ability to perform high speed runs over distances that exceed 20 meters
- Description: The ability to perform high speed runs over distances that exceed 20 meters
- Efforts over distances that allow players to run over 20kmh

3: SPEED

- Learning Outcome: improve players ability to run at maximal speed.
- Drills that require maximal efforts over 10-20 meters

4: ACCELERATION AND DECELERATIONS

- Learning Outcome: Improve players ability to make short burst and brake at top speed.
- Description: drills that require maximal effort and emphasises braking from various speeds, heights and directions.

5: CHANGE OF DIRECTION

- Learning Outcome: Improve players ability to change direction quickly at top speed
- Description: Drills that require maximal multi directional speeds with rapid changes of direction

2 x 5-WEEKS

