



## Clitheroe Wolves Junior Football Club Philosophy

Clitheroe Wolves Junior Football Club was formed, in 1992, comprising of two teams at U10 and U12. The club has grown over the years and currently provides football for over 400 boys and girls from the Clitheroe area.

Due to this exponential growth the club feels that an overall philosophy is now an essential factor to a group the size of ours. Some clubs focus on a style of playing and training but we, Clitheroe Wolves, feel that that would neither respect nor maximise the very different skills and approaches available from the many coaches and volunteers at our disposal.

The central themes of *inclusion and enjoyment* are core to the English FA's current campaign and it is to these that Clitheroe Wolves will adhere. Our plan is to instil a footballing identity and culture throughout the club. We want happy faces and enthusiastic players but realise, that in order to achieve this, we also need happy coaches.

The Clitheroe Wolves JFC Coaches Forum <https://www.facebook.com/groups/962025923869811/> has been created on Facebook for our coaches to share thoughts and ideas. You will be able to find articles, diagrams, videos and other media on a variety of topics which can directly influence your coaching. We do not expect everybody to spend more time and money than they already invest, we are all voluntary so there will be obvious differences between individuals. What we offer here is help and support and if you can buy into to what we are saying then the idea of a Clitheroe Wolves Academy is not so unrealistic.

### **Coaches Code of Conduct – a reminder that we have all signed and agreed to this very important set of standards.**

We all have a responsibility to promote high standards of behaviour in football. The FA's Respect programme is aimed at tackling unacceptable behaviour across the whole game. Play your part and observe The FA's Respect Code of Conduct for coaches, team managers and club officials at all times;

- Show respect to others involved in the game including match officials, opposition players, coaches, managers, officials and spectators
- Adhere to the Laws of the Game
- Display and promote high standards of behaviour
- Always respect the match officials' decisions
- Never enter the field of play without the referee's permission
- Never engage in public criticism of the match officials
- Never engage in, or tolerate, offensive, insulting or abusive language or behaviour.

When working with players;

- Place the well-being, safety and enjoyment of each player above everything, including winning
- Explain exactly what I expect of players and what they can expect from me
- Ensure the parents/carers of all players under the age of 18 understand these expectations
- Refrain from and refuse to tolerate any form of bullying
- Develop mutual trust and respect with every player to build their self-esteem
- Encourage each player to accept responsibility for their own behaviour and performance

- Ensure all activities organised are appropriate for the players' ability level, experience, age and maturity
- Co-operate fully with others in football (e.g. officials, doctors, physiotherapists, welfare officers) for each player's best interests

### **Age Groups and their Characteristics**

**6 years old and under (5-a-side and size 3 footballs):** Infants. These players are, more than likely, new to football. They are enthusiastic, naturally energetic and selfish. Spend as much time as possible with a ball each and make your sessions fun. Don't expect too much passing or technique and don't waste time on warm ups and stretching (they are naturally flexible). Rotate Goalkeepers as you will be unlikely to have one at this stage.

**7-10 years old (5-a-side Under 7 and 8, 7-a-side Under 9 size 3 footballs and Under 10 7-a-side Size 4):** Children. Technique and an awareness of teammates will be developing here. Players will evolve at different rates and it is up to you to cater for your entire group. Keep the sessions fun with minimal fitness work and try and end with a game. Tactics and specific roles are not going to work too well here yet. Positive feedback and encouragement are essential for this group. Rotate Goalkeepers as you will be unlikely to have one at this stage.

**Under 11-12 years old (9-a-side and size 4 footballs):** 'Golden age of Learning'. Similar to 7-8 years but progress the technique training and introduce ideas of preparation and fitness, although not yet essential. Plenty of ball work and encouragement and keep team talks brief due to attention spans! Rotate Goalkeepers as you will be lucky to have one at this stage.

**Under 13-14 years old (11-a-side and size 4 footballs):** Teenagers. Correct warm ups and fitness should become part of your training. Keep up with technique and introduce greater challenges. Tactics and roles can be developed here. Remember the huge upheaval they will be experiencing in personal lives (school changing etc) and keep up with encouragement, peer pressure is key here.

**Under 15 years and over (11-a-side and size 5 footballs):** Young adults. Preparation, discipline and respect. Game 'real' training scenarios, greater detail of explanation and be ready for debate. Encourage their input and discuss training methods, rather than simply instructing. This age group are likely to love their sport, play more often than just for your team and may even know more than you.

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