



**THACKLEY AFC ACADEMY  
FULL TIME PROGRAMME  
16-19 YEARS OLD**

**Starts Summer 2015**





## **ABOUT THE CLUB**

Thackley AFC play in the North East Counties League Premier Division which is in the football league pyramid classed as semi professional. The club also take part in the FA Cup and FA Vase competitions at first team level.

The ground holds over 2000 spectators and each year play a host of friendlies against professional clubs in pre season.

The club have an under 19 and reserve section which forms a pathway for successful players into the first team.

There is also a thriving junior club with over 300 playing members which recently was awarded FA charter standard Community Club status satisfying criteria regarding coaching, safeguarding and development plans.

The club are now embarking on a full time youth academy programme with the directorship of Mark Senior, UEFA B licensed coach with past coaching and playing experience in several professional clubs and is the owner of Pro Skills Coaching who work with over 2000 young people each week in schools and an academy programme as well as part time in the Academy at Manchester United with younger age groups.

Pro Skills have partnered with the club to provide the full time academy programme which includes the following:

- 3 mornings a week training at the club and or local facilities
- Coaching from highly qualified coaches overseen by Mark Senior
- Two days per week class room based level 2 or 3 courses related to sports/ football coaching and leadership. This is based at the club.
- Opportunities to gain coaching experience in primary schools and within the pro skills football academy with ages 3-12 and potential progression to more coaching awards in a range of areas
- Career planning and pathways into coaching, sports, potentially progressing to higher education
- Matches in leagues, against other similar programmes across the UK.
- Self development and key skills development under a quality programme which values confidence, enthusiasm, discipline, good behaviour and a will to improve personally and as a team
- 30 weeks course minimum. Incentives for progressing and completion of the awards.

## **THE FOOTBALL ACADEMY INVOLVES:**

- Quality coaching using the latest methods mostly un seen in local football circles.
- Fitness based on having the ball and high quality technical work
- Possession based football and development of the individual to fit into a philosophy of team play
- An environment that fosters discipline but in the right way. A whole player outlook on physical, technical, social, psychological and emotional programme.
- Matches against other clubs/ league/ futsal/ tournaments
- Kit—professional attitudes towards training and match day kit
- Everyone is welcome mentality. We will place players in the right environment that works for them personally
- Additional support—external professionals such as doctors, nutritionists, fitness coaches, periodization development and skills coaches

## **CAN I JOIN?**

- Open to all school leavers up to 19 years old
- Can't be in full time education as this course is just that
- No pre requisite playing level—if you enjoy the game we will help you improve
- Have a good attitude and want to succeed and develop?
- You will need boots, shin pads, towel for all sessions
- There is a small fee for training kit which includes tracksuit, training kit but attempts for a sponsor are being made
- Love coaching? Want a career in coaching young people, football? This course offers both aspects
- Been released from a professional club? Only 0.17% make the grade. Therefore the level is semi professional and if players stand out then the pathway to senior football is there to showcase yourself

Not sure whether to stay on at school or go to college? This programme offers the practical training and matches that might not exist in normal programmes. The added bonus with gaining experience in coaching in schools and club sessions are also un-rivalled. You will learn to coach from people who have developed excellent programmes for over 10 years and work in the top environments with some of the biggest names in world football.



## ABOUT PRO SKILLS

**“Mark is simply the best coach I have seen in my years of taking my children to any sports club.”**

**“Mark really challenges thinking and my son is now signed at a professional academy following a few months with Mark. Without it he wouldn't stand out like he does.”**

Pro Skills work in education. Schools, academies and Mark Senior is also a tutor on courses such as the ISSA street soccer (as above) and the Level 3 PE Delivery course for people working in schools. Mark has also written several articles on youth development and been published on several websites and newspapers.

Pro Skills also have many connections in world football, drawing on expertise from people such as street soccer legends Edward Van Gils from Holland, connections with Darren Laver from the International Street Soccer Association, John Farnworth the world champion freestyler and many more that will really challenge the way players think and train.

Our fitness programme is based on the ball. Methods used by Jose Mourinho and also periodization models and recovery from people such as John Davies and Andy Driscoll are communicated with regularly who are leaders in the area of work.

**THIS KNOWLEDGE WILL BE PAST ON TO THE PLAYERS AND THEIR FAMILIES!**

## IM INTERESTED, WHAT NOW?

Please contact Mark Senior 07969870731 or on [mark@proskillscoaching.co.uk](mailto:mark@proskillscoaching.co.uk)

We will then hold an open day at the club and sign people up to the programme.

