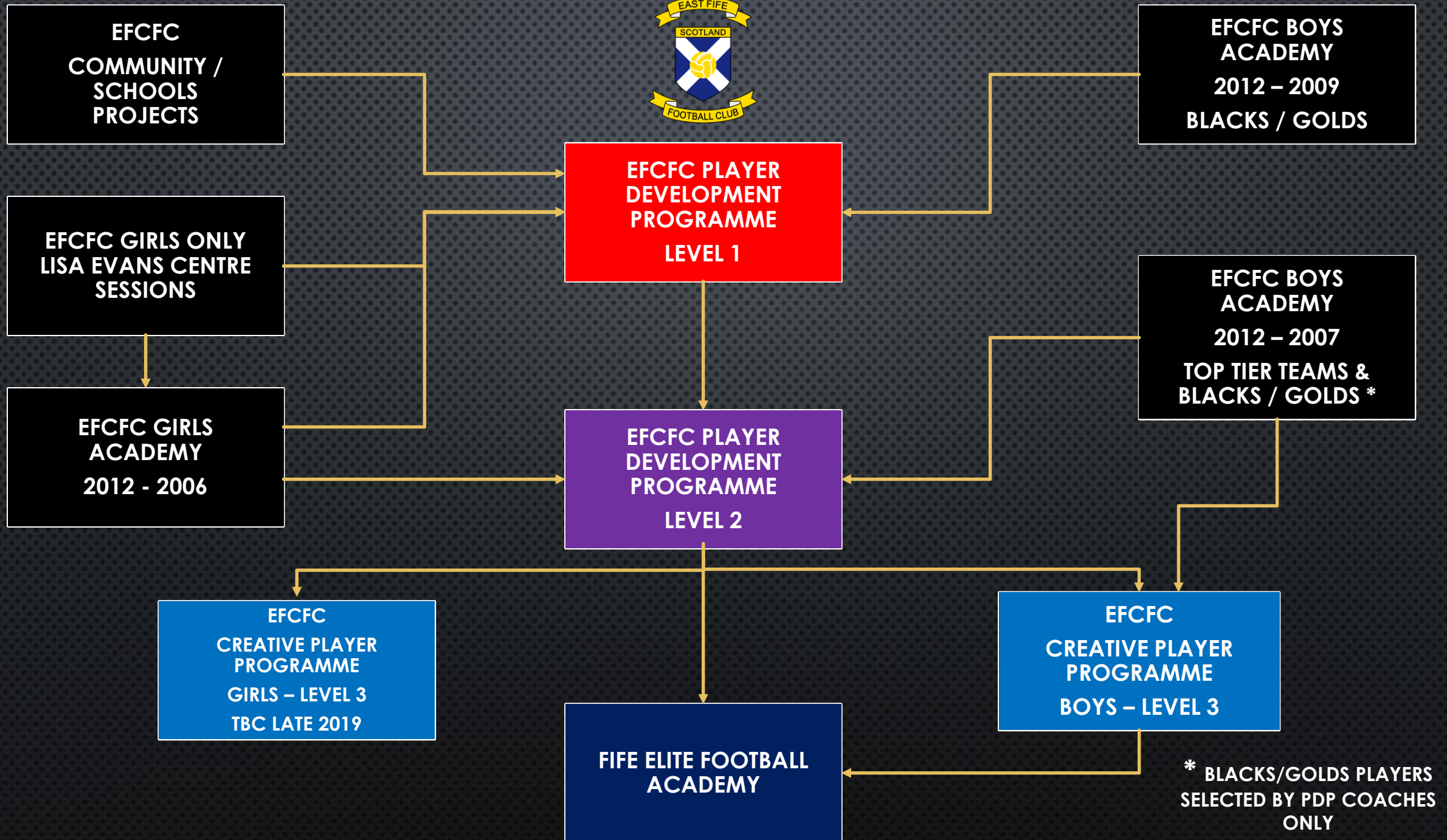




EAST FIFE CFC
PLAYER DEVELOPMENT PROGRAMME
2019



“ OUR GOAL IS TO CREATE A NEW EXCITING CLUB ONLY
STRUCTURED PLAYER CENTRED DEVELOPMENT PROGRAMME
TO CATER FOR ALL LEVELS OF ABILITY. WE WILL USE A HOLISTIC
FOOTBALL PROGRAMME TO EDUCATE, NURTURE AND
PREPARE THE PLAYERS FOR THE DEMANDS OF THE MODERN
GAME FOLLOWING A CLEAR PLAYER PATHWAY. ”



EFCFC PLAYER DEVELOPMENT PROGRAMME (PDP)

WILL PLACE A STRONG EMPHASIS ON HAVING FUN, WHILST LEARNING AND DEVELOPING.

OUR BESPOKE TRAINING METHODS ARE DESIGNED TO FACILITATE THE NEEDS OF EACH INDIVIDUAL,
WHILST DELIVERING STRUCTURED TECHNICAL COACHING PRACTICES AND SMALL SIDED GAMES.

ALL COACHES ARE EDUCATED & IMMERSED IN THE EFCFC PLAYING PHILOSOPHY & ARE
UEFA/SFA LICENSED QUALIFIED.

OVERVIEW



EFCFC PLAYER DEVELOPMENT PROGRAMME OFFERS ALL PLAYERS A COMPLETE, PERSONALISED ACADEMY TRAINING EXPERIENCE, INCLUDING ;

- X1/X2 TRAINING SESSIONS.
- TARGET PLAYER BASED SKILLS DEVELOPMENT.
- UEFA/SFA LICENSED QUALIFIED COACHES.
- MENTORING.
- PDP PLAYER AND COACHING CURRICULUM.
- SEASONAL PROGRESS REPORTING.
- PLAYER PROGRESS THROUGH PLAYER PATHWAY.

TWO TIERED PDP TRAINING



RED PDP PROGRAMME – LEVEL 1

- OPEN INVITATION FOR ALL PLAYERS BORN 2012 – 2009 FROM BOYS BLACKS/GOLDS TEAMS, GIRLS SECTION OF CLUB & COMMUNITY SCHOOL PROJECTS.
- X1 SESSION PER WEEK FOR 1 HOUR AT BAYVIEW.
- 1 YEAR COMMITMENT TO PROGRAMME.
- BOOK PLACE THROUGH MY CLUB HUB WITH PAYMENT PAID BY DIRECT DEBIT - £14 MONTHLY - £3.50 PER SESSION.
- RED TRAINING TOP/KIT AT EXTRA COST – TBC.
- IN DEPTH INDIVIDUAL PLAYER PROGRESS REPORT X1 PER YEAR.
- PROGRESSION INTO PURPLE PDP SESSION.

PURPLE PDP PROGRAMME – LEVEL 2

- PLAYERS SELECTED BY PDP COACHES & TOP TIER BOYS & GIRLS ACADEMY TEAMS BORN 2012 – 2007 & BLACKS/GOLDS PLAYERS AT SELECTION OF PDP COACHES.
- X1 SESSION PER WEEK FOR 1 HOUR 30 MINUTES AT BAYVIEW.
- 1 YEAR COMMITMENT TO THE PROGRAMME.
- SIGN UP THROUGH MY CLUB HUB WITH PAYMENT PAID BY DIRECT DEBIT - £20 MONTHLY - £5 PER SESSION.
- PURPLE TRAINING TOP/KIT AT EXTRA COST – TBC.
- IN DEPTH INDIVIDUAL PLAYER PROGRESS REPORT X1 PER YEAR.
- PROGRESSION INTO CREATIVE PLAYER PROGRAMME.

SELECTION CRITERIA



RED PDP SESSION :

OPEN INVITATION MEETING AGE GROUP CRITERIA FOR BOTH BOYS & GIRLS ACADEMY PLAYERS & COMMUNITY SCHOOL PROJECTS.

PLAYERS PROGRESSION TO PURPLE PDP SESSION.



PURPLE PDP SESSION :

SELECTED BY PDP COACHES MEETING THE AGE GROUP CRITERIA FOR BOTH BOYS & GIRLS ACADEMY PLAYERS.

PLAYERS PROGRESSION TO CREATIVE PLAYER BOYS / GIRLS PROGRAMME.



SKILL LEVEL :

FOR THE MORE COMMITTED PLAYER, WHO IS SERIOUS ABOUT IMPROVING THEIR SKILLS & KEEN TO INVEST TIME IN THEIR FOOTBALL DEVELOPMENT.

PDP SUITS PLAYERS WITH ADVANCED OR ACCELERATED SKILLS DEVELOPMENT, WHO ALSO DEMONSTRATE THE RIGHT ATTITUDE, FOCUS & ATTITUDE FOR IMPROVEMENT.



COMMITMENT :

PLAYERS MUST BE AVAILABLE TO COMMIT TO THE PDP YEAR ROUND.

ATTENDANCE, LIKE PLAYER CONDUCT IS MONITORED & REPORTED ON.

CORNERSTONES



QUALITY COACHING :

ALL COACHES ARE EDUCATED & IMMERSED IN THE EFCFC PLAYING PHILOSOPHY & ARE UEFA/SFA LICENSED QUALIFIED.



TECHNICAL TRAINING :

IN ADDITION TO TEAM, GROUP TRAINING, PLAYERS RECEIVE INDIVIDUAL & POSITION SPECIFIC TRAINING DESIGNED TO ENHANCE INDIVIDUAL BALL MASTERY & GAME AWARENESS.



MENTORING :

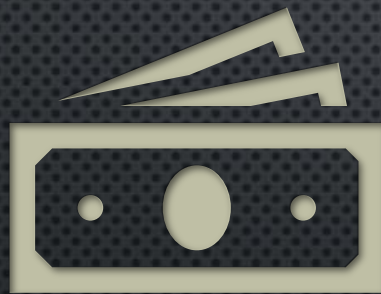
PDP PLAYERS NOT ONLY LEARN THEIR ROLES & RESPONSIBILITIES ON THE PITCH, BUT ON HOW TO GROW, THINK AND LIVE LIKE A FOOTBALLER OFF THE PITCH.



INDIVIDUAL REPORTING :

EACH PLAYER WILL RECEIVE IN DEPTH REPORT ON THEIR INDIVIDUAL FOOTBALL PROGRESS X1 PER YEAR. TECHNICAL – TACTICAL – PHYSICAL – SOCIAL.

FEES & VENUE



COST :

FEES FOR THE PDP ARE DUE AT THE BEGINNING OF EACH MONTH THROUGH A MEMBER SUBSCRIPTION OF MY CLUB HUB.

THERE WILL ALSO BE A ONE OFF COST FOR A PERSONALISED PLAYER DEVELOPMENT TOP FOR EACH PDP LEVEL.



VENUE :

ALL SESSIONS WILL BE HELD AT BAYVIEW STADIUM.

WEDNESDAY – PURPLE PDP SESSIONS FROM 4:30-6:00PM.

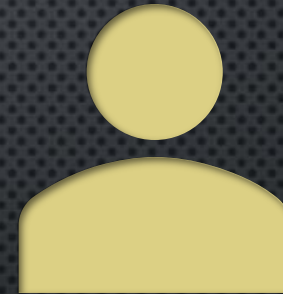
THURSDAY & FRIDAY – RED PDP SESSIONS FROM 4:30-5:30PM.

SESSION DAYS & TIMES TBC.

CONTACTS



ANDY PAYNE :
EFCFC FOOTBALL DEVELOPMENT OFFICER
ANDY.PAYNE@EFCFC.CO.UK



ALAN LOWE :
EFCFC COMMUNITY DEVELOPMENT COACH
ALAN.LOWE@EFCFC.CO.UK