



FOOTBALL SCHOOL



MANCHESTER CITY FOOTBALL DEVELOPMENT WORKSHOPS

Manchester City Football Development is for young, enthusiastic players aged 9-13 who are continuing on their football journey. It's a fun and intensive football training programme where players experience and understand how City play and develop their skills through playing.

Players will develop their footballing skills through various interactive workshops, including; ball skills challenges, video analysis, nutrition and recovery sessions, player movement, team tactics and more. Here is an outline of the main workshop topics:

HOW CITY PLAY

Players see examples of what formations Man City play, such as 4-3-3 and 4-4-2 and how these lend themselves to particular strategies, such as attacking from the back and protecting the defence.

SKILLS CHALLENGE

Players learn skills including: how to master the ball, retain possession and focus on speed of movement, passing and finishing skills, 1v1 situations and creativity within small sided games.

RESTING TECHNIQUES AND STRATEGIES

Exploring the best ways to recover and relax after a game, with popular

methods like meditation, ice baths, sports massage, yoga, fun recovery games and more.

NUTRITION

Players will get to know the different food groups, their impact on the body (e.g. 5-10 fruit and vegetables a day will help reduce tiredness, muscle soreness and prevent illness) and what to eat depending on if it's a training day, rest day or match day. The importance of staying hydrated is also explained, as it affects decision making, can lead to tiredness, slowness, dizziness and increases chance of injury. The most suitable fluids are discussed.





SELECT YOUR PLAYER

Looking at the qualities of a player, why a player is chosen and what formation they work best in. Recognising the qualities of a player; their strength, stamina, speed, passion, header ability and leadership abilities.

THINK - BE CREATIVE

Getting players to understand their emotions and how to channel them better. Examining how they impact on performance and ways to listen to, and use those emotions to be creative when playing.

WATCH THE PLAY

Players are put into small groups and film each other playing, then take notes on parts of the game to learn from analysis. Emphasis is on individual play, attacking, defending and 1v1 situations.

TECHNOLOGY

Players are taught how to use technology, for example use iPads to create a video clip detailing specific examples of football play or tactics, such as goalkeeping, diamond formations or defending high up the pitch.

WHAT'S YOUR POSITION?

Looking at positions and how players can develop qualities to suit those roles by recognising factors such as:

- Technical ability – combinations and link up play, receiving the ball under pressure and passing between lines and angles
- Tactical awareness – creating chances and scoring, movement to receive and awareness of space, defensive responsibilities
- Physical condition – strength to protect, keep possession, energy to defend and attack
- Psychological strengths – bravery, confidence and intensity

COURSE TIMETABLE

An example of a 5-day course, including Daily Focus, Practical Sessions and Classroom time.

Introduction and Human Performance	Football Performance	Develop the Talent	The Player	The Individual
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome to the course <ul style="list-style-type: none"> • Arrival • Schedule 	MCFC <ul style="list-style-type: none"> • Look at the 1st team • How to watch a game 	Individual Player <ul style="list-style-type: none"> • Look at 1st team players • Individual position 	Players <ul style="list-style-type: none"> • How do players communicate? • Examples of the players 	What is your role <ul style="list-style-type: none"> • How do you play? • How do you communicate?
Introduction to the sessions <ul style="list-style-type: none"> • Session Structure 	Play with Style <ul style="list-style-type: none"> • Combination to play • Focus on technique 	Achieve your goal <ul style="list-style-type: none"> • Individual to team • Transfer learnings through play 	Tournament <ul style="list-style-type: none"> • Teams • 7x7 - 9v9 	Recovery Session <ul style="list-style-type: none"> • Recovery session • Small sided games
Nutrition <ul style="list-style-type: none"> • What do you eat? • Food & Water focus 	How do we play <ul style="list-style-type: none"> • Team set up • Use of video 	Select your player <ul style="list-style-type: none"> • Pick you player • Develop the player 	Testing <ul style="list-style-type: none"> • What is testing? • Compete with others on skills challenges 	How to recover <ul style="list-style-type: none"> • How to relax • Through play and human science
Master the Ball <ul style="list-style-type: none"> • Individual Play • Creativity 	Dominate the game <ul style="list-style-type: none"> • Game practice • Develop individuals in play 	Game play <ul style="list-style-type: none"> • Possession play • Play in games 	Introduction to Futsal <ul style="list-style-type: none"> • Basic principals • Game play 	Stadium Tour (Etihad Stadium)
Think... Be Creative <ul style="list-style-type: none"> • How you think • Creative play 	Watching you play <ul style="list-style-type: none"> • Video your technique • How to use 	What's your position <ul style="list-style-type: none"> • Skills of your position • What are your skills? 	Innovative Play <ul style="list-style-type: none"> • Technology in football • Interactive play 	Presentation (Etihad Stadium)

By the end of the course, players will have been introduced to a wide range of footballing techniques which they will have applied during their practical training sessions to develop as a footballer.