

## **The FA Tesco Skills Programme School Information Sheet**



**The FA Tesco Skills Programme aims to provide 5-11 year olds with professional coaching and advice to help develop their football skills.**

Sir Trevor Brooking and his team at The FA aim to use football to promote long term healthy, active lifestyles, by encouraging children to play football to the best of their ability.

**The programme would like to:**

- Involve, Inspire and Ignite ambition in all
- Improve and Develop Physical Literacy
- Develop Football Skills in a Creative, Structured and Fun environment

The FA, with help from Tesco has recruited over 100 Skills Coaches in 18 counties across England who will provide young people with the chance to play football and develop not only their sporting abilities, but their life and social skills.

**Skills Coaching is about:**

- Creating positive learning environments for young players
- Focusing on developing fundamental movement skills and functional movement for football in 5-8's
- Further introduction of football techniques and skill acquisition through the age groups
- Providing a coaching environment open to young people where making mistakes is accepted
- Managing differences in young players and ensuring they all achieve success and provide appropriate strategies to help their development

Our work in schools is aimed to not only develop the children taking part in the sessions, but also teachers within the school so they have the resources to develop their delivery of football based PE lessons. As part of the scheme of work in the schools the teachers will be given session plans that relate to:

- The 4 stands of National Curriculum PE
- Session Organisation, Coaching Points and Teaching Styles
- Online Resources
- Objectives that cover the needs of all pupils in the class

**As Part of our commitment to delivering excellence through football, schools will receive:**

- 10 free coaching sessions
- Skills Coach visit between 13:00 – 15:30 every week
- Balanced age specific coaching in line with National Curriculum PE and the aims & objectives of the school
- Resources and CPD opportunities for teachers
- Structured Short, Medium and Long term planning of coaching with teachers and pupils

If you are interested in a member of The FA Tesco Skills Team coming to work in your school, please contact Skills Team Leader, Tom Hartley, via, [Tom.Hartley@TheFA.com](mailto:Tom.Hartley@TheFA.com) or 07943 862307.