

PLAYER
DEVELOPMENT
CENTRE



ADVANCED PLAYER
DEVELOPMENT
CENTRE

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**HARROGATE
COLLEGE**

2023-24 SEASON

PROUD TO BE TOWN

PROUD TO BE TOWN

OUR VISION

In order to maintain Harrogate Town AFC's Football League status and without overstretching the "sustainable" financial budget, the Club will need to provide a structured programme of Learning & Development in order to be able to produce its own "homegrown" players.

The Board of Directors fully endorse the Player Development Centre (PDC), Advanced Player Development Centre (APDC) and the CAT4 Academy philosophy in order to produce the players of the future for Harrogate Town AFC and to provide continuity, stability and sustainability by delivering a program of excellence through the structured phases of the PDC, APDC and CAT4 Academy.

The vision of the club is to have a youth set-up that makes the local area proud by maximising the talents of enthusiastic young players in the local and surrounding areas. To do this we need to create the right atmosphere for our young players to thrive. The culture at Harrogate Town is based on our core values of Integrity, Pride, Honesty, Trust and Respect and is driven by the people involved. We believe that by remaining true to ourselves, we can help young players be the best they can be in both football and in education.

The aim is for Harrogate Town's PDC, APDC and the CAT4 Academy to be at the forefront in producing technically gifted young footballers who will represent the club in the future. With various player pathways in place for both boys and girls, we aim to engage with all areas of a young players development both on and off the pitch.



PROUD TO BE TOWN



NEW FOR 2023/24

APDC INDIVIDUAL AGE GROUPS

For the 2023/24 season we will be introducing individual APDC age groups for the 2023/24 season. We have listened to parent feedback in that some of the younger bracketed players in combined age groups (U13 in the U13/14's) may struggle to compete against bigger, older players and may not get looked at to be in the APDC due to the limited number of places. We believe this change will take care of that. Our goal for the PDC is to get as many local, talented footballers representing and playing for Harrogate Town. With more places and opportunities, we are hoping to open up a better pathway for more young players to do exactly that and represent Harrogate Town. Everyone returning to the PDC in September will have the opportunity to move into the APDC throughout the month.

JPDC RETURNS

After numerous enquires over the last couple of years, we are finally ready to expand our age groups to U5's upwards. Having successfully run this in the past when we ran the PDC from the EnviroVent Stadium and having to stop due to COVID and the facility changing, it's something we have been keen to bring back and we finally have the resources to do it. The sessions will run from 4pm at Rossett Sports Centre on a Tuesday.

U9/10S MOVE TO ROSSETT

Following the news of the launch of our JPDC, we will also be moving the U9/10's PDC and APDC weekly training to the newly opened Rossett Sports Centre 3G. This will show a clear pathway for the JPDC into the PDC whilst also having a more monitored environment for our younger players. The Rossett site has better indoor facilities such as toilets and refreshments

U15'S ENTER JPL

We will be entering our U15's APDC into the Junior Premier League (JPL) for the new season. One of our aims of the PDC is to get as many local footballers progressing into the CAT 4 Scholarship programme as possible. After successfully running the U16's programme for the last two years where they get training twice a week and a regular games programme on a weekend, we've managed to get 4 players through the system, receiving a scholarship. We feel starting this at U15 will give the boys an extra year of this model, getting more contact time with the coaches, giving them a better chance to receive a scholarship.



RORY MCARDLE

“

I'm delighted to have the opportunity to be involved in Harrogate Town AFC Academy and PDC. During my time at the club I have learnt what the values and philosophy's are and this is something I want to bring at all levels within the club. I want to be able to pass my knowledge and experience on to younger players of all ages which I hope will help provide a positive learning environment and provide the opportunity for all players to evolve and develop...

Rory McArdle,
Professional Development Phase Lead



FALKS JOINS THE COACHING TEAM

“

I am delighted to be given the opportunity to get back coaching for the football club again and looking forward to doing so with the PDC. I have seen lots of exceptional talent come through the PDC in my previous years when coaching the U23s and I'm looking forward to trying to help the next crop of aspiring young footballers to hopefully nurture their talents and achieve their dreams of one day making it into the First team.

Josh Falkingham,
Harrogate Town AFC First Team Captain



BOYS PATHWAY

PDC

PLAYER DEVELOPMENT CENTRE

Under 8's - Under 16's

The PDC is designed to introduce players of all ages into the world of football. We will encourage creativity, friendship, enjoyment and encourage young local footballers to be creative in their play. Our coaching team will inspire your child to find their own personal pathway in sport and football.

*PDC is for all abilities to join and participate
(One or Two sessions per week)*

APDC

ADVANCED PLAYER DEVELOPMENT CENTRE

Under 9's - Under 16's

The APDC is designed to help in the further development of young local footballers. Players will learn the importance of working hard, working as a team, developing themselves both on and off the pitch. Our coaching team will provide each player with further game understanding with a view to progressing towards a potential full time opportunity in football.

*APDC is accessible via a 4 week trial period in the PDC
(Compulsory Two sessions per week)*

CAT4 ACADEMY

Under 18 Full Time Scholars

The Harrogate Town CAT4 Academy is our newest development within the club and creates a new potential pathway for our young players at the PDC and APDC. Our aim as a club is to develop local players for the Academy although players will also be recruited locally and nationally.



JPDC

U5/U6

U7/U8

PDC / APDC

U9/U10

PDC

U9 APDC

U10 APDC

U11/U12

PDC

U11 APDC

U12 APDC

U13/U14

PDC

U13 APDC

U14 APDC

U15/U16

PDC

U15 APDC

APDC

U16 APDC

CAT 4 ACADEMY

MEN'S FIRST TEAM



GIRLS PATHWAY

PDC (PLAYER DEVELOPMENT CENTRE)

Under 8's - Under 16's

The Girls PDC introduces players of all ages and abilities into the world of football and players will have the chance to showcase the skills that they have learnt in matches against local grassroots teams.

Friday Training at Rossett Sports Centre

PDC 5pm to 6pm - Midi 3G pitch - U8/U9/U10 (School years 3,4 & 5)
6pm to 7pm - Midi 3G pitch - U11/U12 (School years 6 & 7)
7pm to 8pm - Main 3G pitch - U13/U14 (School years 8 & 9)
7pm to 8pm - Main 3G pitch - U15/U16 (School years 10 & 11)
7pm to 8pm - Midi 3G pitch - Goalkeepers all age groups.

APDC 5pm to 6pm - Midi 3G pitch - U9/U10 (School years 4 & 5)
6pm to 7pm - Midi 3G pitch - U11/U12 (School years 6 & 7)
7pm to 8pm - Main 3G pitch - U13/U14 (School years 8 & 9)

Coaches are Chloe Hickson, Cass Lane, Paul Clothier and Dan McCulloch

WOMEN'S FIRST TEAM

Harrogate Town Women currently play in the North East Regional Women's Premier League. The togetherness, team spirit, along with our non-negotiables of hard work, accountability, passion and integrity creates a fantastic environment to be in and terrific role models to aspire to. A number of players have progressed through the Girls PDC into the first team.

GIRLS PDC PRICING £28 per month
from September 2023 to July 2024

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U8-U10

PDC

Friday 5-6pm

U9/U10

APDC

Friday 5-6pm

U11/U12

PDC

Friday 6-7pm

U11/U12

APDC

Friday 6-7pm

U13/U14

PDC

Friday 7-8pm

U13/U14

APDC

Friday 7-8pm

U15/U16

PDC

Friday 7-8pm

WOMEN'S RESERVES

Tuesday & Thursday
8-10pm

WOMEN'S FIRST TEAM

Tuesday & Thursday
8-10pm



COACHING STRUCTURE



Josh Law
Academy Manager

Head of PDC



Rory McArdle
Professional Development Phase Lead



Josh Walsh
Youth Development Phase Lead



Phil Priestley
Head of Goalkeeping



Jason Barker
PDC/APDC Lead / Rossett Site Lead



Tom Hullock
PDC/APDC Lead / SJF Site Lead



Ian Watson
Head of Youth Goalkeeping



Paul Clothier
JPDC Lead



Jill Stacey
APDC Lead



Becky Wilson
PDC/APDC Lead



Josh Falkingham
PDC/APDC Lead



Ryan Smith
PDC/APDC Lead

PDC Coaches



Joel Barker



Tom Overton



Jordan Myers



Mick Ramsay



Josh Sharkey



Cass Lane



Chloe Hickson



Lee McArthur



PLAN TO PLAY

Play
for
Fun

U8's / U9's / U10's

Play
to
Develop

U11's / U12's

Play
to
Win

U15's / U16's

Play
to
Compete

U13's / U14's



Plan To Play Play for **Fun**

U8's / U9's / U10's

Developed for young boys and girls at the start of their football journey, sessions focus on fun games, the enjoyment of playing and gaining confidence in their own ability both on and off the pitch.

Plan To Play Play to **Develop**

U11's / U12's

As players become more experienced, the focus changes towards developing players' understanding of their role in a team and learning how the Harrogate Town Academy and First Team players compete at the highest level.

Plan To Play Play to **Compete**

U13's / U14's

As individuals continue to grow in skill level and experience, players can then further develop their understanding of the game and follow the Harrogate Town Academy 'Plan to Play' structure both on and off the pitch.

Plan To Play Play to **Win**

U15's / U16's

Through repetition of practice, a hard work ethic, and buying into the Harrogate Town 'Ethos & Club Values' players are then able to showcase their talent and mature as football players, working towards the pathway of becoming a full time Harrogate Town Academy footballer.

TERM DATES

TERM ONE

Monday 4th September -
Friday 23rd December 2023

16 WEEKS

TERM TWO

Monday 2nd January -
Friday 31st May 2024

22 WEEKS



AGE GROUP TIMINGS

ST JOHN FISHER HIGH SCHOOL (HG2 8PT)

BOYS PDC **U11/U12** Tuesday & Thursday 5:45-6:45pm
U13/U14 Monday & Wednesday 5:45-6:45pm
U15/U16 Monday & Wednesday 5:45-6:45pm
Goalkeepers U8-U12 Tuesday & Thursday 5:45-6:45pm
Goalkeepers U13-U16 Monday & Wednesday 5:45-6:45pm

APDC **U11** Tuesday & Thursday 5:45-6:45pm
U12 Tuesday & Thursday 6:45-7:45pm
U13 Tuesday & Thursday 6:45-7:45pm
U14 Wednesday & Friday 5:45-6:45pm
U15 Monday 5:45-6:45pm & Wednesday 6:45-7:45pm
U16 Monday & Wednesday 6:45-7:45pm
Goalkeepers U9's-U16's Tuesday & Thursday 6:45-7:45pm

ROSSETT SPORTS CENTRE (HG2 9PH)

BOYS/GIRLS JPDC **U5's-U8's** Tuesday 4-5pm
BOYS PDC **U9's/U10's** Tuesday & Thursday 5-6pm

APDC **U9's** Tuesday & Thursday 6-7pm
U10's Tuesday & Thursday 6-7pm

GIRLS PDC **U8's/U9's/U10's** Friday 5-6pm (Midi 3G)
U11's/U12's Friday 6-7pm (Midi 3G)
U13's/U14's Friday 7-8pm (Main 3G)
U15's/U16's Friday 7-8pm (Main 3G)
Goalkeepers (all ages) Friday 7-8pm (Midi 3G)

APDC **U9's/U10's** Friday 5-6pm (Main 3G)
U11's/U12's Friday 6-7pm (Main 3G)
U13's/U14's Friday 7-8pm (Main 3G)



GAMES PROGRAMME

PDC HOLIDAY FIXTURES (School Holidays - w/c)

30th October; 12th February; 25th March; 1st April; 27th May

APDC v PDC SELECT GAMES

We will be continuing our APDC vs PDC Select games throughout the season. This gave the coaches a better chance to see the excelling PDC players in a game environment either playing against the PDC or in a mixed squad. Usually, we would only be able to invite 2 or 3 players. This way, we are able to invite up to 11 (age group dependent) give the PDC players more exposure.

APDC v PDC SELECT GAMES

We will be following the model we did last year with the U9-U12's playing every other training night with the U13's and U14's playing every other Friday night at St John Fishers. Games will be played away as and when planned, the same as last year with fixtures against the likes of Rotherham United, Bradford City, Hull City etc...



PACKAGES & PRICING

Player will receive the following in their respective groups;

PDC Player Package	APDC Player Package
UEFA Licenced structured sessions	UEFA Licenced structured sessions
FA Qualified Coaches	FA Qualified Coaches
1 or 2 hours of coaching per week	2 hours of coaching per week
Clear Player Pathways U8's-U16's Cat 4 Academy	Clear Player Pathways U9's-U16's Cat 4 Academy

PRICING

One Session
per week

£33
per month

Two Sessions
per week

£61
per month

Please note: It is a compulsory requirement for players in the Advanced PDC groups to attend and sign up to two sessions per week.

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PDC TRAINING KIT

A requirement of the Harrogate Town PDC is that all players wear the dedicated PDC training kit to every session which has been redesigned for the 2023/24 season.

As well as being available to buy online at harrogatetownafcstore.co.uk all PDC Kit is available to buy at our Official Club Store at 32 Commercial Street, Harrogate, HG1 1TY

Store Opening Times*

Monday: 10am-4pm Tuesday: 10am-4pm
Wednesday: Closed Thursday: 10am-4pm
Friday: 10am-4pm Saturday: 10am-4pm**
Sunday: Closed

* Please check online for the latest information and opening times.
**Please note that the Club Store may be closed on home matchdays.

STARTER
PACK
PDC
Training Kit
Shirt / Shorts / Socks

Junior
£49
Youth
£54



WELFARE & SAFEGUARDING

Harrogate Town AFC is committed to safeguarding and promoting the welfare of all its young footballers and all staff working at the Club understand their role in that. All young footballers have the right to be protected from harm regardless of their age, gender, disability, culture, language, racial origin, religious beliefs or sexual orientation. Any concerns about a young players welfare is logged and appropriate action is taken to safeguard those in our care.

Key elements of Child Welfare;

- Ensuring the well-being and creating a safe environment for all young players within our Academy and PDC
- Maintain our Anti Bullying Policy
- Ensure all our coaches are fully certified in the correct timescales - covering DBS, safeguarding and first aid.
- Ensuring correct recruitment processes for coaches - checking references and certifications to confirm eligibility.
- Maintain our Respect policy for players and parents.
- DBS documentation will be in place for all providers whilst regular risk assessments and welfare checks will be made.

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Club policies can be found
on our website at
[harrogatetownafc.com/
the-club](http://harrogatetownafc.com/the-club)



Harrogate Town Safeguarding & Welfare Officers

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PLAYER PROFILES

	Full Backs	Centre Backs	Central Midfield	Attacking Midfield	Strikers
In Possession	<ul style="list-style-type: none"> • Variety of Pass • Eliminate opponents crossing ability 	<ul style="list-style-type: none"> • Variety of Pass • Comfy travelling with the ball 	<ul style="list-style-type: none"> • Variety of Pass • Spatial awareness • Eliminate opponents • One-touch play 	<ul style="list-style-type: none"> • Eliminate opponents • Ability to play inside and outside • Dribbling at speed 	<ul style="list-style-type: none"> • Hold-up play with back to goal • Eliminate opponents • Combination play
Out of Possession	<ul style="list-style-type: none"> • 1v1 Defending • Positional Sense 	<ul style="list-style-type: none"> • Aerial dominance, aggression and assertive decisions • 1v1 Defending 	<ul style="list-style-type: none"> • Work rate and desire to press and defend 	<ul style="list-style-type: none"> • Work rate and desire to press and defend 	<ul style="list-style-type: none"> • Willingness to run in behind • Work rate and desire to press and defend
Physical	<ul style="list-style-type: none"> • High-speed, acceleration, aerobic capacity, power and agility 	<ul style="list-style-type: none"> • Strength and power 	<ul style="list-style-type: none"> • Aerobic capacity, strength, power and agility 	<ul style="list-style-type: none"> • High speed, acceleration, aerobic capacity, power and agility. 	<ul style="list-style-type: none"> • High-speed running, acceleration, agility and strength



DEFINITIONS OF PRACTICE

Pre Warm Up	Activity which is player led, organised by players before they start the session with coaches or done by medical team.
Football Movement	Physical activity relating to the game. Includes game speed, game relevant strength, skill carousel, multi sports, age, relevant activity, proprioception and core and medical screening.
Technical Skills Practice	Any football skills, e.g. Dribbles, turns, passing done unopposed / partially opposed.
Technical Unopposed Repetition	A practice allowing players to practice techniques of the game through repeated repetition. Minimal stops by the coach. Includes passing squares and Repetition circuit, weaker foot, heading and shooting practices.
Skills Practice / Chaos Games	Group practices with opposition / defenders in. May be directional or not directional. Even numbers or uneven numbers. Include weaker foot games. eg. 1v1, 2v1, 3v2, 2v3 and any numbers upwards
Small-Sided Games (SSG) Game Shape & Structure	SSG with proper goals used. Even numbers games, anything from 3v3 to 9v9. Includes Futsal.
Functional Practice / Phase of Play	Directional practice into one goal with players in shape and structure. A target player or goals for defenders eg. 6v6 (Back Four and MF 2v2 forwards and 4 MF).
Individual Player Coaching	Coach working with a smaller group of players on individual super strengths and the actions needed relevant to the current topic.
Gym Sessions	Done with the medical team.
Video Analysis Sessions	Classroom sessions covering training or games on video.
Internal Game	Any internal game during a training session using different scenarios within a game.
Match	Any match played against opposition as a normal fixture.

PLAYERS CODE OF CONDUCT

- Respect your opponent and be professional
- Take pride in doing your best, set your own high standards and maintain them.
- Understand and abide by the laws of the game
- Have the honesty to identify and discipline to improve areas of weakness.
- Do not argue with coaches or match officials.
- Do not attempt to harm anybody with words or actions.
- Take ownership of your actions and resist the temptation to imitate poor practice.
- Wear the PDC Training Kit and, if applicable, kit provided by HTAFC (shinpads must be worn).
- Inform your coach if you cannot attend training or a match.
- Report any injuries or concerns to coaching staff on arrival.
- Take responsibility in all areas of performance/preparation.
- Always stay within the designated areas and do not leave without the knowledge or consent of the coaching staff.
- Never make comments about the Club on personal Social Media pages.
- Accept success and failure, victory and defeat with good grace and without excessive display of emotion.



PARENTS/CARERS CODE OF CONDUCT

- Always respect decisions made by match officials
- Remain outside the field of play and within the Designated Spectators' Area (where provided).
- Allow the coach do their job and not confuse the players by telling them what to do.
- Encourage the players to respect the opposition, referee and match officials.
- Avoid criticising a player for making a mistake - mistakes are part of learning.
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour.
- Please do not approach coaching staff for feedback either during or after training or a match



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Josh Walsh

Youth Development Phase Lead

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