



Player Care Guide 2022/23



Established by



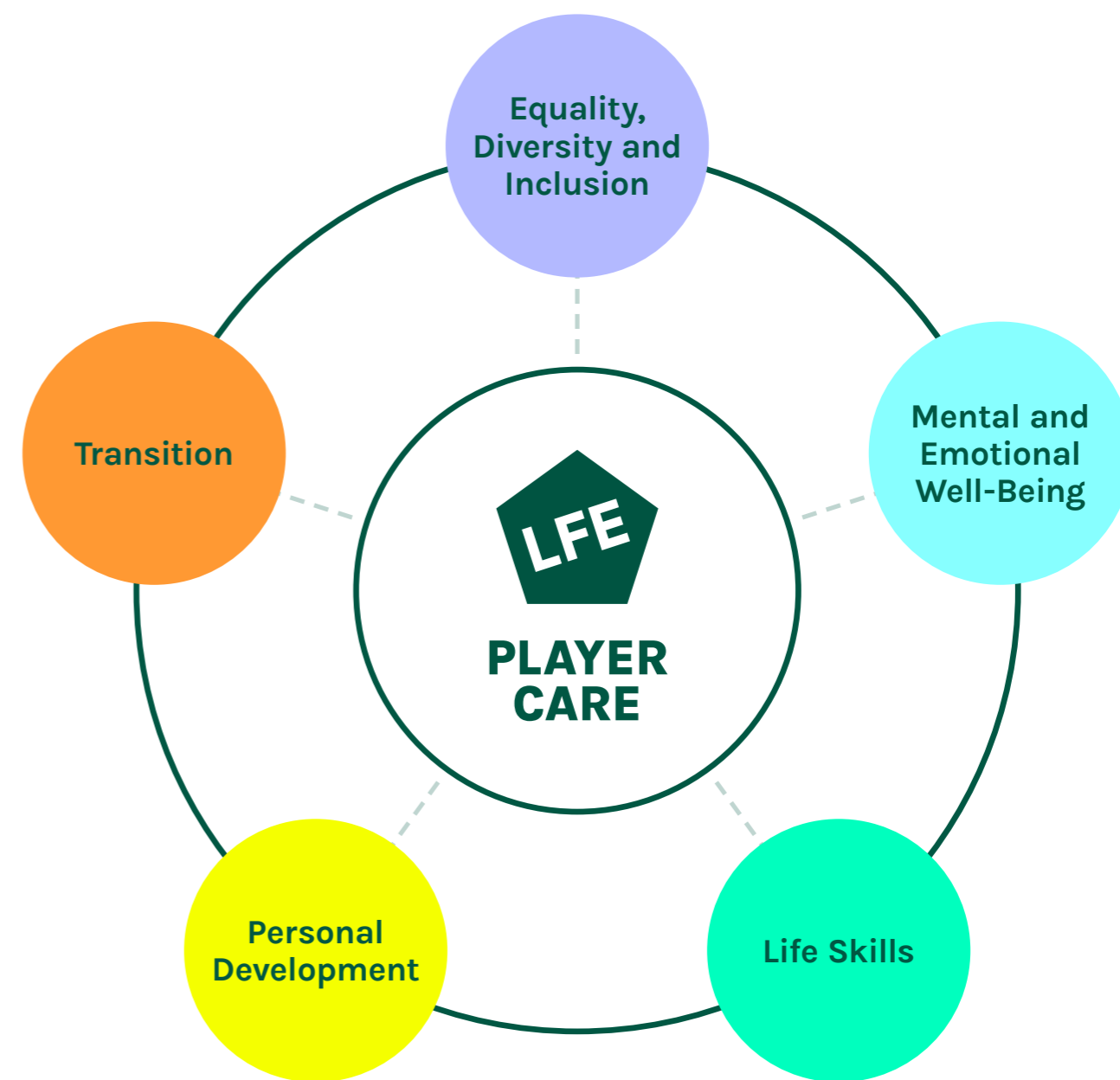
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Introduction

League Football Education is committed to providing football clubs with support to meet player care requirements and beyond. This guide summarises funded activities, resources and signposting to support and other organisations.

Key Subjects



Transition

Introduction

Developing characteristics, employability skills and other interests will help prepare apprentices for periods of change or transition and coping with this is a demand of life. These changes could be moving away from home, suffering and returning from injury, moving into the first team or leaving the game.

Through the Personal Development and Life Skills support detailed in this guide, LFE assists in the journey towards equipping academy players with the ability to move through life's challenges.

LFE also provides specific transition and career support for complementary and alternative career pathways.

Overview



Football Opportunities



Education and Career Support



Career Experience and Workshops



Transition Resources

Assessment Trials	UK & USA Higher Education Guides	FirstPoint USA - University Soccer Scholarships	Transition and Career Module
Erasmus+ Player Placement Programme	The PFA - Funding and Bursaries	LAPS - Ahead of the Game Careers Event	Self-Development Action Plan
Hudl - Online Portfolio	Start - Online Careers Service	Transition and Careers IAG Workshop	EMS Resources
	Transition Officer Support	Speakers For Schools Virtual Work Experience	
	Switch The Play - Switched On	Career Opportunities	

Support Contacts

Anthony Cato, Transition Officer
acato@lfe.org.uk

Dan Jolley, Projects Manager
djolley@lfe.org.uk



Careers Events

U18-U23 academy players and Alumni have access to 'Ahead of The Game' careers events, organised by LAPS and supported by The PFA, Premier League and LFE.



Career Opportunities

LFE proactively engages with education providers, employers and industry-specific training organisations to provide apprentices with career opportunities.



Transition and Careers IAG Workshop

LFE provides apprentices with access to an online Transition and Careers IAG workshop covering topics such as aspirations, transferable skills, career resources and opportunities.



EMS Resources

Transition-related information and guidance can be found in Online Content and the Library (see page 36).



Erasmus+ Programme

Erasmus+ is the EU programme for education, training, youth and sport. The aim of the placement programme is to provide an opportunity for released apprentices to be hosted by a football club in Spain or Sweden for a period of three months.



FirstPoint USA

LFE's recommended USA scholarships consultancy agency, provided at no cost to LFE apprentices. All clubs have access to face-to-face delivery from FirstPoint USA and this can be requested via LFE's Delivery Request System (see page 32).



Switch The Play - Switched On

Switch The Play offers personal and professional development support to athletes. Switch The Play provides a service called Switched On, which is free to all LFE Alumni.



UK and USA Higher Education Guides

LFE publishes these guides each season to provide information, advice and guidance relating specifically to academy players and programme.



Hudl

LFE invests in a Hudl membership account, providing apprentices with personal access to promote their profile and interest to football clubs and universities in the UK and overseas.



Start

LFE has subscribed to an online careers platform called Start, which is an innovative online teaching and learning resource that is accessible 24/7.



Tracking and Monitoring and Transition Officer

LFE provides apprentices with support post-apprenticeship via tracking and monitoring. For more information, contact LFE's Transition Officer.



Transition Module and Self-Development Plan

Apprentices have access to a transition module to create an individual transition plan. These can be found within LFE's Online Content and Library on EMS (see page 36).



Speakers For Schools - Virtual Work Experience

Cost-free virtual work experience for all on-programme apprentices is available through Speakers For Schools. Clubs must register and create an account before apprentices can sign up to the platform and explore a range of virtual work experience opportunities.



Assessment Trials

LFE's Assessment Trials provide a platform for released apprentices and first-year professionals to showcase their abilities.

Further information and access to these opportunities can be found under Transition at www.lfe.org.uk

“SOMETIMES THE HARDEST THING IN THE WORLD IS ADMITTING YOU NEED HELP”

TONY ADAMS MBE

SPORTING CHANCE CAN HELP.

You can contact us confidentially on 07500 000 777 or email support@sportingchanceclinic.com

You can text this number on a weekday between 9am and 5pm and we'll call you right back. Evening and weekend texts we'll respond to the next working day.

 @sportingchanceclinic



Personal Development U18

Personal development is the process of engaging with opportunities and experiences to enhance characteristics and skills.



EMS Resources



Personal Development Module

This introduces apprentices to key terms, understanding of how to develop and draws links between skill development and aspects of lifestyle.



Personal Action Plan

This template assists goal setting and contains important factors to consider for an action plan.



Library

The resources in the Library contains content such as case studies, research tasks, activity ideas and a support overview document for club staff use.



Other Resources

- LFE's Identity Module
- U9-U16 Resources
- U23 Breakthrough To Peak Performance (Delivered by Arcadia)
- Community Engagement Resources

Delivery

LFE provides a funded Personal Development programme, which will be available throughout the 2022/23 season.

Mentoring

6 x Mentoring programme workshops for first-year apprentices delivered by a Personal Development Mentor. Sessions 1-3 will focus on concept and understanding, with 4-6 facilitating specific skill development and the goal setting process. Workshops will aim to be delivered every three weeks and can be agreed on an individual club basis. The programme will be allocated by LFE and workshops dates/times will be prompted by the Personal Development Mentor and agreed with a nominated club contact.

Support Contacts

Kelly Butterworth, Projects Officer
kbutterworth@lfe.org.uk

Dan Jolley, Projects Manager
djolley@lfe.org.uk

Personal Development

Personal Development Mentors



Bobby Copping

After two years of being a professional footballer, Bobby was forced to retire at the age of 19 due to a head injury. Now, Bobby is using his story of adversity to inspire the next generation through his own registered charity, the Bobby Copping Foundation. He is a UEFA qualified coach and is also progressing in the football business sector as General Manager of Peterborough United Women Football Club. Bobby's focus regarding personal development is building knowledge through education, having recently graduated with a Masters Degree in Football Business Management.



Chris Elliott

More than ten years in the professional game both as a player and a coach, Chris holds strong belief in the power of personal development. As a player, Chris believes engaging in personal development helped him to perform at times when he otherwise was not able to. He refers to personal development as something that he wishes he had engaged with earlier in his career. Chris now wants to share his experience with others so that they, in their own way, can reap the rewards of personal development too.



Jack Rutter

From a potential Premier League footballer to a Paralympian, Jack was on the verge of signing a professional contract with Birmingham City before suffering a brain injury which forced him to retire from professional football. Resilience, patience and courage enabled him to take up a new opportunity to play and captain both the England and Great Britain seven-a-side Paralympic teams. From that platform, Jack now works as a motivational speaker, athlete mentor and football coach. Jack loves the opportunity to work with young players, helping them to realise their potential on and off the field of play.



Mark Roberts

Following 15 years as a professional footballer, Mark is still enjoying his football as much as ever as he heads into his 21st season. Through the highs and the lows, the one constant is his desire to develop himself as a person. Mark firmly believes this gives him a competitive advantage on and off the field. As well as captaining teams for the majority of his career, mentoring has created another opportunity for Mark to share a passion of helping other people to find the best for themselves.



Dru Spinks

Dru spent 14 years as a professional and international basketball player. He is LFE's longest serving mentor, having worked with apprentices nationwide for more than eight years. Dru's extensive mentoring experience extends to working with young adults within different sectors of society and outside of the football world. Dru enjoys the challenge of exploring creative delivery techniques and methods to maximise engagement and create optimal learning environments. Exploring personal development and its positive impact on athletes both within and outside sport continues to be his interest and passion.



Fraser Franks

Fraser came through the academy system at Chelsea and went on to spend ten years as a professional in the EFL. Whilst captaining Newport County in 2019, Fraser was forced to retire from football at the age of 28 due to a heart condition. Fraser has opened up on his initial struggles with transition and identity, and has since gone on to complete a Masters Degree at Salford University. He is also a director of B5 Consultancy, working within elite sport to educate and support players of all ages. Fraser is extremely passionate about supporting the well-being and holistic development of young players to enable them to go and live a happy and successful life.



Linvoy Primus

Linvoy started his 20-year football career as a youth player at Charlton Athletic, working his way through all four divisions to end in the Premier League. Linvoy's life journey has been one of resilience, hard work and self-development. His passion to support and nurture growth in all areas of peoples' lives can be seen within his community work for his charity Faith & Football, that provides a range of community, educational and overseas programmes as a platform for relationship building. His role at LFE is an extension of his passion to assist and equip people to achieve all that life has to offer.



Tobi Sho-Silva

With over ten years of experience in the professional game and still a current player, Tobi is enjoying his football more than ever. Alongside playing, he has educated himself in the area of business, counselling and corporate governance. In 2017, he started a charity that focuses on supporting footballers' well-being and holistic development. Tobi is passionate about helping footballers thrive whilst playing and after professional careers. As a current and active player, he wants to use his voice to help people maximise potential, not just on the pitch, but in every area of life.

Life Skills

Life skills enable people to deal effectively with the demands and challenges of everyday life. Life skills-based education addresses specific content to achieve specific goals and this is the aim of LFE's Life Skills Programme.

LFE has outlined seven aspects of well-being for which life skills-based education is built upon.

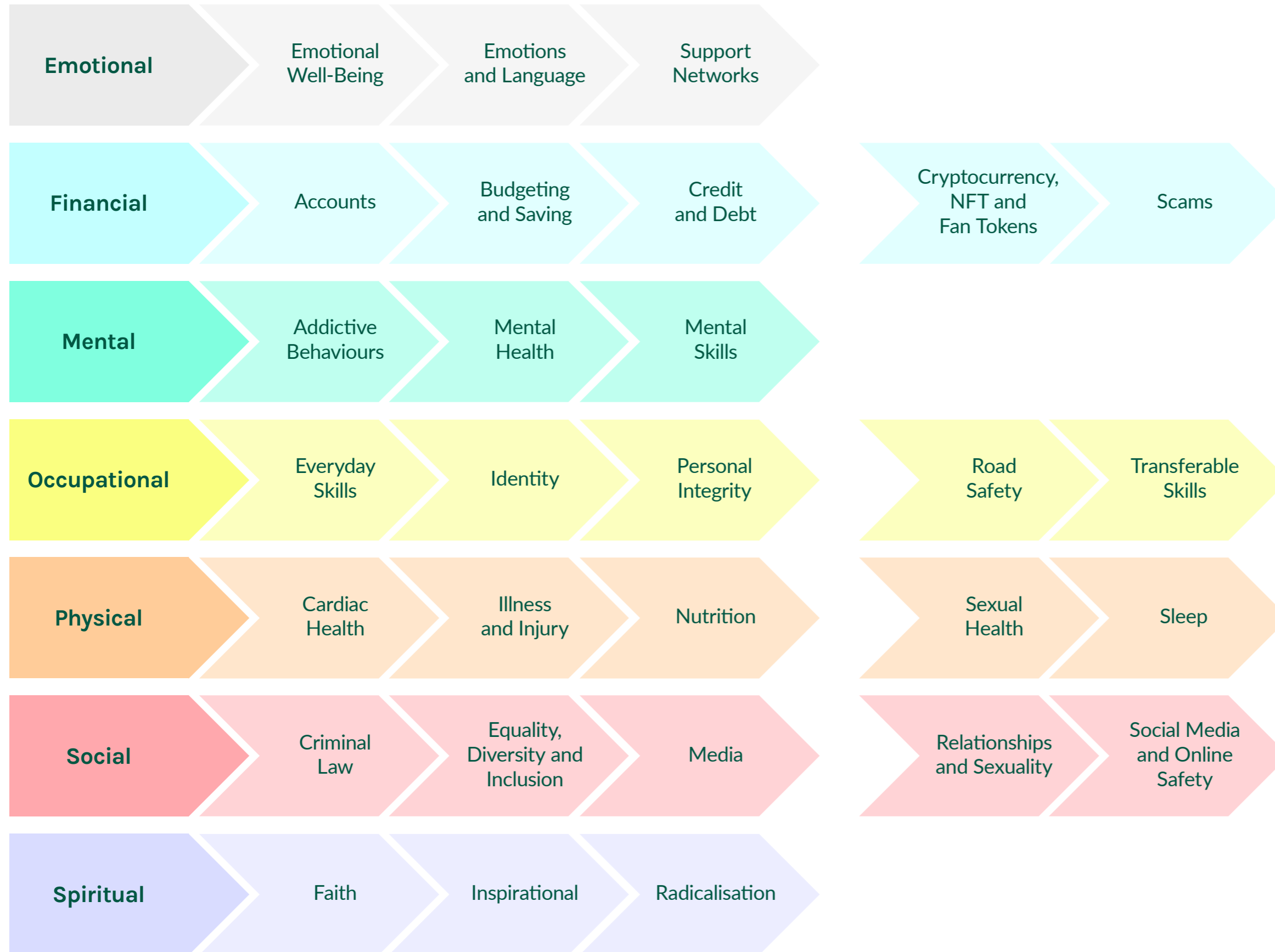
Definitions

Emotional	The ability to express feelings which are drawn from thoughts; it is strongly linked to mental health.
Financial	The state of security and the feeling of having enough money to meet needs, as well as having control of day-to-day finances and financial freedom.
Mental	The process of thinking, thoughts and the ability to cope with the ups and downs of everyday life.
Occupational	The state of balance, purpose and happiness in everyday roles such as family, work and leisure.
Physical	The ability in which physical activities and roles can be performed, while considering lifestyle choices, limitations, health and disease.
Social	The sense of belonging and stability, as well as being linked to relationships with other people, both online and offline.
Spiritual	The faith, beliefs, values, ethics and morals which support functioning in life with meaning.



Life Skills

Subjects



LFE provides EMS resources covering the subjects within this framework. See page 36. With face-to-face and online webinar delivery, from subject specialists and support organisations, available for key subjects. See pages 14-31.

Life Skills Programme

Anything Is Possible Charlie Fogarty MBE

Spiritual



Motivational speaker Charlie Fogarty works throughout football to inspire academy players to greater heights by telling his story of overcoming adversity, having once been a youth player himself at West Bromwich Albion, Birmingham City and MK Dons.

Charlie's journey and circumstances have taught invaluable lessons of focus, determination and making the impossible possible. Charlie has been appointed an MBE because of the work he does in delivering his message to change lives one speech at a time and firmly believes that with hard work and a never give up attitude that "Anything is Possible".

Charlie also discusses the importance of positive mental health and how having a supportive network of family, friends and associates really does make a difference in helping you achieve your goals.

Learning Objectives

1. To make the most of football and life opportunities.
2. To work hard towards the goal of becoming a professional footballer.
3. To have self-belief in achieving football and life goals.
4. To never give up and remember that with hard work and determination 'anything is possible'.

Web: www.charlifogarty.co.uk

@MotivationalCharlie

@chazfogMBE

charlifogarty

Face-To-Face Delivery

Max. Person Capacity: 40

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U9-U23, Club Staff, Parents/Carers

Notes

LFE will provide each football club with six single delivery requests for the 2022/23 season and information on how to make these can be found on page 32.

Believe To Achieve Peter Mitchell

Spiritual



Peter is a former Northern Ireland youth international and ex-professional footballer with Leeds United. His life took a tragic and unexpected twist, forcing him to rebuild himself and his aspirations.

Peter has since represented his country in a different sport and has also turned his hand to media work, both acting and presenting. This has seen him feature on some of the country's most popular television programmes.

Peter delivers his inspirational story to academy players. He is the perfect example for overcoming adversity and he believes that with the right attitude, there is no reason to give up.

Learning Objectives

1. To recognise the importance of road safety and responsible driving.
2. To maximise the opportunity of every new day.
3. To find inspiration and understanding of resilience.

Face-To-Face Delivery

Max. Person Capacity: 50

Online Webinar Delivery

Max. Person Capacity: 50

Target Group Range

U18-U23

Peter Mitchell

Notes

Life Skills Programme

Building Your Legacy Switch The Play

Social



How to be a force for good. Academy players are currently on a pathway to become the best footballer and all-round person possible. But have they recently reflected on what they value the most? How do they want people to remember them? What are the actions that they can do now that mean in the future they look back and see that they had a positive impact on those who matter to them? This education will help to explore who they are and the things that they are passionate about. Switch The Play will support the development of the skills, confidence and knowledge about how to make a genuine difference to those who they want to help.

Learning Objectives

1. To explore the self-perception and how this compares to the perception that others may have.
2. To develop an understanding of how to be a force for good and how this can be beneficial personally, professionally and commercially.
3. To build a core set of skills and knowledge that provides the confidence to put a plan into action to developing social purpose and having a positive impact.

Web: www.switchtheplay.com

@switch_the_play

Switchtheplayfoundation

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: N/A

Target Group Range

U12-U23, Club Staff, Parents/Carers

Notes

Criminal Law: Awareness and Impact Broadway House Chambers

Social



A Barrister and Recorder (part-time Judge) Peter specialises in Criminal Law. Peter has defended and prosecuted cases including murder, rape, drug supply and death by dangerous driving. From a working class background, Peter was inspired to pursue justice by high-profile cases of the 1990s.

Peter is passionate about communicating and through the workshop, draws upon his experience to raise awareness amongst young people of the Criminal Justice System and the devastating impact it can have upon them and those around them.

Learning Objectives

1. To know the risk factors that age and gender pose regarding contact with the Criminal Justice System.
2. To gain an understanding of the legal meaning of consent in sexual offences.
3. To have an awareness of the potential criminality around 'sexting'.

Web: www.broadwayhouse.co.uk

@BHCBaristers

bhcbarristers

Broadway House Chambers

Face-To-Face Delivery

Max. Person Capacity: 25

Online Webinar Delivery

Max. Person Capacity: 25

Target Group Range

U15-U23, Club Staff, Parents/Carers

Notes

Life Skills Programme

Darkness and Light Joe Thompson

Spiritual



Joe Thompson is a professional footballer turned motivational speaker, who won The EFL's 2019 Sir Tom Finney award for contribution to the game on and off the field. His 13-year career in the EFL experienced highs, lows and the opportunity to develop life skills beyond performance. It is a remarkable journey of setbacks and adversity but one of inspirational resilience.

Joe has successfully delivered to EFL academies and he is an experienced host and speaker for award ceremonies, conferences and in business. He is passionate about encouraging players to overcome challenges and has a range of invaluable messages to be shared.

Learning Objectives

1. To share learnings from adversity in football and life.
2. To provide an understanding of resilience and associated skills.

Web: www.iamjoethompson.com

@IAmJoeThompson

Face-To-Face Delivery
Max. Person Capacity: 25

Online Webinar Delivery
Max. Person Capacity: 40

Target Group Range
U18-U23, Parents/Carers

JOE THOMPSON

Notes

Emotional Well-Being If U Care Share

Emotional



Established in 2009, the charity, run by the Smith family along with its dedicated team, draws upon their own personal experiences to encourage people to 'open up' and 'share' concerns.

If U Care Share has worked with LFE since the 2010/11 season to provide powerful emotional well-being sessions for young players – the message is simple but effective; 'there is always a way'.

Learning Objectives

1. To raise awareness of emotional well-being and language.
2. To discuss suicide prevention (age appropriate) and support networks.

Web: www.ifucareshare.co.uk

@IFUCARESHARE

Face-To-Face Delivery
Max. Person Capacity: 25

Online Webinar Delivery
Max. Person Capacity: 40

Target Group Range
U9-U23, Club Staff, Parents/Carers



Notes

Life Skills Programme

Financial Education
Red Star Education

Financial



Adopting an impartial approach, RSE do not provide financial advice nor sell any products.

This educational course is designed to improve knowledge of personal finance, giving learners the confidence to take control of their finances and the tools necessary to take responsibility for their financial futures.

The course covers all aspects of personal finance, providing learners with a consummate learning experience using innovative and interactive teaching techniques, ensuring learners are fully engaged throughout the course.

Learning Objectives

1. To provide impartial information about personal finance.
2. To improve knowledge and confidence on how to manage personal finance for now and in the future.

Web: www.redstareducation.co.uk

@redstaredu

redstareducation

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: 30

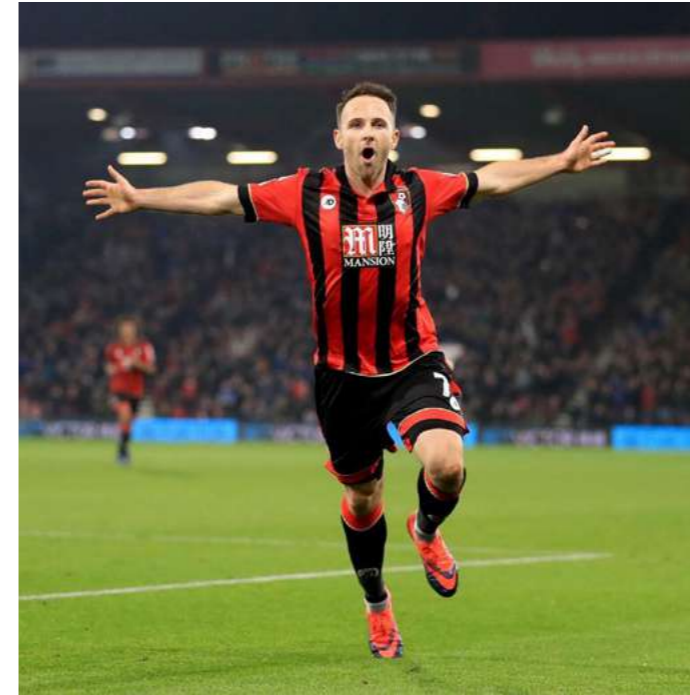
Target Group Range

U9-U23, Club Staff, Parents/Carers

Notes

The Foodie Footballer
Marc Pugh

Physical



Marc Pugh is a former professional footballer who played for AFC Bournemouth, QPR, Burnley and Shrewsbury Town.

The ex-Premier League winger is now a qualified gym instructor, personal trainer and nutritionist, specialising in athletic performance and weight management.

Having enjoyed a lengthy career in the professional game, Pugh knows what it takes to maximise performance and thrive at the top. Extremely passionate about educating others, he shares personal and professional learning on how to fuel the body for elite performance and optimal recovery.

Known as 'The Foodie Footballer', he has spent the past season working with athletes and sporting organisations to deliver presentations focusing on living a healthy and balanced lifestyle.

If kitchen facilities are available, there is the opportunity for this delivery to be practical and include the preparation of pre and post-match meals or healthy snacks.

Learning Objectives

1. To understand the benefits of living a healthy and balanced lifestyle.
2. To learn how to make changes and become healthier.
3. To gain nutritional knowledge and skills that will support elite performance.

thefoodiefootballer

Marc Pugh

Face-To-Face Delivery

Max. Person Capacity: 40

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U9-U23, Club Staff, Parents/Carers

Notes

Gaming: A Healthy Balance YGAM

Social



Young Gamers and Gamblers Education Trust's (YGAM) social purpose is to inform, education and safeguard young people against gaming and gambling harms. The topic of gaming has become particularly prevalent, with an increase in online activity over the pandemic.

This workshop aims to increase understanding of why people game, giving a balanced view of positive attributes and education of the risks, enabling young people to recognise the signs and make informed decisions. Whether the young people are gamers themselves or not, it also raises awareness about others around them who may game, using varying age appropriate, engaging activities.

Learning Objectives

1. To understand the positives of gaming as well as the associated risks and know how to get help.
2. To describe and understand micro-transactions such as loot boxes and discuss how they impact children and young people.
3. To understand e-sports and the appeal to children and young people.

Web: www.ygam.org

@YGAMuk

Young Gamers and Gamblers Education Trust (@YGAMuk)

ygamuk

[Young Gamers & Gamblers Education Trust \(YGAM\)](#)

Face-To-Face Delivery
Max. Person Capacity: 30

Online Webinar Delivery
Max. Person Capacity: 40

Target Group Range
U12-U23, Club Staff, Parents/Carers

Notes

LGBTQ+ Identities and Football Stonewall

Social



What are LGBTQ+ identities and why are they important to talk about in football? It comes down to this: winning teams have cultures that allow all players to thrive, no matter their identities.

Stonewall covers basic introductions to LGBTQ+ identities which builds confidence and knowledge. The delivery will explore the challenges faced by LGBTQ+ people in football and also cover tips on how to support LGBTQ+ people to help create winning environments for everyone.

The workshop delivered to U9-U16 players will focus on anti-bullying, with U18-U23 players and staff set to receive this education from a performance-oriented lens. On request, this education can be adapted to help tackle any specific or current issues.

Learning Objectives

1. To understand LGBTQ+ identities and what that means.
2. To explore barriers to playing well and what can be done to address them.
3. To know how to tackle anti-LGBTQ+ language and build positive team environments that are inclusive of LGBTQ+ people.

Face-To-Face Delivery
Max. Person Capacity: 50

Online Webinar Delivery
Max. Person Capacity: 100

Target Group Range
U9-U23, Club Staff, Parents/Carers

Notes

Life Skills Programme

Lifestyle and Mental Health Sporting Chance

Mental



Sporting Chance deliver interactive workshops that are designed to get players thinking about their relationship with mental health by looking at it through the lens of physical health and performance. As well as examining the effect of certain lifestyle factors, such as gaming, social media, gambling, alcohol and other drugs.

Sporting Chance was founded when former England and Arsenal captain Tony Adams, who had publicly disclosed his own alcohol addiction years earlier, created a safe, confidential treatment clinic for athletes. The charity helps current and former professional players with any emotional or mental health problem by offering a 24/7 helpline, counselling services and addiction clinic.

Learning Objectives

1. To understand a clinical definition of mental health and how this relates to the current and previous understandings of the term.
2. To learn how lifestyle factors can have an impact on mental health and how this is impacted by life as a professional player.
3. To understand who Sporting Chance is, what it does, how what it does can practically help including access confidential and safe services.

Web: www.sportingchanceclinic.com

[sportingchanceclinic](https://www.instagram.com/sportingchanceclinic)

Face-To-Face Delivery
Max. Person Capacity: 30

Online Webinar Delivery
N/A

Target Group Range
U12-U23, Club Staff, Parents/Carers

Notes



SPORTING
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Mental Skills Performance Trained Brain

Mental



Performance Coach Jamie Edwards helps players deal with the mental aspects of elite performance on and off the pitch.

Those who have benefited from his tried and tested methods include international footballers Joe Hart, Gareth Bale and Ruben Loftus-Cheek, as well as Ex-England Rugby captain Lewis Moody and Ryder Cup star Lee Westwood.

Encouraging players to think differently, Jamie's engaging and thought-provoking sessions have been utilised throughout the EFL clubs via LFE in groups and one-to-one.

Learning Objectives

1. To provide a space for self-reflection and awareness of challenges.
2. To help academy players think differently through the development of mental skills.

Web: www.trained-brain.com

[@JamieEdwards](https://twitter.com/JamieEdwards)

Face-To-Face Delivery
Max. Person Capacity: 30

Online Webinar Delivery
Max. Person Capacity: 40

Target Group Range
U12-U23, Club Staff, Parents/Carers



Notes

My Future Self Project Solutions Mindset

Occupational



Steve Sallis' playing experiences led to a career in education. Recently appearing in mainstream media, he talks about his journey and how to help athletes succeed. Steve supports Premier League and EFL players with mental conditioning support, alongside delivering leadership and behaviour change masterclasses. He has worked in academy and international football, with his book, 'Educating Football', garnering acclaim from those within the industry.

Steve helps young people understand how to help their future self, promoting dual career pathways and creating higher order thinking that goes beyond football.

Learning Objectives

1. To understand how character development is the key to high performance.
2. To promote the dual pathway approach to create a life of success.
3. To create higher order thinking for student athletes that goes beyond the football pitch.

Web: www.solutionsmindset.com

@stevensallis

Solutionsmindset

Face-To-Face Delivery

N/A

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U9-U23, Club Staff, Parents/Carers



Notes

Playing Safely 4 Thought Solutions

Physical



Colin Avery and the Playing Safely team deliver interactive sexual health awareness sessions to academies of professional sports clubs. Working with LFE, the programme covers respectful relationships, safer sex, testicular cancer, sexually transmitted infections and teams up with local services to provide chlamydia screening.

Between Colin, Janet and Andy, they have more than 30 years clinical and training expertise in sexual health, as well as working in professional football clubs, schools and colleges.

Learning Objectives

1. To understand the importance of respectful relationships.
2. To explore the behaviours and consequences of sexual relationships including sex and the law.
3. To recognise the importance of good sexual health including testicular health.

Face-To-Face Delivery

Max. Person Capacity: 25

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U15-U23, Parents/Carers



Notes

Life Skills Programme

Racism and Discrimination
Kick It Out

Social



Kick it Out provides a space that allows academy players, of all ages, to have an open and honest conversation surrounding racism in football. Participants are shown a wide-ranging number of incidents to highlight the variety of ways in which racism manifests itself. It is an engaging open forum facilitated by Kick It Out's deliverers which encourages teammates to share experiences and understanding. The workshop also provides academy players with guidance on the reporting of incidents.

Staff workshops are also available and provide insight into legalities within the EDI space. This offers the opportunity to share club practises and receive an insight into the outcomes of academy player sessions. Kick It Out is also on hand to support parents and carers sessions with a focus on player support systems, behaviours and practises, as well as understanding the parental journey and its responsibilities.

There is the opportunity for special requests to be made, if more time is required on a specific topic. This education provision is long-standing in academy football and continues to be updated in line with what is happening in football and wider society.

Learning Objectives

1. To provide an understanding of what racism and discrimination can look like.
2. To understanding how to report discrimination.
3. To recognise personal responsibility.

Web: www.kickitout.org

@kickitout

Face-To-Face Delivery

Max. Person Capacity: 25

Online Webinar Delivery

N/A

Target Group Range

U9-U23, Club Staff, Parents/Carers



Notes

Safeguarding Awareness
Paul Stewart

Emotional



Paul Stewart is a former Premier League footballer who played for Manchester City, Tottenham Hotspur and Liverpool, as well as representing England at international level. In 2016, Paul waived his anonymity and spoke out about the physical and sexual abuse he endured at the hands of a youth coach as a 10 year-old growing up in Manchester. Paul is part of LFE's programme to raise awareness about the importance of safeguarding. He has worked with The FA, The SFA and across professional and grassroots clubs to deliver his message and experiences. He provides powerful learning through an insight into safeguarding from a survivor's perspective.

Learning Objectives

1. To recognise the importance of safeguarding in academy football and how it links to performance.
2. To learn how to support yourself and who is available to support you.

Web: www.paulstewartofficial.com

@PStewy103

Face-To-Face Delivery

Max. Person Capacity: 100

Online Webinar Delivery

Max. Person Capacity: 100

Target Group Range

U15-U23, Club Staff, Parents/Carers

PAUL STEWART

Notes

Social Media Athlete Angel

Social



Social media is a powerful tool for athletes to promote themselves, their sport and to engage with fan communities. It can also be a paradise for online trolls.

This workshop looks at both benefits and pitfalls of social media use and provides clear, practical advice on how to manage social media profiles at different stages of a player's journey. This workshop also addresses the rise in online abuse and what players, staff and clubs can do to stop online hate.

Learning Objectives

1. To understand the impact of social media on a player's career and the club community.
2. To provide practical information on how to protect online accounts.
3. To address the rise in online abuse and how to tackle it.

Web: www.athleteangel.co.uk

@woodcathy

Face-To-Face Delivery
Max. Person Capacity: 18

Online Webinar Delivery
Max. Person Capacity: 18

Target Group Range
U9-U23, Club Staff, Parents/Carers



Notes

Talent Transfer Cecil Jee Thomas

Occupational



Cecil Jee Thomas, a former apprentice with Crawley Town, focuses on the importance of understanding yourself and developing yourself in and out of football. In a two-way workshop, he uses his own journey through challenging industries to highlight the transferable skills from football that helped him to become the poster boy for the prestigious Italia Conti dance academy, amongst his other showbiz commitments, which include presenting for AFTV.

Talent Transfer opens the minds of academy players into understanding what they can achieve both during and after their own football career. Cecil encourages apprentices to explore new interests by using real life stories and examples of other players who have become successful in more places than just football.

Learning Objectives

1. To learn about athletic identity and the intelligence gained from football development.
2. To understand that other interests and careers can be successful during and after a football career.
3. To identify useful transferable skills which support movement into other industries.

Web: www.talent-transfer.co.uk

@Cecil_je

talenttransfer

Face-To-Face Delivery
Max. Person Capacity: 100

Online Webinar Delivery
Max. Person Capacity: 100

Target Group Range
U12-U23, Club Staff, Parents/Carers



Notes

Bookings

Access to this programme, allocation per football club and instructions on how to place booking requests via LFE's Delivery Request System is communicated directly to Academy Managers, Heads of Education and/or appointed Player Care Managers.

To place booking requests, visit <https://delivery.lfe.org.uk> and for support, contact Simon Williams at swilliams@lfe.org.uk

Commitment

- Commitment to:
 - no cancellation
 - date, start time and agreed duration
 - not removing players during delivery
 - staff and participant awareness of upcoming delivery
- Where a deliverer is present with an individual (or group which includes a person) under the age of 18-years-old, at least one current employee, who is DBS checked, must remain present in the same space to oversee delivery.
- Staff to manage logistics, participant conduct and communicate current concerns beforehand, i.e. individual learning needs, safeguarding matters.
- Welcome and introduction to deliverer.
- Face-to-face delivery requires a suitable room, unlocked with chairs available and access to the following IT equipment:
 - projector and screen
 - HDMI cable
 - Wi-Fi
- Online webinar delivery requires participants to be appropriately presented in appearance and location, with video on at all times (head and shoulders on view) for identification purposes.
- Feedback support:
 - Availability of mobiles, tablets, computers.
 - Ensure all participants complete feedback.

Feedback Questionnaire



Scan this QR code or visit <https://bit.ly/3mfTfeb>

Cancellations and Changes

Contact both LFE and the deliverer at least three working days prior to delivery with cancellation queries to avoid a charge. Late cancellations will incur full reimbursement of delivery, travel and accommodation costs via the club's Education Support Fund.

In such instances the deliverer can request a rescheduled date/time for either face-to-face or online webinar format. For minor changes to delivery time or venue, contact the deliverer only.

Working With Parents In Sport



LFE has partnered with Working With Parents In Sport to provide one online webinar delivery per season from the options below:

Great Sports Parenting (U9-U10 Parents)

- The importance of positive role modelling
- The positives and challenges of being an academy parent
- Promoting positive character development along the journey
- Managing the ups and downs
- Understanding potential and avoiding comparisons
- Positive sideline support
- The car journey home

Performance Sports Parenting (U11-U14 Parents)

- The importance of positive role modelling
- The positives and challenges of sports parenting
- Managing dreams and expectations
- Parenting for holistic development
- Managing the ups and downs
- Understanding potential and avoiding comparisons
- Snakes and ladders (Controllables vs. Uncontrollables)
- The car journey home

Managing Disappointment & Avoiding Devastation (U9-U16 Parents)

- Disappointment or devastation?
- Managing disappointment
- No more excuses
- Challenging the narrative of failure
- The use of role models
- Bouncing back together
- Avoiding devastation
- Home sweet home

This delivery be found on LFE's Delivery Request System (see page 32).



Online Open Goals

LFE will host one online webinar delivery each month throughout the season and invites academy players, parents, carers and staff to join at no cost.

There are no restrictions to the number of participants and the content will range from insight and awareness to certified training.

Information about each upcoming webinar, including how to register and access, will be communicated one month in advance.

ONLINE OPEN GOALS	JUL 2022	AUG 2022	SEP 2022
	LGBTQ+ (Staff-only)	Finance	Mental Health
OCT 2022	NOV 2022	DEC 2022	JAN 2023
Inclusion	Anti-Bullying	Sports Parenting (Parents/ Carers-only)	Criminal Law
FEB 2023	MAR 2023	APR 2023	MAY 2023
Online Safety	USA University Soccer Scholarships	Careers	LFE Alumni

Other Funded Delivery

To be requested via LFE's Delivery Request System (see page 32) or directly using the contact details below.

Barclays Money Skills

For more information and to book, please contact Peter Griffiths
peter.griffiths@barclaycard.co.uk

FirstPoint USA USA University Soccer Scholarships

For more information and to book, please contact Callum Macaulay
callum.macaulay@firstpointusa.com

The FA Integrity - Anti-doping and Betting Related Integrity (Betting Rules, Match Fixing and Inside Information)

For more information and to book, please contact Rob Sutcliffe
Rob.Sutcliffe@thefa.com

PDT Fleet Training Solutions Safe Driving Awareness (Funded by The PFA)

For more information and to book, please contact Lucy Parsons
lucy.parsons@pdtfleettraining.co.uk
01452 507737

The PFA Asian Inclusion Mentoring Scheme (AIMS) For U18 Players

For more information, please contact Riz Rehman
riz.rehman@thepfa.com
07391 512974

The PFA Education Support For U18 Players

For more information and to book, please contact PFA Education
education@thepfa.com
0161 236 0637

The PFA Mental Health and Well-Being

For more information and to book, please contact Jeff Whitley
jeff.whitley@thepfa.com

The PFA Muslim Player and Ramadan Awareness For U18 Players and Club Staff

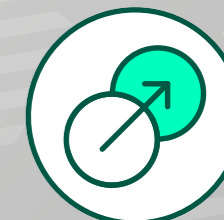
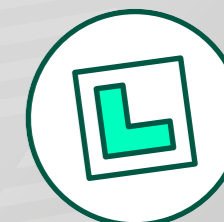
For more information and to book, please contact Riz Rehman
riz.rehman@thepfa.com
07391 512974

The PFA Transition Preparation For U23 Players

For more information and to book, please contact Paul Raven
paul.raven@thepfa.com
07837 677204

The PFA Youth Advisory Service and Safety Net For U9's-U16's Parents and Carers

For more information and to book, please contact George Bowyer
george.bowyer@thepfa.com
07970 694694



Resources

EMS Resources

Online Content

Player Care resources are available for apprentice engagement across Life Skills, Personal Development and Transition.

Information, modules, videos, assessments and other resources are available under Life Skills for each of the subjects listed on pages 12-13.

Completion of these resources can be tracked and some examples included within Online Content are LFE's Identity Module and Equality, Diversity and Inclusion animated videos.

Library

Similar to Online Content, resources are available within the Library across Life Skills, Personal Development and Transition. These resources are available to download and are applicable to football club staff and academy players of all ages.

These resources include items such as presentations, guides, worksheets, posters and weblinks.

Available for use with in-house delivery is a series of LFE workshops, which are age appropriate for U9-U16 players.

Also housed in the Library is LFE's information and support for creating and managing a Mental and Emotional Well-Being Action Plan.

Access

These resources are available via both app and web-based access, for which the same EMS username and password can be used.

To access via app, search for Competence from the app store for the device. Search for and install an app called **Competence** from the developer named **Competence Development Limited**. Once installed, use the following access code in lowercase, **lfe**. Proceed by logging in with an EMS username and password.

To access via web-based devices, visit www.lfe.org.uk click **EMS Login** from the top right-hand corner of the homepage.

Alternatively, use the direct link of lfe.innovedvle.co.uk and proceed by logging in with an EMS username and password.

Posters

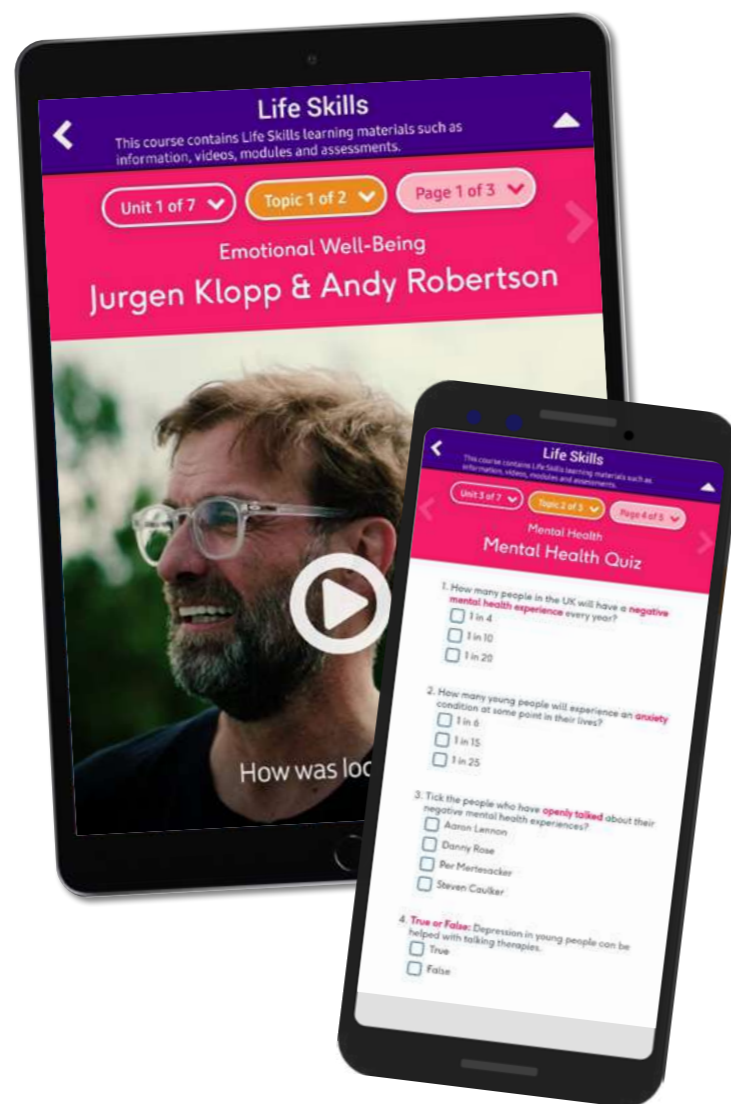
Posters providing subject information and signposting are available to football clubs in hard copy. These continue to be distributed via LFE's Regional Officers. These posters are also available on the EMS, where they can be downloaded and printed.

BelievePerform

LFE provides two club staff accounts for BelievePerform, an online platform for sport psychology and mental health resources, i.e. resilience, visualisation, coping skills, goal setting and confidence. To gain access and for support, please contact Simon Williams using the contact details on page 41.

Requests

For access to additional resources, other subjects or to make specific requests, please contact Simon Williams using the contact details on page 41.



Awareness Day Calendar

JANUARY 2022	FEBRUARY 2022	MARCH 2022
16th World Religion Day 27th Holocaust Memorial Day 	1st - 28th LGBTQ+ History Month 4th World Cancer Day 4th Time to Talk Day 7th - 13th Children's Mental Health Week 7th - 13th EFL Youth Development Week 8th Safer Internet Day	7th - 12th National Careers Week 14th - 20th Nutrition and Hydration Week 19th World Sleep Day
APRIL 2022	MAY 2022	JUNE 2022
1st - 30th Stress Awareness Month 12th Ramadan 	1st - 31st National Walking Month 4th - 9th Deaf Awareness Week 9th - 13th Equality, Diversity & Human Rights Week 9th - 15th Mental Health Awareness Week	1st - 30th Pride Month 1st - 7th Volunteers Week 7th - 12th Child Safety Week 13th - 19th Men's Health Week 14th World Blood Donor Day 18th Autistic Pride Day 20th - 26th Learning Disability Week 22nd UK Windrush Day
JULY 2022	AUGUST 2022	SEPTEMBER 2022
15th World Youth Skills Day 	19th World Photo Day 	10th Suicide Prevention Day 23rd International Day of Sign Languages 26th Sexual Health Week
OCTOBER 2022	NOVEMBER 2022	DECEMBER 2022
1st - 31st Black History Month 10th World Mental Health Day 8th - 15th National Hate Crime Awareness Week 	1st - 30th Movember - Men's Health Awareness Month 2nd National Stress Awareness Day 12th - 18th Self-care Week 14th - 18th Anti-bullying Week 22nd Nov - 22 Dec Disability History Month 	2th - 8th National Grief Awareness Week 3rd International Day of People with Disabilities

Equality, Diversity and Inclusion

Charlie Fogarty MBE

Anything Is Possible
(See page 14)

Muslim Chaplains In Sport

Ramadan Awareness and Rulings
Introduction to Islam and Cultural
Awareness- Prayer Guidance
Halal Dietary Requirements
and Guidance
Host Families
(Request workshops via page 32)

Stonewall

LGBTQ+ Information
and Support
(See page 41)

BelievePerform

Online Resources
(See page 36)

The EFL

Mental Health First Aid
England Training
(Organised by The EFL)

League Football Education

Player Care Considerations
(See page 40)

Kick It Out

Racism and Discrimination
(See pages 28 and 39)

The EFL

Playing For Inclusion
& 'Together' Programme
(Request via
inclusion@efl.com)

If U Care Share

Emotional Well-Being
(See page 19)

The PFA

Mental Health
and Well-Being
(See page 35)

Peter Mitchell

Believe To Achieve
(See page 15)

League Football Education

Support Organisation
Signposting
(See page 41)

League Football Education

EMS Resources
(See page 36)

The PFA

Asian Inclusion
Mentoring Scheme
(See page 35)

League Football Education

EMS Resources
(See page 36)

The PFA Safety Net

(See page 41)

Stonewall

LGBTQ+ Identities
and Football
(See page 23)

The PFA

Muslim Player and
Ramadan Awareness
(See page 35)

League Football Education

Mental and Emotional
Well-Being Action Plan
Information and Support
(See page 36)

Sporting Chance

Lifestyle and
Mental Health
(See page 24)

League Football Education

Player Care Considerations
(See page 40)

The PFA Well-Being Service

(See page 41)

Player Care Considerations

Induction



- Induction should be specific to age group/phase and where possible be individualised.
- The induction process should be timely and be replicated for academy players who sign during the season.
- A multi-disciplinary team approach to be wider than coaching alone, is preferable.

Exit



- The retain and release period should be explained at induction.
- The retain and release process should be consistent within each age group and have a rationale for the support staff involved.
- Where possible, the concept of other interests and dual careers should be highlighted to all academy players, parents and carers.

Equality, Diversity & Inclusion



- Education should be provided to academy players and staff on annual basis and not be restricted to one single activity.
- Consideration for all protected characteristics to feature across education activities will provide a broader EDI understanding.
- Using national and global awareness days and campaigns will help to promote an inclusive culture and empower educational activities.
- Engagement with other club departments such as the Community Trust may support awareness of policies and procedures.

Mental & Emotional Well-Being



- Education should be provided to academy players and staff on an annual basis and not be restricted to one single activity.
- Mental and Emotional Well-Being Action Plans should be understood by all academy staff.
- A system to monitor the well-being of academy players would help to reduce the risk of crisis.
- Academy staff should be aware of referral pathways beyond the Designated Safeguarding Officer.
- Engagement with other club departments such as the Community Trust may support awareness of policies and procedures.

Life Skills and Personal Development



- Fully utilising available player care education and events from LFE is recommended.
- A process to meaningful sequencing of education and events will support the relevance of activities and individual plans.
- Developing life skills outside of a classroom i.e. in the community, is recognised as good practice.
- The delivery of life skills should take place with academy players of all ages, via in-house delivery and use of LFE's presentations and resources.
- A member of club staff must be present for all external deliveries to safeguard and quality assure activities.

Player & Parent Voice



- There should be an understanding of the impact of education and events through feedback processes.
- Player and parent voice should take place across all phases.
- Responses to feedback processes should be considered and acted upon in a timely manner.

Be aware...

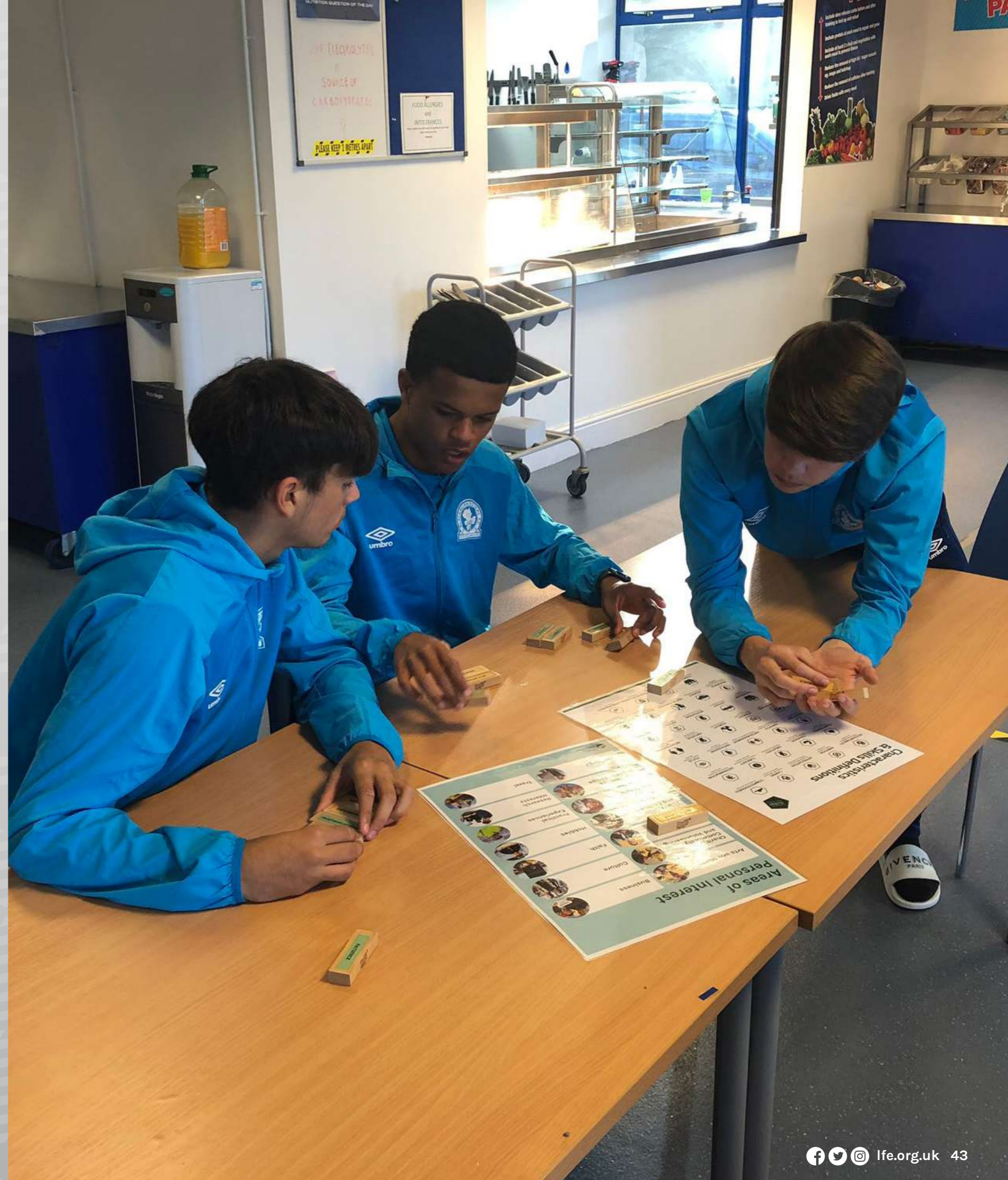
...if a communication is received from an individual or organisation offering free education to academy players or staff. It is important to understand whether services beyond education are of interest to the organisation and if so, this may bring cause for concern. LFE recommends quality assurance of any external deliverers and collecting references where possible

Support Organisations

 League Football Education	Contact LFE's Life Skills Manager Simon Williams for further discussion and general enquiries.	07581 313 694 swilliams@lfe.org.uk
	Contact LFE's Projects Officer Kelly Butterworth for any booking or personal development enquiries.	kbutterworth@lfe.org.uk
	Contact LFE's Transition Officer Anthony Cato for any Transition enquiries.	acato@lfe.org.uk
	EMS Resources - Online Content and Library Player Care resources available to players and club staff via app and web.	Competence (App) www.lfe.org.uk (Web-based)
	Support Organisation Signposting	www.lfe.org.uk/ support-organisations
 Professional Footballers' Association	Well-Being Service (provided by Sporting Chance) A confidential 24hr helpline for PFA members.	07500 000 777 well-being@thepfa.com
	Safety Net Well-being advice, via website, for U9-U16 players, parents and carers who are not yet PFA members.	www.thepfa-safetynet.com
	Youth Advisory Service (U9-U16 Players, Parents and Carers)	07970 694 694
	Online Introduction Module This covers Identity, Connection, Values, Action, Readiness, Intelligence, Flexibility and Resilience.	george.bowyer@thepfa.com
 EFL	Support Support is available for enquiries regarding safeguarding training, Mind partnership and equality, diversity and inclusion.	01772 325829 www.efl.com
 KICK IT OUT	Kick It Out aims to tackle equality and inclusion issues throughout the football, educational and community sectors.	www.kickitout.org
	Download the app to confidentially report football-based discrimination.	Search: Kick It Out
 Stonewall	Stonewall provides LGBTQ+ information and support. The contact number provided is a confidential helpline for anyone wishing to talk about identity and sexuality.	07925 890 734 www.stonewall.org.uk

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- Petitpas, A. J., Cornelius, A. E., Van Raalte, J. L., & Jones, T. (2005). **A framework for planning youth sport programs that foster psychosocial development.**
- Richardson, D., Gilbourne, D., & Littlewood, M. (2004). **Developing support mechanisms for elite young players in a professional soccer academy: Creative reflections in action research.**
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Supported by



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