



PLAYER CARE GUIDE

2024/25



Established by



Contents

- 3 Introduction
- 4 Club Commitment
- 6 Life Skills
- 8 Life Skills Programme
- 28 Personal Development
- 32 Transition
- 34 Awareness Campaign Calendar
- 35 Other Programmes
- 36 Alumni Player Voice
- 37 Working With Parents In Sport
- 38 Resources
- 39 Tackle This
- 40 Mental and Emotional Well-Being
- 41 Equality, Diversity and Inclusion
- 42 Player Care Considerations
- 44 Player Care Training and Support Checklist
- 45 Support Organisations
- 46 Player Care Bibliography

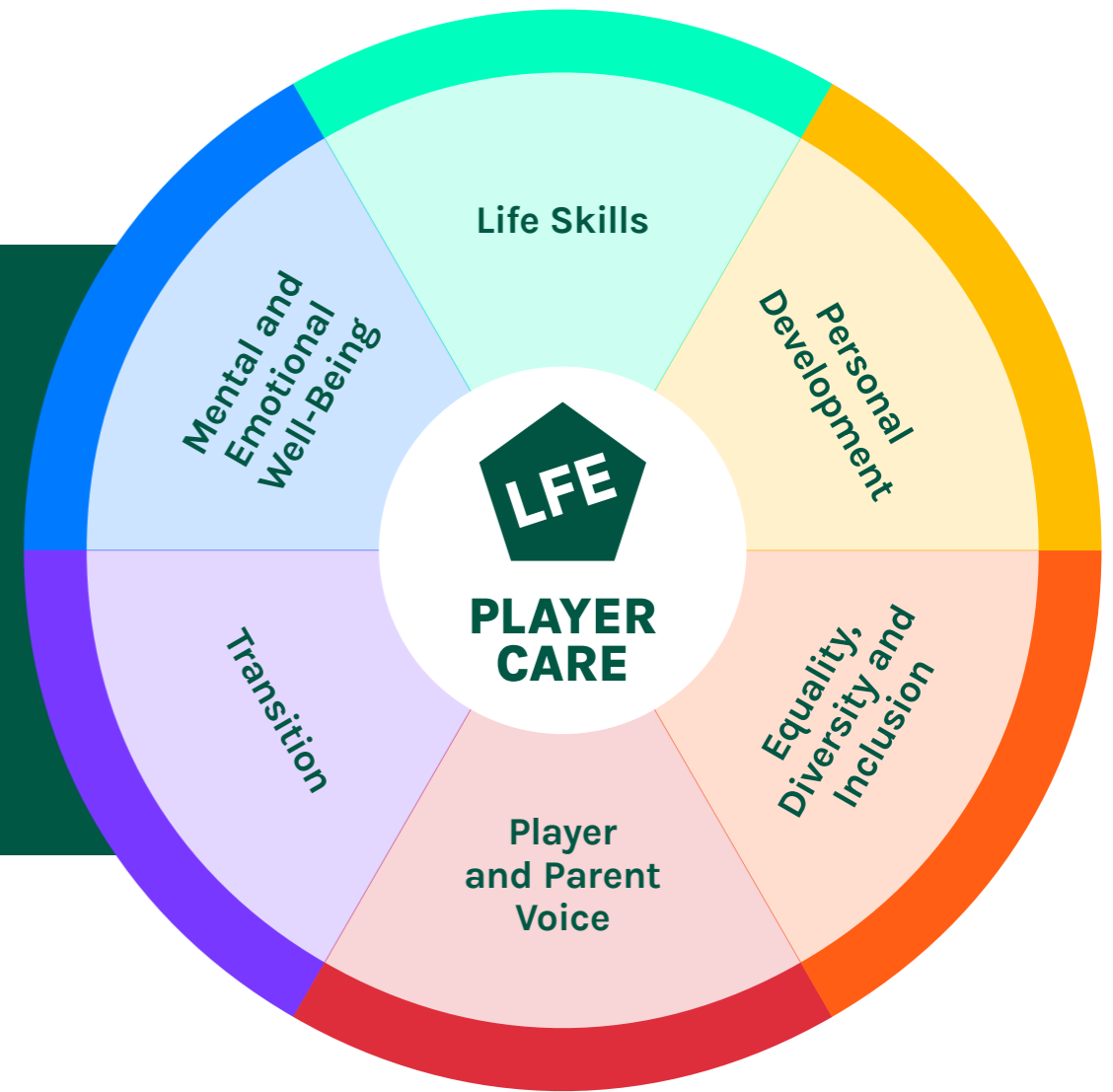


Introduction

League Football Education is committed to providing football clubs with support to meet player care requirements and beyond. This guide highlights key subject areas, considerations, funded activities and resources. How to request this provision, as well as support from other organisations and services can be found within this guide.

Key Subjects

PLAYER CARE means the adoption of a holistic approach to personal and sporting development, supporting academy players to achieve their potential in and out of football.



Club Commitment

For Life Skills and Personal Development

Requests

Access to this programme 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.

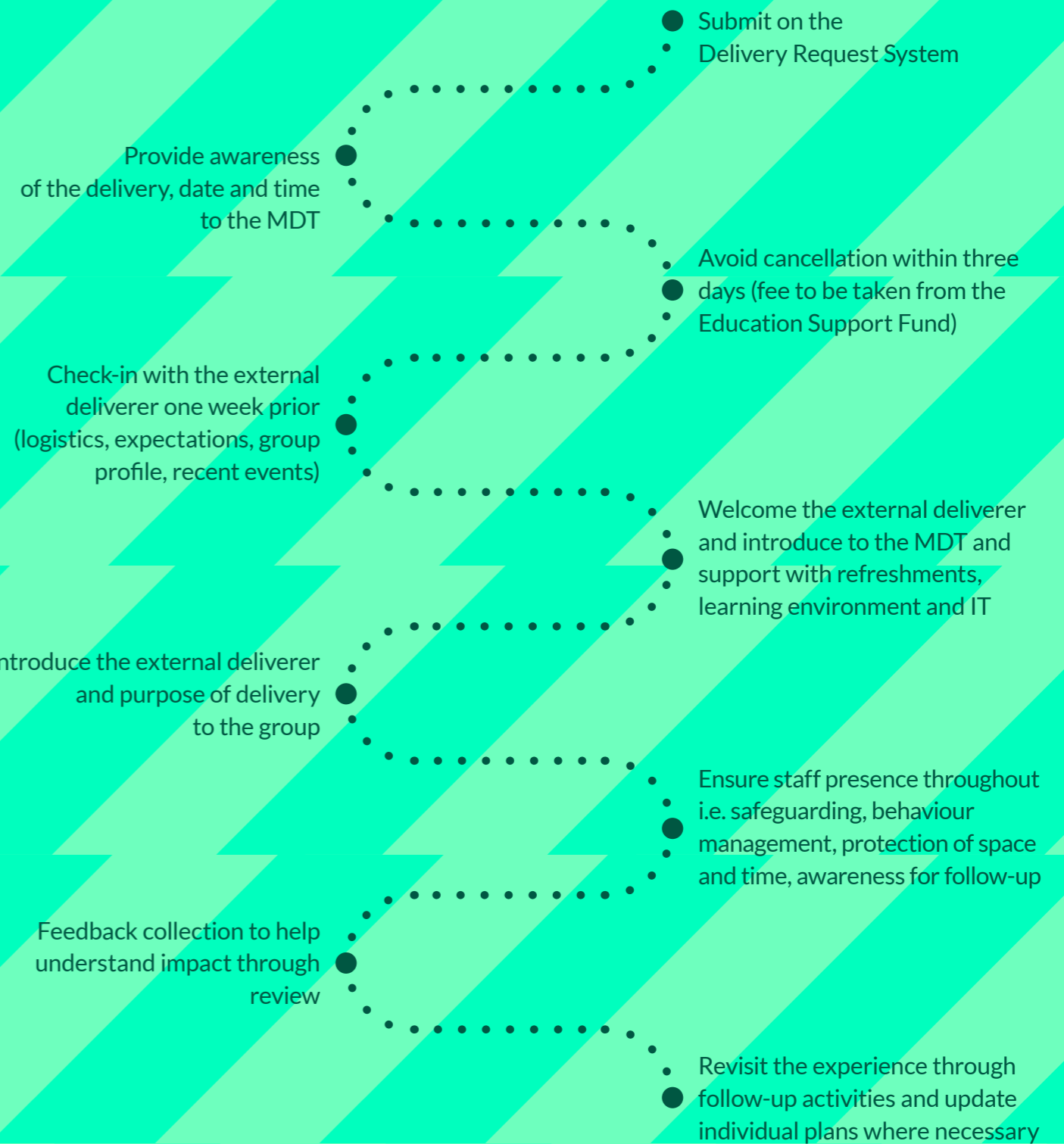
To place booking requests, visit <https://delivery.lfe.org.uk> and for support, contact Simon Williams at swilliams@lfe.org.uk

Requirements

- 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.



External Delivery Timeline



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.

Feedback

bit.ly/4avFSOK



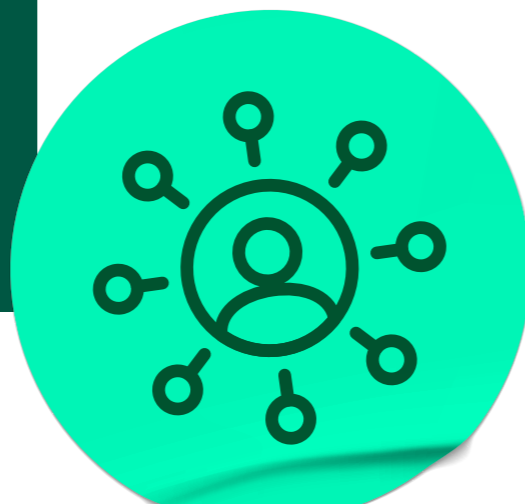
For queries and concerns relating to external deliverers, contact Simon Williams swilliams@lfe.org.uk or **07581 313 694** at the soonest opportunity.

Life Skills

Life skills enable people to deal effectively with the demands and challenges of everyday life. LFE has outlined seven aspects of well-being for which life skills-based education is built upon.

Definitions

<p>EMOTIONAL</p> <p>The ability to express feelings which are drawn from thoughts; it is strongly linked to mental health.</p> <ul style="list-style-type: none"> • Emotional Well-Being • Emotions and Language • Support Networks 	<p>FINANCIAL</p> <p>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.</p> <ul style="list-style-type: none"> • Accounts and Budgeting • Credit and Debt • Cryptocurrency 	<p>MENTAL</p> <p>The process of thinking, thoughts and the ability to cope with the ups and downs of everyday life.</p> <ul style="list-style-type: none"> • Addictive Behaviours • Mental Health • Mental Skills
<p>OCCUPATIONAL</p> <p>The state of balance, purpose and happiness in everyday roles such as family, work and leisure.</p> <ul style="list-style-type: none"> • Identity • Road Safety • Transferable Skills 	<p>PHYSICAL</p> <p>The ability in which physical activities and roles can be performed, while considering lifestyle choices, limitations, health and disease.</p> <ul style="list-style-type: none"> • Cardiac and Sexual Health • Illness and Injury • Nutrition and Sleep 	<p>SOCIAL</p> <p>The sense of belonging and stability, as well as being linked to relationships with other people, both online and offline.</p> <ul style="list-style-type: none"> • Equality, Diversity and Inclusion • Media and Online Safety • Relationships
<p>SPIRITUAL</p> <p>The faith, beliefs, values, ethics and morals which support functioning in life with meaning.</p> <ul style="list-style-type: none"> • Criminal Law • Faith and Inspiration • Radicalisation 	<p>For queries and support with Life Skills education on topics beyond LFE's programme, contact Simon Williams at swilliams@lfe.org.uk</p>	



SPORTING CHANCE

THE MENTAL HEALTH PEOPLE FOR PROFESSIONAL SPORTSPEOPLE

We understand that it takes courage to ask for help, either during or following a career in football - so when you're ready to reach out, we're ready for **you**.

24 HOUR HELPLINE

Our helpline is staffed 24 hours a day, seven days a week by trained professionals

TALKING THERAPY

A network of 250 mental health experts that can be connected to within 24 hours

RESIDENTIAL

The only rehabilitation clinic in the world exclusively for professional sportspeople with an addictive disorder

You can contact us confidentially on **07500000777** or visit our website for information on accessing support.



Professional Footballers' Association

WWW.SPORTINGCHANCECLINIC.COM

Life Skills Programme

Main Subject	Title	Organisation/ Individual	Category	Face-To-Face	Online
Cardiac Health	Saving Lives	JE3 Foundation	Physical	●	
Emotion	Emotional Well-Being	If U Care Share	Emotional	●	●
Faith	Islamic Awareness and Education	Muslim Chaplains In Sport*	Spiritual	●	
Finance	Personal Finance Management	Red Star Education	Financial	●	●
Gaming	Gaming: A Healthy Balance	Ygam	Social	●	●
Healthy Relationships	Consent	The Schools Consent Project	Social	●	
Inclusion	Racism and Discrimination	Troy Townsend MBE	Social	●	
Inspiration	Anything Is Possible	Charlie Fogarty MBE	Spiritual	●	●
Knife Crime	The JJ Effect	Byron Highton	Social	●	
Mental Health	Mental Health, Lifestyle and Addiction	Sporting Chance	Mental	●	●
Mental Skills	Mental Skills Performance	Trained Brain	Mental	●	●
Nutrition	The Foodie Footballer	Marc Pugh	Physical	●	●
Parents/Carers	Parent Education	Working With Parents In Sport*	Occupational		●
Personal Development	My Future Self Project	Solutionsmindset	Occupational		●
Resilience	Believe To Achieve	Peter Mitchell	Spiritual	●	●
Safeguarding	Safeguarding Awareness	Paul Stewart	Emotional	●	●
Social Media	Social Media	Athlete Angel	Social	●	●
Support Networks	Maximising Your Network	Switch The Play	Social	●	
Transferable Skills	Talent Transfer	Cecil Jee Thomas	Occupational	●	●
Well-Being	Performance Breathwork	OptimaYoga	Physical	●	●

Duration	Max. Participants	U9-U11	U12-U14	U15-U16	U18	U21	Staff	Parents/ Carers
60	20		●	●	●	●	●	●
90	25	●	●	●	●	●	●	●
90	30	●	●	●	●	●	●	●
90	30	●	●	●	●	●	●	●
90	30		●	●	●	●	●	●
90	30		●	●	●	●		●
90	25	●	●	●	●	●	●	●
60	40	●	●	●	●	●	●	●
90	100		●	●	●	●	●	●
90	30		●	●	●	●	●	●
90	30		●	●	●	●	●	●
90	40	●	●	●	●	●	●	●
60	100						●	●
90	40	●	●	●	●	●	●	●
60	50				●	●		
90	100			●	●	●	●	●
90	18	●	●	●	●	●	●	●
90	30			●	●	●		
90	100		●	●	●	●	●	●
90	22				●	●		

* Muslim Chaplains In Sport & Working With Parents In Sport can be accessed in addition to Life Skills Programme allocation and can be requested via 'Other Programmes' on the Delivery Request System.

Life Skills Programme

Funded Allocation

- 6 x single delivery requests for U18
- 2 x single delivery requests for a chosen group from U9-U16/U21/Staff/Parents and Carers

Saving Lives Justin Edinburgh 3 Foundation

Web: www.je3foundation.com

 @je3foundation

 je3foundation



PHYSICAL

Emotional Well-Being If U Care Share

Web: www.ifucareshare.co.uk

 @IFUCARESHARE



EMOTIONAL

Every minute counts. Cardiopulmonary Resuscitation (CPR) increases the possibility of surviving cardiac arrest.

In schools, business, and the community at large, the Justin Edinburgh 3 Foundation is delivering CPR training and elevating the voices of medical professionals in order to raise public awareness and give people the ability and confidence to save lives.

Learning Objectives

1. To ensure that each attendee gains a potentially lifesaving skillset, that they can take forward with them in life.
2. To gain the confidence and ability to recognise, administer and deliver effective CPR and use a defibrillator.

Face-To-Face Delivery

Max. Person Capacity: 20

Online Webinar Delivery

Max. Person Capacity: N/A

Target Group Range

U12-U21, Club Staff, Parents/Carers

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.

Face-To-Face Delivery

Max. Person Capacity: 25

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U9-U21, Club Staff, Parents/Carers

Notes

Notes

Life Skills Programme

Personal Finance Management Red Star Education

Web: www.redstareducation.co.uk

 @redstaredu

 redstareducation



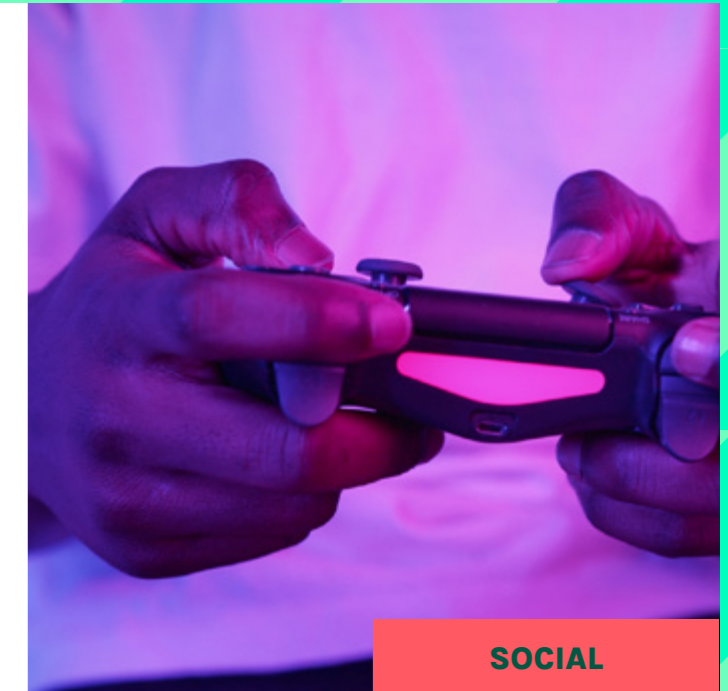
Gaming: A Healthy Balance Ygam

Web: www.ygam.org

 @YGAMuk

 ygamuk

 Ygam



For over a decade, Red Star Education has been the go-to for financial education in 70+ professional football clubs and other sporting academies. RSE has worked with more than 2500 apprentices so far, helping them to understand the ins and outs of personal finance and life skills.

With 20+ years of experience in personal financial planning, their teachers are not only qualified in financial coaching but also bring a wealth of higher education teaching experience to the table, alongside first-hand experience in player care for elite athletes. The courses are interactive, engaging, and based on years of research and experience.

What is covered? Most of everything that players need to know to navigate the financial world successfully: personal budgeting, invisible spending, income tax for sponsorship deals, credit and debt, pensions, savings and car insurance.

RSE provide access to a bespoke online learning platform to cover everything the in-person workshop can't fit in, through using bite-sized videos which can all be used via a free mobile phone app.

Learning Objectives

1. To equip with the knowledge and skills needed to understand financial concepts, terminology, and the basics of personal finance.
2. To teach how to create and maintain a budget, including tracking income, expenses, and savings, to achieve short and long-term financial goals.
3. To increase confidence and sense of control over financial lives, reduce financial stress, and improve overall well-being by providing knowledge, skills, and resources needed to manage finances effectively.

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: 30

Target Group Range

U9-U21, Club Staff, Parents/Carers

Ygam are an award-winning education charity working to prevent young people from experiencing gaming and gambling harms through awareness raising, education and research. These topics have become particularly prevalent, with an increase in online activity over recent years.

This workshop focuses on increasing understanding of why people game, giving a balanced view of positive attributes and education of the risks, along with relationships of gaming with physical, emotional and mental health, enabling young people to make informed decisions.

Whether the young people are gamers themselves or not, it also raises awareness about others around them who may game, recognising the signs of harm and when to seek help, by using varying age appropriate engaging activities.

Learning Objectives

1. To understand the positives of gaming as well as the associated risks, impact on physical, emotional and mental health.
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.

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U12-U21, Club Staff, Parents/Carers

Notes

Notes

Life Skills Programme

Consent The Schools Consent Project

Web: www.schoolsconsentproject.com

 @scpconsent

 scpconsent



SOCIAL

Interactive, lawyer-led workshops on the meaning of consent (legal and non-legal), various sexual offences, bystander intervention, the age of consent, responding to disclosures and ways to obtain help.

The Schools Consent Project aims to normalise consent conversations in order to challenge toxic attitudes, reduce sexual offending rates and create a more responsible and respectful society from the grassroots up. Employing a factual and objective approach, it addresses subjects that can otherwise feel challenging, sensitive or simply taboo, whilst giving young people agency, enabling them to fully understand the law around sex and consent in order to make informed and sensible decisions for themselves.

Learning Objectives

1. To encourage young people to start talking about consent.
2. To help young people understand both the law and practice around consent.
3. To challenge sexually harmful attitudes.

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: N/A

Target Group Range

U12-U21, Parents/Carers

Notes

Racism and Discrimination Troy Townsend MBE

 @Towno10

TROY TOWNSEND MBE



SOCIAL

Troy Townsend MBE, the former Head of Player Engagement at English football's anti-discrimination charity Kick It Out, sets out to educate by delivering an insight into racism and discrimination. Having worked in this space for thirteen years, all but one were spent building the charity's educational profile and changing the way these workshops were experienced across the Life Skills Programme.

Troy is a specialist in delivering to players of all ages, staff, parents and carers. All workshops are tailored to demographic, current issues and recent events through Troy's unique insight and expertise on the landscape. His knowledge of first-hand experiences and supporting players through racism and discrimination enables education to be achieved, extending to staff CPD opportunities and parent audiences focusing on their role in a child's development whilst as part of an academy.

Learning Objectives

1. To open conversations about racism and discrimination in football.
2. To better understand how to challenge and report discrimination.
3. To recognise personal responsibility in workspace environments and on social media.

Face-To-Face Delivery

Max. Person Capacity: 25

Online Webinar Delivery

N/A

Target Group Range

U9-U21, Club Staff, Parents/Carers

Notes

Life Skills Programme

Anything Is Possible Charlie Fogarty MBE

Web: www.charlifogarty.co.uk

 @MotivationalCharlie

 @chazfogMBE

 charlifogarty



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 in 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'.

Face-To-Face Delivery

Max. Person Capacity: 40

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U9-U21, Club Staff, Parents/Carers

Notes

The JJ Effect Byron Highton

Web: www.thejjeffect.org

 @JJEff18



SOCIAL

The JJ Effect has drawn on lived experience to educate young people to steer away from knife crime, county lines, grooming, criminal exploitation, among many others.

From delivering one of the UK'S most powerful anti-knife crime and child protection workshops to running youth clubs, The JJ Effect is here to stay for the community and the country. Whilst the delivery is hard-hitting, it has been experienced by children as young as seven years old and the police has encouraged for it not to be diluted due to its importance.

The JJ Effect has one goal to become the best in setting new standards for anti-knife crime and criminal activity, this has been endorsed by multiple awards including the BBC Education Award. With a developed style from working with over 200,000 young people, the deliverers are relatable, approachable and understand the world of a young person using real stories, videos and descriptions.

Learning Objectives

1. To have greater self-awareness of social interactions and life choices.
2. To learn about the impact of knife crime and other criminal activity.

Face-To-Face Delivery

Max. Person Capacity: 100

Online Webinar Delivery

Max. Person Capacity: N/A

Target Group Range

U12-U21, Club Staff, Parents/Carers

Notes

Life Skills Programme

Mental Health, Lifestyle and Addiction Sporting Chance

Web: www.sportingchanceclinic.com

 @SportingCClinic

 sportingchanceclinic

 Sporting Chance



SPORTING
CHANCE



MENTAL

Sporting Chance provides discussion-based sessions which are designed to get players thinking about their own mental health and their attitude towards it (because we know from working with players that attitudes vary and that is okay). The workshop talks with players about what impacts their mental health both positively and negatively, including what they engage with away from football such as relationships, going out socially, spending money, social media, gambling, gaming, cryptocurrency, alcohol and other drugs. It explores how these can potentially become problematic.

Sporting Chance is a safe, confidential space for athletes who have been experiencing poor mental health (this is a very broad, often misunderstood term that can include 'just not feeling right'). Sporting Chance also operate a 24/7 helpline, provide access to counsellors and also run an addiction clinic. Academy players can access these services via club staff or directly through the charity if they prefer.

Learning Objectives

1. To understand the similarities and differences between mental health and physical health.
2. To understand that what we do in our spare time (lifestyle factors) will impact on our mental health and how lifestyle factors are linked to healthy and unhealthy coping mechanisms and also to addiction.
3. To understand who Sporting Chance are, what it does, how what it does can practically help players and how players can access the services confidentially and safely.

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: 30

Target Group Range

U12-U21, Club Staff, Parents/Carers

Notes

Mental Skills Performance Trained Brain

Web: www.trained-brain.com

 @JamieEdwards

trainedbrain⁺



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.

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U12-U21, Club Staff, Parents/Carers

Notes

Life Skills Programme

The Foodie Footballer Marc Pugh

 thefoodiefootballer
 Marc Pugh



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.

Face-To-Face Delivery

Max. Person Capacity: 40

Online Webinar Delivery

Max. Person Capacity: 40



Target Group Range

U9-U21, Club Staff, Parents/Carers

Notes

My Future Self Project Solutionsmindset

Web: www.solutionsmindset.com

 @stevensallis
 Solutionsmindset



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.

Face-To-Face Delivery

N/A

Online Webinar Delivery

Max. Person Capacity: 40

Target Group Range

U9-U21, Club Staff, Parents/Carers

Notes

Life Skills Programme

Believe To Achieve Peter Mitchell



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-U21

Safeguarding Awareness Paul Stewart

Web: www.paulstewartofficial.com

 @PStewy103

PAUL STEWART

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.



EMOTIONAL

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.

Face-To-Face Delivery

Max. Person Capacity: 100

Online Webinar Delivery

Max. Person Capacity: 100

Target Group Range

U15-U21, Club Staff, Parents/Carers

To request this delivery, email rwhite@lfe.org.uk

Notes

Notes

Life Skills Programme

Social Media Athlete Angel

Web: www.athleteangel.co.uk

 @woodcathy



SOCIAL

This workshop is called 'Navigating the Online World' and is delivered by Cathy Wood.

Social media can be an engaging, powerful, tool for athletes who can use it to; promote themselves, their sport and passions and to connect with fans and sponsors. But, it has downsides, including old accounts, or comments, which have been forgotten about and poor security habits which put players at risk of being hacked, or worse, blackmailed.

This workshop looks at the benefits and pitfalls of social media along with practical advice on how to review old posts, how to implement free online tools and where to go for help. There are also tips on how to build a positive online presence, for players who want to.

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 from trolls and hackers.
3. To review and understand player welfare when it comes to device use.

Face-To-Face Delivery

Max. Person Capacity: 18

Online Webinar Delivery

Max. Person Capacity: 18

Target Group Range

U9-U21, Club Staff, Parents/Carers

Notes

Maximising Your Network Switch The Play

Web: www.switchtheplay.com

 @switch_the_play

 Switchtheplayfoundation



SOCIAL

This masterclass introduces the concept of networking, also known as, building relationships. Starting with support networks, the players will explore how they can ensure they have the right people around them to make them the best version of themselves.

We will then help the players understand how to establish and grow a personal and professional network, equipping them with the skills to maximise their own networks. The founder of media giant IMG said, "When all things are equal, people do business with people they like". That may be obvious, but he then went on to say, "When things are unequal, people still do business with people they like". This sums up why networking is so important, particularly in planning ahead for a future career or a side hustle.

Learning Objectives

1. To appreciate the value of a strong professional network; inside, outside and beyond sport.
2. To learn ways of planning, growing and maintaining a powerful network.
3. To understand how to create and leverage a network of contacts to help you in your sporting world, your transition journey or life.

Face-To-Face Delivery

Max. Person Capacity: 30

Online Webinar Delivery

Max. Person Capacity: N/A

Target Group Range

U15-U21

Notes

Life Skills Programme

Talent Transfer Cecil Jee Thomas

Web: www.talent-transfer.co.uk

 @Cecil_je

 talenttransfer



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 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.

Face-To-Face Delivery

Max. Person Capacity: 100

Online Webinar Delivery

Max. Person Capacity: 100

Target Group Range

U12-U21, Club Staff, Parents/Carers

Notes

OptimaYoga Performance Breathwork

Web: optimayoga.com

 jack.optimayoga



PHYSICAL

Jack McMillan is a former apprentice and professional footballer with Notts County. He is now a qualified Advanced Breathwork instructor, Vinyasa Flow Yoga instructor, and well-being expert. Jack's journey from the intensity of professional sports to the serene world of breathwork and yoga ignited his passion for empowering athletes to tap into their inner potential.

Drawing from first-hand experience of navigating the pressures of elite athletics, Jack is deeply committed to providing a mindful space for athletes to delve into the transformative practices of breathwork and yoga. He shares his insights and expertise to cultivate "optimal athletes" and elevate overall well-being beyond the field of play.

Through OptimaYoga, Jack has spent the last six months supporting athletes in the world of Olympics preparation and professional football, as well as wider sports organisations. The workshop focuses on three core pillars; mindfulness, recovery and performance – these are seamlessly integrated in breathwork, movement and meditation practices.

Notes

Learning Objectives

1. To understand the benefits of optimal breathing patterns, breathwork techniques, and yoga for enhanced performance.
2. To learn to seamlessly integrate these practices into daily routines for a healthier mind and body.
3. To gain practical tools to implement before, during, and after performance to bolster overall mental and physical well-being.

Face-To-Face Delivery

Max. Person Capacity: 22

Online Webinar Delivery

Max. Person Capacity: 30

Target Group Range

U18-U21

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
- Community Engagement Resources

The new introduction of a workshop for second-year apprentices will enable mentors to re-visit key personal development concepts and uncover progress made. Not only will this support readiness for End Point Assessment but it will challenge the apprentices to build their personal development legacy beyond the apprenticeship.

Delivery

LFE provides a funded Personal Development programme, which will be available throughout the 2023/24 season.

Mentoring

The programme includes 6 x mentoring workshops for first-year apprentices and 1 x mentoring workshop for second-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

Sarah Kayley, Projects Officer
skayley@lfe.org.uk

Ryan White, Projects Officer
rwhite@lfe.org.uk



Personal Development

Personal Development Mentors



Adam Whitehead

Adam was a professional swimmer for over 10 years. During this time he competed at one Olympic Games and became both the European and Commonwealth Champion. Adam now works for a number of national charities, developing programmes that have benefited over 100,000 people and has 20 years of mentoring experience. He is passionate about personal development and believes it's the key to maximising performance, whilst living a full and purposeful life.



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. In the short time since retiring Bobby has gone on to gain a wide variety of achievements. From a personal development standpoint he now holds two master's degrees, is a UEFA qualified coach and is the founder of a registered mental health charity, The Bobby Copping Foundation. As well as this Bobby is building a career in the commercial sector where he spent 3 years as General Manager of Peterborough United Women Football Club. Now, Bobby is Commercial Executive at Peterborough United Football Club and director of his own Commercial Management business, CPG Commercial Management. Bobby's story is one of resilience which shows the power of prioritising personal development.



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.



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.



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.



Rory Winters

Rory played for Oldham Athletic and Morecambe before using football as his passport to travel the world, taking in professional playing and coaching roles in North America, Asia and Europe. He holds a Masters degree in Coaching Science as well as being a UEFA qualified coach, and is now encouraging young football players to explore their true potential and the vast opportunities available to them through work as a mentor, coach and as a men's mental health advocate having launched his own charity.



Mark Roberts

Following 22 seasons as a footballer from apprentice to professional and semi-professional, Mark has a wealth of experience from the game to share. Throughout his journey in sport he was consistent in his desire to develop himself as a person alongside his successful and long football career. He believes that his passion for self-improvement had a direct impact on his high performance on-the-field and mentoring has given him another opportunity to positively influence the lives of other people. No longer playing, but still incredibly driven, he has now turned to the world of ultra-running to test and transfer his skills in another competitive arena.



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.

Transition

Support Contacts

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

Ryan White, Projects Officer
rwhite@lfe.org.uk

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



Career Experience and Workshops



Education and Career Support



Transition Resources

FirstPoint USA - University Soccer Scholarships

Pro Player Pathways

Transition and Career Module

Assessment Trials

LAPS - Ahead of the Game Careers Event

UK & USA Higher Education Guides

Self-Development Action Plan

Hudl - Online Portfolio

Transition and Careers IAG Workshop

The PFA - Funding and Bursaries

Resources

PDP Preparation Programme

Speakers For Schools Virtual Work Experience

Start - Online Careers Service



Career Opportunities and Workshops

Transition Officer Support

Regional Officer



Assessment Trials

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



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 and Workshops

LFE proactively engages with education providers, employers and industry-specific training organisations to provide apprentices with career opportunities. Workshops to understand more about these opportunities are available at no cost and can be found on LFE's Delivery Request System under Other Programmes.



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 35).



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.



PDP Preparation Programme

An opportunity, funded by the PL, for released U18-U21 players to undertake a week-long residential of training, showcase matches and personal development.



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.



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.



Pro Player Pathways

LFE works with Pro Player Pathways combining global football opportunities with education. All players continue to work towards a career as a professional footballer in a variety of countries. This offers a platform for players to continue on-the-field whilst preparing for an alternative career.



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 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.



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 SEP section of the EMS.



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.

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

Awareness Campaign Calendar



JANUARY 2024

1st - 31st
National Mentoring Month

21st
World Religion Day

27th
Holocaust Memorial Day

27th
Parent Mental Health Day

FEBRUARY 2024

1st - 28th
LGBTQ+ History Month

1st
Time To Talk Day

4th
World Cancer Day

5th - 11th
Children's Mental Health Week

5th - 11th
National Apprenticeship Week

6th
Safer Internet Day

12th - 18th
Student Volunteering Week

MARCH 2024

7th
World Book Day

4th - 9th
National Careers Week

8th
International Women's Day

10th
Ramadan

11th - 17th
Nutrition & Hydration Week

15th
World Sleep Day

18th - 24th
Neurodiversity Celebration Week

APRIL 2024

1st - 30th
Stress Awareness Month

1st - 7th
Community Garden Week

2nd
World Autism Awareness Day

7th
World Health Day

13th
Vaisakhi

22nd
Earth Day

MAY 2024

1st - 31st
National Walking Month

1st - 7th
Deaf Awareness Week

8th - 13th
Equality, Diversity & Human Rights Week

13th - 19th
Mental Health Awareness Week

15th
National Numeracy Day

JUNE 2024

1st - 30th
Pride Month

1st - 7th
Volunteers Week

5th
World Environment Day

5th - 11th
Child Safety Week

12th - 18th
Men's Health Week

14th
World Blood Donor Day

19th - 25th
Learning Disability Week

22nd
UK Windrush Day

JULY 2024

1st - 31st
Plastic Free July

1st - 7th
Alcohol Awareness Week

15th
World Youth Skills Day

15th
Social Media Giving Day

18th
South Asian Heritage Month

AUGUST 2024

1st
Cycle To Work Day

12th
International Youth Day

19th
World Photo Day

SEPTEMBER 2024

10th
Suicide Prevention Day

11th - 17th
Sexual Health Week

23rd
International Day Of Sign Languages

29th
World Heart Day

OCTOBER 2024

1st - 31st
Black History Month

10th
World Mental Health Day

16th
World Food Day

21st
Recycle Week

NOVEMBER 2024

1st - 30th
November

1st
Diwali

6th
National Stress Awareness Day

11th - 17th
Talk Money Week

14th - 18th
Anti-Bullying Week

16th
Disability History Month

19th
International Men's Day

DECEMBER 2024

2th - 8th
National Grief Awareness Week

3rd
International Day Of Persons With Disabilities

5th
International Volunteers Day

25th
Christmas Day

25th
Hanukkah

Other Programmes

Please find below examples of other funded delivery which can be requested via LFE's Delivery Request System (delivery.lfe.org.uk) within 'Other Programmes'.

Accessing these deliveries will not affect allocation for LFE's Life Skills Programme or Personal Development Mentoring.



The British Army
Army Football Engagement
For U18 Players



PDT Fleet Training Solutions
Safe Driving Awareness
For U18 Players



The FA
Integrity - Anti-Doping and Betting Related Integrity
For U18 Players



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



FirstPoint USA
USA University Soccer Scholarships
For U18 Players



The PFA
Education Support
For U18 Players



Holocaust Educational Trust
Holocaust Survivor Testimony and Resources
For U12-U21 Players, Club Staff and Parents/Carers



The PFA
Mental Health and Well-Being
For U18-U21 Players



League Football Education
Transition and Careers IAG
For U18 Players



The PFA
Muslim Player Considerations
For U18 Players and Club Staff



Hartpury College
Loughborough University
UCEN
UCFB
University of Stirling
Higher Education
For U18-U21 Players



The PFA
Transition Preparation
For U21 Players



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



Working With Parents In Sport
For Club Staff and Parents/Carers



Muslim Chaplains In Sport
Islamic Awareness and Education
For U9-U21 Players, Club Staff and Parents/Carers



Pro Player Pathways
Global Football with Education Placements
For U18-U21 Players, Club Staff and Parents/Carers



THE ALUMNI PLAYER VOICE

PURPOSE

Build a community of past apprentices across EFL academies.

Provide the opportunity to share transition-related experiences, both in and out of football.

Create a safe space to talk about experiences, best practice and areas for improvement.

Identify solutions and raise standards of support both during and post-apprenticeship.

LFE hosts a forum for this to take place and will send invitations directly to Alumni. If you have a recommendation or would like to find out more contact Ryan White at rwhite@lfe.org.uk



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

Coach workshops are also available with sessions tailored to meet individual club requirements. In-person deliveries can also be requested and granted where possible.

This delivery can be found on LFE's Delivery Request System (see page 35).

MEMBERS AREA

In addition to the above, LFE provides membership access for academy parents and carers of all age groups to use the Working With Parents In Sport website. An access code will be required for each user and these will be sent to the nominated club contact to distribute to parents and carers. Using the below website, add the 'Parents In Sport Members Area' from the Shop and input the code to receive funded access to resources and guidance. Members can engage with content in the coaches corner, parent zone and holistic development including exclusive interviews in the 'expert view' and 'meet the parent' series.

www.parentsinsport.co.uk



Resources

Delivery Request System

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

Information, modules, videos, presentations and other resources are available for download and use across player care programmes. These can be accessed via delivery.lfe.org.uk

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 DRS, where they can be downloaded and printed.

Working With Parents In Sport

LFE's Members Area provides access for academy parents and carers of all age groups to use the Working With Parents In Sport website. The membership for this platform and its resources are offered at no cost to parents and carers. Each club will be provided with membership codes to distribute to parents and carers. It can be accessed by logging in via www.parentsinsport.co.uk

Duty To Care

UK Coaching's Duty To Care Learning Hub provides e-learning modules at no cost across six pillars: Diversity, Inclusion, Mental Health & Well-Being, Physical Well-Being, Safeguarding and Safe To Practice. It can be accessed via www.ukcoaching.org

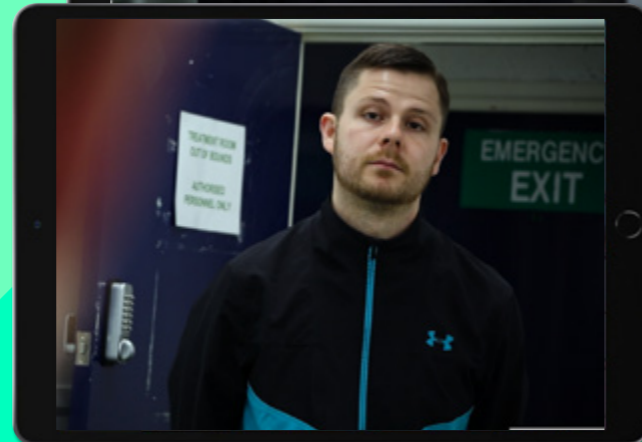
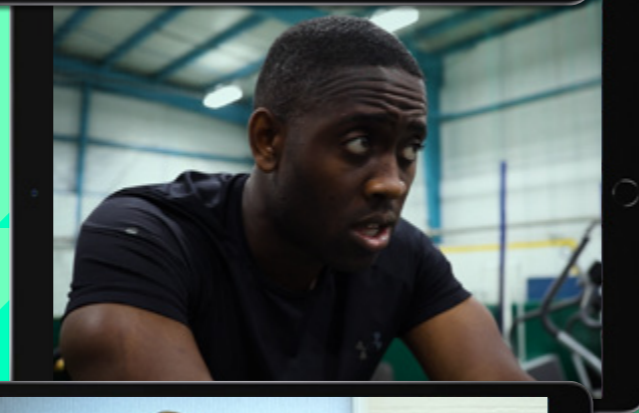
The Academy

Kick It Out has launched The Academy as an opportunity to undertake e-learning modules at no cost across a range of topics and protected characteristics. It covers subjects such as allyship, LGBTQ+, misogyny, sexism, race and religion. It can be accessed via theacademy.kickitout.org

Requests

For access to additional resources, other subjects or to make specific requests, please contact Simon Williams at swilliams@lfe.org.uk

Access to the Share Point used by player care staff can also be provided, this shared folder houses documents, resources and policies shared by peers, for example Mental and Emotional Well-Being Action Plan guidance.



Tackle This

This series of eight life skills videos can be used to facilitate learning and discussion on the challenges faced by young people in football and in life.

The videos are available on LFE's YouTube channel (LFETV) within the Tackle This playlist. A delivery guide containing facilitator notes and questions can be found via Resources at delivery.lfe.org.uk

1. The Injured One

- Mental Health
- Injury & Illness
- Support Networks

2. Player Of The Season

- British Values
- Peer Pressure
- Personal Integrity

3. Leaving Home

- Independence
- Safeguarding
- Well-Being

4. It Was Just A Laugh

- Equality, Diversity & Inclusion
- Personal Responsibility
- Social Media

5. More Than A Game

- Discipline
- Gaming
- Lifestyle Management

6. It's Who I Am

- Careers
- Identity
- Transferable Skills

7. Stranger Danger

- Online Safety
- Radicalisation
- Resilience

8. Respect Me

- Consent
- Relationships
- Respect

Mental and Emotional Well-Being

If U Care Share

Emotional Well-Being
(See page 11)

Working With Parents In Sport

Members Area
(See page 37)

UK Coaching

Duty To Care
(See page 38)



The EFL

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

The PFA

Mental Health
and Well-Being
(See page 35)

League Football Education

Resources
(See pages 38 and 39)

The PFA

Safety Net
(See page 45)



Sporting Chance

Mental Health, Lifestyle
and Addiction
(See page 18)

League Football Education

Mental and Emotional
Well-Being Action Plan
Information and Support
(See page 45)

The PFA

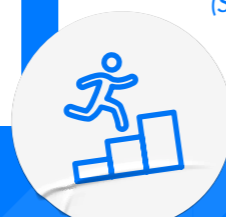
Well-Being Service
(See page 45)

Paul Stewart

Safeguarding Awareness
(See page 23)

League Football Education

Personal Development
Mentoring Programme
(See page 28)



Equality, Diversity and Inclusion

Troy Townsend MBE

Racism and Discrimination
(See page 15)

Charlie Fogarty MBE

Anything Is Possible
(See page 16)

Muslim Chaplains In Sport

Islamic Awareness and
Education
(See page 35)



The EFL

Together Programme
(Request via inclusion@efl.com)



Peter Mitchell

Believe To Achieve
(See page 22)

The EFL

Playing For Inclusion
e-Learning Module
(Request via
inclusion@efl.com)

League Football Education

Resources
(See pages 38 and 39)

The PFA

Asian Inclusion
Mentoring Scheme
(See page 35)

UK Coaching

Duty To Care
(See page 38)



League Football Education

Awareness Campaign
Calendar
(See page 34)

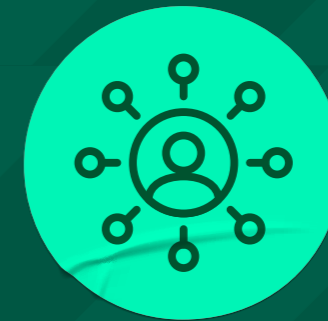
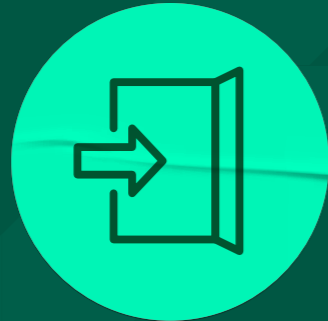
Kick It Out

The Academy
(See page 38)

The PFA

Muslim Player Considerations
(See page 35)

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.

Transition

- The retain and release period should be explained at induction.
- The retain and release process should be individualised or 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.

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.

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.

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 and through citizenship, is recognised as a priority.
- The delivery of life skills should take place with academy players of all ages, via both LFE and in-house programmes 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.

Note

Be aware and check further if communication is received from individuals or organisations offering free education to academy players and 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.



Player Care Training and Support Checklist

This is a list of recommended steps and actions to complete.

- | | |
|--|---|
| <p>1. Induction
An introductory meeting with LFE to understand general player care requirements, as well as the programmes and support available.</p> <p>2. Communications
LFE's mailing list and record of nominated player care contacts to receive player care communications.</p> <p>3. Player Care Guide
LFE's go-to guide which outlines key considerations, and detailed information on the programmes and support available.</p> <p>4. Delivery Request System
The online system which gives access to request external delivery from LFE's Life Skills Programme and Other Programmes (at no cost).</p> <p>5. Monthly Casuels
An online webinar hosted each month by LFE to provide a themed agenda and content with opportunity to hear best practice, ask questions and network with peers.</p> <p>6. WhatsApp Group
An exclusive space to informally discuss player care, share ideas, ask questions and seek advice.</p> <p>7. Resources
LFE's player care resources which are available for download and practical use can be found on the Delivery Request System.</p> <p>8. Share Point
A shared folder on Google Drive to easily upload and download player care guidance documents and resources with peers.</p> | <p>9. 1-2-1 Support
In-person and online meetings are available at any time with LFE staff and an allocated EFL Regional Manager.</p> <p>10. Buddy System
An opportunity to meet and learn from a peer at a different club, this can be arranged by LFE on request.</p> <p>11. Person-Centred Approach
A one-hour training session, delivered by LFE, on the person-centred approach in theory and in practice.</p> <p>12. Accredited CPD Courses
A list of appropriate and accredited CPD courses available for enrolment.</p> <p>13. Regional Hubs
An in-person event provided by LFE in conjunction with the EFL, Premier League, and PFA to discuss topical player care subjects, share practice and network with regional peers.</p> <p>14. Head of Education & Player Care Event
LFE's annual opportunity (in January) to provide an agenda focused on education and player care mid-season priorities and updates.</p> <p>15. Annual Club Conference
LFE's annual in-person event (North and South, in May) bringing clubs together to inspire, celebrate success and plan ahead.</p> |
|--|---|

Please contact Simon Williams at swilliams@lfe.org.uk for support in accessing and completing this checklist.

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 Sarah Kayley for any personal development enquiries.	skayley@lfe.org.uk
	Contact LFE's Transition Officer Anthony Cato for any Transition enquiries.	acato@lfe.org.uk
	Contact LFE's Projects Support Ryan White for any delivery enquiries and support.	rwhite@lfe.org.uk
	Delivery Request System & Resources LFE's Delivery Request System for player care-related workshops and resources.	www.delivery.lfe.org.uk
Support Organisation Signposting	www.lfe.org.uk/support-organisations	
 Professional Footballers' Association	Well-Being Service (Operated 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, Equality, diversity and inclusion.	01772 325829 www.efl.com
	Regional Manager Each club is allocated a Regional Manager to be available for player care and audit support.	
 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

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