

# **‘Skill 7’ Elite Football Coaching Programme**

***“Focusing on player progression”***

## **‘7 Step’ Player’s Guide**

**Make every effort to develop your own sporting abilities in terms of skill, technique, tactics, and stamina**

**Give maximum effort. Strive for the best possible performance during training and matches, even if your team is in a position where the desired result has already been achieved**

**Set a positive example for others, particularly young players and supporters**

**Do not use inappropriate language**

**Remember that the ‘Skill 7’ Elite Football Coaching Programme is working towards achieving personal targets set with your coach.**

**It is important, that as a player you understand that you are not guaranteed to gain a trial at a professional football club**

**You must accept that on some occasions you may not be selected for certain matches**

Please note as an Elite squad member you have a responsibility to inform coaches of the following:

- Absence from training sessions via phone, text message or email
- Availability for squad selection and matches
- Injuries
- Number of competitive matches you play in seven days
- School Fixture list
- Club fixture list