

Rochdale AFC Football in the Community Trust has been delivering football coaching to Rochdale Schools for over thirty years and is endorsed by the Education Authority.

Community Staff have relevant Qualifications (Football/Multi Sport) are DBS checked and attend Safeguarding Children Seminars to ensure quality assurances.

Rochdale AFC Football in the Community Trust is fully insured through the English Football League Trust.

The accent of the Course is on learning new skills, playing fairly and with sportsmanship in mind, taking part in small sided games for both boys and girls.

Most of all, we hope all attenders enjoy themselves at all times!

Coaching Programme

Session 1. Passing & control

Basic techniques: development: small sided games.

Session 2. Dribbling/turns

Introduction: feel for ball: games relevant to techniques.

Session 3. Heading

Basic techniques: attacking/defensive: skills: games.

Session 4. Fun & games

All aspects of previous sessions plus small sided games.

**ALL PROMISING PLAYERS WILL BE INVITED TO ROCHDALE AFC
ACADEMY**
