



# ANGUS COUNCIL FOOTBALL IN THE COMMUNITY

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Designed &  
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# Football Development Term Time Programme

Centre	Age Group	Time
<b>Mondays</b>		
Saltire Leisure Centre	5 - 7 years	4pm - 5pm
Brechin Leisure Centre	P1 - 4	4pm - 5pm
Montrose FC		3pm - 6pm
Carnoustie Leisure Centre	5 - 7 years	4pm - 5pm
<b>Tuesdays</b>		
Websters Sports Centre	Mini Kickers	4pm - 5pm
Websters Sports Centre	5 - 7 years	5pm - 6pm
Carnoustie Leisure Centre	Mini Kickers	4pm - 5pm
Brechin Leisure Centre	Mini Kickers	3pm - 4pm
Montrose Sports Centre	Mini Kickers	4pm - 5pm
<b>Wednesdays</b>		
Websters Sports Centre	5 - 7 years	5pm - 6pm
Carnoustie Leisure Centre	5 - 6 years	4pm - 5pm
Carnoustie Leisure Centre	6 - 8 years	5pm - 6pm
Lochside Leisure Centre	5 - 7 years	4pm - 5pm
Lochside Leisure Centre	5 - 7 years	5pm - 6pm
<b>Thursdays</b>		
Websters Sports Centre	8 - 12 years	5pm - 6pm
Carnoustie Leisure Centre	Mini Kickers	4pm - 5pm
Carnoustie Leisure Centre	Mini Kickers	4pm - 5pm
Carnoustie Leisure Centre	5 - 7 years	5pm - 6pm
Saltire Leisure Centre	Mini Kickers	3pm - 4pm
Saltire Leisure Centre	5 - 7 years	4pm - 5pm
Saltire Leisure Centre	8 - 12 years	5pm - 6pm
<b>Fridays</b>		
Carnoustie Leisure Centre	Mini Kickers	4pm - 5pm
Lochside Leisure Centre	Mini Kickers	4pm - 5pm
Lochside Leisure Centre	Mini Kickers	4pm - 5pm
Arbroath Sports Centre	5 - 7 years	4pm - 5pm
Arbroath Sports Centre	8 - 12 years	5pm - 6pm
Brechin Midnight League	S1 - 6	9pm - 10.30pm
Websters Midnight League	S1 - 6	9pm - 10.30pm
Montrose FC Mid League	S1 - 6	8.30pm - 10pm
Saltire Midnight League	S1 - 6	9pm - 10.30pm
<b>Saturdays</b>		
Montrose FC	5 - 7 years	9.30am - 11am
Montrose FC	8 - 12 years	11am - 12.30pm
Monifieth Grange Primary	5 - 7 years	9.30am - 11am
Monifieth Grange Primary	8 - 12 years	11am - 12.30pm
Forfar Lochside	5 - 7 years	9.30am - 11am
Forfar Lochside	8 - 12 years	11am - 12.30pm

# Desire to Play Participation Centres & FUN 4v4's

Qualified SFA coaches staff all of the sessions that we provide in our Participation Centre Term Time Programme and Saturday 4v4 sessions.

All of the sessions are delivered in Angus Council Leisure Facilities which provide a safe, fun and enjoyable environment for all the participants to learn basic technical skills, whilst taking part in small sided games (3v3 or 4v4). This format provides more opportunities to have contact with the ball in attacking and defending situations and also gives each individual player more touches on the ball than the 7v7 or 11v11 game.

Each Term Time programme will focus on the development of young players and will have specific sessions that will enhance each player's ability to develop their football technique and knowledge of the game. Techniques that will be focused on are:

- Dribbling
- Control
- Passing
- Shooting

Tactical components that will be focused on are:

- 1v1 - 2v1 - 2v2 Defending
- 1v1 - 2v1 - 2v2 Attacking
- 4v4 Game
- Width, depth, support and penetration

As you can see from the list above these are all extremely important in today's game of football and our coaches will be on hand to develop each player at their own pace.

If you are interested in attending and think you can become the next Darren Fletcher or Kenny Miller then go to the Term Time Programme on page 5 and find a Centre which is close to you.



# Mini Kickers™



Youth Action Plan  
THE SCOTTISH FOOTBALL ASSOCIATION



Angus Council in Partnership with the SFA deliver a number of Mini Kickers™ courses throughout Angus.

All research suggests that enjoyable and rewarding experiences in sport, at an early age helps in developing lasting, high self-esteem and promotes a positive attitude to physical activity and health.

The Scottish FA, as a governing body of our National Sport, acknowledges its responsibility in this area and have developed the Mini Kickers™ programme, which provides a curriculum framework for children between the ages of 3 - 5 years on:

- Basic Motor Skills
- Emotional, personal and social development
- Cognitive development

Each course will run for a full school term and will follow a developmental programme where each session will provide FUN, games and exercise specifically for 3 - 5 year olds.

Recognising the important role that parents can play in the whole process, specific sessions where parents and children participate together are also included.

Mini Kickers™ session run throughout both the school Term Time and during School Holiday Periods in specific Easter / Summer / October Holiday Courses.

We are also available to deliver the Mini Kickers™ programme to any Nursery within Angus. We can deliver a free "taster" session to promote the programme. Additionally we can supply a coach to come to your nursery to deliver additional classes. There is a small hourly cost involved to cover coaching sessions.

*Please see the term time programme on page 5 for Mini Kickers™ courses in your area.*



# McDonalds Programme



The Scottish Football Association and Community Partner, McDonald's, are delighted to support a new and exciting 4-year Primary Football Programme which will provide Angus Primary School's with increased physical activity opportunities through the delivery of a comprehensive 'Coaching and Games' programme. In addition to the curricular coaching which will be delivered by Scottish FA qualified coaches, a games programme will be established with the aim of creating a new boys and a new girls' team within all participating schools. The entire programme will provide each participating Primary School with up to 40 hours of additional activity!

A key feature of the programme will be the provision of a log book for each pupil involved. This log book has been designed to compliment the practical aspects of the programme by focusing pupils on the benefits of physical activity and healthy living in addition to providing an opportunity to review and record their experiences. This is an integral part of the programme and it is hoped that those involved will complete the log book each week with the support from coaches, teachers and parents.

Already in 2006/07 Primary Schools in Forfar and Kirriemuir have benefited from this new programme. 2007/08 Primary Schools in Monifieth and Carnoustie clusters have received the McDonalds Programme and in 2008/09 both the Arbroath Academy and Arbroath High School clusters will benefit from this exciting and fun coaching initiative which is supported by the SFA McDonalds ambassador Kenny Dalgleish.



# Monikie Country Park

## Adventure Activities

Tel : 01382 370202



**The Park is open all year.** With 3 reservoirs, woodland, parkland and trails, it is ideal for a relaxing visit to the countryside. There is ample parking (£2.00 from Easter to Sept 30th), Picnic Areas, Adventure Playground, Trout Fishing and refreshments from the Café Byzantium. (For more information see the Park leaflet and Events diary).

**Café Byzantium** - Relax and enjoy delicious seafood, steaks, pasta and pizzas, all freshly prepared by our award-winning chef. Coffees, teas and home-baking. Private functions and children's parties catered for. Families welcome. **Tel: 01382 370970**

**Watersports** - windsurfing, sailing and kayaking equipment is available for hire from May to September. The facility is independently inspected by the **Royal Yachting Association (RYA)** and by the **Adventure Activities Licensing Authority (AALA)**. **High Ropes are available from March to October.**

**North Reservoir** - the main sailing area is 300 metres from the visitor centre and changing rooms. Its placid waters, sandy beach, jetties, and slipway are ideal for many types of watersport activities.

*Please note, you should bring with you a towel, an old pair of trainers and a swimming costume.*

## Groups and Organisations

Schools/Colleges, Community Groups, Groups of individuals and Organisations can book sessions of Team Building, Improvised Rafting, Watersports, High Ropes and Environmental activities at any time by prior arrangement.

Contact the Centre to discuss your requirements.



# High and Low Ropes Course

Climbing wall, high all aboard, Jacobs ladder, high balance beams, high multi vine, low balance beam, abseiling, fan decender, crate stack, 100mtr zip line and low ropes course.

**Price - Adult two hour Session £19.90, Concession £9.95**

**Advanced bookings** only on this activity, Min group 4, height and weight restriction apply.

Built in 2005 the ropes course is an excellent addition to the Monikie facilities. It is Situated 300 metres from the Ranger Centre within a small woodland.

Built to the highest standards with the aid of a lottery grant, the ropes course offers you the chance to try out something different and is guaranteed to get the adrenalin flowing.

Sessions are instructor led and usually last 2 hours, starting on the low ropes (1mtr above ground) and then progressing onto the higher activities (10mtrs) once you feel confident.

Helmets, harnesses, equipment and instruction are all included in the cost. The instructor will remain with you during the activity.



# Health and Safety Information

- All participating in watersports must be able to swim and be confident in and around water.
- A rescue boat is on standby at all times.
- Staff will supervise the activities at all times and will help you on and off the water (excluding launches).
- There is no minimum age, but children under 8 may not be physically strong enough. High ropes activities have height and weight restrictions.
- If you take medication, suffer from any illness or have a disability please inform the instructor / receptionist in case of an emergency.
- Be aware at all times of other watersports users.

## Employers Liability Insurance

The minimum amount of cover is no less than £5 million.

## Risk Assessments

Each activity has been assessed and is regularly reviewed. Copies can be seen on request.



# Instruction

(Participants must arrive ½ hour before the start of the session).

Prices include the use of all equipment, showers and lockers.



## Kayaking (1.5 hours)

Adult	<b>£15.80</b>
Concession	<b>£7.90</b>
6 tickets	<b>£79</b>
Concession	<b>£39.50</b>

Course	Day	Date
K6	Wednesday	August 20th
K7	Tuesday	August 28th

Tasters are generally aimed at beginners although other packages are available on request - (see under Groups & Organisations). The sessions usually start at 6pm, learning basic skills on land, quickly progressing on to the water with the instructor. The session will finish at 7.30pm.

## Windsurfing & Sailing (2 hours)

Adult	<b>£19.90</b>
Concession	<b>£9.95</b>
6 tickets Adult	<b>£99.50</b>
Concession	<b>£49.75</b>

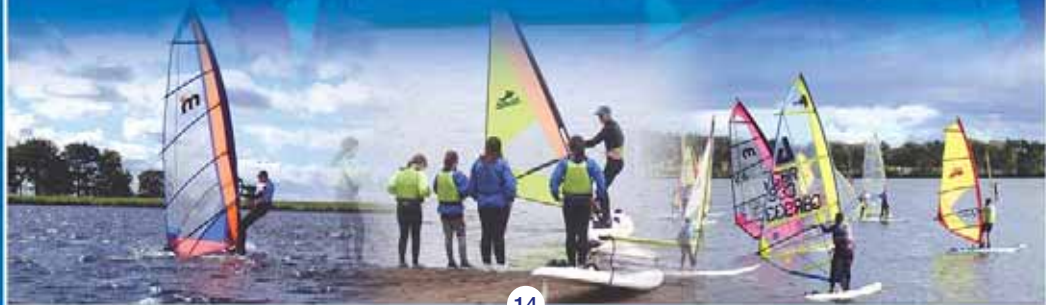
Course (Windsurfing 2hrs)	Day	Date
WS7 * Juniors 10 + Only	Tuesday	August 5th
WS8	Wednesday	August 13th
WS9	Wednesday	August 27th

Course (Sailing 2hrs)	Day	Date
D7	Wednesday	August 6th
D8 * Juniors 10 + Only	Tuesday	August 12th
D9	Thursday	August 21st

\* Junior courses run from 2 to 4pm

Courses are generally aimed at beginners although other packages are available on request - (see under Groups & Organisations).

The sessions start at 6pm, learning basic skills on land, quickly progressing on to the water with the instructor. The session will finish at 8.00pm.



# **RYA & BCU Courses**

## **Full Day Windsurfing Course**

Sun 2nd August 10am - 4pm

10 to 16 years only

**RYA level 1**

Price: £20.00

## **Weekend Sailing Course: 16+**

Sun 9th (day 1) & Sun 17th (day 2) August 10am - 4pm

**RYA level 1 & 2**

Price: £66.00

Concession: £33.00

## **BCU 1, 2 Star and Rainbow Awards**

Contact the Centre for details



# Clubs

## (Equipment Included)

### Windsurfing Club

Membership is open to anyone from 15 years of age.  
We meet Saturday / Sundays - 2 a month between 10am and 12noon.  
Join like-minded people for instruction, coaching and racing.

**£82.70**

**concession £41.35**

### T15 Windsurfing Club

This is a new exciting club for young windsurfers who like a challenge. Age 8 to 15yrs.

Check out [rya@org.com](mailto:rya@org.com) for details.

**£6.60 per session**



# Watersports

Starts 10th May

## Hire Times

<b>Weekdays: May – End June</b> Mon, Wed, Thurs	Start 5pm Last hour 7pm	Off the water 8pm
<b>Weekdays: July- End August</b> Mon – Fri	Start 1pm Last hour 7pm	Off the water 8pm
<b>Weekends:</b> September Weekends Only	Start 1pm Last hour 4pm Start 1pm Last hour 3pm	Off the water 5pm Off the water 4pm

## Equipment Hire (Windsurfing, Sailing, Kayaking)

Windsurfers, sailing dinghies and kayaks are available for hire. **Prices include wetsuits, buoyancy aids, cagoules and the use of showers and lockers.**

Hire starts on the hour and participants should allow ½ hour to book in and get changed. **Anyone arriving later than 10 minutes to the hour may be refused on the water for that session.**

## Craft Hire

	<b>1 Hour</b>	<b>2 Hour</b>
Sailboard, Dinghy, Kayak:	<b>£8.40</b>	<b>£14.40</b>
Concession:	<b>£4.20</b>	<b>£7.20</b>
<b>(equipment included)</b>		
Book of 6 tickets for 1 hour's hire:	<b>£42.00</b>	
Concession:	<b>£21.00</b>	
<b>(equipment included)</b>		
Wayfarer Dinghy:	<b>£13.70</b>	
Concession:	<b>£6.85</b>	
Additional		
Wetsuit, Buoyancy Aid, Cagoule:	<b>£2.00 each</b>	
Concession:	<b>£1.00 each</b>	

## Launch and Storage

You can launch your own craft and/or store it at the park.  
No motorised craft are permitted on the water.

Day launch	<b>£4.70</b>	Concession	<b>£2.35</b>
Seasonal storage	<b>£25.70</b>	Concession	<b>£12.85</b>
Seasonal launch	<b>£42.00</b>	Concession	<b>£21.00</b>

# Facilities

- Ranger Centre
- 50 acre placid water site
- Toilets/Disabled
- Shallow instruction area with sandy beach
- Bus and car park
- 50 acre mixed woodland
- Hot showers
- Adventure play area
- Changing rooms
- Micro trail
- Classroom
- Denfind bird sanctuary
- Dry lecture room
- Bird hides
- Café Byzantium Tel 01382 370970
- Disabled access
- Interpretive trail
- Portable and static BBQs
- Reservoir walks
- Ropes Course
- Marquee 30x30 ft
- Picnic Sites
- Orienteering

# Midnight Leagues



Angus Council Football Development in Partnership with Bank of Scotland, Tayside Police and the SFA deliver a number of Midnight Leagues in Angus Council Leisure Facilities.

These sessions are free of charge and are aimed at S1-S6 pupils who want to play 5 a-side football on a Friday evening with friends.

The Midnight League offers teams the chance to play against other Midnight League venues across Scotland in a National Festival Finals Day and an opportunity to play in a competition at an SPL Ground/Training Academy.

## Angus Midnight League Venues are:

- Brechin Leisure Centre
- Saltire Leisure Centre
- Websters Sports Centre
- Montrose Football Club

All Leagues run on a Friday evening between the hours of 9.00pm – 10.30pm and are free of charge. Montrose Football Club Midnight Leagues also run on a Friday between the hours of 8.30pm – 10.00pm.



# School Holiday Programmes



During the Easter, Summer and October school holidays, Angus Council Football Development run a variety of courses throughout Angus.

The courses are staffed by qualified SFA coaches with each day dedicated to a particular technique. Players will also get the chance to take part in various competitions including the famous POWER SHOT! Bend it like Fletcher free kick wall, soccer skills challenge and also take part in small sided 4v4 games.

Holiday Programmes are for boys and girls between the ages of 5 - 12 years and also include indoor Mini Kickers™ programmes for the 3 - 5 year olds.

All participants on Holiday courses will also receive a certificate of attendance and a free football gift.

If you would like to receive up to date Holiday Course information and be added to our football development database then please get in touch with us on **01307 475361** or by emailing **[BaxterS@angus.gov.uk](mailto:BaxterS@angus.gov.uk)**



# Youth Programme



Angus Council's Football Development Officer, over the last 2 years has implemented the SFA'S National Plan for Youth football for both boys and girls. The programme is aimed at the best young players, aged between 12 and 14, who are not currently playing with a senior club. Last year over 100 players nationally moved onto a senior club as a result of the programme.

There are three levels to the programme:

## **Level 1 Participation**

Young players can take part in this stage of the programme by playing in any of the leagues that are organised through the SYFA, SSFA, SWFA or by participating in the various programmes that are offered through Football Development Officer across Angus. Trials are held annually to identify players participating in all of the above and if selected from the trial process, will then be identified and invited to level 2.

## **Level 2 Development Squad Training Programme**

The Development Squad training programme, is intended to educate the young players on the demands of the 11-a-side game. The player's tactical knowledge as well as technical ability will be greatly advanced during their attendance in a specific 20 week training programme.

Fitness Testing, Flexibility, Power and Endurance training will also form a crucial part of this programme to develop the young player and expert advice from nutritionists, physiotherapists and professional coaches is readily available.

Although this is a training programme each individual squad will benefit and put there training into practice by playing games against other local authority squads and senior Youth Initiative teams.

## **Level 3 East Regional Squad**

The East Regional Squad will be formed from those players attending local Development Squad Programmes in Angus, Dundee, Fife and Perth & Kinross. All of these area squads will participate in Regional trial matches and the players be selected from these games to form the Regional Squad. The Regional Squad will then meet weekly and coaches will continue to work with players at this level in order to try and give them the best opportunity as possible for them to reach their potential and hopefully make the grade into a Professional Senior Club.



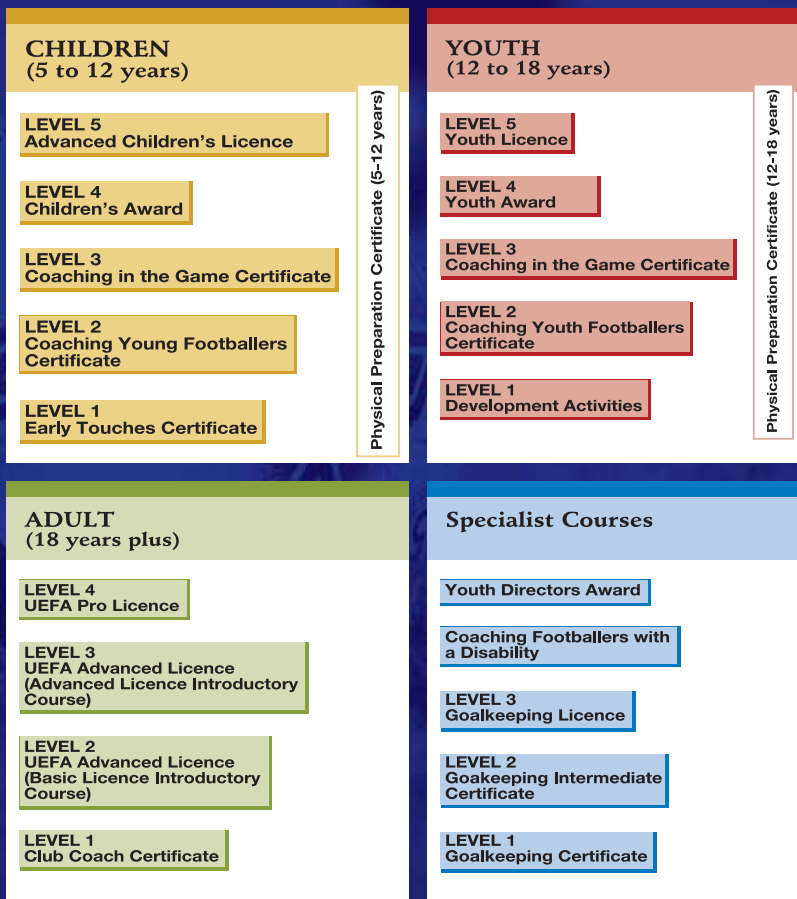
# SFA Coach Education Pathway



\* Applicants must be aged 16 years or over for all courses

The following diagram illustrates the Scottish FA Coach Education Pathway. Please note that the East Region Partnership will deliver Children's Pathway courses to Level 4, Youth Pathway courses to Level 4, Goalkeeping to Level 2, Adult Level 1 as well as the Coaching Players with a Disability certificate. To apply for any Level 1 to Level 3 course contact your local Football Development Officer.

For information on Youth and Children's License courses and Physical Preparation for children and youth then please contact the Scottish FA on **0141 616 6000**.



## Autographs

