



# GIRLS' EMERGING TALENT CENTRE

## Monthly Update

The Blackpool FC Community Trust FA Girls' Emerging Talent Centre (ETC), supported by Liontrust, launched in January 2023.

The programme is designed to be a central hub for local talented female players from Blackpool, Fylde and the surrounding areas and will work in partnership with grassroots clubs to ensure the offer is beneficial to grassroots players.

The Trust offer a comprehensive approach to player development, giving all girls selected

access to a high quality training programme, strength and conditioning coaches, access to onsite physiotherapist, nutritional advice and health and wellbeing support.

This programme is free to all girls attending, removing any financial burden often faced when trying to access elite level training. Our groups are also invited to play in competitive games against other ETC and Pro Game Academy clubs and enjoy a varied games programme with monthly fixtures.

## What have we been up to?

Our players have been working hard in training on covering a wide range of technical and tactical topics over the last month. The younger ages have worked hard on their dribbling, focusing on combining skills as well as driving into space. The older ages have been working on their pressing skills and defending 1v1s. We follow a 30-week curriculum that covers a variety of topics over the season to ensure our players develop in every aspect of their game.

We have introduced another challenge for our players to complete at home, with all girls

being asked to develop their kick up skills and send in their highest score. This is essential to develop coordination and balance, as well as practice repetition of first touch. It is vital that our programme develops the basic technical skills of all our players.

Finally, we entered all of our age groups into a local girls' football tournament. Our Under 10s, Under 11s and Under 12s all brought home the trophy, and the Under 14s and Under 16s did themselves proud, both unfortunately getting knocked out on penalties in the semi-finals.

## What's coming up?

We are looking forward to entering a North West ETC 3v3 festival on Sunday 23rd July. This will challenge our players against some of the most talented players in this area. It is supported by the England Talent ID team and aim to highlight any girls born 2007-2010 who may be good enough for the England Player Pathway. We are proud to be able to give our players the best opportunities to be seen by the England Talent ID staff.

On Saturday 12th August we will be running Goalkeeper Trials for the upcoming 2023/24 season at the Aspire Sports Hub, Garstang Road West, FY3 7JH. This will be free to attend for all girls aged Under 9-16 (Year 4 to Year 11 in September) who believe they have the talent or potential to be part of this elite girls' football programme.

# TRAINERS of the MONTH



Well done to Violet who won Trainer of the Week at our ETC on Friday 23rd June.

Violet is an Under 9 who currently trains up with the Under 10s. She has been working extremely hard in our weekly training sessions and in her own spare time. She has recently broke her personal best for running 2km!



Well done to Dulcie who became the first of our ETC goalkeepers to win Trainer of the Week on Friday 30th June.

Dulce has worked extremely hard over the course of the season developing as a goalkeeper, as well as enjoying playing outfield.



Well done to Poppy who won Trainer of the Week at our ETC on Friday 7th July.

Poppy has been offered a contract at Manchester United Academy Under 16s next season!

Poppy only started playing as a goalkeeper this season, and has excelled in all areas.



Well done to Cerys from our Under 14s who won Trainer of the Week at the Emerging Talent Centre on Friday 14th July.

Cerys excelled on this week's topic, dominating the session on "dribbling and driving forward" by displaying excellent technical abilities and playing with confidence

## Recent Fixture



24th June

*"I absolutely loved the chance to compete for a trophy with my teammates, and to win it was even better too!"*



Matilda Carter Nuttall,  
Under 11s

*"I had a great time at the tournament and really enjoyed the opportunity to play against a variety of different teams. It was fun being able to put the skills we have learnt at the ETC into practice, and our coach gave us all little challenges too!"*



Amelia Walker Morris,  
Under 12s



# SUCCESS STORY: SUPERSTAR IN THE STICKS

Poppy is an Under 14s goalkeeper who has been attending our Girls Emerging Talent Centre (ETC) since March 2023. She has played for Blackpool FC Girls and Ladies since the age of nine, mostly outfield, but also as their goalkeeper. She has recently been offered a place in the Manchester United Under 16s Pro Game Academy squad for the 2023/24 season.

Poppy initially attended the ETC trials in September 2022 as an outfield player, falling slightly short of the standard required. Through the Trust's close links to Blackpool FC Girls and Ladies, we were made aware of her motivation to progress as a goalkeeper and invited her to trial for this position.



**Andy Aspinall, ETC Centre Manager and Technical Lead said,** "Poppy demonstrated lots of potential and all the raw attributes needed to progress and shine as a goalkeeper at the ETC standard. She is tall and athletic, can strike a ball with power, and has a good first touch and excellent ball mastery. She has excellent coordination and focus, and is a very keen learner. Our goalkeeper coaches have worked very closely with her to improve the fine details of her game, especially as she has only been training seriously as a goalkeeper for the last six months."

Poppy played excellently against Manchester City Under 14s whilst representing our ETC. She has since attended Talent ID events for the England Lionesses player pathway and was highlighted by the England staff as someone to be monitored moving forward.

Since being invited into the ETC programme, Poppy has begun two extra weekly sessions working with goalkeeper specific coaches, as well as attending her local futsal sessions as an outfield player. She has displayed an excellent attitude and has excelled working alongside our staff and a very talented Under 14s group.

**Rachel Hughes, Poppy's mum said,** "The training at Blackpool's ETC has been second-to-none. All aspects of the training have been at a high standard, Poppy has been challenged weekly but has enjoyed every session. She has enjoyed the competitive push between herself and the other goalkeepers. This has left Poppy wanting to push herself further, striving towards the next step on the professional female ladder. The ETC has supported Poppy in achieving the next level of her dream. I would recommend this ETC to anyone who has the drive and determination to push to the next level. At the same time, it has also allowed Poppy to make some lifelong friendships and memories".

**Poppy Lyons-Walker, Under 14s Goalkeeper said,** "I have really enjoyed my time at Blackpool ETC. All coaches I have worked with have made the sessions challenging and fun. This has been a great help in my development. My special thanks goes out to the goalkeeper coaches Dave and Erin, and the Under 14s coaches Ian and Paul, for all their time and effort. I could not thank you enough. Since joining Blackpool ETC, my performance has not just improved but has exceeded my expectations. I am so thankful to the ETC for the opportunity to sell myself. As soon as I joined I was being pushed to my full potential. I really cannot express how thankful I am for this experience."

## Contact Us:



01253 348691



femalefootball@bfcct.co.uk



www.bfcct.co.uk