

DFA FOOTBALL COLLEGE



WHO ARE WE?

Dragon Football Academy (DFA) was established in 2010 and specialises in **Sport BTEC's, Traineeships** and **Apprenticeships**. DFA have centres in Manchester, Birmingham, Leeds, London and Wales.

Our objective is to provide elite education and training to students with the intention of inspiring the next generation of sports leaders.

Through our collaborations with other leading industry experts we have a unique offering which is tailor made to our learners' interests, passions and needs. Courses are delivered by leading dual-professionals with a wealth of experience in the sporting sector.

College website - www.dragonfootballacademy.com



COURSES

Elite Health and Fitness - BTEC Level 2 First Diploma in Sport (Fitness and Exercise):

This course is for individuals who are passionate about health, well-being and fitness. They envisage a career in sport and are seeking the relevant skills and experience in order to pursue this.

This qualification is intended for post-16 learners wanting to progress directly into employment in the coaching and development sector as a coach. Students are also able to progress from this course onto the Level 3 programme.

This qualification is equivalent to 4 GCSE'S (9-6) and consists of 12 units in total.

The Total Qualification Time (TQT) for this qualification is 640 hours.

Duration: 1 year



UNITS – DELIVERY ORDER

Unit 1: Fitness for Sport and Exercise (30 GLH)

Unit 2: Practical Sports Performance (30 GLH)

Unit 3: The Mind and Sports Performance (30 GLH)

Unit 4: The Sports Performer in Action (30 GLH)

Unit 5: Training for Personal Fitness (30 GLH)

Unit 7: Anatomy and Physiology for Sports Performance (30 GLH)

Unit 9: Lifestyle and Well-being (30 GLH)

UNITS – DELIVERY ORDER

Unit 10: Injury and the Sports Performer (30 GLH)

Unit 14: Carrying Out a Sports-related Project (60 GLH)

Unit 15: Designing Exercise Programmes (60 GLH)

Unit 12: The Sport and Active Leisure Industry (30 GLH)

Unit 13: The Sport and Active Leisure Industry (30 GLH)

COURSES

Sports Professional - BTEC Level 3 Extended Diploma in Sports Coaching and Development (2019):

The Sports Professional course is for learners who have a passion for sports underpinning theory. They enjoy analysing and evaluating the sporting elite, and are highly motivated to learn and apply themselves.

This qualification is intended for post-16 learners wanting to progress directly to self-employment in the coaching and development sector as a coach. Additionally, the breadth of optional content in this qualification allows learners to widen their opportunities to progress to a number of different higher education courses

This qualification is equivalent to 3 A-levels and consists of 12 units in total.

The Total Qualification Time (TQT) for this qualification is 1,445 hours.

Duration: 2 years.



YEAR 1 UNITS - DELIVERY ORDER

Unit 8: Fitness Testing (60 GLH)

Unit 6: Sporting Injuries (60 GLH)

Unit 5: Anatomy and Physiology (60 GLH)

Unit A: Careers in the Sport and Active Leisure Industry (90 GLH)

Unit B: Health, Wellbeing and Sport (90 GLH)

Unit C1: Developing Coaching Skills (180 GLH)

YEAR 2 UNITS - DELIVERY ORDER

Unit D1: Applied Coaching Skills (180 GLH)

Unit E: Research Project (120 GLH)

Unit 1: Sports Development (60 GLH)

Unit 10: Technical and Tactical Skills in Sport (60 GLH)

Unit 13: Influence of Technology on Sport (60 GLH)

Unit 2: Self-employment in Sport and Physical Activity (60 GLH)

COURSES

Learners will experience expert tuition and coaching. Through effective teaching, learning and assessment they will be provided with a platform to excel in the sporting sector.

Students will have access to an online platform called 'Sports Brain' where they will be able to access learning materials, assignment briefs and assessment tasks, as well as view their feedback and attendance percentage.

DFA have the experience and expertise to engage all types of learners and provide a welcoming and holistic approach to teaching; with sport, health and well-being at the forefront.



BTEC TIMETABLE - EXAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
PERIOD 1 9.00am – 11.00am	Academy Football Training	Academy Football Training	Sport Education	Recovery Session (swimming, yoga, gym)	Academy Football Training	
PERIOD 2 11.00am – 1.00pm	GCSE Maths: 11-12 GCSE English: 12-1	Sport Education	Sport Education	Sport Education	Sport Education	Trafford FC Under 18's Fixture
Lunch 1:00pm-1:30pm						Trafford FC Under 18's Fixture
PERIOD 3 1:30pm – 3.30pm	Tutorials, Private Study and IAG	Sport Education	DFA College League Fixture	Sport Education	Sport Education	Trafford FC Under 18's Fixture

BTEC TIMETABLE EXPLAINED

SPORT EDUCATION:

During sport education sessions students will engage in the following:

- Group tasks
- Paired tasks
- Poster presentations
- Verbal Q&A
- Blogs
- Work experience
- Coaching sessions

Learners will also develop a variety of skills including – communication, teamwork, analysis, evaluation, debate, leadership, co-operation, perseverance and goal-setting.

BTEC TIMETABLE EXPLAINED

ACADEMY FOOTBALL TRAINING:

During academy training sessions students will engage in the following:

- Position specific sessions
- Fitness sessions (gym-based and pitch-based)
- Phases of Play
- Patterns of Play
- Strength and conditioning sessions
- Recovery sessions
- One to one sessions
- Tactical/Technical analysis
- Yoga sessions
- Target setting

BTEC TIMETABLE EXPLAINED

TUTORIALS, PRIVATE STUDY AND IAG:

During these sessions, students will engage in the following:

- Tutorials on British Values, Equality and Diversity, Current Issues, Gambling and Radicalisation.
- Support with studies
- One to one feedback and support
- Goal-setting
- Individual Learning Plan (ILP) completion
- CV and cover letter writing
- Work experience support

BTEC TIMETABLE EXPLAINED

MATHS AND ENGLISH:

Functional Skills and GCSE Maths and English sessions are delivered weekly to students who did not achieve a grade 4 in the relevant subject. Students receive this tuition for the full-year of the programme and are then able to sit the exam at the end.

Maths, English and ICT is also embedded into each sport education session in a number of ways:

Maths – Vo2 max, perimeter/area of pitch, BMI, maximum heart rate, notational analysis and timed tasks.

English – paired/group work, discussion, debate, presentation skills, writing skills, SPAG.

ICT – Use of Excel, PowerPoint and Word; as well as technology such as GPS Trackers and cameras.

STAFF

We have a team of dual-professionals with strong sporting backgrounds and experience in teaching and coaching. Many have experience in professional football and futsal academies; working with players from the foundation phase up to the professional development phase.

All of our teachers and lecturers have a minimum of a Post Graduate Certificate in Education.

Our staff are very passionate about sport. Although we specialise in football and futsal, we also embed additional sports into our curriculum such as table-tennis, boxing, mixed martial arts, rugby and tennis. We believe students can develop their skill-set by exploring different sports and may even develop new long-term passions and interests.



STAFF

Managing Director – David Cashman

David is an ex-professional footballer who has an FA Pro License. He has played for and managed a variety of professional clubs in England and Wales. He has a PGCE qualification and ensures quality teaching and coaching is provided at each centre.

Head of Centre and Education – Thomas Harvey

Tom is the Head of Centre at the Manchester Academy and oversees the effective delivery of BTEC, Traineeship and Apprenticeship programmes. He has a wealth of sporting qualifications as well as a BA Hons First Class Degree in Sports Coaching and a PGCE. He has worked for a variety of clubs including Blackburn Rovers, Everton and Liverpool.

Lead Football Coach – Jordan Robinson

Jordan is the Lead Football Coach at the Manchester Academy and ensures sessions are planned and delivered to a high standard. He is the youngest person in England to achieve the UEFA B license. He also has experience coaching in professional football and currently coaches the Trafford FC Under 18's Team.

UNIQUE SELLING POINT (USP)

Our unique selling point (USP) is that we are able to offer students a professional working environment through our partner links, session structure and delivery staff. As well as being specialists in football, we are also passionate about futsal; we deliver weekly training sessions and enter competitions up and down the country.

We also offer tailored learning; both in education and football, in order to support every student and give them the best chance to succeed.

Our students have the opportunity to play for Trafford FC Under 18's and represent them as their scholars. They compete in weekly fixtures in the North West Youth Alliance League and also The FA Youth Cup. Those who surpass expectations at Under 18's level may then be selected for the first team. One of our first year learners from September 2019 had signed a first team contract by November 2019 due to his excellent performances, effort and dedication.



PARTNERS - REDDISH NORTH END FC

REDDISH NORTH END

In 2012, the Mike Doyle Centre opened and became the home of Reddish North End FC. The centre offers the best facilities in the South Manchester area, including two Astroturf pitches and a grass pitch. They have teams from Under 6 to Under 18 and are run completely by volunteers.

Due to our unique partnership, DFA students are able to gain practical coaching experience with these age groups and develop their skill-sets. Those students who attend sessions weekly and actively pursue a career as a sports coach, are allocated a team to manage and are then put through their FA level 1 coaching and safeguarding qualifications.



PARTNERS - LIFE LEISURE

LIFE LEISURE

DFA sports students are able to use Life Leisure's state of the art facilities including the gym, swimming pools, steam rooms, saunas and football pitches. They are also able to access additional fitness classes including boxercise, yoga, circuit training and spinning.

This ensures our students are supported out of college hours with their fitness needs and goals and develops a professional, hard-working mentality from all. Students who aspire to become personal trainers are also provided with first-hand experience of what that vocation entails.



PARNTERS - TRAFFORD FC

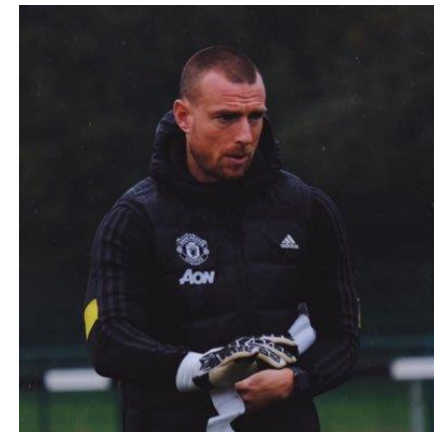
TRAFFORD FC

Trafford FC are a semi-professional football club based in Urmston, Manchester. Through our professional partnership our college students are able to represent them at Under 18's level on a weekly basis. They compete in the North West Youth Alliance League as well as prestigious cup competitions such as the FA Youth Cup.

Those who excel at Under 18's level are provided with opportunities to train with and play for the first team.



ELITE QUEST SPEAKERS — INCLUDING PROFESSIONAL SPORTS PLAYERS, PUNDITS, TV PRESENTERS, PSYCHOLOGISTS, PHYSIOTHERAPISTS, PERFORMANCE ANALYSTS, NUTRITIONISTS AND MANAGERS.



INTERNAL QUALITY ASSURANCE

To ensure the quality of our provision remains high we have highlighted a number of strategies:

- **Observations** – Carried out on all staff on a termly basis. Measures are put in place to support staff.
- **Appraisals** – Carried out three times a year. Feedback is collated from staff members on a one to one basis regarding what they are enjoying about their roles, what they might need further support in and where they would like to progress.
- **Weekly Staff Values** – DFA have 6 core staff values: Commit to continual professional development (CPD); Establish strong relationships through excellent communication/collaboration; Contribute towards a positive working environment/experience in order to develop team spirit; Provide excellent information, support and guidance; Display excellent problem-solving skills and initiative to make improvements to the college. Staff must identify at least one value they feel they have achieved each week with an explanation. The aim is to share good practice and praise others efforts.
- **Continuous Professional Development** – Staff are encouraged to develop their skill-set by completing courses, reading books, observing other tutors/coaches and trialling new strategies.

DFA SUCCESS 2019-2020

Through the provision of a high quality service, DFA are proud to announce:

- 100% pass rate
- 100% of learners achieved or surpassed their target (ALPS) grades
- 100% successful student progression into further education, higher education, apprenticeship or employment
- 100% of learners completed their work experience hours
- A succession of Under 18 scholars signing for the Trafford FC first team
- Student interest for courses in September 2020 higher than ever

COVID-19 – ADAPTATIONS IN PROVISION

During these uncertain times DFA have provided an innovative approach to learning. We have ensured all learners are still able to attend their daily sessions through the platform 'Zoom'. Students are able to access these sessions on their phones, tablets, laptops or android devices.

During sessions, interaction is enabled between learners allowing for positive discussions around tasks set. Students are able to share their screens, annotate the teachers screen (highlighting certain muscles/bones for example) and see each other, which provides some consistency.

Students are also given the additional options to complete assignments via paper and pen and audio recording so that no one is disadvantaged.

Practical sessions are also completed using Zoom, as well as other technology including 'SportPlan' to create sessions and Runkeeper, to track distances covered and speed.

Any learners that do not attend sessions are contacted to ensure they are safe and well. Measures are then put in place to ensure attendance improves.

thank you!

