

**The Football Association Disability England Talent Pathway  
Regional Sports Psychologist Support for Centres  
Regional Talent Centres – Cerebral Palsy and Partially Sighted & Deaf**



**FA Disability Talent Pathway Regional Sports Psychologist Support**

FA Disability Talent Pathway Regional Sports Psychologists will be deployed nationally to support the delivery of FA Regional Talent Centres (Cerebral Palsy and Partially Sighted & Deaf). A full description of the activities to be undertaken by these individuals is provided below. The Regional Talent Centre National in Service Training Events will be utilised to provide a full explanation as to how RTCs will be expected to work with these individuals and embed Sports Psychology support to all players within the wider curriculum. These individuals will also provide extended support to players selected for The FA's Emerging Talent Programme; this will include selected players from the B1 programme (this will sit outside of the remit of Regional Talent Centre staff).

**AIM OF ROLE:** To provide sport psychology support (using a \*5C Model of Sport Psychology) to FA Regional Talent Centres (Cerebral Palsy and Partially Sighted/Deaf) and individual support to assigned players within the FA Emerging Talent Programme

**RESPONSIBLE TO:** FA Talent Selection Manager and respective Talent Selection Officer – Disability and Lead Sports Psychologist for England Senior Cerebral Palsy (CP) Squad

**CRITERIA:** Registered on the British Psychological Society's (BPS) Stage 2 Qualification in Sport and Exercise Psychology (QSEP). Experience and/or an active interest in supporting football environments and players with a disability.

**LEVEL OF SUPPORT:** Each deployed Psychologist will be responsible for two Regional Talent Centres (one Cerebral Palsy Centre and one Partially Sighted and Deaf Centre) and up to six players within the Emerging Talent Programme in each FA Region.

It is expected that individuals will attend one session at their allocated Regional Talent Centres on a monthly basis (approximately three hours per visit) and provide additional one-to-one support either in person or via distance (e.g., Skype) to coaches and young players (e.g., 8-10 hours monthly).

**FA TRAINING:** The FA will provide a two day training event (role specific) and two separate one day training/networking events with key individuals from Centres being supported.

- Tues 21<sup>st</sup> and Wed 22<sup>nd</sup> July 2015 at St George's Park;
- Sat 12th Sept 2015 at Lillleshall National Sports Centre (Regional Talent Centre – CP In Service Training);
- Sat 19th Sept 2015 at Lillleshall National Sports Centre (Regional Talent Centre – PS and D In Service Training).

**SUPPORT PACKAGE TO BE PROVIDED TO REGIONAL TALENT CENTRES:**

- To support Regional Talent Centre Head Coaches to incorporate strategies for including the 5Cs Sport Psychology Model within the wider Centre Coaching Syllabus;
- To support the continued education of coaches and wider staff within Regional Talent Centres with regards the 5Cs Model;
- To implement and support 'player profiling' within Centres and as directed nationally;
- To support the 'off the field' education of players through the provision of 5C based learning and development materials;
- To provide dedicated support and education to players assigned via the FA Emerging Talent Programme;

- To contribute to the wider development of the FA Disability Talent Pathway in areas specifically relating to parent education and in service training of coaches;
- Support Regional Talent Centres to provide formalised and valuable partnerships with Higher Education Institutions (succession planning for long term sports psychology based support).

#### SUGGESTED SUPPORTIVE STUDY AND READING FOR CENTRES:

##### Courses:

For details on distance learning post-graduate awards in sport and exercise psychology visit <http://www.staffs.ac.uk/course/sport-and-exercise-psychology-tcm429945.jsp>

##### Books:

New and available on Kindle! *Tipping the Balance: The Mental Skills Handbook for Athletes*

By Martin Turner and Jamie Barker <http://www.bennionkearny.com/Tipping-The-Balance-Mental-Skills-Handbook-For-Athletes-sport-psychology.htm>



New for 2014! *What Business Can Learn from Sport Psychology*

By Martin Turner and Jamie Barker <http://www.bennionkearny.com/What-Sport-Psychology-Can-Teach-Business-Book-eBook.htm>

*The Psychology of Cricket: Developing Mental Toughness*

By Stewart Cotterill and Jamie Barker <http://www.bennionkearny.com/Cricket>

*Single-Case Research Methods in Sport and Exercise Psychology*

By Jamie Barker, Paul McCarthy, Marc Jones, and Aidan Moran

Published by Routledge <http://www.routledge.com/books/details/9780415565110/>

\*5C Model of Sport Psychology – three PDF posters in support pack for Coaches, Parents and Players