



Teesside
Sport



**TEESSIDE UNIVERSITY
FA GIRL'S EMERGING TALENT
CENTRE (ETC)**

REPORT 2023-24



**Girl's Emerging Talent Centres
across the nation will increase
and diversify the talent pool**

**and give more girls than ever the chance to
take their first step on the pathway towards
playing professional football and following in the
footsteps of the inspirational lionesses.**

Football Association



Teesside University continues to be the only university to deliver an FA-licenced talent pathway programme within female youth football.

The 2023/24 season saw the programme transition to the ETC model, phased in by the FA. The most talented female footballers across Teesside gain access to high-quality coaching and sports science provision.

With 73 centres across the UK, the main purpose is talent identification (ID), to identify and develop future potential players.



SQUADS

163

TRIALISTS JUNE 2023

25

U12 SQUAD

26

U14 SQUAD

31

U16 SQUAD

TRAINING

The ETC model provides players with a dedicated training session each week with high-quality coaches, while allowing for affiliation to grassroots clubs. Players also have a weekly strength and conditioning session.

... there's so much talent in the area and their dedication is huge.

Liam Cox,
Technical Director



PHYSICAL DEVELOPMENT

Players gain weekly access to practitioner-led strength and conditioning sessions, age-appropriate programmes and physical literacy.

Strength development and movement skills mitigate the risk of injury and improve performance. Athletes are educated through this process depending on their age and development. They learn the importance of embedding this philosophy for their future career. Training load is monitored to avoid overload, with rest and recovery recommended.

We work with the individual first, then the athlete and then the footballer.

Dr Matthew Wright,
Strength and Conditioning Lead,
Teesside University



CLINICAL ACCESS

Access to the university's clinical hub suite allows players to receive high-quality practitioner-led therapy and rehabilitation support through the:

- > Sports Therapy and Rehabilitation Clinic**

- > Sport Performance Centre**

- > hydrotherapy pool.**



MATCHES

A range of matches against other ETC programmes allow players to test themselves against national opposition and develop match play experience.

2023/24 opponents included...



EDUCATION PROGRAMME

The Teesside ETC programme provides off-pitch support and CPD sessions for players and parents to enhance their knowledge and develop holistically as an athlete.

All 2023/24 sessions were age and sport specific, delivered by trained sports practitioners.



NUTRITIONAL WORKSHOP

Understanding how to fuel footballing performance.

SPORTS PSYCHOLOGY

Psychology for elite performance.

ELITE LEVEL COACHING

Delivered by Gemma Grainger, Norway Women's Head Coach and Teesside University alumni.

SUCCESSSES

The talent pathway model means players are viewed on a national level. Should they show potential, those attending an ETC can progress in the Women's England Talent Pathway and perform at a higher level.

This year, Teesside ETC has seen

3

Players called up to England talent ID camps at St. Georges Park.

8

Players invited to Regional FA scouting events.

It's life changing for some of the girls - here they get elite performance training.

Chris Walton, Centre Manager

ALUMNI

Many players have come through our programmes and have gone on to do great things.

Beth Mead MBE is now a professional footballer playing for Arsenal Women and the England national team. She studied BA (Hons) Sports Development with us and combined study with sport during her time at Teesside.

Jess Mett is a previous attendee of the programme when it was named the Middlesbrough Centre of Excellence. Now a current Beth Mead scholar at Teesside University, she plays for the BUCS team and was selected for the English Universities Women's Team this year.

Also a Middlesbrough Women's player, she picked up three awards in the 2023-24 season.

Having access to the gym facilities at such a young age massively helped me develop as a player, focusing on things such as strength, balance and coordination.

The centre introduced me to a professional environment where the coaching was top class and always focused on developing weaknesses and perfecting the simple things.

The university also has a big focus on athlete's nutrition and often put



workshops on to help the players and their parents understand the benefit of having the correct diet and highlighting the importance of fuelling your body to cope with the demands of football.

Jess Mett,
Middlesbrough Women

