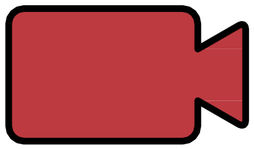
NOAH HARRINGTON



CLICK FOR PLAYER CLIPS

Current Club	Date of Birth	Height	Nationality	Foot Preference	Position
Cardiff City	16.12.2009	184.5 cm	Welsh	Right	CB

I am pleased to provide this reference for Noah Harrington.

Noah has been part of the Cardiff City Academy since U12. Throughout his time in the programme Noah has demonstrated an excellent work ethic across the on and off pitch academy programme. As a young person Noah is extremely driven to improve and displays a clear awareness of how to develop his attributes.

Noah stands out for his technical ability on both feet to control tempo of games from centre back. Noah recognises the when and how to change the tempo of the build with the ball at his feet, manipulating pressure to play through, around, into and beyond opponents. Breaking lines with first time passes is an area Noah has developed further this season, leading to many positive attacking opportunities for others.

Out of possession Noah reads the game to adjust his positioning, taking responsibility for driving the defensive line higher whilst recognising when he needs to protect the space behind the defensive line. Noah's leadership qualities have grown across the U16 programme, taking responsibility for organising the team to protect against transition. These messages are communicated effectively with teammates and highlights Noah's awareness of danger around him.

When defending in and around his box, Noah is both committed and brave. Noah recognises when he needs to stay on his feet and delay opponents, and also when he is required to slide and block attempts at goal. From set plays Noah is winning more first contacts and is becoming reliable in these moments.

Noah has displayed good robustness, showing his ability to cope with the demands of the academy schedule.

Contact details:

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- Ben Adams (Lead Youth Development Phase Coach) ben.adams@cardiffcityfc.co.uk 07568 137205
- Sarah Early-Nightingale (Player Care Manager) sarah.nightingale@cardiffcityfc.co.uk 07872 147436

Technical Data

	U16's
Matches Played	24
Minutes Played	1550
Pass Success %	90%
Line Breaking Passes %	79%
Defensive Headers P90	3.89
Ball Regains P90	6.32

Physical Testing Data

2025/26 Pre Season Data	
CMJ - Jump Height (cm)	33
30:15 Test Level	21
NordBord Eccentric Hamstring Strength (N)	301 (L)
	336 (R)

Physical Match Data

2025/26 Highest Game Data	
Total Distance (m)	11379
High Speed Running (m)	364
Accelerations	98
Decelerations	108
Max Velocity (m/s)	7.7