Clubs best practice

A Player Centered approach to player development

Mission Statement

A summary describing the aims, values, and overall plan of an organization

- Why do we exist?
- What is our purpose?
- How do we justify our existence?

Philosophy

A set of ideas or beliefs relating to player development

- A system of values by which one lives
- A frame of reference by which all employees measure their efforts.
- How do we do justice to our mission?

A Player Development Philosophy?

- YOUTH COACHES MUST BE CAREFUL NOT TO DROWN THEIR PLAYERS' TALENT!

Technical corner
(guidelines)

Technique / Understanding

CONTENT (ADD YOUR OWN)

PARENTS

COACHES

Development
EXAMPLES
C

TEACHERS

CLUBS

Psychological corner
(guidelines)

Personal / Performance

CONTENT (ADD YOUR OWN)

Age

THE GAMES PROGRAMME

Learning
EXAMPLES
C

THE COACHING PROGRAMME

Age

PRACTICE TO GAMES RATIO

Age

Key Phases
EXAMPLES
C

ALTERNATIVE ACTIVITIES

Age

Physical corner
(guidelines)

Growth / Performance

CONTENT (ADD YOUR OWN)

WHAT?

WHEN?

Evaluation?
EXAMPLES
C

WHY?

HOW?

Social corner
(guidelines)

Personal / Society

CONTENT (ADD YOUR OWN)

A Player Development Philosophy?

- PLAYER CENTRED
- PLAYER DRIVEN
- PLAYERS FIRST
- STRIVING TO WIN

A POSITIVE LEARNING ENVIRONMENT!

- **SAFE**
- **SECURE**
- **INCLUSIVE**
- **CHALLENGING**
- **INVOLVE PLAYER CHOICE**
- **FUN/ ENJOYMENT**
- **INVOLVE PLAYER OWNERSHIP**
- **2 WAY TRUST**

LEARNING!

- How does LEARNING play a part in your STRATEGY at your soccer club?
- What sort of ENVIRONMENT does your club ENCOURAGE to support learning and help it take place?
- What do the players need from us?

Great Pianist

- “A great pianist doesn’t run around the piano or do push ups with the tips of his fingers. To be great, he plays the piano. He plays all his life and being a great footballer is not about running, push-ups or physical work generally. The best way to be a great player is to play football.

- Jose Mourinho

Chelsea head coach. March 2005.

Training / Levels of Play
U5 & U6

- 3v3 “In House” games
- Expanded pool of players
- Balance & coordination
- Body awareness
- Target games
- Maze games
- 1 ball per player activities

Objective: Fun & enjoyment

Training / Levels of Play
U7 & U8

- 4v4 “in House” Games
- Expanded pool of players
- Balance & coordination
- Body awareness
- Target games
- Maze games
- Two players 1 ball activities

Objective: Fun, enjoyment & cooperation

Training / Levels of Play
U9 & U10
Academy

- 6v6 with Goalkeepers
- Expanded Rosters / player pass
- In house & Inter Club
- Appropriate competition
- Small group activities 4 player 1 ball
- Balance & coordination
- Ball mastery / technique
- Basic tactical understanding
- Decision making / problem solving

Training / Levels of Play
U11 & U12

- 9v9 with Goalkeepers
- Expanded Rosters / player pass
- Competitive league play
- Appropriate competition
- Small sided games
- Balance & coordination
- Ball mastery / technique
- Tactical awareness
- Decision making / problem solving

Unrestricted Play

- We must allow our players the opportunity to participate in free play without any interference from adults.

- Explore & Experiment
- Risk taking
- Problem solving
- No coaching
- “Street Soccer”

Education

- Parent
- Coaches
- Staff

PLAYER DEVELOPMENT
BIG MESSAGES

Philosophy

4 Corners – Technical/ Physical/ Social & Emotional/ Psychology & Learning

Design Activities to Support PLAYERS' LEARNING

Delivery – Aim to be more IMAGINATIVE and INVENTIVE and less PRESCRIPTIVE, DIRECTIVE and INTRUSIVE