

Topic: Age Group Training (Part 1)

Who are we coaching?

- Children
- Youths
- Adult

What level?

- Non-competitive (grassroots, social)
- Competitive (amateur, professional)

Be aware of who are the players (age, ability) and at what level (developmental, competitive, elite)

Plan and use appropriate coaching methods to develop them further based on their phase of development

Note: All references are gender neutral

Phases of Development

GRASSROOTS

YOUTH

U6

U10

U11

U13

U14

U16

U17

U20

**FUN
PHASE**

**FOUNDATION
PHASE**

**FORMATIVE
PHASE**

**FINAL
PHASE**

Who?

Children – Up to 9 years old

FUN PHASE

Physical	Motor Skill	Cognitive	Psycho-Social	Training Methods			
-Slow but steady increase in height & weight - Undeveloped aerobic capacity and strength	-Basic motor skills are developing at different stages	-Concrete phase, action is centered around a concrete object, the ball - Unconsciously incompetent	-Very sensitive and easily hurt by criticism -Short attention span	-Fun drills to introduce technique, coordination & balance -Maximal touches of the ball	-Fun oriented, small-sided games, modified games -Simple rules	-Stress free -Self discovery -Equal playing time -Sufficient recovery	-No physical conditioning -Player development before results

Who?

Children - 10 to 12 years old

FOUNDATION PHASE

Physical	Motor Skill	Cognitive	Psycho-Social	Training Methods			
-Start of growth spurt -Height & weight increase, limbs growing longer -Puberty, physical & hormonal changes	-Motor skills are developing at different stages -Capable of more complex tasks	-Enters the formal operation phase, i.e. imaginative, receptive, perception -Consciously incompetent	-Makes comparison -Higher level of self-esteem -Self evaluative -Sensitive	- Development & refinement of technique into skills -Basic individual & small group tactics, e.g 1 vs 1, 2 vs 2, 3 vs 1	-Small-sided games -Introduce game rules, e.g offside, foul throws,	-Self discovery & guided -Longer playing & training time	-Introduce low intensity physical conditioning -Player development before results

Who?

Youths - 13 to 15 years old

FORMATIVE PHASE

Physical	Motor Skill	Cognitive	Psycho-Social	Training Methods			
-Reaching full maturity & growth -Stabilizing physical & hormonal changes, increase in height & weight	- Specialized phase, game specific -Very adaptive	-Refinement of formal operation phase -Reaching full maturity -Capable of abstract thoughts -Consciously competent	-Self centered -Very critical -Search for identity, peer pressure -Unstable emotionally due to hormonal changes -Seek independence	-Train technique & skills at match speed -Coach individual, & group tactics (block or line)	-Small-sided games to full squad practice	-Guided coaching -Longer, more intensive playing & training time	-Introduce physical conditioning -Introduce strength training -Training to compete -Mental skills training,

Who?

Youths - 16 to 19 years old

FINAL YOUTH PHASE

Physical	Motor Skill	Cognitive	Psycho-Social	Training Methods			
-Full maturity & growth -Stabilized physical & hormonal changes -Reaching optimal height with gain in strength & speed	- Specialized phase, game specific -Movement with speed & strength	-Reach full maturity -Abstract thoughts, opinionated, goal oriented - Unconsciously competent	-Very critical -Establish group identity -Emotional stability - Independent in thought & actions	-Refine skills at match speed -Coach group & team tactics -Game plans, strategies	-Phase of play, Full squad practice	-Semi-guided coaching -High intensity playing & training	-Physical conditioning -Strength & power training -Training to win, result oriented -Achieve mental toughness