

Coaches should be aware of the following-

- Children's football is **not the same** as Adult football, so modify training/games to suit them.
 - playing area – a smaller area is less physically demanding
 - number of players – fewer players in a smaller area means more contacts with the ball
 - goalpost size – realistic chance of making saves for the young goalkeeper
 - equipment – appropriate sized football, e.g size 4 for below 12 years,
 - intensity – less repetition, more recovery time in between repetitions and sets
 - game rules – simple rules, e.g no offside, and ensure equal playing time by allowing all substitutes to play
- Let the game itself be the teacher – **don't over coach!**
- Young players develop at **different rates**, so coach them accordingly, even within the same age group.
- Demand **improved performance** and not **winning results** for each practice or game.

Introductory Course

Coaches should –

- Start with emphasis on **learning/development** and progress to **competing/winning** as they grow older.
- Start with simple, fun, small-sided games and progress to more competitive full squad practice as they grow older.
- Start with simple practices on technique, skills, individual tactics, group tactics and eventually team tactics as they grow older.
- Start with balance, co-ordination and agility exercises and progress to more intensive physical conditioning as they grow older.

Coaches should –

- Understand how young players learn – **Visual** (observing), **Auditory** (listening) and most effectively, **Kinaesthetic** (doing, mimicking, experimenting).
- Keep practices simple, varied, interesting and progressive (Development Scheme).
- **Talk less** and **demonstrate/show** more during practices.
- Teach only **3 to 4 Key Coaching Points** in each practice.
- Use the **‘Show me’** or **‘Tell me’** method when solving football problems during practices rather than the direct method – ‘Do this, do that!’. Let them solve problems, take responsibility for their decisions, experience self-discovery and encourage creativity in play. **Involve them!**
- Understand the training contents and more importantly, the **PROCESS OF TRANSFERENCE** to the young players.

Discussion topic

Besides football, what other things should be taught to the growing player?