

NATIONAL YOUTH COACHING COURSE

Player Development

Never be a child's last coach.

Player Development develop the person first and the player second

Good clubs start with **Why** - *(why we do it)*

Why do we exist?

Why have planned player development?

Next those clubs address **How** - *(how we do it)*

How will we develop players?

Education of club members

Training of club staff

Finally they attend to the **What** - *(what we do)*

What do we need to develop our players?

What is each step to take for progressive player development?

What soccer environment is healthy for those players?

Why

How

What

Recommend you watch this TED Talk: https://www.youtube.com/watch?v=u4zoJkF_VuA

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Care in the beginning...



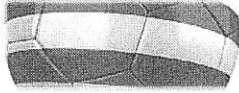
...Enriches the end



KIDS NEED A NEW MEASURE OF SUCCESS: PERSONAL IMPROVEMENT

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USA Style of Play

Mind – Ball – Body

- > Speed of Play
- > Tactical Awareness
- > Technical Execution
- > Confident Mentality
- > Positional Skills & Responsibility
- > Professional Habits
- > Ambitious Going Forward
- > Aggressive in Defense

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There are many people, particularly in sports who think that success and excellence are the same thing and they are not the same thing. Excellence is something that is lasting and dependable and largely within a person's control. In contrast, success is perishable and is often outside our control. If you strive for excellence, you will probably be successful – eventually. People who put excellence in first place have the patience to end up with success. An additional burden for the victim of the success mentality is that he/she is threatened by success of others and resents real excellence. In contrast, the person fascinated by quality is excited when he/she sees it in others.

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What Kids Want From A Coach

The answers they gave researchers

1. RESPECT AND ENCOURAGEMENT
2. POSITIVE ROLE MODEL
3. CLEAR, CONSISTENT COMMUNICATION
4. KNOWLEDGE OF SPORT
5. SOMEONE WHO LISTENS

Kids who work with him should learn these fundamentals.

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Player Outcomes that Result from Effective Coaching – (4 C's)

Competence: Soccer-specific technical and tactical skills, performance skills, improved health and fitness and healthy training habits

Confidence: Internal sense of overall positive self-worth

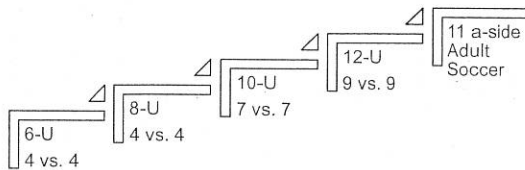
Connection: Positive bonds and social relationships with people inside and outside of soccer

Character: Respect for soccer and others (morality), integrity, empathy and responsibility

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There is no elevator to success. You have to take the stairs.



Stair Step Approach into the Adult Version of 11 vs. 11 Soccer

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In so-called motion sports such as basketball, soccer and hockey, kids are often required to make two (2) decisions a second. But developmentally, most kids can't really handle this expectation until the age of about twelve or so.

- JustPlay



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A stair step approach to player development without skipping steps.

Training Session

Ball-to-Player Ratio Progression

6 and Under – 1:1

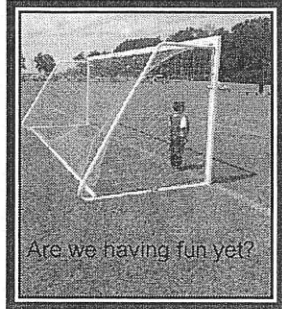
8 and Under – 1:1 and 1:2

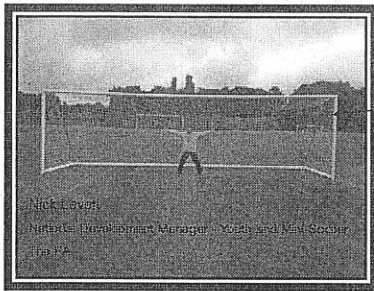
10 and Under – 1:1, 1:2, 1:3 and 1:4

12 and Under – 1:1, 1:2, 1:3, 1:4, 1:5 and 1:6

Advance through Individual to Pairs to Small

Group play.





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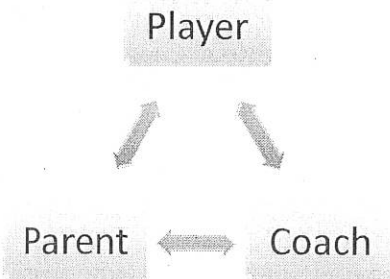
Here you see a 6 foot tall adult player in a goal that is the equivalent to a 10 and Under player in an adult size goal (6' x 24'). Imagine yourself trying to make a save from a shot at this goal. We must instead put children in age appropriate soccer environments.

English
FA Kids

Soccerparenting.com

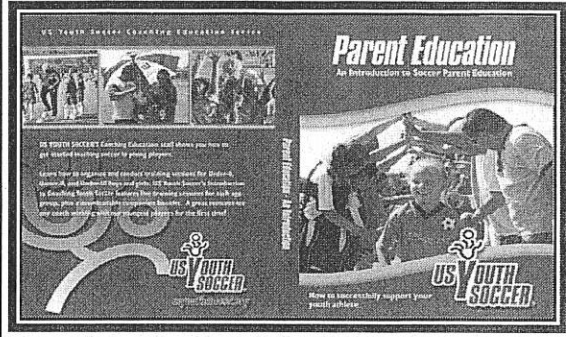
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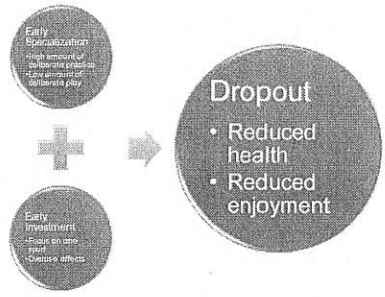


Parents do you see soccer for your child as an investment or a gift?

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Overuse and Burnout

Early sports specialization may not lead to long-term success in sports and may increase risk for overuse injury and burnout.

Sport diversification should be encouraged at younger ages.

To reduce the likelihood of burnout in youth soccer avoid overscheduling and excessive time commitment to the sport.

An emphasis should be placed on skill development over competition and winning.

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Children undergo growth and development at an individual rate. Biologic growth and maturation are primarily genetically regulated; development is more culturally mediated. For example, the development of child's play paradigms can vary depending on the cultural exposure [ZPD] to solitary play, parallel play, associate play and cooperative play situations. Physical growth and cognitive development both influence successful participation in sports.

- solitary play = 0-U
- parallel pairs play = 8-U
- associate play = 10-U
- cooperative play = 12-U



All three players were born in 1994. At the time the photo was taken all of them were in the 14-U age group.

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Ages 4 to 9 – Childhood

TRAINING ENVIROMENT

- Mostly technical repetitions, psychologically friendly and positive, simple combinations and decision making activities.
- Individual basic skills with an emphasis on keeping ball possession.
- Lots of balance and coordination exercises.

Ages 4 to 9 – Childhood

MATCHES

- Matches of 3- to 6-a-side.
- No leagues or standings!
- No tournaments – festivals instead.
- Many fun and competitive games.
- Gain technical skills and game insight by playing in simplified soccer situations.

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Ages 10 to 14 – Puberty

TRAINING ENVIROMENT

- More combinations on offense and defense.
- Many decision making environments.
- Psychologically positive with correction.
- Advanced competitive skills against match opponents.
- Tactically work on the roles of attack and defense and the basic principles of play.
- Exercises should focus on endurance, flexibility and speed.

Ages 10 to 14 – Puberty

MATCHES

- Matches of 7- to 11-a-side.
- Selection (try-outs) should not begin until the U14 age group.
- Less emphasis on the match results and more emphasis on players' performances.

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Organization of Player Development by Age

- *Children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity.*
- Age conditions the way a person perceives and interacts with the world and with others. In any learning process, age is the key component in selecting appropriate content and methodology.
- U.S. Soccer Curriculum – Age Group Organization

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Organization of Player Development by Age

- For this reason we must not train 6 year old players the same way as 13 year old players. Training sessions must be adapted to the age of the players. Taking into consideration the characteristics of human and player development, we have structured the curriculum into Zones.
- Zone 1 encompasses ages 5 to 12.
- U.S. Soccer Curriculum – Age Group Organization



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Organization of Player Development by Age

Zone 1

- Initial stage – 5 to 8 years old
- At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low.
- U.S. Soccer Curriculum – Age Group Organization

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Organization of Player Development by Age

Zone 1

- Initial stage – 5 to 8 years old
- In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

- U.S. Soccer Curriculum – Age Group Organization

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Organization of Player Development by Age

Zone 1

- Basic stage – 9 to 12 years old
- At this stage, the structure* (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding.

- U.S. Soccer Curriculum – Age Group Organization

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Organization of Player Development by Age

Zone 1

- Basic stage – 9 to 12 years old
- Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

- U.S. Soccer Curriculum – Age Group Organization

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Player Development Pathways

Recreation is the entry level for all soccer players, often in early childhood.

- "recreational team" means a team that participates in a recreational league.
- "premier team" means a team that participates in a premier league.
 - Policy on Players and Playing Rules of the United States Youth Soccer Association, Inc.

Competitive: relating to, characterized by, or based on competition <sports>

Recreation: refreshment of strength and spirits after toil : to create anew, restore, refresh
Webster's New Collegiate Dictionary

By definition are not youth teams both recreational and competitive?

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The Power and Performance Model

- Strength, speed and power are emphasized
- Excellence is demonstrated through success...indicated by winning
- Winning is valued more highly if hard work, dedication, sacrifice, risk, and pain are evidenced
- Training and performance should be technologically enhanced and scientific
- Participants should not be concerned with injury
- A clear hierarchy of authority structures exists...players should be subordinate to coaches
- Opponents are viewed as adversaries
- Only the best on a team should play
- If you are unskilled, you will cost the team a game and this is unacceptable

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The Pleasure and Participation Model

- Active participation is emphasized and is the reason for involvement for soccer
 - Both teams are important...the opponent is seen as valued and needed in order for a contest to take place
- The participant's control of the body and ball provide satisfaction
 - Skilled movement and cunning performance yield satisfaction
 - Domination and victory are not requisites of satisfaction
- Decisions are shared
 - Cooperation is desired and expected
 - Power is shared between coaches and players

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Coaching Objectives for Developing Player Outcomes (4 C's) in the Zone 1 Context

Participation Coach for Children

1. Adopt an inclusive focus as opposed to an exclusive selection policy based on performance
2. Organize a mastery-oriented motivational climate
3. Set up safe opportunities for players to have fun and engage playfully in low-organization (process of play, not outcome of play) games
4. Teach and assess the development of fundamental movements (physical literacy) by focusing on the child first
5. Promote the social aspect of soccer and sampling (of activities & games)

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TOPSoccer provides these special players with the opportunity to participate in soccer in a safe and fun environment.

TOPSoccer welcomes players of all abilities and focuses on grouping players by similar skill, talent and ability rather than by age group.

This system promotes personal development and makes the experience more fun for all of the players.

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- The select soccer pathway demands more time, personal sacrifice, commitment and toughness – both mental and physical. Dedication, personal and team, is crucial to development.
- Family support to the committed player is of paramount importance.



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- **Jan Olde Riekerink**, Ajax's Head of Youth Development -
- "We always look for [soccer players] first, but to stay up with the modern game we must develop athletes to compete at the top international level. But enjoyment must come first. That's the basis for all our coaching: if they don't have fun, we don't do it. We don't make them run in mud just because it'll make them stronger."

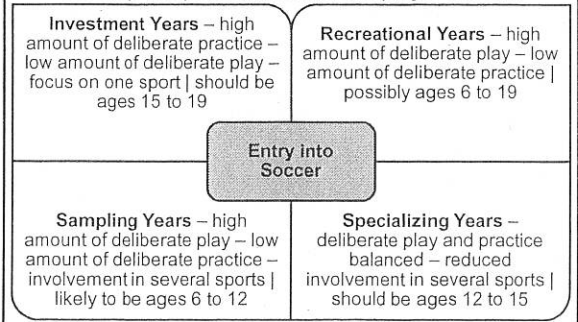
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- **Tab Ramos**, Youth Technical Director for U. S. Soccer –
- "...we are looking for players who are comfortable on the ball. It doesn't have to be players who are specifically great in any one position, but players who can adapt to positions because they are comfortable on the ball. It begins there. The rest of it will be little steps at a time."

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One pathway is for development is
pastime soccer.

The Kohl's US Youth Soccer American
Cup provides recreational youth
soccer players an opportunity to
experience a consistent and high
quality statewide tournament in a
fun, festival-like atmosphere
enrollment.



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Youth Soccer Month

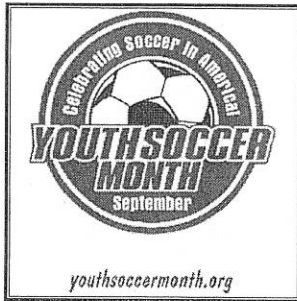
At the beginning of each new soccer year we
celebrate the game!

Each September is Youth Soccer Month across the
USA.

Each week has a theme which are Fun, Family,
Friendship and Fitness.

The first Wednesday of the month is "Street Soccer
Day."

Eighty colleges participated in the program this year.
The "giant jersey" tour stopped at 15 locations and
made 725,000 impressions.





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Soccer Across America is designed to introduce the sport of soccer to youngsters
living in communities not yet served by existing clubs and leagues. Focused on
making soccer available to lower-income children in underserved communities.

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The United States Olympic Committee and the National Governing Bodies (NGBs) of sport in the U.S.A. embrace the athlete development principles which allow athletes to explore their full potential and utilize sport as a vehicle for a healthier America.

Quality sport education should include the following elements:

- motor and foundational skill development,
- multi-sport participation,
- developmentally appropriate (within mental and physical reach of athlete),
- a fun and engaging atmosphere,
- focus to maximize future potentials.

The goals are to:

- keep children engaged in sport longer,
- develop fundamental skills that transfer between sports,
- utilize sport as an avenue to an active and healthy lifestyle, and
- grow the pool of athletes from which Olympians and Paralympians are selected.

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What Kids Say Is The Most Fun

They want social bonds and access to the action

MORE FUN	LESS FUN
1. TRYING YOUR BEST	48. WINNING
2. WHEN COACH TREATS PLAYERS WITH RESPECT	49. PLAYING IN TOURNAMENTS
3. GETTING PLAYING TIME	50. PRACTICING WITH SPECIALTY TRAINERS AND COACHES
4. PLAYING WELL TOGETHER AS A TEAM	51. EARNING MEDALS OR TROPHIES
5. GETTING ALONG WITH YOUR TEAMMATES	52. TRAVELING TO NEW PLACES TO PLAY
6. EXERCISING AND BEING ACTIVE	53. GETTING PICTURES TAKEN

Much less of a priority than simply having a chance to play.

9 OUT OF 10 CHILDREN SAY "FUN" IS THE MAIN REASON THEY PARTICIPATE IN SPORTS

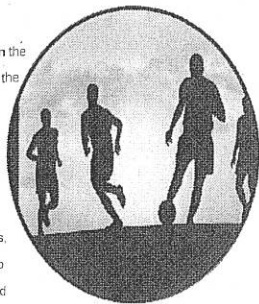
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Players from the select level and possibly from the recreational level may go on to play soccer at the college level.

A few players from the select level will go on to play soccer professionally.

Our ultimate goal with all of our players is a life-time of participation in the game as players, administrators, referees and coaches. To help us achieve this goal our club, league, state and national policies must support age appropriate play.



Player development is not a beeline highway, instead it meanders towards its destination.

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Dr. Tom Fleck

"We must work to create an environment to develop the American player's growth and development! In the past we have tried to train the Dutch way, the Brazilian way, etc. We can and will together create the finest players in the world if we understand the growth, development and specific characteristics of our youth. Distributing the body of information from the "Y" License is the first step."

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The Game for All Kids!®

Mission Statement
US Youth Soccer is a non-profit and educational organization whose mission is to foster the physical, mental and emotional growth and development of America's youth through the sport of soccer at all levels of age and competition.
