



PLAYER DEVELOPMENT AT THE FUNDAMENTALS STAGE

(GIRLS AGE 6-8 YEARS, BOYS AGE 6-8 YEARS)

MAIN OBJECTIVE

Learn all fundamental movement skills and build overall movement skills

This stage focuses on learning fundamental movement skills and building overall motor skills. Fundamental movement skills are the building blocks of success in sport and life-long enjoyment of physical activity. Children who develop them are more likely to engage in activity as children and later as adults. It is important that all children master fundamental movement skills before more sport-specific skills are introduced at end of stage.

GENERAL SPORT DEVELOPMENT



- Important to encourage participation in wide variety of activities.
- May participate 1-2 times a week in preferred sport, so long as there is participation in many other sports / activities.

GENERAL FITNESS SKILLS



- Agility*
- Balance*
- Coordination*
- Speed* - 1st "window" of speed training.

*Key period of development

MENTAL & COGNITIVE DEVELOPMENT



- Short attention span.
- Developing memory.
- Limited reasoning ability.
- Action-oriented.
- Enjoy repetition of activities.
- Improve abilities through experience.

EMOTIONAL DEVELOPMENT



- Like to be centre of attention.
- Self-concept is developing through experience and comments from others.
- Influence of peers becomes a strong driving force.
- Begin to understand the need for rules and structure.

ETHICAL & SOCIAL SKILLS



- Introduce simple rules and ethics of sport:
- Effort.
 - Try it all! (positions, skills, sports).
 - Respect: body, others, equipment, facility.
 - Fun and friendship.
 - Cooperation and teamwork.

COACHING TIPS

- **Players should get as many touches on the ball as possible** - better opportunity to develop their skills.
- **Focus on the core technical skills** - Build the foundation before you build the house.
- **Avoid long lines** - Split the group up if need be or increase the rotations in drills to keep players activated and engaged.
- **Don't undervalue asking OPEN or LEADING questions** - Player feedback can help guide the level of instruction.
- **Positive reinforcement** - Give positive feedback at all times.
- **SHOW & GO** - Don't talk for too long. Demonstrate and let players "feel" the exercise.
- **Create a challenging environment** - Time challenges or mini competitions.

DESIRED GENERAL OUTCOMES

Children:

- Feel confident and motivated to participate in physical activities.
- Understand how to lead a healthy lifestyle. (Eat healthy, drink mostly water, get your heart going!)
- Develop Fundamental Movement Skills.

Parents understand:

- All children develop physical skills at their own rate
- All children progress through the same stages
- Foundation skills are the gateway to active living
- Children develop their attitude about physical activity at this stage and it is highly correlated to their adult lifestyle.