

## Player Development Path Way 6 to 8 Yrs Old

Skill Development Path way		
Football	Key Words	A-B-C & R-J-Ts C-K-P
<p><b>Crouch Lift</b> (Strong Foot)</p> <p><b>Bouncing</b> Left Hand Right Hand Both Hands</p> <p><b>Low Catch</b></p> <p><b>Body Catch</b></p> <p><b>Hand Pass</b> (Strong Hand)</p> <p><b>Punt Kick</b> (Both Feet)</p> <p><b>Ball Handling Skill</b></p> <p><b>Solo</b> (Strong Foot)</p>	<p><u>Foot First Hands In front</u></p> <p><u>Turn – Push - Catch</u></p> <p><u>Bend and Bounce</u></p> <p><u>Hands Open In rounded “M” Shape</u></p> <p><u>Elbows Tucked Into body</u></p> <p><u>Hold – Push – Point - to - receiver</u></p> <p><u>Step – Drop – Kick – Point – Foot</u></p> <p><u>Drop – Touch - Catch</u></p>	<p>Tag Ball Chasing Game</p> <p>Foot work Using coloured Cones</p> <p>Skipping Forwards Backwards</p> <p><b>Running Technique</b> Forwards – Side Ways- Backwards Using hurdles for Forwards and Side ways</p> <p><b>Jumping</b> High Hurdles Off two feet off one foot developing right and Left foot to take off</p>

## **Player Characteristics**

Children at this stage of development will tend to be self centred and will think the ball is their toy and will try run and score rather than pass.

They will respond to partner work and skill development for a short period of time. This will help them work in and for the team later.

They will tend to watch the ball all the time and will not look or see space to run into.

They should be asked questions and this in turn will help the coach check for understanding of what he perceived is being coached.

Defending a goal is not yet in their world when their team is not in possession. They are only interested in getting close to the ball at all times.

Target games and races are the best way to get them to respond, (Hitting targets throwing and running)

## Player Development Path Way 8-10 Year Old

Skill Development Path way		
Football	Key Words	A-B-C & R-J-Ts
<p><b>Crouch Lift</b> Both feet Moving Ball On strong foot</p> <p><b>Bouncing</b> Evasion Coordination</p> <p><b>Catching</b> High Catch Low Catch Body Catch</p> <p><b>Hand Passing</b> Both Hands Open Hand Fist Pass</p> <p><b>Punt Kick</b> Both Feet <b>Hook Kick</b> Strong foot only</p> <p><b>Solo</b> Both Feet</p> <p><b>Tackling</b> Near hand, Blocking, Shadowing</p> <p><b>Scoring Points</b> Both Feet , Hands</p>	<p><u>Foot First Hands In front</u></p> <p><u>Turn – Push - Catch</u></p> <p>Eyes On Ball - Hands Rounded “W”</p> <p><u>Hold – Push – Point - to - receiver</u></p> <p>Longer Distance – Scores</p> <p><u>Step – Drop – Kick – Point - Foot</u> Foot Across Body Hand for Balance</p> <p><u>Drop – Touch - Catch</u></p> <p>Eyes On Ball Only Tackle Ball when you can see it</p>	<p>Tag Ball Relay Races</p> <p>Hurdles Forwards Side Ways</p> <p>Bouncing ball left Catching Right Bouncing right Catching Left</p> <p>Agility run touching cones using Left and right hand</p> <p>Bouncing Over 6 and 12 inch hurdles two feet together</p>

**All of the 6-8 skill developments must be complemented by the coach**

**Player Characteristics**

Players will start to look up when in possession and start choosing options for the team (i.e. Passing rather than shooting, Kicking away ball).

They will have difficulty in Tackling opponents but will try block Kicks and keep the ball away from them.

Questions should be used so they are thinking all the time about their decisions and development.

Games will be most important to these players, however Technique in all players will be best developed through individual, paired and small group work. The coach can some time start his / her session with a game for 10 min, stop the game to develop skill and implement this in the game again. This is referred to as Whole – Part – Whole approach.

Coaches must develop all of the children and be positive in their feed back to players to encourage confidence and risk taking in players, this will develop Flair players.

Winning Games will be vital to children at this age. This will be done by scoring more than the opposition but also by denying them scores and team play.

The coach can also encourage changes in direction of runs and passes. The young player will also get a grasp of support play.

Players must be encouraged to move to the ball at all times during drill and games.

Good foot work and jumping techniques are bedded in at this stage of development and will be ingrained in the players muscle memory for their career.

Skills development will be best complemented by small sided games

## Player Development Path Way 10-12 Year Old

Skill Development Path way		
Football	Key Words	A-B-C & R-J-Ts
<p><b>Crouch Lift</b> Both feet Moving Ball On Both Feet</p> <p><b>Bouncing</b> Evasion Coordination</p> <p><b>Catching</b> High Catch Low Catch Body Catch</p> <p><b>Hand Passing</b> Both Hands Open Hand Fist Pass</p> <p><b>Punt Kick</b> Both Feet <b>Hook Kick</b> Both Feet</p> <p><b>Solo</b> Both Feet Dummy Solo</p> <p><b>Tackling</b> Near hand, Blocking, Shadowing</p> <p><b>Evasion</b> Side Step / Roll Off Tackle</p>	<p><u>Foot First Hands In front</u></p> <p><u>Turn – Push - Catch</u></p> <p>Eyes On Ball - Hands Rounded “W”</p> <p><u>Hold – Push – Point - to - receiver</u></p> <p>Longer Distance – Scores</p> <p><u>Step – Drop – Kick – Point - Foot</u> Foot Across Body Hand for Balance</p> <p><u>Drop – Touch - Catch</u></p> <p>Eyes On Ball Only Tackle Ball when you can see it</p>	<p>Tag Ball Relay Races</p> <p>Hurdles Forwards Side Ways Reaction Speed Standing, Sitting, Facing away from Coach</p> <p>Bouncing ball left Catching Right Bouncing right Catching Left</p> <p>Bouncing Over 6 and 12 inch hurdles two feet together</p> <p>Reaction Speed Whistle, Ball, Visual Signs</p>

<p><b>Vision</b>    Head Up</p> <p><b>Team Play</b>    Support Play</p> <p><b>Fitness</b>    Start Conditioning body work</p>		
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Previous skills must be complemented by the coaches

Player Characteristics

Players will compete more which will allow for increased intensity in Sessions

Players will understand that defending is as important as scoring and this will increase their chances of winning games

Support play can be developed from the side, Front and behind the carrier, Changing direction of runs and passing can be developed to the benefit of the team

Problem solving and decision making can be done best in small sided games

All players must be developed through these games not just the better players

Players must be encouraged to go to the ball during games and drills as they cannot be allowed wait for the ball to come to them

All aspects of the coaching sessions need to be increased in intensity including warm ups which must be dynamic

Strength and conditioning exercises can be incorporated into sessions and must not be used as punishment during the session.



