



DEVELOPMENT

METHODS

Foundation

Phase

DEVELOPMENT PHASES

Egocentricity: Live in

- Easy to motivate and distract
- Spontaneous and sincere Derive pleasure and enjoyment

SOCIAL AND MENTAL

- from play and movement
 - violence Basic trust in authority figures

Highly competitive

Recognize and show

awareness of interpersonal

Motivation to learn and perform

- Development of
- self-confidence/self-esteem Development of ability to
- communicate and of
- self-awareness
- Dealing with frustration
 - between boys and girls Experimenting through free play

Increased sensitivity to differences

 Development of capacity for reflection

environment

offences

 Pre-puberty: mental and emotional instability

others/focused on opinion of group

Awareness of violence in their social

committing criminal and violent

Preventing criminal acts

Recognition of complex and

Professionally competitive and

involved in criminal structures,

sexual crimes and vandalism

Professional vision with link to

higher education or by entering

ambitious to achieve their goals

Deviant behavior: risk of becoming

abstract relationships

- Puberty: Psychosocial insecurity and search for recognition
- Enjoy the attention of others
 Can easily be influenced by Search for identity
- Preventing from smocking
 Breaking norms and rules: risk of
 Interest in illegal substances

Transition into adulthood: Search for autonomy

 Greater capacity for reflection

phase

+16

 Better communication skills Confrontational behavior Search for independence Ability to lead Rule model for peers

- Focused on coach and imitation of others
- Limited concentration and attention span High expectations, curious and
- imaginative . possessive
- Compare themselves and Curiosity and desire to learn
 - compete with peers Capable of generating own
 - Awareness (recognition) of rules Awareness of violence in their
 - social environment Risk of victim becoming aggressive

(e.g. interest in smocking)

Strong sense of rivalry

Entering phase of other-

in relation to others and

Development of skills for

Self-organization

centrism: put their own actions

understand the people around

independent conflict resolution

Trust worthy

Isolation and conflictive behavior

Increased communication skills

- - development
 - Significant difference in size and weight

 - High levels of tactical and strategic
 - understanding

Physical consolidation and strategic

- Physical differentiation between the sexes and within the game
- professional competition
- Greater tactical and strategic ability
- High level of technical knowledge

SOCIAL

Encourging movement and joy in

DURATION AND

FREQUENCY OF

PRINCIPLES

CLEAN/FAIR

TRAINING

 Master basic rules Improvement of motor skills with focus on coordination Development of basic skills (dribbling, throwing, passing etc.)

Developing sportive skills in a playful way

 Get to know and experience different positions Attack vs. defense concepts Consolidation of basic skills

(dribbling, throwing, passing etc.)

 Application of tactical strategy Different technics of basic skills (e.g laces, rap-around pass, backhand and bounce pass)

Fundamental sport skills under pressure

Reading the game

Introduction of positions

Focusing on performance and competition

 Wide-ranging application Master fundamental skills under pressure Technical refinement to positions specific skills Tactical and formation changes mid game

SPORTIVE

METHODS

Coach as role model,

supervisor and animator Coach takes active part in exercises

GUIDELINES

 Coach monitors individual development and emotions displayed by children Risk of injury due to limited physical capacity Storytelling to introduce

Coach as a teacher and role model:

exercises

- Respect for rules, responsibility, identity and team spirit, solidarity within group Coach encourages children to express
- emotions Progressive exercises, from easy to complex

- Versatile and diverse movements in playful activities
- Exercises with a lot of movement and focus on enjoyment •"Small feet - small sports ground"
- small groups or pairs Playful exercises that encourage

TYPE OF GAMES

 Simple objectives and exercises

Boys and girls playing togethe

- TYPE OF GAMES • 4 x 4, small pitch, small groups Tournaments with a winner at the end of the session / not

Sport-specific technical drills

 Boys and girls play together (Individual) concentration exercises and group dynamics focused on play and enjoyment; include tournaments and rivalry Delegation of responsibilities and roles (referee, assistant coach, etc.) to enhance the development of

self-responsibility and empathy

Coach as expert and role

 Focus on communication respect, tolerance to guide in search for

Coach as mentor and

- Focus on communication, leadership, responsibility and reliability to allow independent development
- Highly complex nature of the game: strengthening of tactical and strategic understanding

Promoting personal independence, initiative, self-confidence and participation

on and off the sports ground

 More responsibility for the players: work out own training blocks independently; agreement on rules TYPE OF GAMES and norms and decisions on sanctions for breaking the rules; organizing events/tournaments

Strengthening the individual profiles

of the players through individualized training Match-related exercises in tactical

- blocks (intersperse attack and defense)
- Complex match situations and objectives
- training Exercises under time pressure and in stressful situations

change and support of empathy Group work to establish norms and rules of behavior; application of rituals Assignment of 'tasks' to children (e.g. identify places of risk on

Switch of tasks and roles (referee,

assistant, coach) for perspective

their way home; observe situations of exclusion in social environment)

TYPE OF GAMES

 Alternative game forms (e.g 3 halves system, fair game syste

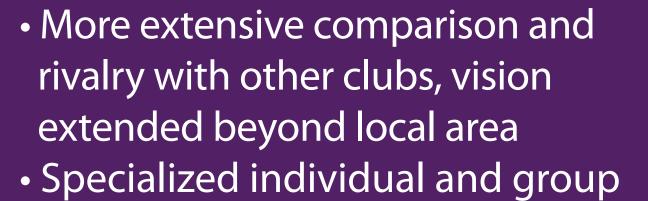


 Gradually increased complexity of games and group training

•Tournaments on small and full-size

 League system and tournaments Alternative game forms (e.g 3 halves system, fair game system





 Identifying community needs and organizing communitybased activities

TYPE OF GAMES

 League system and tournaments Tournament on full-size pitches





working life









TEACHING GOALS

Encouraging

social interaction

Ability to show emotions

Enjoyment of being and

Equality between boys and girls

playing in a group

Promoting self-responsibility

• Self-assessment • Communication healthy lifestyle

Active Listening
 Responsibility and reliability

Proactivity / creativity
 Professional vision

Communication

preventing criminal acts

smoking

prevention from

Proactivity and innovation

Promotion of gender equality

Commitment of perseverance

Self-assessment / reflection

make decisions
Solidarity

Ability to lead and

Punctuality

Sensitizing for the needs and

emotions of others

Conflict management

Awareness of gender equality

Communication
 Self-assessment

and responsibility of the team

Knowledge about rights and duties

Knowledge of processes involved

Life plan / personal care

Conflict management

in group dynamics • Accountability

PHYSICAL AND SPORTIVE

Few motor, physical and technical abilities

 Focused on themselves while playing without tactical vision

Deficits in coordination and balance

- No difference between physical abilities of boys and girls Low levels of physical capacity and enduran
- Fast progress in developing

Limited field of vision

- complex movements Wider visual field • Play with others/higher tactical lev
- Show appreciation for others • Emergence of different skills Proactivity / creativity
 Empowerment Equality between boys and girls whe playing Generosity
 Resilience
- Significant difference in size and weigh Recognition of physiological capacity Increasing motor skills

Significant differences in physical

- More obvious physical differences between boys and girls
- Problems with coordination and motor skills
- Emergence of particular skills Increased development of motor skills
- behavior
- Playing to meet specific objectives and in
- Greater physical capacity and stamina
- Precision in movement





Coordination ()

Endurance (

Coordination O

HIGH INTENSITY AS PART OF SYSTEMIC TRAINING



















