



DEVELOPMENT

DEVELOPMENT

METHODS

GUIDELINES

Coach as role model,

exercises

exercises

supervisor and animator

Coach takes active part in

Coach monitors individual

development and emotions

displayed by children

Storytelling to introduce

Risk of injury due to

METHODS

Versatile and diverse

and focus on enjoyment

small groups or pairs

movements in playful activities

Exercises with a lot of movement

•"Small feet - small sports ground"

Playful exercises that encourage

TYPE OF GAMES

 Simple objectives and Boys and girls playing together

TYPE OF GAMES

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

Switch of tasks and roles (referee,



PHASES

 Highly competitive Recognize and show awareness of interpersonal violence

SOCIAL AND MENTAL

Motivation to learn and perform

Development of

Foundation

Phase

13-16

phase

- self-confidence/self-esteem Development of ability to
- communicate and of
- self-awareness

Dealing with frustration

reflection

instability

offences

Puberty: Psychosocial insecurity and search for recognition

Search for identity

Enjoy the attention of others
Can easily be influenced by

Crushes

Transition into adulthood: Search for autonomy

Greater capacity for

Better communication skills

reflection

 Confrontational behavior Search for independence Ability to lead

 Derive pleasure and enjoyment from play and movement

Easy to motivate and distract

Spontaneous and sincere

attention span High expectations, curious and

compete with peers

Capable of generating own

Limited concentration and

of others

imaginative

Basic trust in authority figures

Focused on coach and imitation

Increased sensitivity to differences

between boys and girls Experimenting through free play

 Curiosity and desire to learn
Compare themselves and Development of capacity for

Pre-puberty: mental and emotional enthusiasm

others/focused on opinion of group

 Awareness (recognition) of rules Awareness of violence in their

social environment Risk of victim becoming aggressive

 Awareness of violence in their social environment Breaking norms and rules: risk of committing criminal and violent

 Interest in illegal substances Isolation and conflictive behavior Increased communication skills Strong sense of rivalry

 Recognition of complex and abstract relationships

 Professionally competitive and ambitious to achieve their goals Deviant behavior: risk of becoming involved in criminal structures, sexual crimes and vandalism

 Professional vision with link to higher education or by entering working life

Entering phase of other-

centrism: put their own actions in relation to others and understand the people around

Self-organization

 Development of skills for independent conflict resolution

TEACHING

GOALS

PHYSICAL AND SPORTIVE

Few motor, physical and technical abilities

 Focused on themselves while playing without tactical vision

 No difference between physical abilities of boys and girls

 Low levels of physical capacity and endura Deficits in coordination and balance

Fast progress in developing complex movements

Limited field of vision

Wider visual field

Play with others/higher tactical level

 Emergence of different skills Equality between boys and girls when

Significant difference in size and weight

 Recognition of physiological capacity Increasing motor skills

Significant differences in physical development

Significant difference in size and weight

 More obvious physical differences between boys and girls

 Problems with coordination and motor skills Emergence of particular skills

Increased development of motor skills

 High levels of tactical and strategic understanding

 Physical differentiation between the sexes and within the game

 Playing to meet specific objectives and in professional competition

Greater physical capacity and stamina

 High level of technical knowledge Precision in movement

Encouraging

social interaction

 Punctuality Ability to show emotions

 Equality between boys and girls Enjoyment of being and playing in a group

for the needs and emotions of others

 Conflict management Awareness of gender equality

 Show appreciation for others Proactivity / creativityEmpowerment Communication • Self-assessment Generosity - Resilience

> Promoting self-responsibility and responsibility of the team

 Knowledge about rights and duties Knowledge of processes involved

n group dynamics • Accountability Self-assessment • Communication

Life plan / personal care Conflict management Communication Proactivity / creativity
Professional vision

 Active Listening
Responsibility and reliability Leadership
Proactivity and innovation

 Promotion of gender equality Commitment of perseverance Self-assessment / reflection Ability to lead and

Solidarity

SOCIAL

focus on coordination

EMPATHY

PRINCIPLES

DURATION AND

FREQUENCY OF

TRAINING

Encourging movement and joy in

Improvement of motor skills with

Master basic rules

a playful way Get to know and experience different positions

 Attack vs. defense concepts Consolidation of basic skills

(dribbling, throwing, passing etc.) Stabilizing and

Developing sportive skills in

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

and bounce pass) Fundamental sport skills under pressure Introduction of positions Reading the game

MOTOR SKILLS

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

Coach as a teacher and Sport-specific technical drills role model: Boys and girls play together

Respect for rules, • (Individual) concentration exercises responsibility, identity and and group dynamics focused on team spirit, solidarity play and enjoyment; include within group tournaments and rivalry Coach encourages Delegation of responsibilities and children to express

emotions Progressive exercises, from easy to complex

Coach as expert and role

Promoting personal independence, initiative, self-confidence and participation

sanctions for breaking the rules;

organizing events/tournaments

roles (referee, assistant coach, etc.)

to enhance the development of

self-responsibility and empathy

on and off the sports ground Focus on communication skills, leadership, empathy, More responsibility for the players: respect, tolerance to work out own training blocks guide in search for independently; agreement on rules and norms and decisions on

Coach as mentor and

Coordination

LOW INTENSITY AS PART OF SYSTEMIC TRAINING

HIGH INTENSITY AS PART OF SYSTEMIC TRAINING

MODERATE INTENSITY AS PART OF SYSTEMIC TRAINING

Endurance

Coordination

 Focus on communication, leadership, responsibility and reliability to allow

independent development Highly complex nature of the game: strengthening of tactical and strategic understanding

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 • Exercises under time pressure and in stressful situations

assistant, coach) for perspective 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 their way home; observe situations of exclusion in social environment)

TYPE OF GAMES

• Alternative game forms (e.g 3

 Identifying community needs and organizing community-based

 Gradually increased complexity of games and group training

TYPE OF GAMES

• Tournaments on small and full-size

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



 More extensive comparison and rivalry with other clubs, vision extended beyond local area

Specialized individual and group

training Identifying community needs and organizing community-

TYPE OF GAMES

based activities

 League system and tournaments Tournament on full-size pitches





Greater tactical and strategic ability





