







Deutsche Sporthochschule Köln German Sport University Cologne

DEUTSCHER FUSSBALL-BUND

DEVELOPMENT OF A PLAYER

TEACHING

OBJECTIVES

SOCIAL

DEVELOPMENT PHASES

PHYSICAL AND SPORTING

playing	 High levels of expectation, enjoyment and motivation Physical capacity and endurance low Limited visual field Quickly tired Focused on own role in game with no tactical vision 	 Punctuality Punctuality Honesty Ability to show emotions Equality between boys and girls Enjoyment of being and playing in a group 		
i cal phase: ocentrism	 Equality between boys and girls when playing Wider visual field Discurith others / bigher tastical level 	Awareness of healt Resilience	th / hygiene, nutri • Communication	AND
g through of ability te and of s Mental and	 Play with others/higher tactical level Emergence of different skills Equality between boys and girls when playing Signi ficant differences in size and weight Increasing physical capacity: greater development in terms of speed, force, endurance and coordination 	 Generosity Non-violent resolution of conflicts Raise awareness of gender differences Showing appreciation for others 	 Communication skills Proactivity / creativity Empowerment Self-assessmen Leadership 	Rt-OltRh
ability	 Recognition of physiological capacity Signi ficant differences in size and weight 	 Knowledge of processes involved In group dynamics Communication skills 	 Proactivity and creativity Rights and dut Self-assessme Leadership 	ties
ical phase: tion phase	 More obvious physical differences between boys and girls Problems with coordination and motor skills 	 'Life plan' / personal care Willingness to reach agreements 		• Commitment and perseverence
	 Emergence of particular skills Increased development of physical capacity: endurance, force, speed, movement and coordinatio High level of tactical and strategic understanding 	n	 Proactivity Professional vision 	 Self-assessment / reflection Preventing the consumption of
or identity on opinion alcohol			 Healthy habits Awareness of gender 	drugs and alcohol • Communication skills
	Physical consolidation: • Greater physical capacity and stamina • Greater tactical and strategic ability			
cal phase: way from trism this phase; in core values)	 High level of technical knowledge Precision in movement and in the game Playing to meet speci fic objectives and in professio competition Physical differentiation between the sexes and within the game 	nal		

PRINCIPLES



Madrasati محرسـتي

generationsforpeace

RIGHT ASIAN FOOTBALL DEVELOPMENT PROJECT

world relief



METHODOLOGY



TRAINING PRINCIPLES \rightarrow METHOD \rightarrow TYPES

METHOD:

- Exercises with a lot of movement/ focus on enjoyment
- Exercises in small groups and in pairs Describe and introduce
- exercises with help of amusing stories Coaches take active part in
- exercises Coaches monitor individual
- development and emotions displayed by children

TYPES OF GAME:

 4 x 4, groups and small pitch Tournaments with a winner at the end of the session / not based on league system



METHOD:

- Insert (individual) concentration exercises and group dynamics focused on play and enjoyment; include tournaments and rivalry Coach encourages children to express emotions
- Change tasks and roles (referee, assistant coach) to foster development of empathy Working together in group to establish norms and rules of behaviour; introduce
- Assign 'tasks' to children (e.g. identify places of risk on their way home; observe social situations)

YPES OF GAME: 'Football 3' phases

Boys and girls play together



rituals

- Gradually increase complexity of game and group training
- Children work out own training blocks independently
- Children agree rules and norms between themselves and decide how to monitor them; sanctions for breaking the rules Young people organise events /
- tournaments Identifying community needs
- and organising community-based activities

TYPES OF GAME:

- Tournaments on small and full-size pitch
- League system and tournaments



METHOD:

- Match-related exercises in tactical blocks (intersperse attack and defense) Complex match situations and objectives
- Exercises under time pressure and in stressful situations
- More extensive comparison and rivalry with other clubs, vision extends beyond the local area
- Development of skills for independent conflict resolution

Recognition of complex and abstract relationships

- Self-organisation
- Identifying community needs and organising community-based activities

TYPES OF GAME:

- Tournaments on full-size pitches
- League system and tournaments