





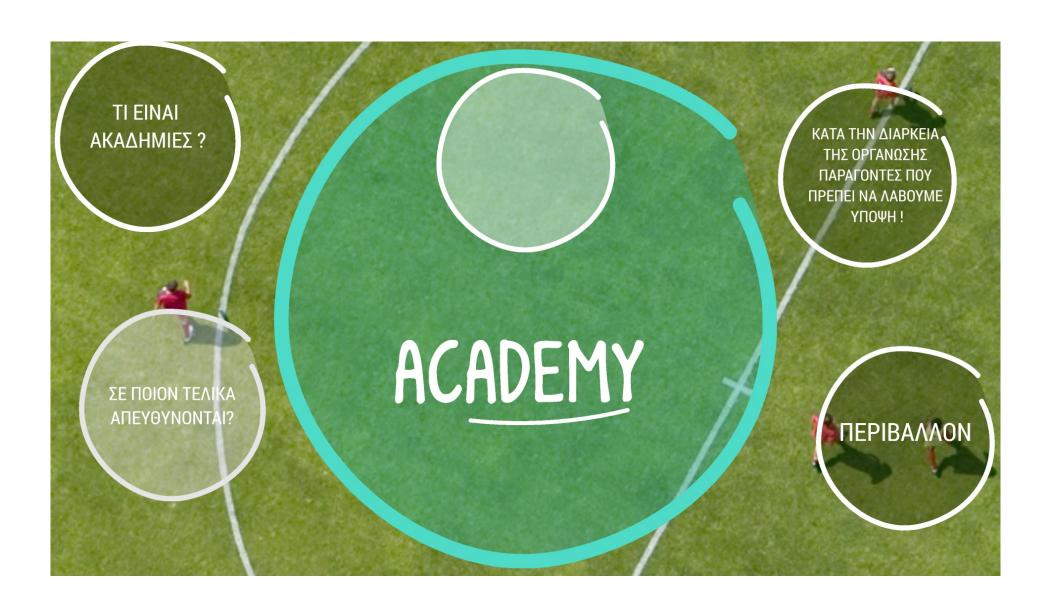
| ELITE | Physical/ Physiological | Psychological | Social/lifestyle | Movement/technical | Tactical |
|--|--|--|--|--|---|
| What the elite level game is like: | Has a high level of physical intensity but also intermittent very high levels of physical intensity – sprints, jumps, physical contact, and sudden direction shifts At the same time the game expects high levels of physical fitness and endurance – players typically run in excess of 10 km in a game | Is psychologically intense, highly pressurised and competitive during practice, competition, and outside the game This requires a number of highly developed psychological characteristics both in learning and development and performing at the highest levels | Involves high levels of personal scrutiny of performance and conduct of players from the media, public, etc. Players are judged as members of a community, a club, a team, dressing room and are expected to contribute to their image and abide by their rules There are high levels of expectation around player conduct and lifestyle management | Although players have varying movement/technical profiles at the elite level – depending on their strengths, position, etc. – there is a consensus growing around particular technical characteristics and competencies Without exception, the research revealed the need for highly movement literate/technically skilled players | There is no one performance model for elite level football – with teams winning international trophies using a variety of approaches and formations However, the game currently appears to be moving towards a possession or counter-attacking based approach with the ball played through the thirds in phase, and/or moved quickly and accurately in counter-attack This requires players to have excellent game understanding and to be able to make quick and effective decisions |
| Elite players will typically have high levels of the following characteristics and competencies: | Speed/explosive speed Strength Power Hypertrophy Aerobic fitness/endurance Muscular endurance Flexibility | Psychological characteristics that benefit the individual • Ambition - a desire to become a great player • Motivation - especially intrinsic motivation, love of the game • Effort and commitment - engagement, investment, work ethic, determination to succeed • Awareness - high level of awareness of self in all contexts; realistic performance evaluation; strengths and weaknesses and acts accordingly • Attentiveness and focus • Vision - knowing what it takes to succeed, goal setting; planning, effective and appropriate imagery use • Discipline - dedication, taking responsibility, sacrifice, self-control, concentration, distraction control, delaying gratification • Resilience - mental toughness, perseverance, anxiety control, coping strategies (with and under pressure), responding to setbacks appropriately | Social characteristics that benefit the individual Supportive parents (informational, emotional and practical) Supportive important others - partner, friends, team-mates, coaches, club officials, broader social connections Access/exposure to player development resources - facilities, coaching Social characteristics that benefit the club/team Team spirit and cohesion Team work Collective responsibility Community understanding and integration Lifestyle characteristics and competencies Appropriate education Appropriate social choices Nutrition Hydration Rest and recovery Managing finances effectively and | Fundamentals of movement Agility Balance Coordination Fundamental movement skills Stability Object control Locomotion skills - mobility Fundamental sport skills and sport- specific skills Ball control - receiving and controlling the ball as and when it arrives with an assured, varied and secure touch, using all parts of the body; keeping possession of the ball while running, turning, stopping Ball mastery and manipulation — tricks, ability to spin, float and drive the ball Running with ball/dribbling Passing/crossing — releasing the ball accurately and instantly over a variety of distances using both feet on any surface; receiving and exchanging passes with others whilst moving at optimum speeds; one | Game understanding - for example understanding the professional game such as the different requirements for playing in the Champions League, Premier League and Championship Strategy Game intelligence/reading the game/game sense e.g. movement off the ball Team/unit understanding and organisation Recognising opportunities to attack disrupting stable systems Recognising defensive threats Game control and manipulation players who can influence the tempo and shape of the game Positioning Knowing about others' actions Knowing about others' actions Acting in change situations Decision-making Creativity Risk management |



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- RESPECT AND ENCOURAGEMENT
 POSITIVE ROLE MODEL
- 3. CLEAR, CONSISTENT COMMUNICATION
- 4. KNOWLEDGE OF SPORT
- 5. SOMEONE WHO LISTENS

Adults who work with kids should know these fundamentals.

Much less of a priority than simply having a chance to play.

WHAT KIDS SAY IS THE MOST FUN

THEY WANT SOCIAL BONDS AND ACCESS TO THE ACTION

MORE FUN

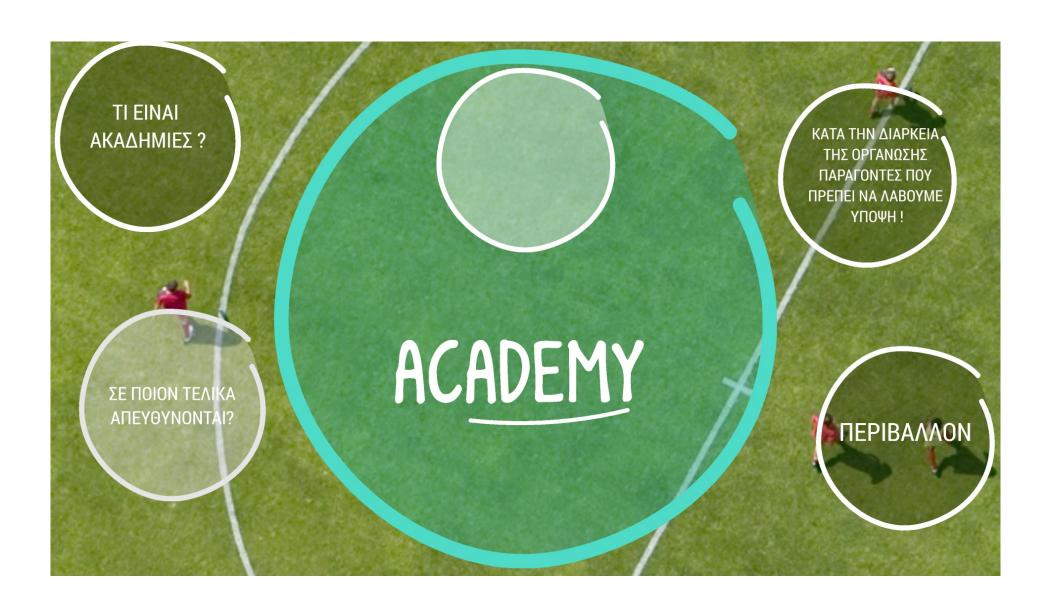
- 1. TRYING YOUR BEST
- 2. WHEN COACH TREATS PLAYER WITH RESPECT
- 3. GETTING PLAYING TIME
- 4. PLAYING WELL TOGETHER AS A TEAM
- 5. GETTING ALONG WITH YOUR TEAMMATES
- 6. EXERCISING AND BEING ACTIVE

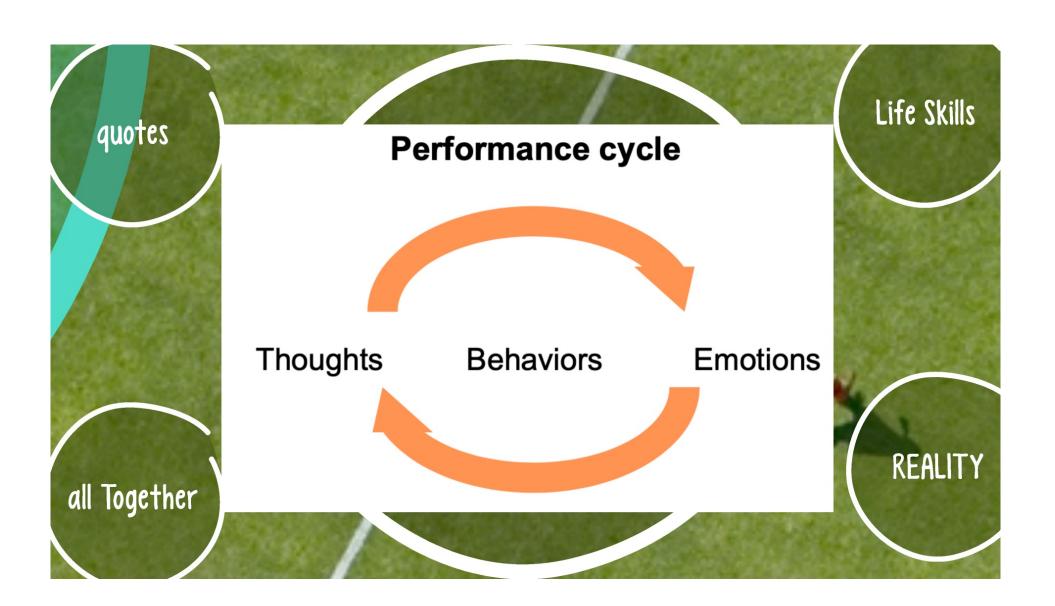
LESS FUN

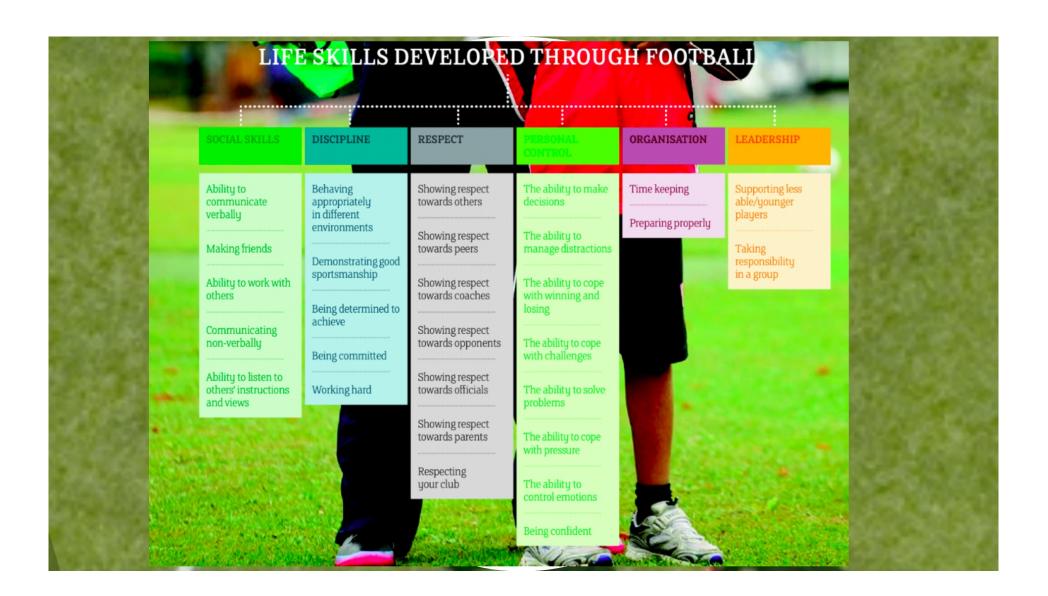
- 48. WINNING
- 63. PLAYING IN TOURNAMENTS
- 66. PRACTICING WITH SPECIALTY TRAINERS AND COACHES
- 67. EARNING MEDALS OR TROPHIES
- 73. TRAVELING TO NEW PLACES TO PLAY
- 81. GETTING PICTURES TAKEN

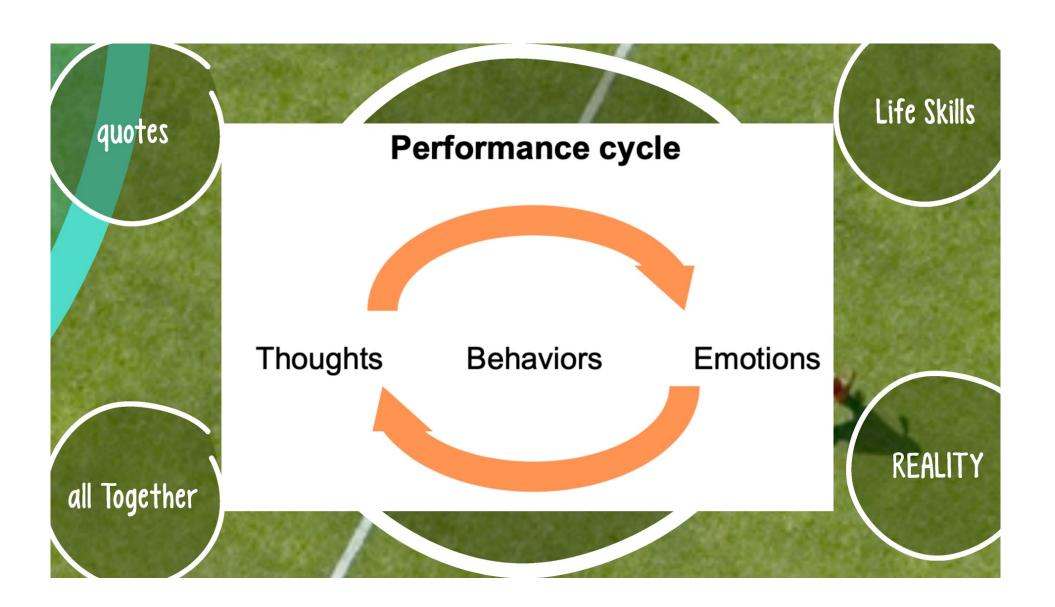




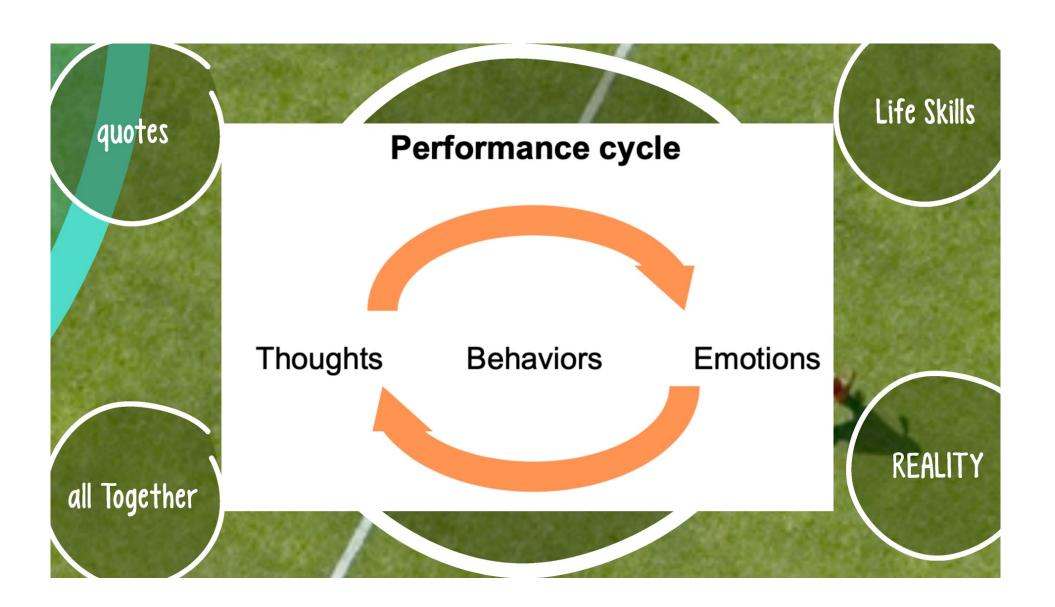




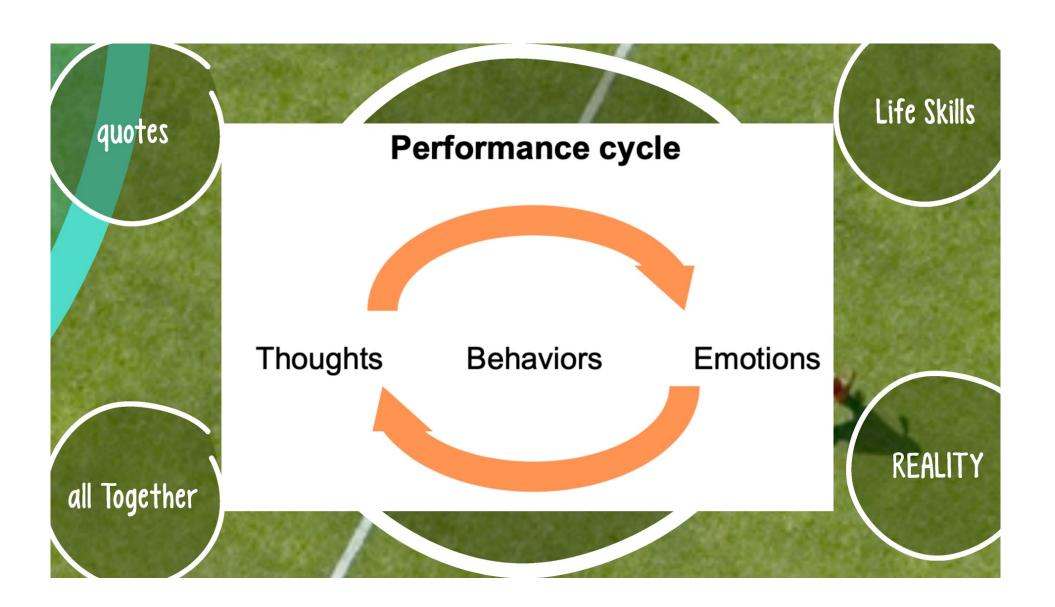








| EXPECTS FROM | PLAYER | PARENT | COACH | CLUB |
|-----------------|--|--|---|---|
| PLAYER | CompetitionFriendshipCommitmentFocus | FunFriendsWellbeing | EngagedPunctualEnjoyOpen Mind | Listen to coachPay FeesRepresent ClubHigh Standards |
| PARENT | SupportNot PushyEqual OpportunityEncouragement | SupportEncouragementMediatorCommunity | SupportiveNo InterferingCommunicationRespect | Support ClubPay FeesRespect ProgramRespect Coaches |
| COACH | FeedbackEngagingChance to playFun & Enjoyable | PositiveCommittedKnowledgeableCommunication | CommunicateEqual ValuesMotivatedHigh Standards | Expert TeachingHigh StandardsCommunicationPathway |
| CLUB | BelongingPhilosophyOrganisedInvestment | FriendlySafe, SecureBe OrganisedPathway | Respect Rules / Regulations Support | Safe EnvironmentSound PoliciesTransparentOpportunity |

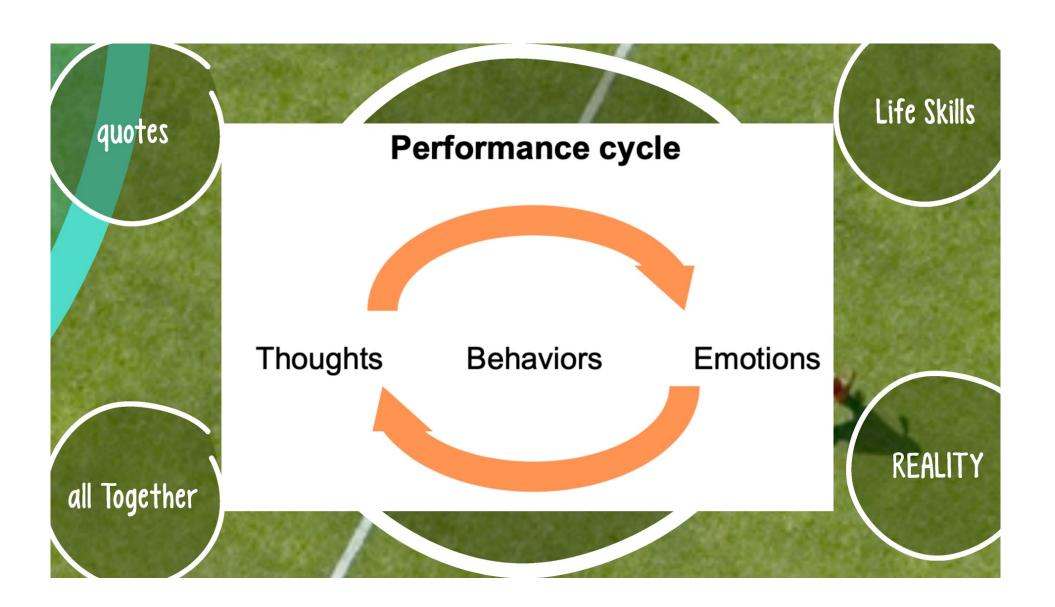


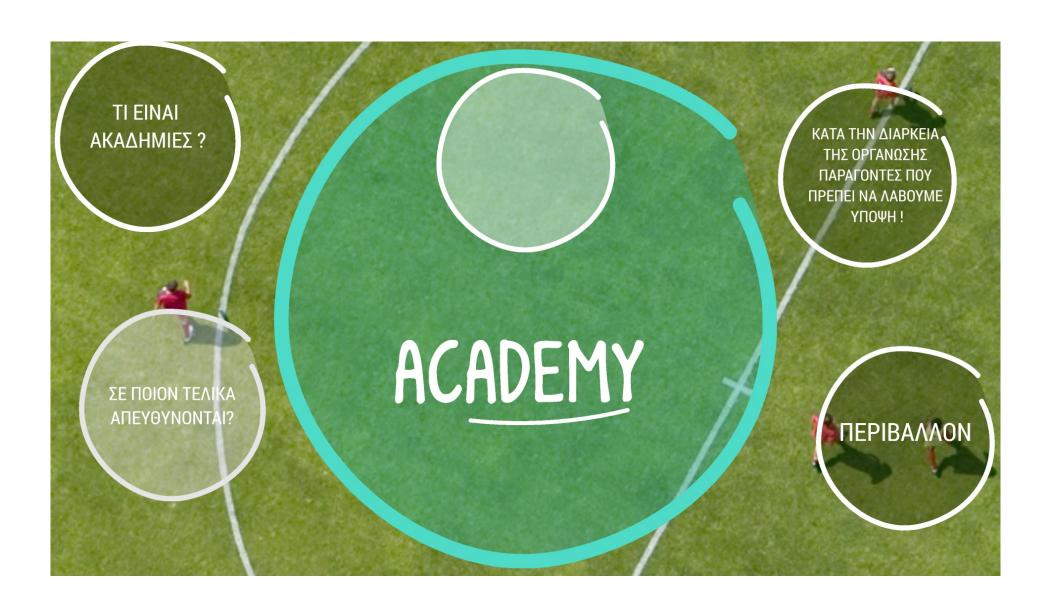
The culture of the club is the overall vision supported by everyone in the club, from players to staff to Chairman . . . everyone realizes that if they are to remain at the club they will have to respect certain rules . . . the more extreme and recognisable the culture within the club, the better it works.

Rinus Michels (2001)

Hernandez sums up the Barcelona approach to development:

When you arrive at Barcelona the first thing they teach you is to think, think, think quickly . . . some youth Academies worry about winning we worry about education. Rondo, Rondo, Rondo (keep ball exercises played with a rhythm and a style) it is the best exercise of all . . . you learn to take responsibility with the ball.





In terms of holistic development, Dr Larson at the Aspire Academy in Qatar said some very interesting things around the holistic development of the boys:

- Create a culture of performance both on and off the pitch via goal setting supported by quantifiable evidence.
- Try to balance enough sport to develop but not so much they lose desire or focus. The new training timetable has been reduced by one session per week to eight per week after consultation with key staff.
- Go from a fun environment to a competitive environment over the time of their development (i.e. from ages 6–11 fun to ages 12–18 competitive).
- "Don't focus on the score; learn a little more."
- Team building is critical for long-term development. Living together is not necessarily conducive to building a good team spirit, so it has to be promoted by staff values and behaviour.
- Build into the curriculum a life skills programme and the value of leadership.

ACADEMY REFORM

INDIVIDUAL TALENT DEVELOPMENT

COACH THE COACH PROGRAM

MENTOR MODEL & INDIVIDUAL TRAINING

PERFORMANCE CULTURE

METHODOLOGY DEPARTMENT

GRASSROOTS COOPERATIONS

STREET FOOTBALL & FUTSAL

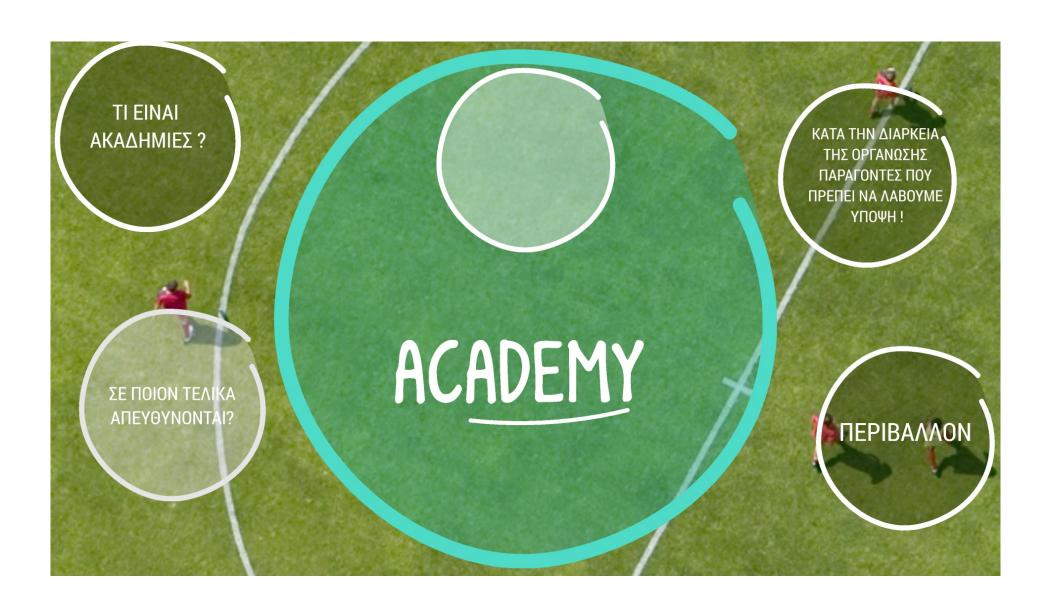
INTEGRATION FOOTBALL & ACADEMICS

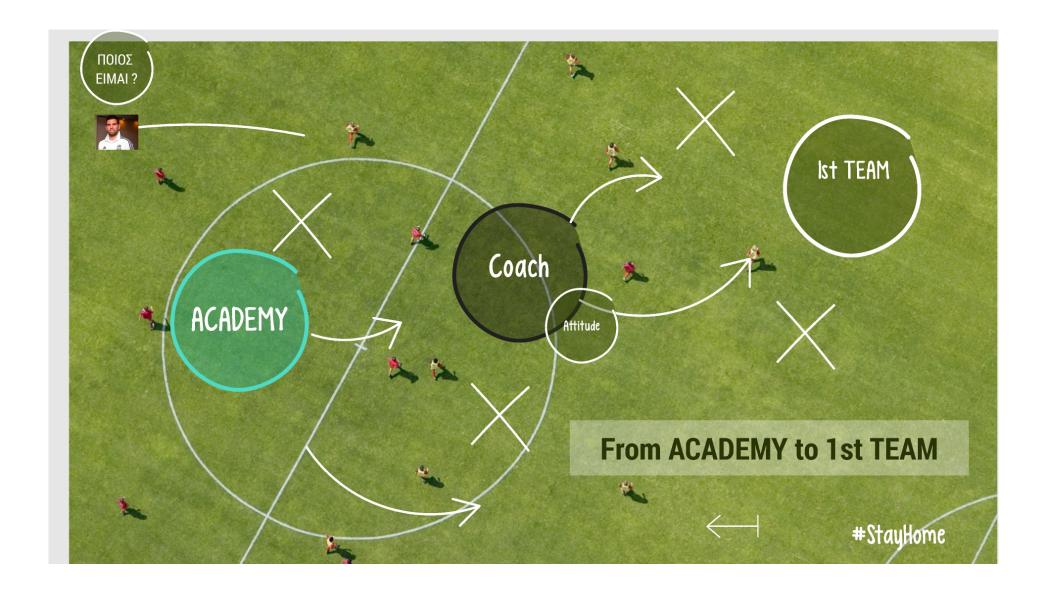
TWIN GAMES/SMALLER PITCHES (U8 - U12)

MEASURABLE DEVELOPMENT

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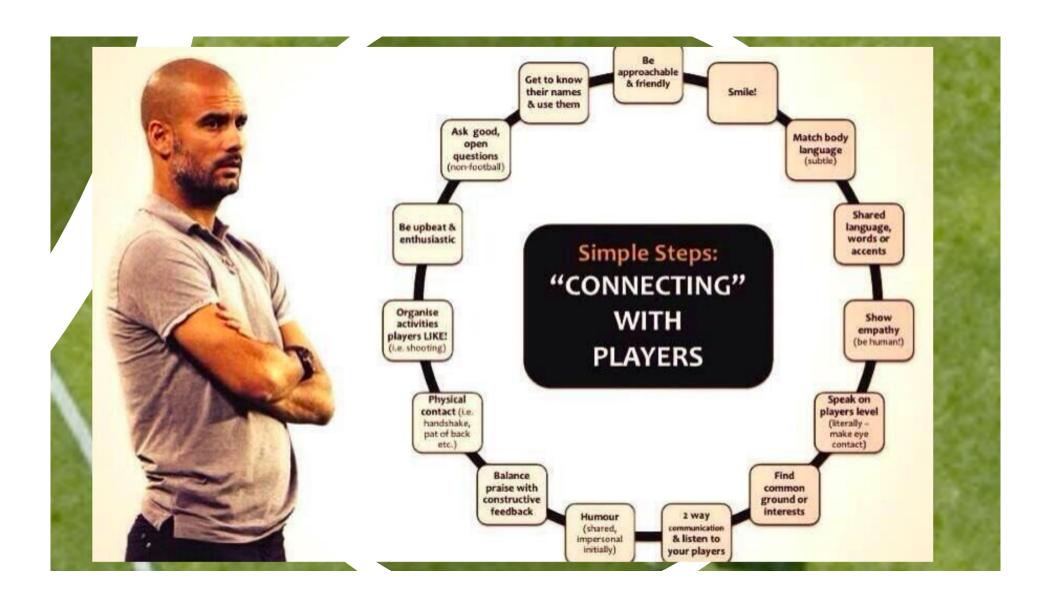
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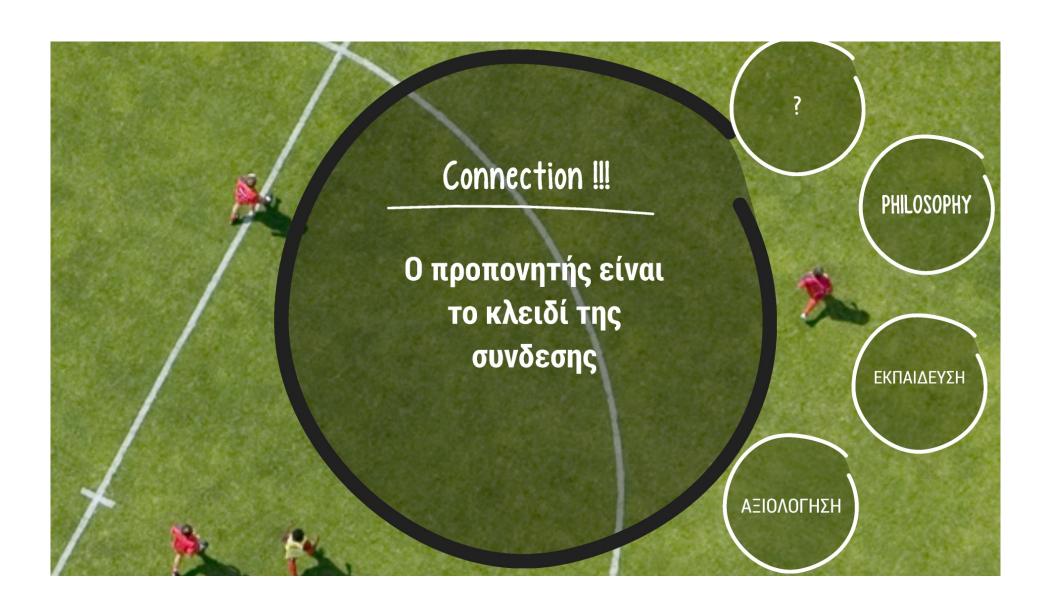














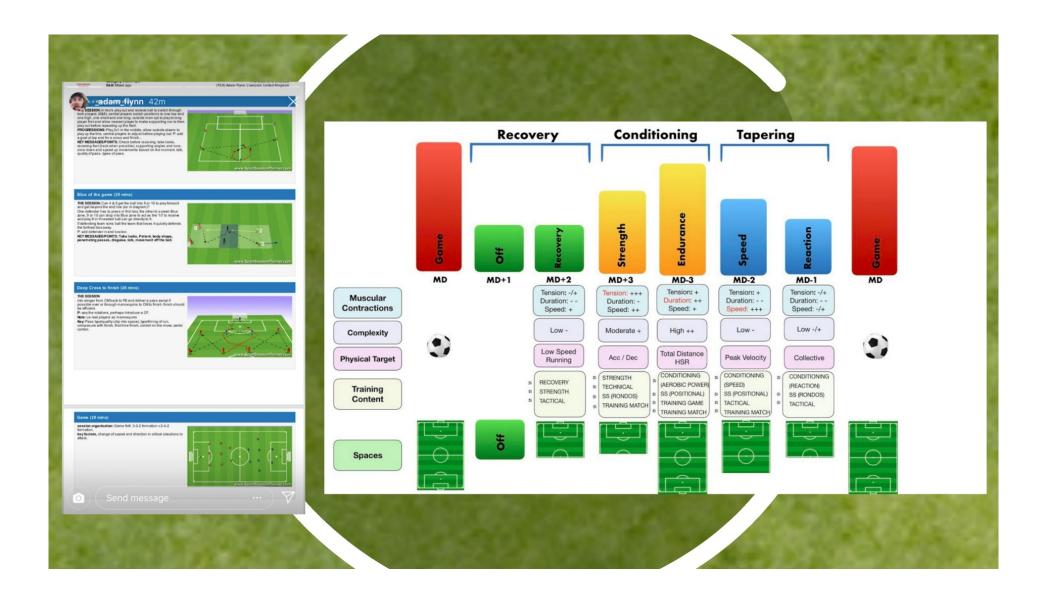








Table: Age-stage and development priorities

| | Belgium | England | France | Germany | Italy | The Netherlands | Spain |
|-------------------|--|--|---|--|--|---|---|
| U25 U24 U23 | Individual development to become a 1 st team player Professional development phase Professional behaviours and winning mentality Physical development post-PHV Professional development Youth development phase Tactically focused | | 1 st and 2 nd teams and out on loan | 1 st and 2 nd teams and out on loan | 1 st and 2 nd teams and out on loan | 1 st and 2 nd teams and out on loan | 1 st and 2 nd teams and out on loan |
| U22 U21 U20 | | Professional behaviours and winning mentality | | Building stamina and strength and preparing for the tough challenges of professional football | | | International competition and development |
| U19 | | | Competition phase Developing professional characteristics | A-junioren/b-junioren Professional behaviours and preparation Position specialisation More intense training | Competition phase More physical development, learning how to be a professional footballer, more tactical work, and position specific work | A-juniors Performing as a team in competition and winning | 1 |
| U18 | | | | | | | Juvenil U18 competition |
| U17 U16 | | | | | | B-juniors Playing as a team through the lines | U17 development Cadete U16 competition U15 development (and start of national development) |
| U15 | The period of the PHV Put the brain into the muscles | ithe brain into the cicles Iden age of ning" | Building physical capacity to vary game approach i.e. use of both short and long pass Focus on tactical understanding Introduction to 11v11 and competing Enter regional and national academies | C-junioren Managing sexual change in terms of physical and psychological development More tactical work refined Sportsmanship | | C-juniors Fine tuning team play and starting to compete | |
| U14 | - Induction | | | | Pre-competitive or initiation phase Maintaining coordination through sexual change, technical development and introduction of tactical work (working with teammates) | | Infantil U14 competition U13 development |
| U13 | "Golden age of learning" Movement, technical skills, and brain | | | D-junioren Refining technical skills and still enjoying football. More tactical work | | D-juniors Playing in a team Starting to learn positions | |
| U12 | 'The ball and me' Developing confidence in movement and in having the ball | Foundation phase Movement and technical skills | Tactical work starts at this stage based 8v8 | Scoring goals but not worrying about results Move to big pitch | Foundation or imitation phase Technical development using unstructured games | | Alevin U12 competition U11 development |
| U11 | | | 'Beginners football' Movement and technical skills development – using through game | | | E-juniors Technical focus, lots of touches, with fun Learning how to play together | |
| U10 | | | | Focus on technical skills through games and drills Passing and playing together | Together the Pre-competition and foundation phases make up the 'Grassroots phase' | | Benjamin U10 competition U9 development |
| U9 U8 | | | Emphasis on the basic skills (fundamentals) of football | F-junioren Fun, movement skills, beginning technique | | F-juniors Technical focus, lots of touches, with fun Playing in a direction | |
| U7 | | | | Bambinis | | Mini-pupils Technical focus, lots of touches, with fun Learning to control the ball | |
| U6 | | | Fun, small sided games | Fun, movement skills, active | | | |



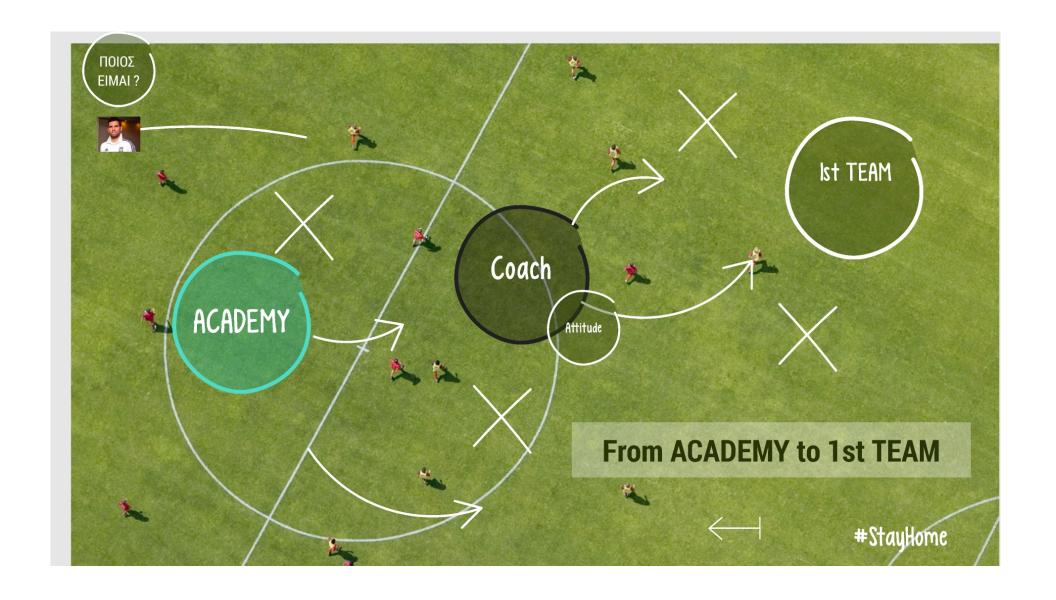


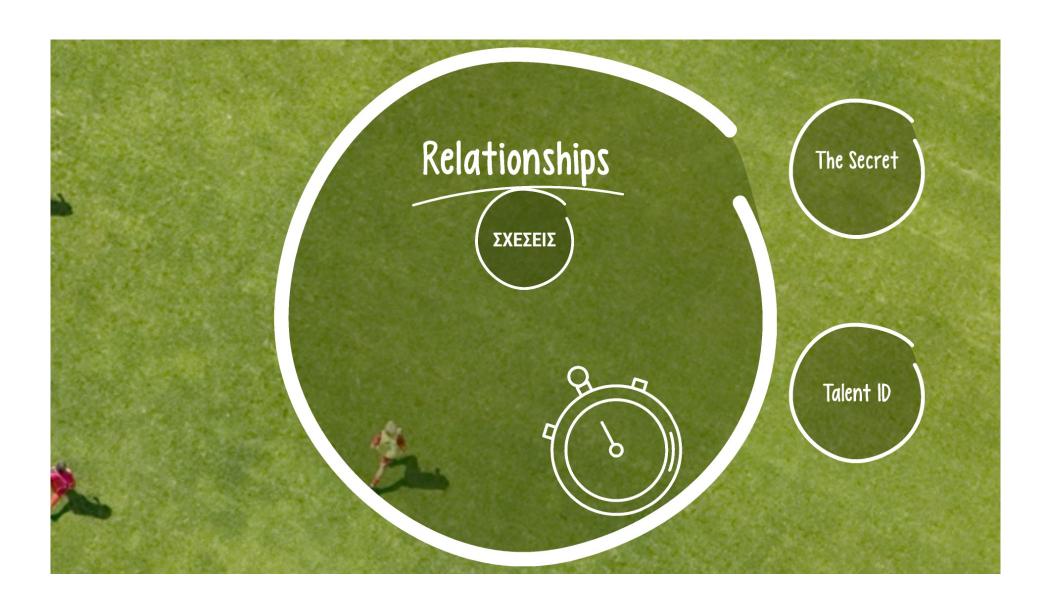


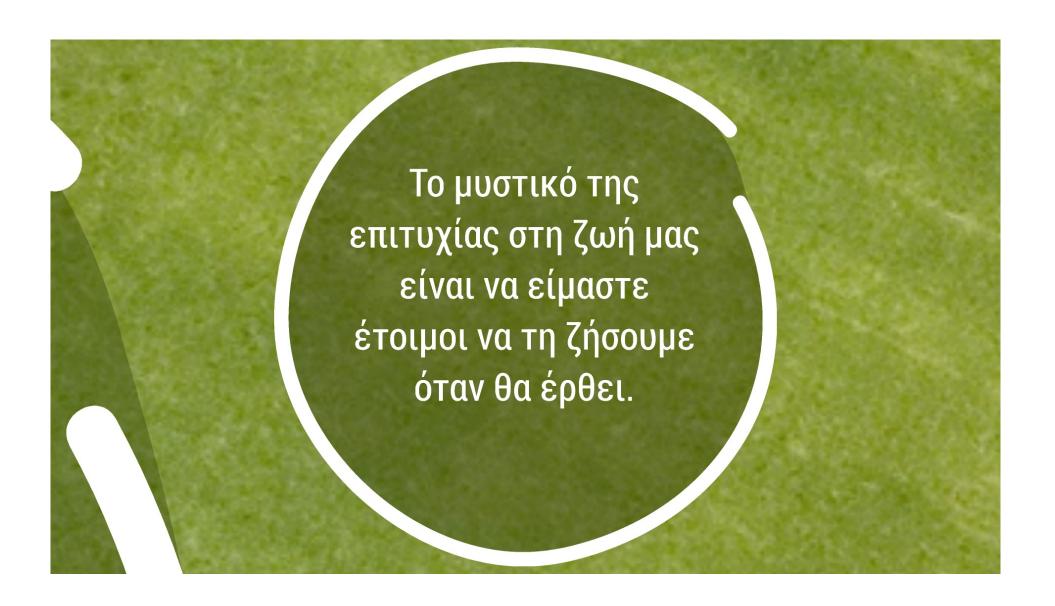


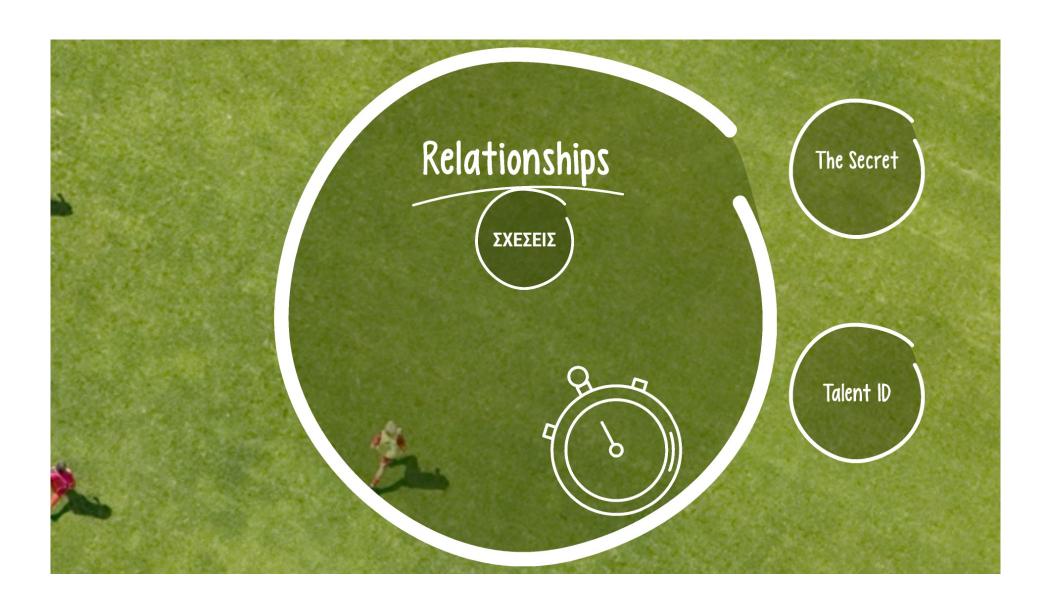


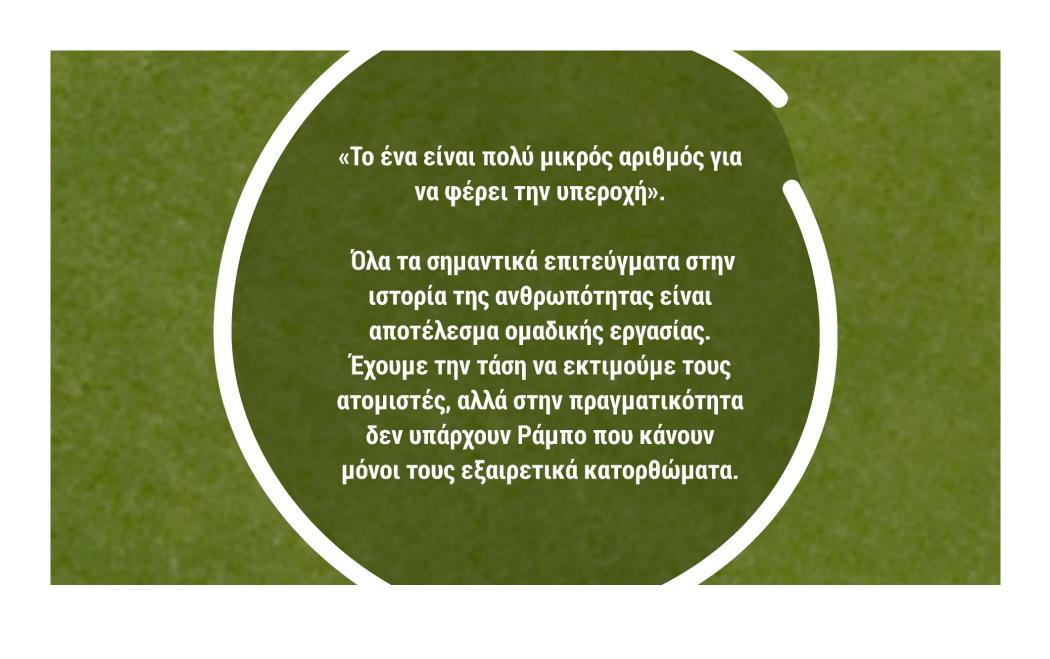


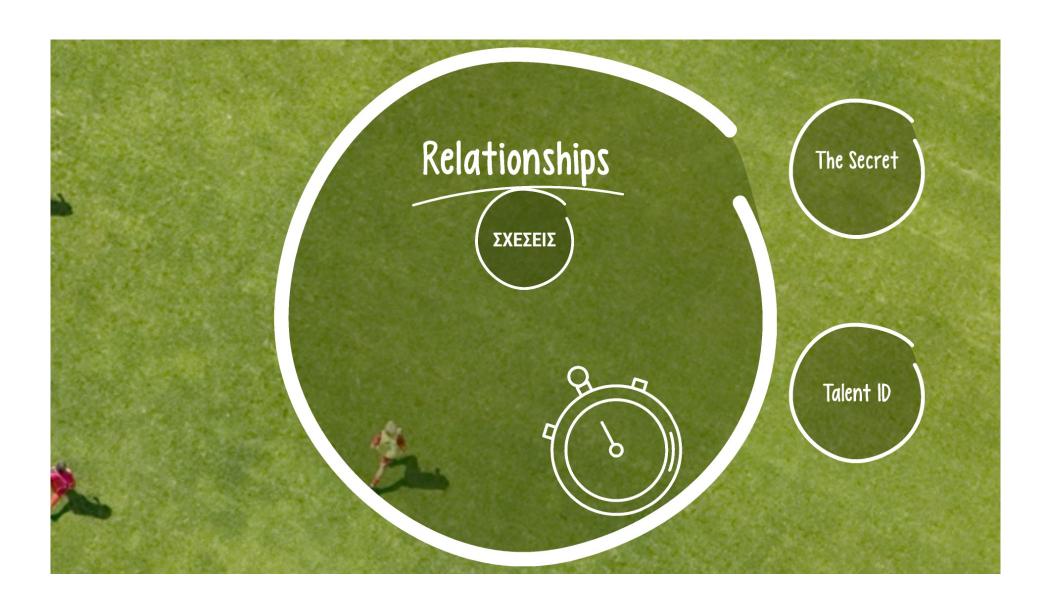


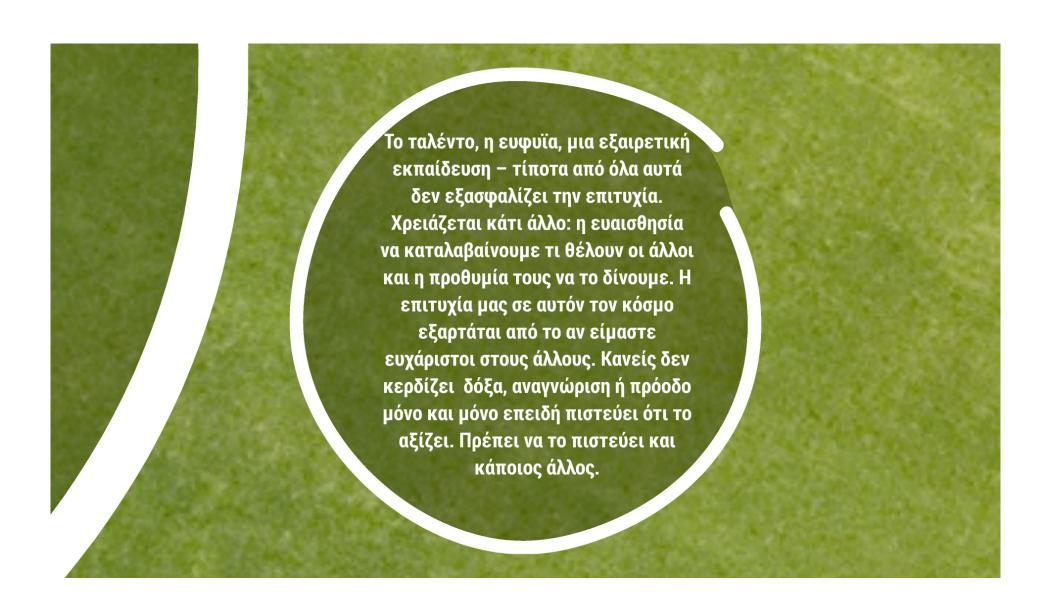


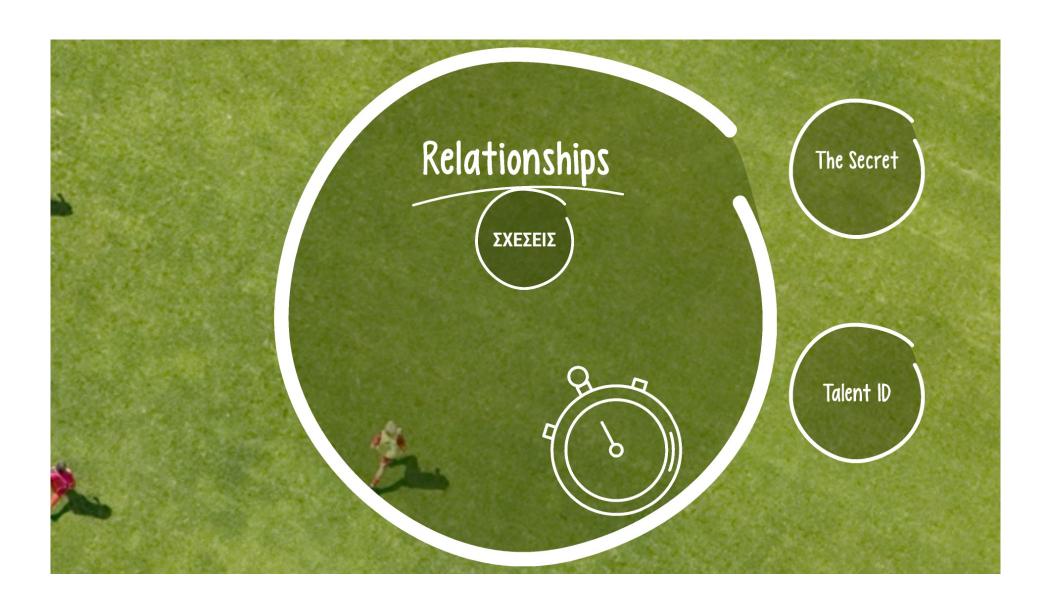


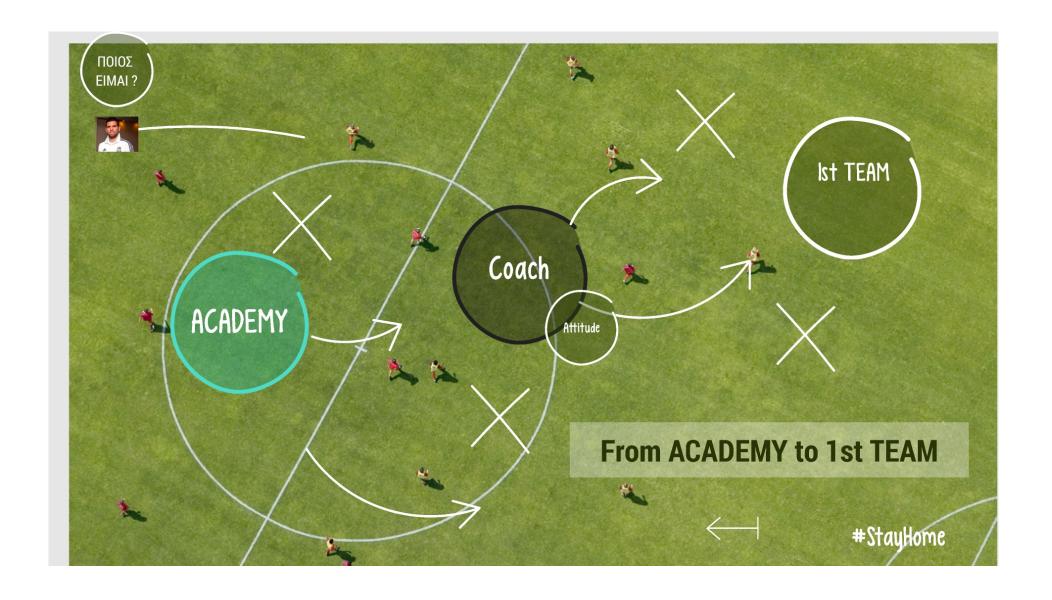


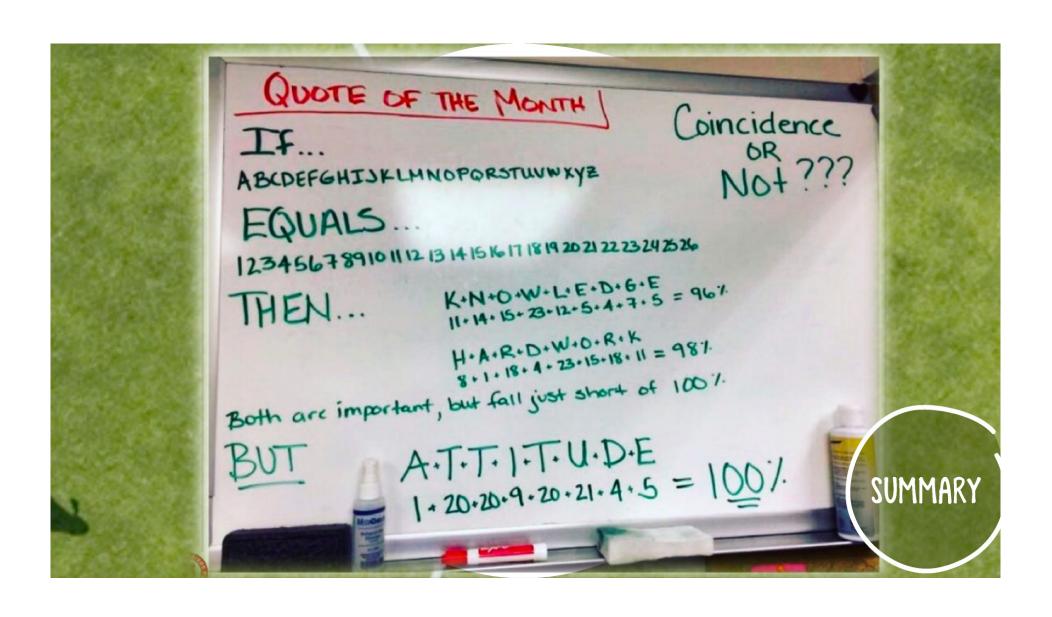






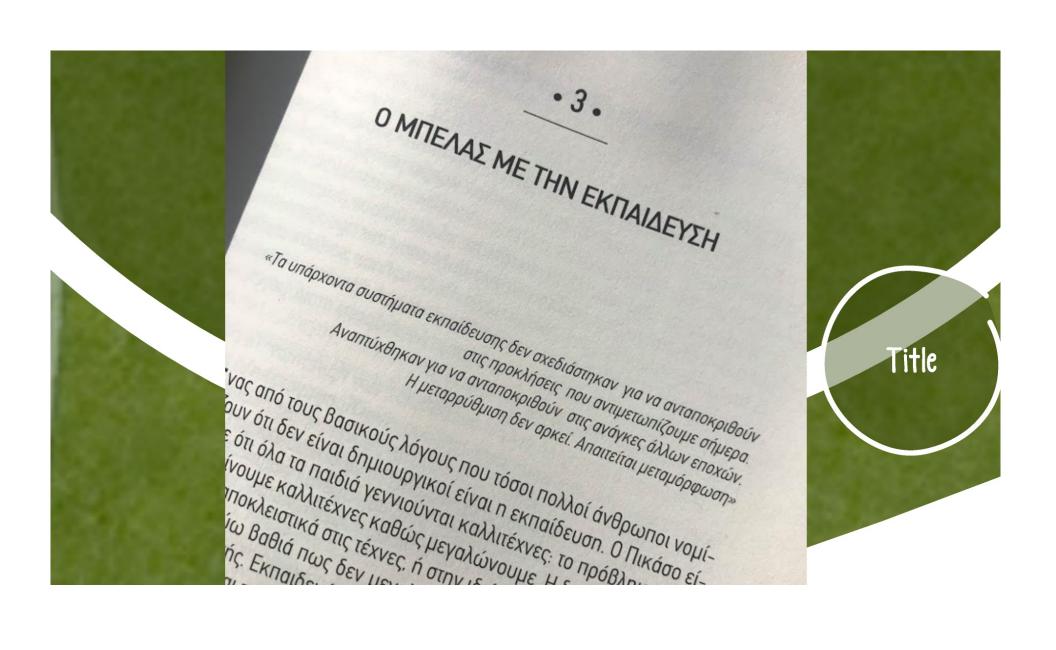














Κάθε μέρα, κάθε προπόνηση, κάθε συζήτηση, πρέπει να εμπλουτίζονται με αξίες όπως η προσπάθεια, ο σεβασμός, η υπευθυνότητα, η μετριοφροσύνη, η σχολαστικότητα, ο επαγγελματισμός, η απαίτηση για το ακόμα καλύτερο, η φιλοδοξία, η αλληλεγγύη, η σταθερότητα και η μεγαλοψυχία. Αυτή είναιν η μεγαλύτερη καινοτομία, ότι πρέπει να βλέπουμε το ποδόσφαιρο πέρα από το ποδόσφαιρο. Το ποδόσφαιρο είναι ένα πάρα πολύ καλό μέσο για να περάσουμε σπουδαία μηνύματα στα παιδιά, κι αυτό για το αγαπάνε και το κάνουν επειδή το θέλουν, δεν είναι σαν το σχολείο, παρ΄ όλο που έχει εκπαιδευτική διαδικασία. Επιτρέπουμε στα παιδιά να κάνουν λάθη και να μην φοβούνται γι αυτά, αλλά τους διδάσκουμε πως να βελτιώνονται μαθαίνοντας κάθε φορά από αυτά.

Mr. Dimitriou Giannis Technical Director of Liverpool FC IFA SS Greece Football academy coach



COACHES ARE

LIFELONG STUDENTS

OF THE GAME



