

Player Development

The Final product



Player Development

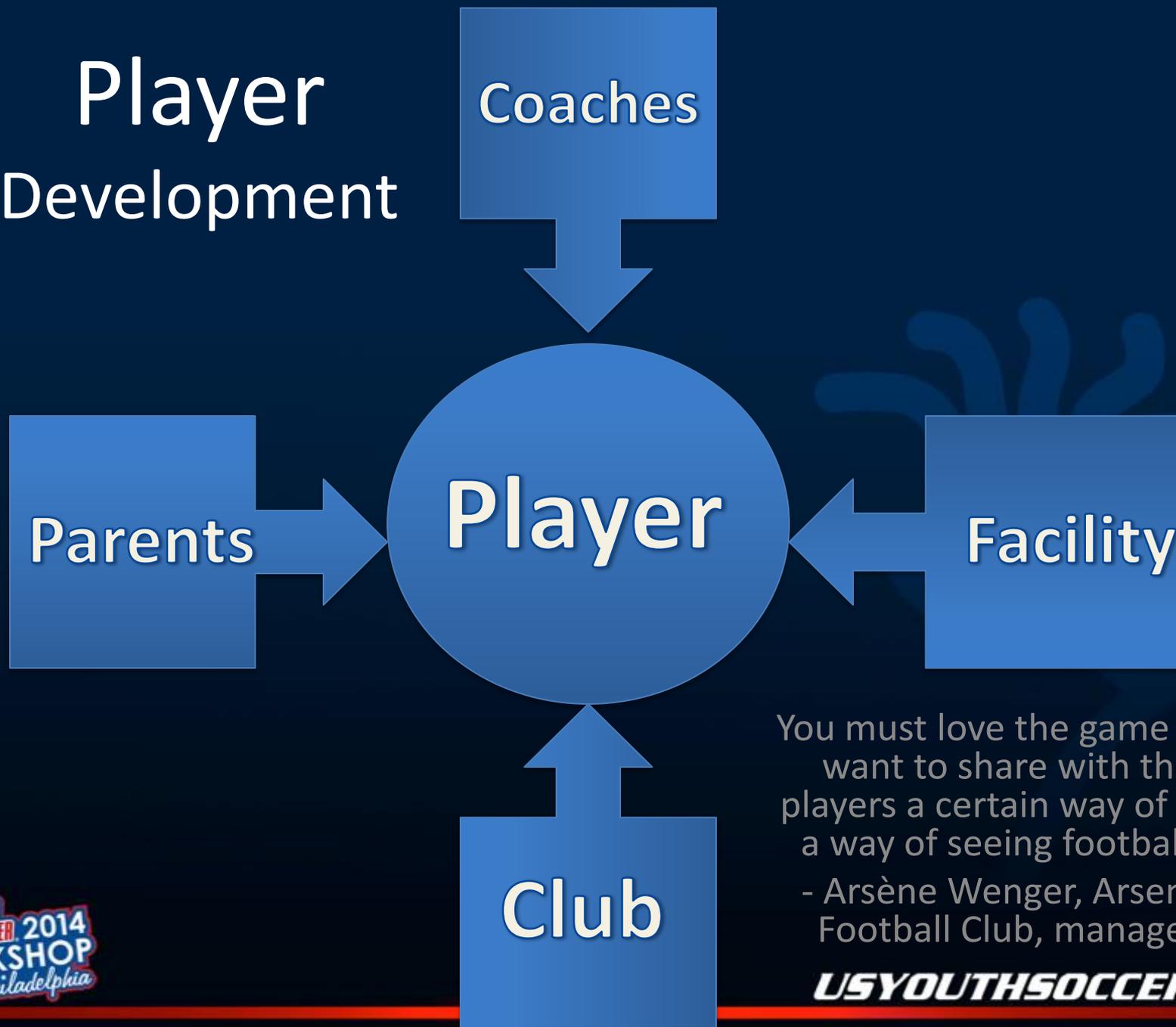
Fail to Prepare,
Prepare to Fail



Player Development



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You must love the game and want to share with the players a certain way of life, a way of seeing football."

- Arsène Wenger, Arsenal Football Club, manager

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Player Development

Why a small Village in South Korea has produced 5 of the top 20 women golf players in the world?

Why Brazil and Argentina have produced some of the best soccer players in the world?

Why an small Village in Ethiopia has produced 5 of the best long distance runners in the world?

Why had some become better than others?



Player Development



- ❖ Coaching Education;
- ❖ Parents Education
- ❖ Referee Education
- ❖ Club Philosophy
- ❖ Standardization of curriculum

Player Development



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Children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity



Player Development

1. INITIAL STAGE – 5 to 8 years old

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. **Children are still gathering the experience necessary to interact with their surroundings and with others.** Also, empathy and the capacity to consider the thoughts and feelings of others is very low. **In order to help children build their own experience, many exercises will be individual (Each player will have a ball).** The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.



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2. BASIC STAGE – 9 to 12 years old

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. **It is sensible at this age to develop technique and basic tactical understanding.**

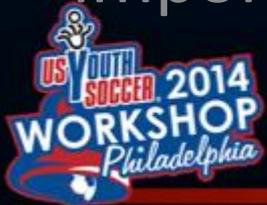
Children's capacity to solve problems increases significantly. Therefore players will begin working on **basic and dynamic tactical scenarios.** At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.



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3. Intermediate stage – 13 and 14 years old

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. **Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects.** Tactical training plays an important role at this age.



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4. Advanced Stage – 15 To 18 Years Old

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. **The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations.** This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.



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Level	Match	Roster	Ball in Play	Time/Player
U10	50 min.	6v6	35 min.	<u>1.46 mins</u>
U12	60 min.	8v8	42 min.	1.50 mins 4s difference
U14	70 min.	11v11	49 min.	1.34 mins -16S difference
U16	80 min.	11v11	56 min.	1.80 mins 46S difference
Pro	90 min.	11v11	63 min.	<u>2.25 mins</u> 45s difference



Even for the best players, who rarely leave the field, the average time of possession is still less than 3 minutes per game; or <300 minutes per 100 game season

300 minutes of ball possession can be achieved in approximately 14-16 well organized practice sessions, which would take just over a month.

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Stated another way, attending well planned training sessions for SIX MONTHS can produce the same number of ball possessions as SIX YEARS of playing 100 games per season.



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