

The FA



Workshop Objectives

- Develop an understanding of how to organise coaching sessions which focus on positive learning?
- Learn about the 4 corners model and it's importance when coaching young players?
- Demonstrate the key components of an effective coaching session?



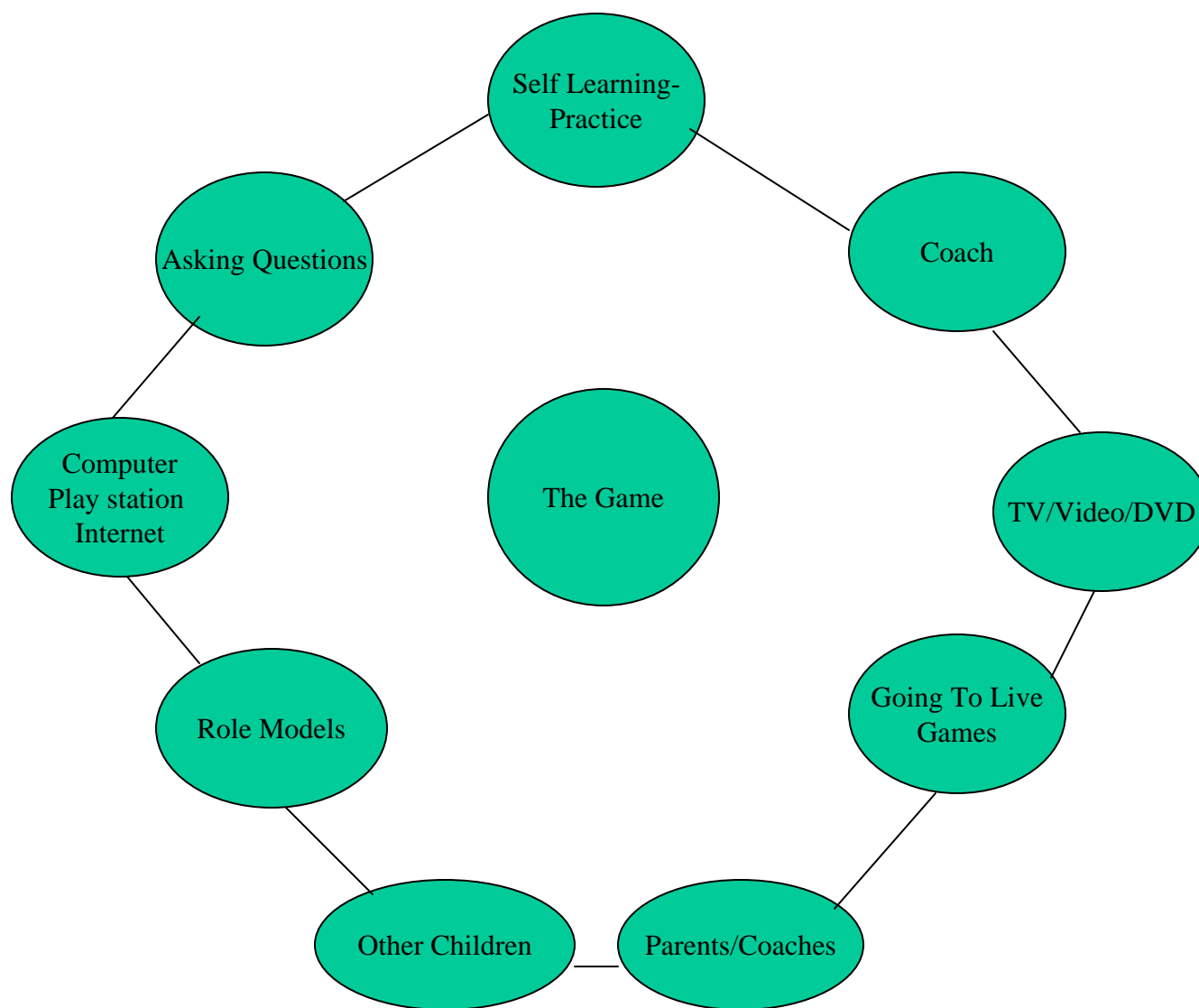
Group Task

Discuss how young players learn to play football?

It might be useful to consider your own experiences as a Coach or Player



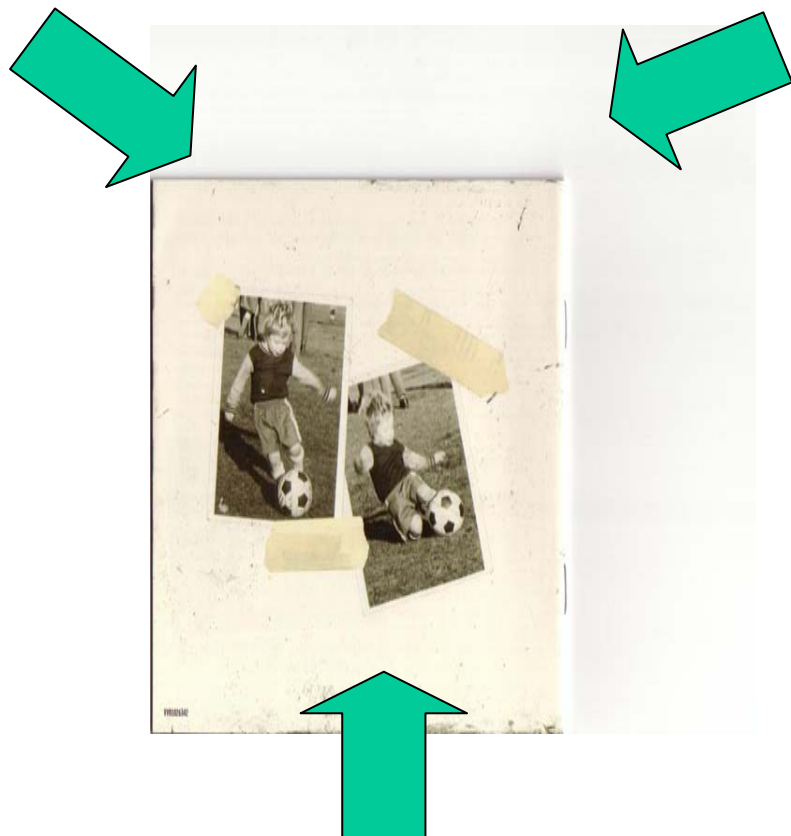
The Circle of Learning



How do your players learn?

ENVIRONMENT

PERSONALITY



METHODOLOGY



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How to help your players learn ?

- Seeing
- Listening and Talking
- Doing



Positive Learning Environments

- Enjoyable
- Security
- Ownership
- Challenging
- Responsibility
- Trust



The Ingredients for Effective Learning

- Practice
- Experiment
- Compete



What is LTPD?

- Other Sports – LTAD
- Long Term Athlete Development
Physical / Movement – FUNdamentals / Physical Literacy
- FA – LTPD
- Long Term Player Development
- 4 Corner Model incorporating LTAD



What is LTPD?

- Meeting the needs of the players
- WHAT you do? and HOW you do it?
- Some players just COPE whilst others FORGE AHEAD or LAG BEHIND
- An understanding of how players learn?
- An understanding of how players develop?
- The HOW is vitally important



TECHNICAL

PSYCHOLOGICAL

PHYSICAL

SOCIAL

Group Task

What are the characteristics of the following Age Groups?

Under 8's

Under 11's

Under 14's

Under 16's



Characteristics of Players Under 8

Excitable	Expect lots of energy
Enthusiastic	Try to build it not destroy it
Selfish	Don't expect lots of passes
Short concentration span	Organise lots of short games
Limited understanding of space	Expect them all to chase the ball
Sensitive	Be aware that children are very sensitive to failure
Decision- making	Split them into 3v3 or 4v4 games as more options make decision making harder
Talkative	Encourage them to ask questions



Characteristics of Players Under 11

Golden Age of Learning	Encourage learning and invite questions
More awareness of others	Increased decision-making options mean you can move to 6v6 and 7v7 games
Enthusiastic	Don't stifle this enthusiasm but encourage and develop it
More attentive	You can explain and explore things in more depth
Enjoy a challenge	Try to stretch their minds and set new games
Begin to lose flexibility	Be aware that the warm-up is vital



Characteristics of Players Under 14

Team play	Help to develop their understanding of team play
Problem solving	Don't provide all the answers- encourage
Peer pressure	Be aware of this growing influence and how can you use this to assist you.
Identifies others' strengths and weaknesses	This can be both positive and negative- encourage your players to assess displays in a positive way
Competitive	Facilitate the development of a more physical aspect
Physical change	Be aware and sensitive of the impact puberty may have on the individual



Characteristics of Players Under 16

Growing Stronger	Players are reaching adulthood
Greater mental strength	Players have a greater ability to cope with tough situations
Physical challenge	As the body becomes stronger so does the ability to meet the physical challenge
More tactically aware	Players are more aware of their own role and those around them
More analytical	Players are able to review their own and other's performance (including yours) which should be encouraged
More competitive	The challenge to compete and be successful becomes greater
Change	There are lots of changes on moving from school to college or work. Relationships with parents are changing and new relationships are being developed



Any Final Questions?



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