

COCHING METHODS AND ACADEMY PLAYER DEVELOPMENT MODEL

Player development stage	Stage 1:5-6 years old	Stage 2:7-8 years old	Stage 3: 9-10 years old	Stage 4: 11-12 years old	Stage 5: 13 - 14 years old
Coaching methods:	Simplicity Consistency Execution	Simplicity Consistency Execution	Simplicity Consistency Execution	Simplicity Consistency Execution	Simplicity Consistency Execution
Player development model	Loving the ball and movement	Continue to love the ball & start enjoy sharing it	Continue to love the ball & start connect with more numbers	Continue to love the ball and begin to understand basic group tactics	Start to understand basic team tactics
Practice model in relation to learning to read	Tom & Jerry- both start just recognizing the letters! 1v1 with and without the ball Mastering 5 ways of movement (multi-lateral programme)	Tom & Jerry parts some of the words 1v1/1v2/2v2/2v1/3v3 2v3 With 3v3 as optimal game-enable to deal with 4 moments of the game Mastering 5 ways of movement (multi-lateral programme) Window of opportunity opens to develop speed	Tom & Jerry able to complete words 4v4/5v5/4v5/3v4 4v4-enable player to understand width, depth and length and 3 passing line: forward, wide and back Nervous system is almost fully develop- opportunity to develop future speed capacities (frequent stop and starts)	Tom & Jerry able to complete sentences 6v6/7v7 variations of it How to use technique in simple tactical solution Smaller shapes and ability to understand them Agility and speed- essential part of movement programme	Tom & Jerry able to read! 8v8/9v9 leading to 11v11 Some players cognitive development will be still not fully ready to cope with 11 v11 side football game Puberty starts- growth spurt may affect coordination movement