



FREMONT YOUTH
SOCCER CLUB

EXPECTATIONS U13 TO U15

*Understanding the Player
Pathway*



PLAYERS

*Player Pathway &
Curriculum*

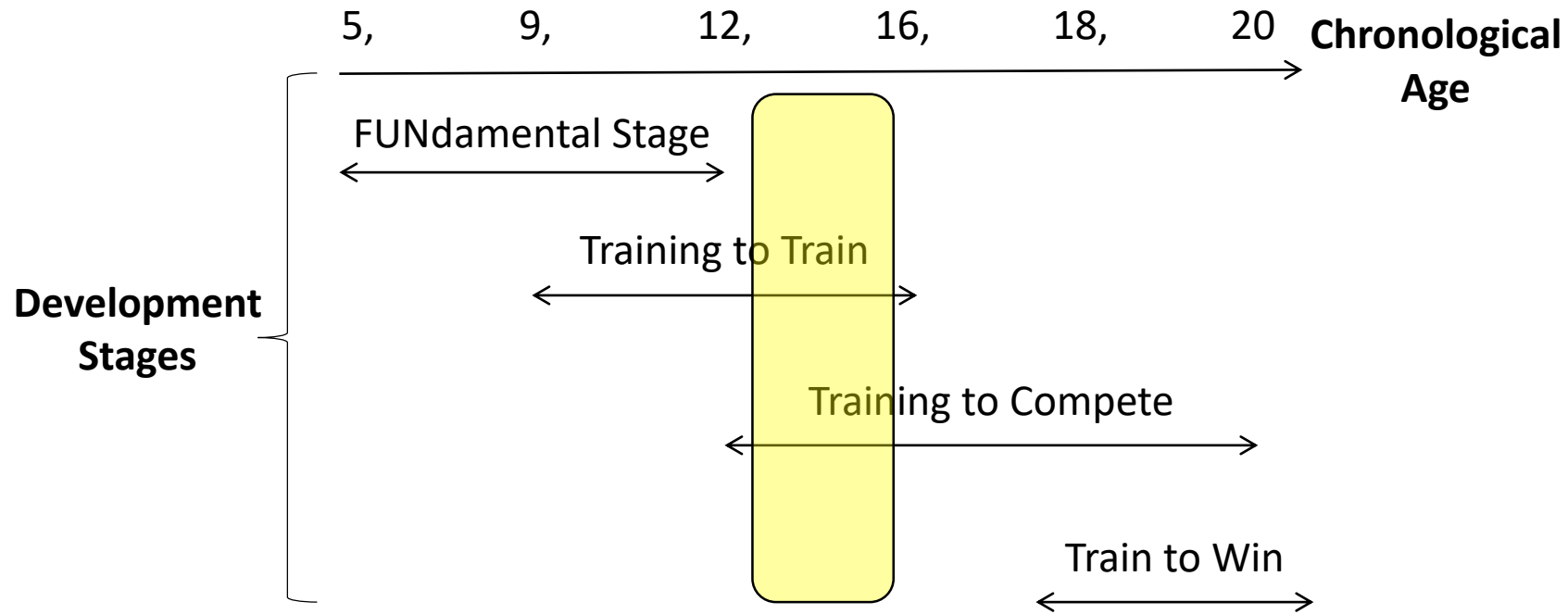


FIREMONT
YSC



Phase of Development

- Training with a purpose, psychological - intrinsic competition.
- Training to Train refers to the proactive player-centric curriculum.
- Focus away from winning at this time, players are expected to play with a purpose to compete.
 - *Competing refers to playing with a purpose, using what's been learned.*



Program Pathway

- To achieve our aim of creating a fun environment covering the mechanics of the technique, players follow an age appropriate curriculum.
- Focus is placed largely on practice
 - *Game results are not a reflection of the players current playing level*

U13 to U15

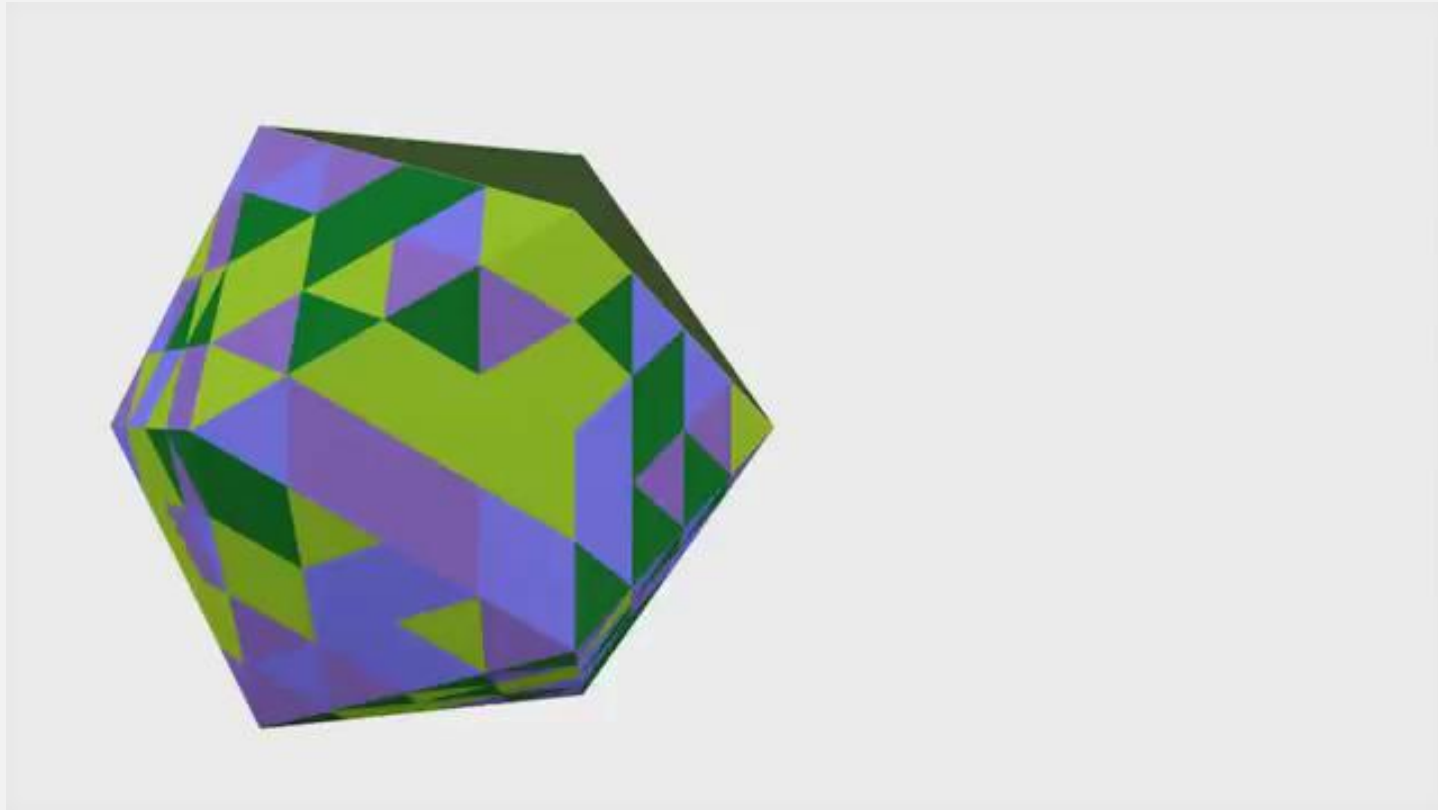
- 2 – 3 Sessions a Week
- 44 Week Season (32 for High School players in U15)
- Fall and Spring League Play
- 1 Fremont Tournament
- U15 – State Cup

Technical practice never ends, and this continues through all age groups. The proactive curriculum is age appropriate with added coaching methodology of coaching in the game. The psychological element is viewed by the players willingness to compete through intrinsic motivation and pride in how they perform. Our philosophy does not waver, and results do not reflect the rate of development. U15 enter State Cup where the format is less detrimental to a players wellbeing through injury incidence.



Effects of the Larger Field

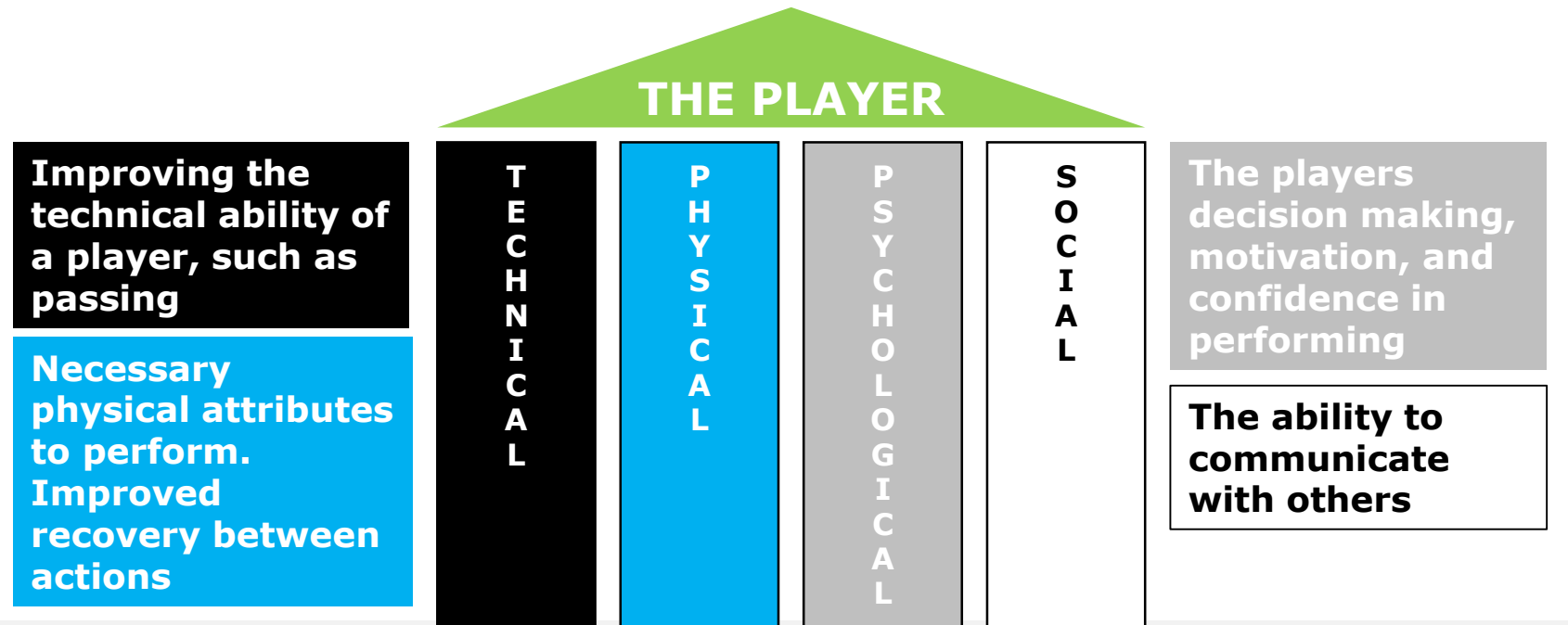
- U13 is the players first experience of a full field.
- The chronological change does not reflect the biological age of the player, new game structure can effect performance. A major contributor to why results are still not important. *Age information later in presentation.*



Pillars to Development

- A true long term development plan will take in to consideration the four pillars of development: technical, psychological, physical, and social.
- The curriculum is player-centric, and follows a proactive approach to coaching soccer, through covering all the topics and not reacting to results of a game.

Four Pillars of Development



Player-Centric

The four pillars are not mutually exclusive of each other, and can have an effect on each other during different periods. Therefore making a true player-centric program important for a players development.

All pillars are shared in importance during this stage, with physical being introduced through fitness with the ball sessions

Youths develop at different ages, this has a big impact on their physical attributes, and can be misleading in a players actual development.

Especially differentiating between age and physical development.

During a growth spurt, there can be a negative effect on a players performance. This change in physical development, has a negative effect on the technical performance, so considerations need to be made for a players psychological state to keep confidence and motivation high.



Effects of Age

- No one can predict a child's development due to the unknown developments of the players four pillars.
- Age is a huge factor in the pathway, and is unique to each individual.
- A factor to why winning is not a true reflection of an individuals playing ability.

Chronological Age

- This is the actual age of the individual, as stated from their birth certificate.
- Grouping by chronological age is not necessarily in a persons best interest.
 - *Outliers – at the point of sports cut off dates, players born in those following months are significantly more likely to be selected due to the near 12 month difference in age.*
- Every individual develops at a different rate both physically and in maturity.
 - Chronological age does not link to biological age
 - Player development is assessed on chronological age



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Biological Age

- All humans follow the same pathway to adulthood.
- Individuals will hit puberty at different times.
 - Biological age is based on bio markers, and this can vary by 2 to 3 years
- Peak Height Velocity, when maximum growth occurs it lasts for 24 to 36 months.
 - Occurs at roughly 14 years for boys and 12 years for girls, late and earl developers can be significantly different (a potential 5 - 6 year swing between an early and late developer)
- This can leave a false impression on a players performance if looking at the wrong factors.



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Relative Age Effect

- Bias towards players born in Jan, Feb, March due to being oldest in age group.
- Bias towards early developers in physicality and maturity.
 - If a team/club focuses on winning, the bigger/stronger players will get more playing time.

Sports Age

This refers to the experience playing a sport. A player who has been involved longer will generally be at a more advanced sports age. A newcomer to the sport will be starting at a younger sports age, but there is nothing to say this player will not progress to the same level of play over time.



Player Expectations

- If prioritizing development then expectations have to aligned with the process.
- Mistakes will be made, mechanics are performed slower until they become natural movement, performance effected by age differences.
- We anticipate there will be at times extreme score lines due to our belief

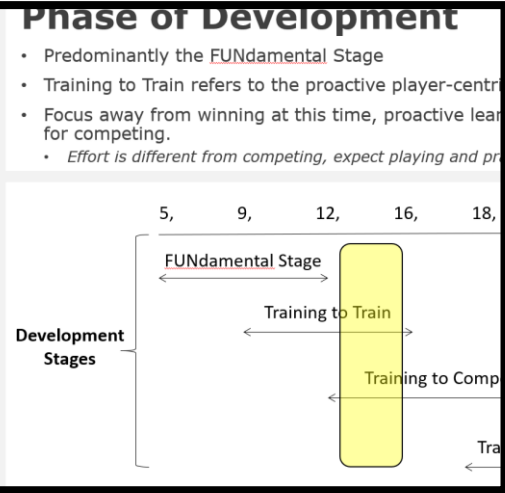
Development vs Winning

- Emphasis on being comfortable with the ball
 - More dribbling, less passing and 'kicking' the ball away
- Allow players to take risks in all areas of the field
 - Bringing the ball out from defense over 'kicking' forward
- Not relying on a child's athletic attributes
 - Big and fast kids at the back and upfront, players being pigeon hold
- Coaches allowing the kids to play
 - Composed on the sideline, allowing players to make decisions.
- Coach without an ego
 - Player-centric, it's about the kids long term development
- Embracing the process
 - Not focused on results



Curriculum

- Proactive curriculum
- Continued mechanical breakdown of technique
- Skill acquisition & decision making
- Free play in Small Sided Games
- Introduction of Coaching in the Game



Curriculum List

Week	Session	Topic	Periodization				Season
			WE	THEY	EVALUATING	PHASE	
1	1	Free Play				1, 2, 3, 4	
	2	Free Play				1, 2, 3, 4	
	3	Free Play				1, 2, 3, 4	
2	1	Free Play				1, 2, 3, 4	
	2	Skill Testing				1, 2, 3, 4	
	3	Free Play					
3	1	Dribbling 3				2	
	2	Dribbling Under Pressure...				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
4	1	Passing Between the Units...					
	2	Shooting and Finishing					
	3	Pool Training, Tournament				1, 2, 3, 4	
5	1	Passing 3				1, 2, 3	
	2	Squad Shooting from Distance				4	
	3	Pool Training, Tournament				1, 2, 3, 4	
6	1	Dribbling Under Pressure...				2, 3	
	2	SSG - 1				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
7	1	Passing Between the Units...				2, 3	
	2	Receiving the Ball				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
8	1	Dribbling to Beat the Opponent				3, 4	
	2	Shooting and Finishing				3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
9	1	Short Passing				2, 3	
	2	SSG - 2				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
10	1	Dribbling Under Pressure...				2, 3	
	2	SSG - 1				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
11	1	Passing Between the Units...				2, 3	
	2	Shooting and Finishing				3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
12	1	Running with the Ball				2, 3	
	2	Pressure as 1 st Defender				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
13	1	Player Movement and Body Shape				2, 3	
	2	SSG - 2				3	

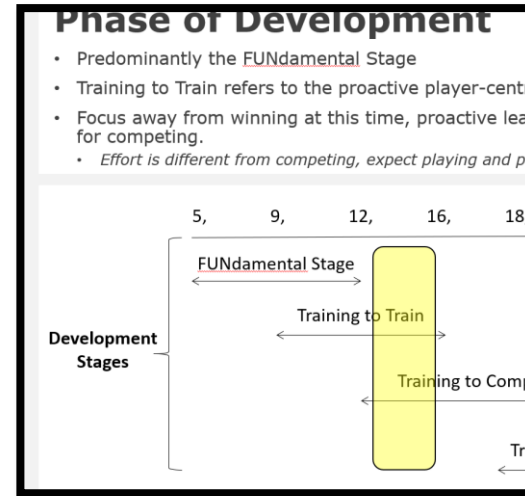
14	3	Pool Training, Tournament				1, 2, 3, 4	
	1	Dribbling Under Pressure...				2, 3	
	2	Shooting and Finishing				3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
15	1	Driving the Ball Over Distance				3, 4	
	2	SSG - 1				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
16	1	Running with the Ball				2, 3	
	2	SSG - 2				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
17	1	Passing Between the Units...				2, 3	
	2	Shooting and Finishing				3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
18	1	Player Movement and Body Shape				2, 3	
	2	SSG - 1				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
19	1	Dribbling Under Pressure...				2, 3	
	2	SSG - 2				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
20	1	Pool Training, Tournament				1, 2, 3, 4	
	2	Pool Training, Tournament				1, 2, 3, 4	
	3	Pool Training, Tournament				1, 2, 3, 4	
21	1	Skills Testing					
	2	Skills Testing					
	3	Pool Training, Tournament				1, 2, 3, 4	

Pre-Season, Soccer Specific Fitness
 In-Season, Technical Practice within Team **Training**
 Post Season, Free Play



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Benefit of Small Sided Games

- Modified version of the full 11 v 11 format
- Smaller, appropriate sized playing area
- A challenging environment to transition technique to skills
- Opportunity for high repetition
- Playing environment for creative decision making
- Enjoyable, and preferred by players
- Free play, a UNICEF right, and important part of child development

Opportunity to enhance technique in a realistic game scenarios

Keeps players active, a physical practice towards improving rate of recovery from performing soccer actions

Support players becoming decision makers. Using creative thinking within game scenarios

Enjoyable for all players of all abilities. Encourages teamwork, communication, and social interaction



Practice Consideration

- All four pillars must be considered when delivering a practice, and making the session appropriate for the ability and age of the player.
- It is also important to understand the player. All players have different motivations and reasons for playing, and all of these can be covered within a single session to cater for all players.

Cover the Main Priorities for a Child's Participation



FUN



SOCIAL



DEVELOP



PARENTS

Culture, Rules, and Roles



Culture

- It's important to create an environment for all to flourish in.
- Open mindset to learning, in players, parents and coaches.
- A place to bring out the best in people.

Fremont YSC Culture

Youth sports are in a period of being lost to what the benefits of participation are about. The life element has become a side project to what is now the race to professional playing careers and college scholarships.

0.012% of youth soccer players make it to the professional level in the UK. A smaller population with more opportunities. We have a social responsibility to players to provide a nurturing environment for their overall individual development.

***'Not all humans are players, but
all players are human'***



Culture

- It's important to create an environment for all to flourish in.
- Open mindset to learning, in players, parents and coaches.
- A place to bring out the best in people.

Parent Support – How You Can Help

To be successful with our mission to provide a program that benefits the life lessons needed for the individual, we greatly need the support of the parents.

- Kids are losing their personalities and character. Parents and coaches are doing too much for the kid, youths need more responsibility for their actions. Allow kids to make their decisions, problem solve, and face consequences.
 - **Drop players off away from the field**
 - **Make them pack their own bag for practice**
 - **Don't talk about football. Let them engage you and lead conversation**
 - **Expose them to live soccer**
 - **Provide them with what they need. Appropriate equipment and clothing**



Parent Support – How You Can Help

- The parents role is vitally important for the success of a youth soccer club
- 25% of players do not get selected to programs because of parents

Practice and Game Days, Rules and Roles

Please support the program by being aware of guidelines and the roles to support the club.

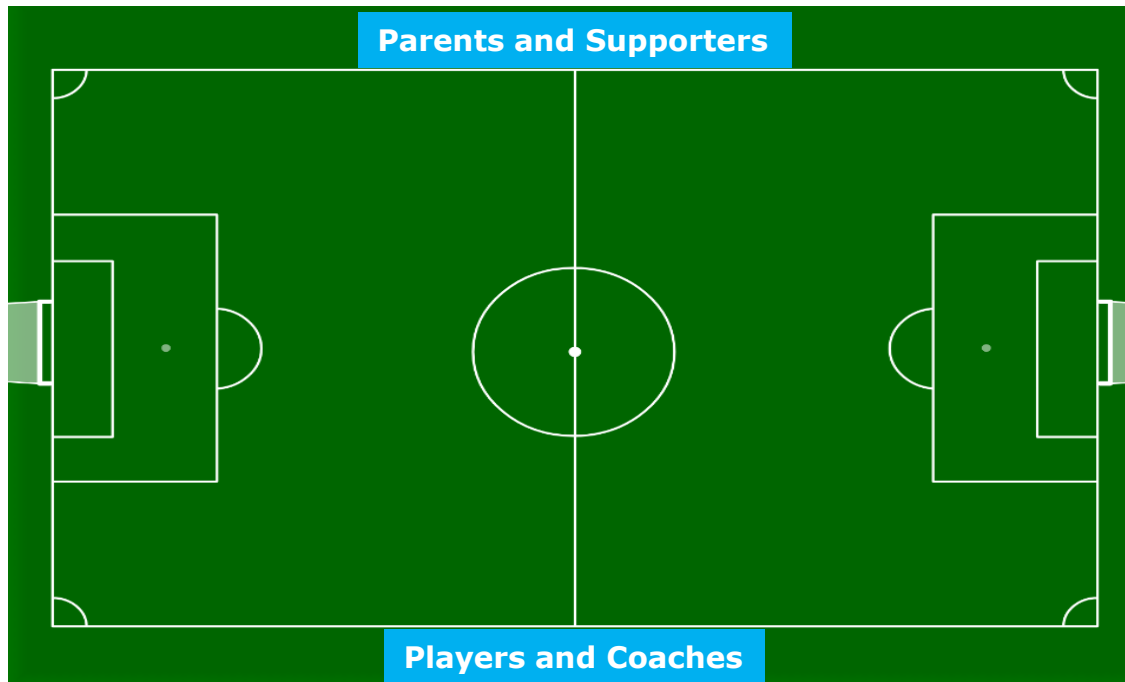
- Keep the playing locations safe by driving consciously of the safety of the kids, park in bays and do not create lines.
- Ensure players are in the correct uniform at all times. Practice uniforms and the game day uniform. Still make the players pack their own bag.
- Support the players the best you can on gamedays by being silent. They will greatly appreciate the calmness and your willingness to let them play.
- Always be on time for game warm ups, and do your best for arriving at practice on time.
- Help and support the team managers with being involved in game day set up



Parent Support

- The game has to remain about the kids, this is their time.
- We fully respect the parents, but players our main priority, and we make the experience all about them, before, during, and after all games and practices.

Practice and Game Days, Rules and Roles



Parent Communication

- TeamSnap is the online platform and smartphone app which is used for all our communication, both team and club specific.
- Update your attendance to games, we do expect players to be attending all games

We strongly encourage parents to be active on the app, you will have already been asked to upload your documents to the platform.

The platform will be used for all communication. The app is set for game reminders, and you will find all events on the app, practices, games, and team events.

If you are in need of carpooling, use the app to communicate with other parents to share the rides around.



Interesting Articles

Links to further information

Coaching to Develop

http://m.teachlikeachampion.com/?url=http%3A%2F%2Fteachlikeachampion.com%2Fblog%2Fcoaching-and-practice%2Fcoaching-develop-players-vs-coaching-win-examples%2F&dm_redirected=true#2729

Problem with Playing to Win

<http://keepitonthedeck.com/blog/2016/9/20/what-is-wrong-with-league-tables-and-winning>

Higher Purpose than Winning

<http://changingthegameproject.com/a-higher-purpose-than-winning/>


Benefits of Small Sided Games

<https://www.semanticscholar.org/paper/How-small-sided-and-conditioned-games-enhance-of-Davids-Ara%C3%BAjo/afb31ab90b8b59a5d53a597c3d7b27a2200cb08d?tab=abstract>




THANK YOU

Dai Redwood

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