

### Club Mission Statement

To provide opportunities for all abilities, setting realistic expectations, enabling the development of teams and individuals where learning and enjoyment are prioritised over match results.

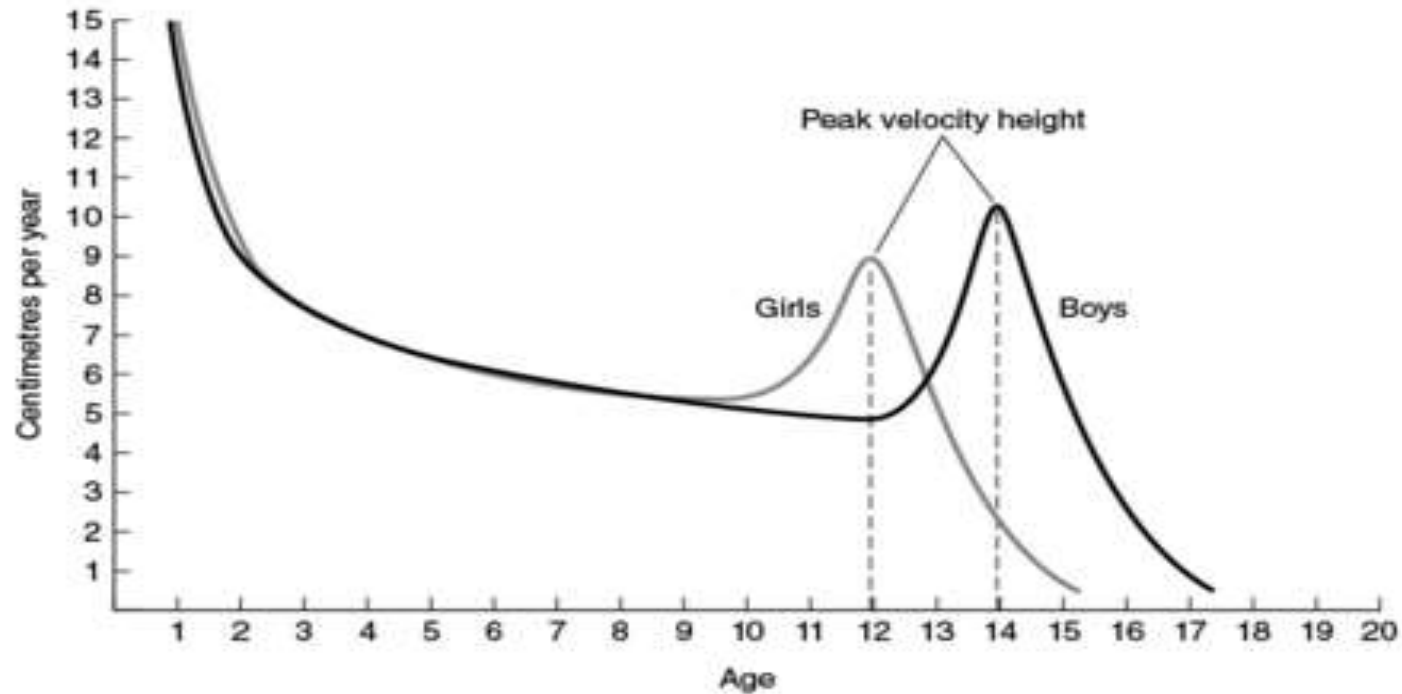
Wildcats	U7's	U8's	U9's	U10's
<b>Main aims of the age group</b>				
Fun Participation	Enjoyment Multi-activity Participation	Enjoyment Athleticism Participation	Enjoyment Introduce competition (equal access) Athleticism (football emphasis)	Enjoyment Competition (equal access) Football training Learn to train
<b>Physical aims – Gross movements and basic skills; Short duration activities must be planned; endurance developed through play and games.</b>				
General Activity	A,B,C's (Physical literacy) Bilateral limb development	A,B,C's (Physical literacy) Bilateral limb development	Athleticism (linking A,B,Cs to football) Correct running technique Volumes and intensity kept low.	Athleticism (linking A,B,Cs to football drills) Refining technique (taught) Volumes and intensity kept low.
<b>Technical aims : Individual tempo leading to cooperation; Slow to fast development of skills.</b>				
	Individual work with the ball Individual tempo	Individual work with the ball Individual tempo Coordination emphasis	Individual and teamwork with the ball Coordination emphasis	Football specific drills (in SSG)
<b>Psychological and social : Enjoyment, participation and trying emphasised</b>				
	Trying things / Effort High rate of success	Trying things / Effort High rate of success	Cooperation Increase challenge – lower success Emphasis on teamwork for success	Cooperation Increase challenge – lower success Emphasis on teamwork for success
<b>Training structure . Shorter sessions, ; lots of activities; multi-skill; lack of attention span for continuous work.</b>				
General team games	Mix of general and football related games	Targeted games involving football	Targeted games involving football	Introduce training element and competitive games 1v1s, 2v2s etc
<b>Parental involvement</b>				
	Emphasis on fun and praising effort.	Emphasis on fun and praising effort.	Emphasis on fun and praising effort.	Emphasis on fun and praising effort.

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U12's	U13's	U14's	U15's	U18s	Open age
<b>Main aims of the age group</b>					
Enjoyment Equal access Learn to train Athleticism & Skill development	Enjoyment and cooperation All play Learn to train Athleticism & Skill development	Enjoyment and cooperation Technical skills and resilience Train to train (specialisation intro) Equity in access	Balance enjoyment and result Train to compete Equity in access Specialisation	Team & Individ goals Train to compete (win) Performance	Team & individual Performance
<b>Physical aims : Awareness and monitoring of growth; increasingly individualised training;</b>					
Football specific movements Awareness of growth (Monitor) Aerobic	Football specific movements Awareness of growth Aerobic emphasis	Game specific demands Football specific movements Awareness of growth	Game specific demands and aerobic Increase intensity (Anaerobic) and including neuromuscular training	Anaerobic development	Individual programmes (strength)
<b>Technical aims: Development and refining of motor skills; Individual and team development</b>					
Defending/Attacking skills All learn positional skills	Specific skills training All learn positional skills	Individual positions (goals) Development of individual skills with tactics	Development of specific skills Individual goals Game intensity	Individual position specific	Game specific
<b>Psychological and social aims : Awareness of challenges, increasing self- determination and development of coping strategies and cooperation.</b>					
Training decision making Simple goalsetting Coping strategies Concentration	Decision making (individual & team) Values (team developed) Coping strategies Goalsetting	Encourage leadership Self-reflection Empowerment Decision making	Encourage leadership Decision making Ownership of own development	Toughness & authenticity	Encourage leadership
<b>Teamwork: Development of tactical awareness and decision making skills.</b>					
Variety of positions SSG Communication skills	Team objectives SSG Communication skills	Tactical awareness training Team objectives (team driven)	Formations and tactics Team and individual game objectives	Team reflection Indiv aim	Unit objectives (3) Indiv aims (1)
<b>Training structure: Increasing use of football specific scenarios and drills.</b>					
Small-sided games	SSG	Club philosophy Individual training	Club philosophy Individual training	Club philosophy Individual training	*Individual programmes *Team tactics
<b>Additional information</b>					
*Basic understanding of laws	*Basic understanding of laws	*Coaches FA Level 1 - First Aid	*Coaches FA Level 2?	The FA PlayMaker Coaches -Level 1	Coaches -Level 3?
<b>Parental involvement</b>					

		Team feedback	Team feedback	Player of the game	Player of the game		Limited parent involvement	Limited parent involvement
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**Figure 8.1** Peak velocity height curve for girls and boys showing the increase in stretch stature (height) expressed in units of centimetres per year.

From <http://www.brianmac.co.uk/ltad.htm>

# CHRONOLOGICAL, BIOLOGICAL & TECHNICAL AGE



## Grouping

In most circumstances, particularly in team sports, athletes are grouped based purely on their chronological age. Though this is very common, it can be problematic for a multitude of reasons.

## Chronological age



Chronological age is simply the age of the individual by date of birth.

## Issue

There may be large variance between individual abilities, which is often exaggerated in



## Biological age

Analysing the biological status of a young athlete is typically done by calculating the maturity offset of the individual.

## Application

By measuring the maturity offsets, training groups can be structured according to their biological status.



## Training age



Training age purely refers to the total training time/ experience the athlete has in that aspect of training.

## Application

