

GOOD EVENING EVERYBODY 😊

We will be with you shortly

Please turn microphones and videos off for now

Use the 'Chat Box' to submit answers, points of view or questions

This evening's presentation will be shared with you afterwards

You'll need a pen and paper

Our session this evening will not be providing CoVid specific information, so please continue to follow Government, CFA, local League and Club guidance

Whilst you're waiting, please put the most memorable football/sporting moment from your childhood into the chat box..... go!



For ALL



The Youth Development Phase – Creating Positive Player Experiences

Tonight's Presenters



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You....

In the chat box answer these 3 questions **in one message:**

1. What is the one value you stand for most?
2. What is your favourite music or band?
3. What's your favourite thing to do with your time?

A Younger You....

Now answer these 3 questions but think back to when you were a teenager:

1. What is the one value you stood for most when you were a teenager?
2. What was your favourite music or band?
3. What was your favourite thing to do with your time?

YDP DNA - ETHOS & PRINCIPLES

Ethos

Love the ball; Love the Game
Developing **People**; Developing **Players**
Inclusive **experiences For All**

CORE Principles

- Creating the **Environment**
- **Play, Practice & Competition**
- Developing the **Individual** (within the team)
- **Play with Freedom**



Creating Positive Experiences

Learning Outcomes:

Ways to help engage Youth Development Phase (12-16) players

Gaining a better understanding of your players' social and psychological development

Play, practice and competition: what should it look and feel like for this age group?

ENGLAND DNA

YOUTH DEVELOPMENT PHASE

3 CORE ELEMENTS



Helping each individual maximise their enjoyment and potential

“Every young person who chooses to play, should have a brilliant experience through football”

Early Adolescence

When does early adolescence start?

How do we utilise this second window of opportunity?

Create a survey
to help you know
what your players want
from their football?



EASINGTON SPORTS FC U12 REDS

SEASON EXTENSION SURVEY BOYS' INSIGHTS

1. **NAME** *

2. **INDIVIDUAL:** How would you like to benefit from the next 'extra' month of ESFC football? *

At what stage of development
are the players **you** coach,
socially and
psychologically?

How do you know?



THE ADOLESCENT BRAIN

A SECOND WINDOW OF OPPORTUNITY

UNDERSTANDING ADOLESCENT BRAIN DEVELOPMENT

unicef 
United Nations Children's Fund

Adolescent-focused environments

- **Connect** with each individual as person and player
- **Nurturing** through adolescence (childhood towards adulthood)
- Work from their **unique** foundation
- Challenge and Support “**Early**” and “**Late**” developers

“Consider where each individual is presently at;
bearing the future in mind”

“Play with Freedom”

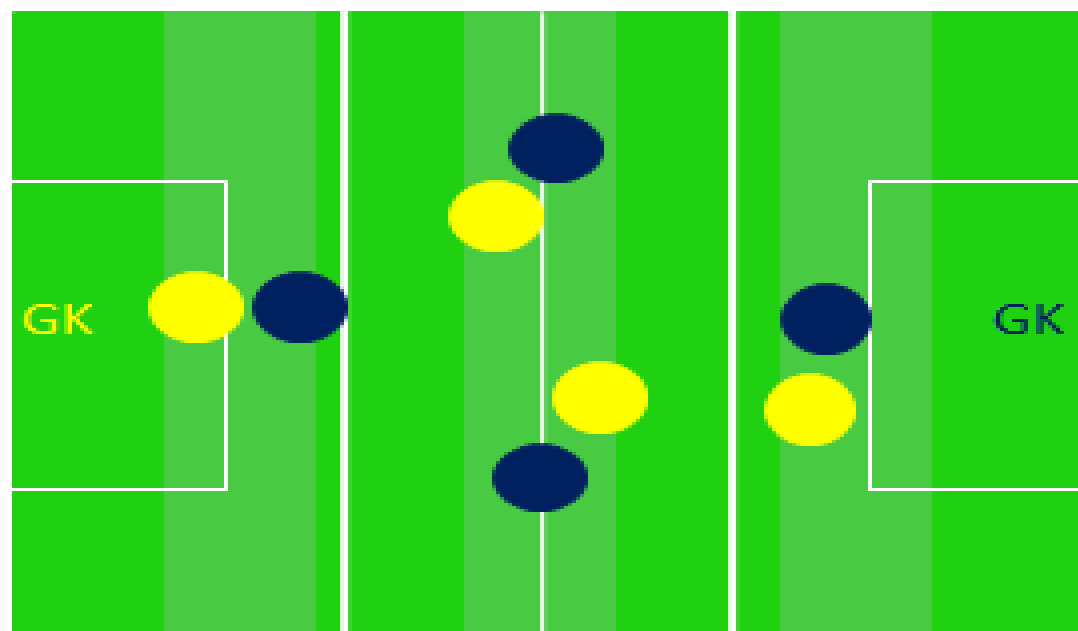
- **Valuing** self-expression, **imagination** and creativity
- **Exploring** their own game and **capabilities** as they grow
- Keep improving the **fundamental** core skills
- **Individuality** for the benefit of the **team**

Developing each **Individual** within the team

- **They're still not Adults** – avoid premature professionalism
- Help **scaffold** their learning; don't skip stages!
- **Adapting** to individuals' **changing developmental needs**
- Focus on **individual** & collective; skills & principles (& then positions)

5 Goal Challenge

Examples: RF / LF / 1 Touch / Head / Volley



Other Goals

Combination/1 Touch/Nutmeg/Everyone to Score

Changes:

Points per goal: Instead of 5 to win, first to 10 points

Setup:

Small Sided Pitch

Split into 1/3 - **Optional**

In area to score

Aim:

Engaging Game

Problem Solve / Strategy

Finishing

Notes:

Choose goals carefully

Points per type of goal?

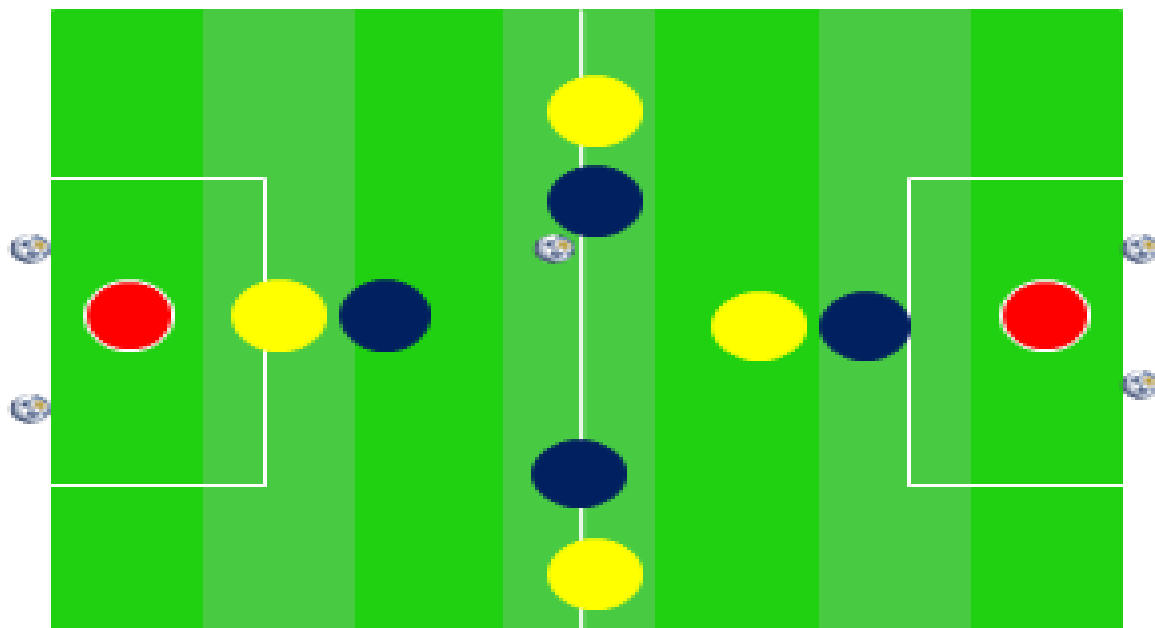
Keep Score!

Tactical:

Encourage playing through
the midfield 1/3

Creating Goal Scoring Opps

"Empty the Net" – Playing out from the Back



Language:

Team Tactics / Strategy

Play forward when possible

Attack with speed

Match – setup as shown

2 Teams: 5 v 5 (inc GK)

When a goal is scored, that ball stays in the goal. Play is restarted with a ball from the goal scorer's net.

Empty your net to win the game.

Use a whiteboard for players to keep their own tally

Remember to Keep Score and set a time limit

Play, Practice & Competition

- **“Play” & “Practice”**
- Framing **Competition** Appropriately
- Training & Matches – **Ratio & Volume**
- Play 11v11 + **variation of formats & competitions**

Committing to becoming better at Creating positive experiences

1. **Behave Positively** - applying appropriate focus, meeting the collective expectations.
2. *Are good **Learners*** – engages in learning to develop themselves and their game.
3. *Are good **Team players*** - understands their own and others role within the team.
4. *Manage **Relationships** well* - works effectively with others, both on and off the pitch.
5. *Show **Independence*** - displays traits of independence in a positive constructive way.

NEXT STEPS

Try a few things out in preparation for your next training session

Share some of tonight's ideas with coaches at your club

Let us know about your success stories

Spend some time on:

[The Boot Room](#)

[The FA Community](#)

[FA Learning - YouTube](#)

Contact Lawrence, Martin or Vinny if you would like more information around how they might support you moving forward



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