



WHAT TO EXPECT

PLAYER CHARACTERISTICS

- ONLY GOES FLAT OUT – NO SENSE OF PACE
- IS SELF-CENTRED
- WILL WANT THEIR OWN BALL
- HAS LITTLE CONCERN FOR TEAM ACTIVITIES
- PHYSICAL + PSYCHOLOGICAL STATE OF BOYS + GIRLS IS VERY SIMILAR
- HAS LIMITED SENSE OF TIME + SPACE
- HAS A SHORT ATTENTION SPAN

THE CLUB ENVIRONMENT

- FUN IS NUMBER ONE PRIORITY
- ADEQUATE COACH TO PLAYER RATIO
- DISCOVERY/EXPLORATION
- TRIAL + ERROR
- VARIATION IN EQUIPMENT USING COLOURS + DIFFERENT SIZES
- EACH CHILD HAS THEIR OWN WATER BOTTLE AND GUM SHIELD

ACTIVITIES/GAMES

- SMALL SIDED GAMES 2V2, 3V3, 4V4 MAX
- CHALLENGE PLAYERS AT THEIR LEVEL
- INTRODUCE A KNOWLEDGE OF THE GAME
- RESEMBLES GAME MOVEMENTS
- ALL PLAYERS INVOLVED
- FUN FOR ALL

THE COACH

- VARIATION – COACH OPEN TO TRIAL + ERROR
- WELL ORGANISED/PLANNED SESSIONS
- GET TO KNOW CHILDREN'S NAMES
- MAXIMISE ALL COACHING RESOURCES TO INCREASE KNOWLEDGE
- GUIDE CHILDREN, DON'T TELL THEM
- BE A ROLE MODEL
- ENCOURAGE FUN ACTIVITIES TO BE PLAYED AT HOME