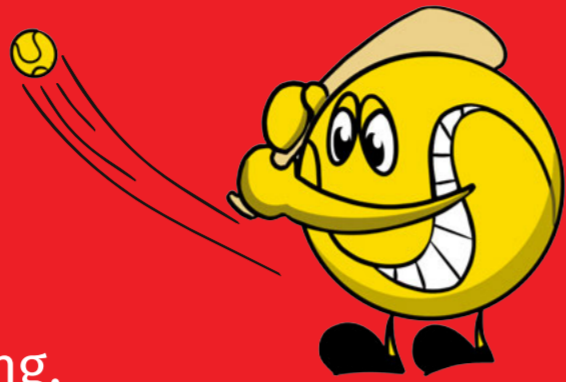


THE 4 PLAYER CAPACITY MODEL FOR COACHING CHILDREN

TECHNICAL

Can I do it?

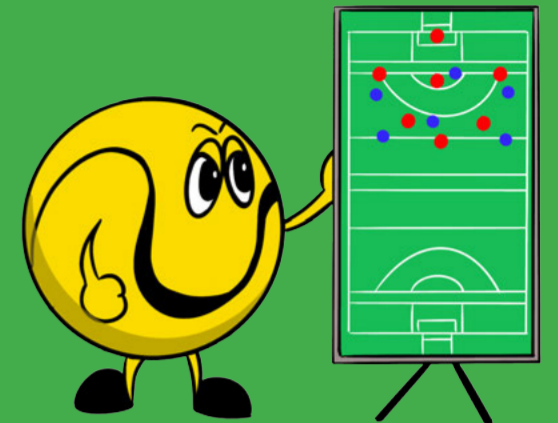
- **Focus:** Ball mastery, dribbling, passing, receiving, shooting, turning.
- **Child-friendly approach:** Fun games, individual challenges, repetition with variation.
- **Example:** “Can you dribble like a snake through the cones?”



TACTICAL

Where, when, and why?

- **Focus:** Decision-making, positioning, awareness, problem-solving.
- **Child-friendly approach:** Small-sided games, guided discovery, ‘what did you see?’ questions.
- **Example:** “When should you pass and when should you dribble?”



How do we play together?

- **Focus:** Communication, support, movement off the ball, team roles.
- **Child-friendly approach:** Group games, cooperation challenges, ‘connect and play’ activities.
- **Example:** “Can you find a teammate before scoring?”

PHYSICAL

Am I ready to move and play?

- **Focus:** Speed, agility, coordination, balance, endurance (age-appropriate).
- **Child-friendly approach:** Fun movement-based activities, multi-sport play, ‘move like an animal’ warm-ups.
- **Example:** “Can you run like a cheetah and stop like a ninja?”



MENTAL

How do I feel and think?

- **Focus:** Confidence, resilience, focus, positive mindset.
- **Child-friendly approach:** Growth mindset language, praise effort, teach self-talk.
- **Example:** “What do we say to ourselves when we make a mistake? We try again!”

