

GRASSROOTS: CHARACTERISTICS OF CHILDREN

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OVERVIEW

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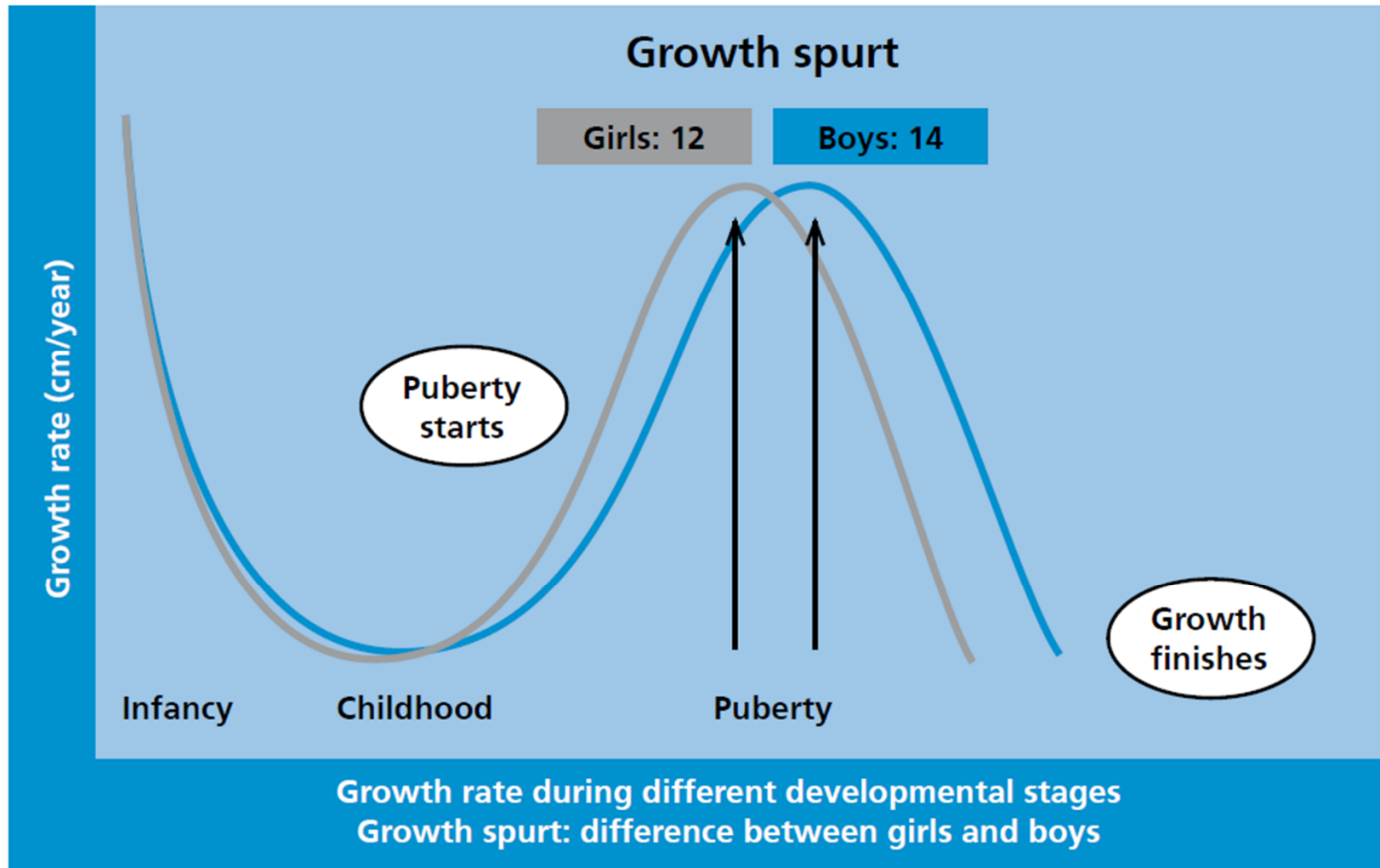
- Children pass through different stages of development
- They have different needs and behaviour depending on the different stages of growth
- Physical, physiological and psychological aspects



GROWTH RATE: GIRLS AND BOYS

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CHARACTERISTICS

6- to 8-YEAR-OLDS

Characteristics

- Fragile, developing quickly
- Short attention and concentration spans
- Excellent facility for imitation (visual memory)
- Love football, play for themselves
- Seek enjoyment above all

Training content

- Basic techniques
- Games and simple exercises for beginners
- Small-sided games: 3v3, 4v4, 5v5 with or without a goalkeeper
- Alternating games and exercises
- Balanced groups or teams

THE COACH-EDUCATOR'S ROLE 6- to 8-YEAR-OLDS

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- Organise matches and exercises and ensure safety
- Demonstrate the exercises
- Use simple, expressive language
- Limited intervention / let the children play
- Teaching by encouragement



CHARACTERISTICS

9- to 10-YEAR-OLDS

Characteristics

- Greater speed and endurance
- Improved coordination
- Good visual memory
- Good self-confidence
- Discussion skills
- Curiosity and desire to learn
- Team spirit

Training content

- Basic techniques (the basics of football)
- Basic team organisation
- Speed, energy, reaction, coordination
- Training games
- Small-sided games: 5v5, 7v7
- Alternating games and exercises
- Balanced groups or teams

THE COACH-EDUCATOR'S ROLE 9- to 10-YEAR-OLDS

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- Methodology and teaching techniques
- Emotional and technical leadership
- Organisational and communication skills
- Establishing team spirit
- General knowledge of football
- Demonstration, implementation, correction
- Teaching by encouragement



CHARACTERISTICS

11- to 12-YEAR-OLDS

Characteristics

- Significant physical changes
- Better balance and better coordination
- Improved visual and aural memory
- Critical faculties, discussion skills
- Improved attention
- A hunger to learn
- Assertiveness
- Development of competitive spirit
- Team spirit

Training content

- Speed, energy and reaction
- Coordination
- Basic techniques
- Basic team organisation: 3-2-3
- General principles of playing matches
- Control of space
- Small-sided games: 5v5, 7v7, 9v9
- Promoting creativity
- Individual initiative

THE COACH-EDUCATOR'S ROLE 11-12 YEAR OLDS

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- Methodology and teaching techniques
- Team spirit
- Quality of behaviour
- Knowledge of football
- Communication skills and techniques
- Learning through play
- Motivating the group
- Demonstration, implementation, correction
- Teaching by encouragement



TEACHING APPROACH

- Preparing the session
 - Written session plan
 - Objectives
 - Preparation in terms of location and schedule
 - Tailoring the session to the individual children

- Organising the session
 - Setting out the area for play
 - Equipment and first-aid kit
 - Organisation of teams/groups
 - Duration and development of exercises



TEACHING APPROACH

- Leading the session
 - Simple, comprehensive explanation of the aims of the session
 - Presentation of the contents
 - Organisation of groups/teams according to the characteristics of the group

- Concluding the session
 - Bringing the children back together and calming them down
 - Evaluation and introduction of the next session
 - Putting equipment away
 - Overseeing the children's departure

MIXED-SEX PARTICIPATION

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- Children are categorised by their age and level, not by their gender
- Up to the age of 12 the differences between boys and girls are minimal, except in cases of precocious puberty particularly in girls of around 10 years old
- Improved tolerance and education
- Mutual respect
- Positive effect on development

