COORDINATION, AGILITY, MOTOR SKILLS

• Coordination is the interaction between the brain and the muscles to successfully carry out a movement.

• Children who are well coordinated and comfortable in their movement will be better at:
  – Controlling the ball and dribbling, running fast, jumping high, shooting with strength and gaining possession of the ball before their opponent.

• The primary objective of the coordination sessions is that the children perform to the best of their abilities and use their motor skills effectively.
• The golden age for working on general coordination is between 8 and 12 years old

• Developing coordination:
  – Coordination is developed through complex activities such as games with or without a ball, movements and running exercises and varied practices (including sports involving use of the hands, like rugby)
  – Optimum development is reached by following the principle of variation and combination of different methods and exercises
  – To improve coordination, children need to practise, alternating between:
    • coordination exercises
    • football games and exercises
  – Coordination exercises should begin as early as possible (6-7 years old)
Between 6 and 12 years old, coordination exercises must be part of each training session (beginning of the session)

Duration: 15 minutes, 3 exercises

Exercises must be:
- With and without the ball
- Competitive between the teams

The exercise should be changed if:
- It is too difficult
- It is too easy
- Participants have lost interest ➔ change/adapt the exercises

To sum up:
- Quality is better than quantity
- The motivation of the children is the most important element
- No practice when the children are tired
COORDINATION ASPECTS

1. Orientation
2. Rhythm
3. Bilateral coordination
4. Reaction
5. Balance

Influential factors
Speed + Strength + Flexibility + Endurance
COORDINATION, AGILITY, MOTOR SKILLS

- Examples:

- [Diagram of coordination activities]
- [Diagram of shooting exercises]
Five general categories

1. Controlling the ball
   1. Controlling
   2. Juggling

2. Running with the ball
   1. With obstacles
   2. Without obstacles – dribbling

3. Passing the ball

4. Shooting

5. Special techniques
   1. Headers
   2. Volleys
   3. Defensive manoeuvres
   4. Feints
   5. Goalkeeping
Technical targets:

- Mastering the ball – running with the ball
- With/without obstacles
- Introducing dribbling
- Introducing short passing
- Introducing control

*Shooting, flicks, lobs, heading, sliding, and chest and thigh control must be prohibited at this age when practising long passing.*
Individual tactical targets:

- Introducing opponents
- Attacking play against 1 opponent
- Defensive play against 1 then 2 opponents
- Triangle play (3v2 – 4v3 etc.)
Collective tactical targets: ability to play together

- My team has the ball: I think play deep
- My team has the ball: I think attack wide
- My team has the ball: I play wide and move forward
- My team has the ball: I keep to my zone
- My team lost the ball: whatever my position I try to win it back
Fitness targets

- Specific: steps – coordination – balance – both legs
- Without speed
- With speed
- Endurance by games

*Strength and speed endurance exercises are not appropriate at this age.*
Technical targets:

- Running with the ball, dribbling, feinting
- Controlling the ball
- How to kick the ball for a short pass?
- Changing direction control
- How to make a strong pass?
- Linking control and passing
- How to shoot?
- How to take a header?

*Lobs, sliding, chest and thigh control, volleys and half-volleys must be prohibited at this age when practising long passing.*
Individual tactical targets:

• How to play with equal number of players in attacking play?
• How to play with equal number of players in defensive play?
• How to play with 1 team-mate more in attacking play?
• How to play with 1 team-mate more in defensive play?
• How to play with 1 team-mate less in attacking play?
• How to play with 1 team-mate less in defensive play?
Collective tactical targets: ability to play together

- Free games
- My team has the ball: I think play deep
- My team has the ball: I keep to my zone in attack
- My team has the ball: I keep to my zone in defence
- My team has the ball: I think attack wide
- My team has the ball: I play wide and move forward
- My team has lost the ball: whatever my position, I try to win it back
Fitness targets

• Specific speed: explosiveness/reactions – visual signal
• Steps: coordination – balance – both legs
• Without speed
• With speed
• Stretching
• Endurance by games
• Learning the rules of the game

*Strength and speed endurance exercises are not appropriate at this age.*
Technical targets:

- Running with the ball – dribbling – feinting
- Short passes and controlling the ball
- Heading
- Trapping the ball
- Defensive skills
- Making strong passes
- Linking control and passing
- How to score goals?
- Volley – half-volley
Individual tactical targets:

- How to play with equal number of players in attacking play?
- How to play with equal number of players in defensive play?
- How to play with 1 team-mate more in attacking play?
- How to play with 1 team-mate more in defensive play?
- How to play with 1 team-mate less in attacking play?
- How to play with 1 team-mate less in defensive play?
Collective tactical targets: ability to play together

- Free game
- My team has the ball: I keep to my zone
- My team lost the ball: I keep to my zone
- My team has the ball: I look for counterattack
- My team has the ball: I think attack wide
- My team has the ball: I look to attack – keeping the ball
- My team lost the ball: whatever my position, I try to win it back
Fitness targets

- Specific speed: explosiveness/reactions – visual signals
- Steps: coordination – balance – both legs
- Without speed
- With speed
- Stretching
- Endurance by games

*Strength and speed endurance exercises are not appropriate at this age.*
Under 12 – Under 13

Strategy

• Attacking/defensive throw-in
• Attacking/defensive set plays (corner kick – free kick)
• Learning the rules of the game
U13 - U14
(PROGRESSION)