

## STAGE 3-4: FOUNDATIONS/EMERGING

### AGES 9-12 YEARS OLD

#### KEY OBJECTIVES FOR SUCCESS

##### Focus - Where we spend most of our time

Honing Technical Skills/Fundamental Tactical Skills

##### Goals for this stage of development - What we are trying to achieve

To reinforce technical skills while learning and practicing tactical application in a progressive system. Getting as many touches with the ball as possible.

##### Player-centered environment - what it should look like

Fun, inclusive, accepting, engaging and positive. Focus on improvement and effort rather than outcome. Reinforce new and existing skills while learning to apply to tactics through small sided and engaging play and enjoyable practice. Opportunities to try new things. Growth mindset.

#### PLAYER DEVELOPMENT

##### Athletic Development

Agility, footwork, dynamic balance, complex coordination, multi-directional speed, strength, core strength, flexibility.

##### Technical (Skills) Development

Consolidating and mastering all technical skills, exploring variations-developing consistency under pressure. Mastering individual defensive skills. Beginning to develop position-specific skills.

##### Tactical (Strategy) Development

Developing situational understanding of play up to 7v7; developing understanding of zones, proficient with riding and clearing, player to player defense. Working on space and time.

##### Psychological Development - working to support athletes in these areas...

Love of the sport, focus, simple goal setting, self-motivation, confidence, learning to make decisions, developing self-reliance, understanding winning and losing. Respect.

##### Social-Behavioral Development - we know that at this age athletes are...

More independent, able to share, improved decision making ability. Desire independence and are building confidence. Peer group acceptance becomes important and physical competency plays a role in how one is perceived. Girls tend to form "cliques," boys have more broad team relationships.

##### Cognitive Development

Increases in processing speed; learning encoding strategies for long term memory; still may find it hard to tune out or self identify what's important; understand winning and losing, may still need help coping.

#### TRAINING

##### Ratio of Training (Technical and Tactical Skill Development) to Competition + Competition Specific Preparation

70:30 Boys/60:40 Girls

##### Primary Objective of Training

To reinforce basic technical skills and introduce tactical components of the game through progressions and small-sided play practice/teaching games for understanding. Include free play.

##### Max Recommended Ratio (coach:player)

12:1

##### Length of Sessions

60-75 minutes

##### Frequency

Up to 3x a week during an 8-12 week season

##### Multi-Sport Participation/Sport and physical activity diversification/Other sports and activities

Sport-specific training up to 3x a week (for one specific season), participate in other physical activity or sport 4-5 times a week. Ensure time period in the year when there is a several week rest from all organized sport.

#### COMPETITION

##### Competition Structure

Girls 9v9 field players plus goalies, transitioning to 11v11 plus goalies; Boys: 6v6 plus goalies

##### Field Size

Modified field

##### Developmental Purpose of Competition

FUN, honing technical skills in game situations, exploring and applying new tactical skills.