

The Player Pathway

<i>FUNDamental Stage 1</i>	<i>Learn to Train Stage 2</i>	<i>Train To Train Stage 3</i>	<i>Train To Compete Stage 4</i>	<i>Train To Win Stage 5</i>	<i>Active For Life Stage 6</i>
<p><u>Technical</u> Taught basic skills:</p> <ul style="list-style-type: none"> • Jumping and catching • Pass (hand & fist) • Kick • Pick up • Solo • Dispossession <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Concepts of fair play and friendly competition • Spatial awareness • Defence – regaining possession • FUN games • Modified games • Introduction to team games • Awareness of basic positional roles. <p><u>Mental</u></p> <ul style="list-style-type: none"> • Self confidence • Positive attitude to sport • Self esteem • Enthusiasm and commitment <p><u>Physical</u></p> <ul style="list-style-type: none"> • Agility, Balance (static & dynamic), Co-ordination • Importance of warm up and cool down • Running, jumping, speed <p><u>Lifestyle/Personal</u></p> <ul style="list-style-type: none"> • Taught value of playing in a team • Taught value of being on time • Co-operation – positive response to discipline structure • Identification with positive role models • Awareness of Health & Safety issues 	<p><u>Technical</u></p> <ul style="list-style-type: none"> • Major skill learning phase of all basic skills • Evasion 1v1, 4v4 etc • Handling skills (fisting & catching) • Decision making – creating space • Delivery and use of the ball <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Basic rules of 15 a-side game • Awareness of opposition • Identify & address strengths & weaknesses • Team play – basic attack & defence • Support play • Spatial awareness under pressure <p><u>Mental</u></p> <ul style="list-style-type: none"> • Build confidence/motivation • Build concentration • Achieve success and be praised for it – set short term goals/targets <p><u>Physical</u></p> <ul style="list-style-type: none"> • Advanced Agility, Balance & Co-ordination • Flexibility and mobility <p><u>Lifestyle/Personal</u></p> <ul style="list-style-type: none"> • Ambition – commitment to develop • Good health and hygiene • Inclusion of sport in lifestyle • Accepts discipline structure • Teamwork / interaction skills 	<p><u>Technical</u></p> <ul style="list-style-type: none"> • Introduce additional skills i.e. breaking the tackle by rolling, dummieing etc • Develop confidence and ability to perform skills using both hands and feet • Angles of run • Timing of pass • Support ball carrier <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Appreciation of consequences of actions • Understand game plans • Implement patterns of play • Develop positional requirements <p><u>Mental</u></p> <ul style="list-style-type: none"> • Goal setting (long and short term) • Motivation • Sportsmanship encouraged and fostered <p><u>Physical</u></p> <ul style="list-style-type: none"> • Develop fitness (aerobic and anaerobic) • Importance of proper hydration at training emphasised • Speed and acceleration <p><u>Lifestyle/Personal</u></p> <ul style="list-style-type: none"> • Role model for younger children • Established self identity • Life balance • Importance of rest and recovery • Nutrition and hydration 	<p><u>Technical</u></p> <ul style="list-style-type: none"> • Perform multi functional roles – play maker, support, decoy, distributor • Close correction of mistakes; technical and rule based with constructive criticism • Competition – stimulating training <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Awareness of oppositions tactical strengths and weaknesses • Use of conditioned games to assist in teaching of tactical moves • Adaptation of different situations i.e. environment, opponents etc <p><u>Mental</u></p> <ul style="list-style-type: none"> • Taught how to pre-prepare for matches; pre match, half time & post match. • Use if imagery & relaxation in match preparation • Individualised warm up routines <p><u>Physical</u></p> <ul style="list-style-type: none"> • Explanation of training system: how to train for speed, strength, endurance etc • Per iodisation training programme • Establish recovery routines <p><u>Lifestyle/Personal</u></p> <ul style="list-style-type: none"> • Increased knowledge of nutrition and hydration issues • Integration of sport, career and life goals • Coping with set-backs / failures 	<p><u>Technical</u></p> <ul style="list-style-type: none"> • Reinforcement of skills • Minimise weaknesses in individual game by correction of error using feedback & self analysis • Consolidate & enhance strengths • Competition specific training • Skill development within small sided games <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Implement performance analysis • Ability to adapt tactical strategies during a game • Consideration of tactical developments within the game • Identify opponents game plan and develop counter tactics which are practised <p><u>Mental</u></p> <ul style="list-style-type: none"> • Concentration/Focus • Capable of teamwork and taking advice • Coping strategies – regaining focus during a match <p><u>Physical</u></p> <ul style="list-style-type: none"> • Maintenance and improvement of fitness to optimise performance • Careful planning and phasing of training • Well establish recovery routines <p><u>Lifestyle/Personal</u></p> <ul style="list-style-type: none"> • Openness to further development opportunities • Positive use of influence/power • The pursuit of excellence • Full integration of sport, career and life goals • Well developed, self monitoring lifestyle 	<p><u>Technical</u></p> <ul style="list-style-type: none"> • Retain skills <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Retain recreational involvement <p><u>Mental</u></p> <ul style="list-style-type: none"> • Re-adjustment to non-competitive environment • Relaxation <p><u>Physical</u></p> <ul style="list-style-type: none"> • Keep active through sport participation <p><u>Lifestyle/Personal</u></p> <ul style="list-style-type: none"> • Re-set goals • Sport taking less of a focus on life

