



# **YOUTH SYSTEM PLANNING (6-14 YEARS OLD)**

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**NORTÄLLJE (SWEDEN) JULY 2010**

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# INTRODUCTION



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## **OUR EXPERIENCE**

**F. C. BARCELONA SCHOOL  
(6-10 YEARS OLD)**



**F. C. BARCELONA FOOTBALL ACADEMY  
(10-21 YEARS OLD)**



**CATALAN FOOTBALL FEDERATION  
(12-18 YEARS OLD)**



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# JUSTIFICATION



**School**

$$2+2=4$$



**University**

$$(2xy+x^2+3y^2) y' + (y^2+2xy+3x^2) = 0$$

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# STAGES OF THE LEARNING PROCESS

**Beginning**

**Learning Skills**

**Performance**



**Aim of Each Stage**

**Fun**  
Learning

...  
Performance

**Learning**  
Fun

Performance

**Performance**  
Learning

Fun

**INTRODUCTION**

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## **PLANNING CRITERIA**

**To organise the training content first it is necessary to establish a criterion that allows you to organise it.**

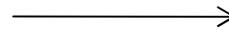
**Possibilities:**

**Player's Biological Development**

**Sensitive Phases**

**Understanding the Game**

**Game Analysis**



**Egocentric Stage**

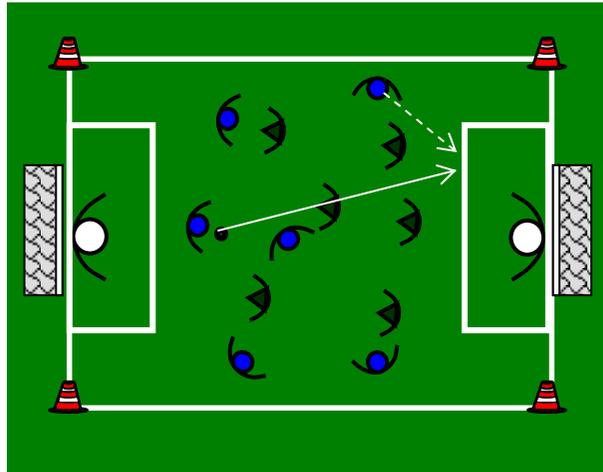
**Summative Stage**

**Collective Stage**

# THE MOST COMMON MISTAKE

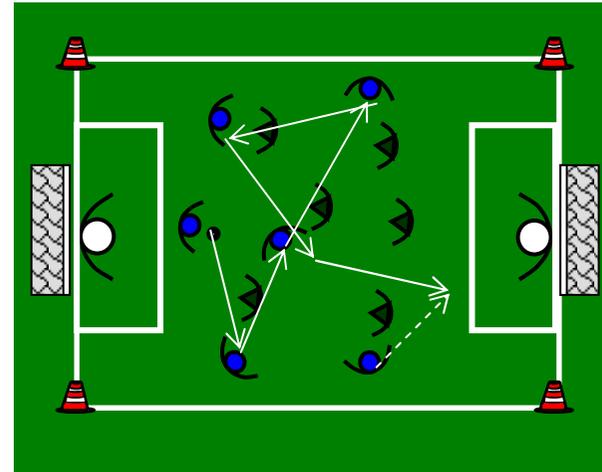
How do we evaluate players?

~~Evaluate  
Performance~~



2-0

Evaluate what has  
been learnt.



6 correct passes in  
each attack.

INTRODUCTION

# TRAINING CONTENT

## **A. COORDINATION**

- \_Learning how to move**
- \_Relationship with the ball**

## **B. PERCEPTION OF SPACE**

- \_Learn to look**

## **C. TACTICAL-TECHNICAL CONTENT**

- \_Egocentric Stage**
- \_Summative Stage**
- \_Concepts/ Instructions**

## **D. PLAYING STYLE**

- \_Fundamentals / Principles of the Game**

# COORDINATION



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## LEARNING HOW TO MOVE

**We practice**

- Assistance
- Starting and stopping
- Changing direction, etc.

**By**

- Coordination runs
- Chasing games

**Concepts / Instructions**

- Frequency in assistance
- Dropping the hip
- Don't run in rings, etc.



# LEARNING HOW TO MOVE

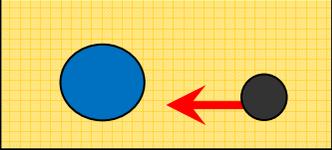
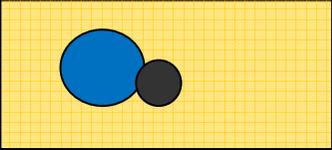
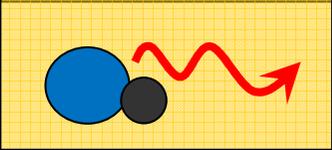
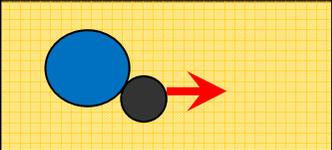
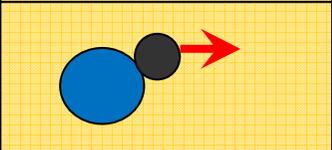
VIDEO

**COORDINATION**

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# RELATIONSHIP WITH THE BALL

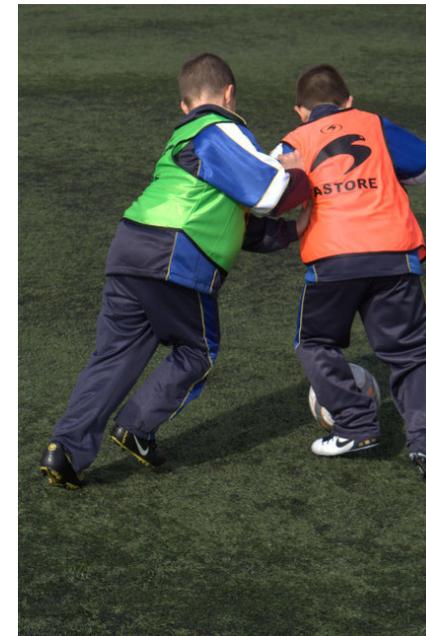
We practice

	<b>Directed Control</b>
	<b>Touches</b>
	<b>Ball skills</b> <b>Dribbling</b>
	<b>Hitting the ball with the foot</b>
	<b>Hitting the ball with the head</b>

By

- Skill runs
- Skill games

**Concepts**  
- According  
to each skill



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**COORDINATION**

# RELATIONSHIP WITH THE BALL

**COORDINATION**



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**PERCEPTION OF SPACE**

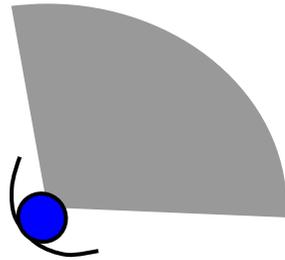


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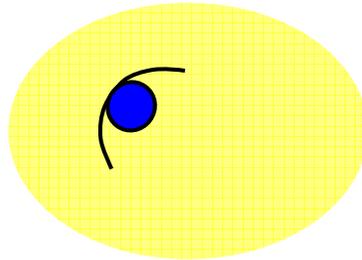
# PERCEPTION OF SPACE

## PERCEPTION OF SPACE

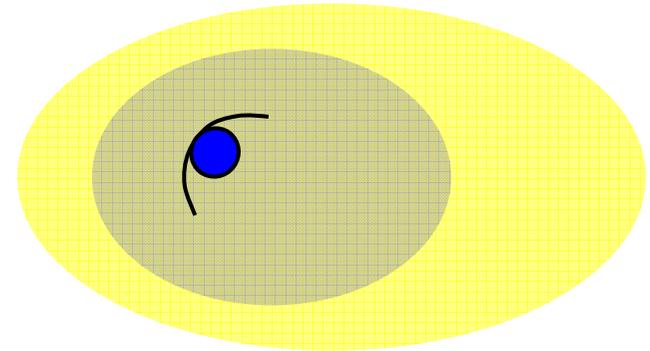
**Body Orientation  
and Field of  
Vision**



**Things to look out  
for in the  
immediate area.**



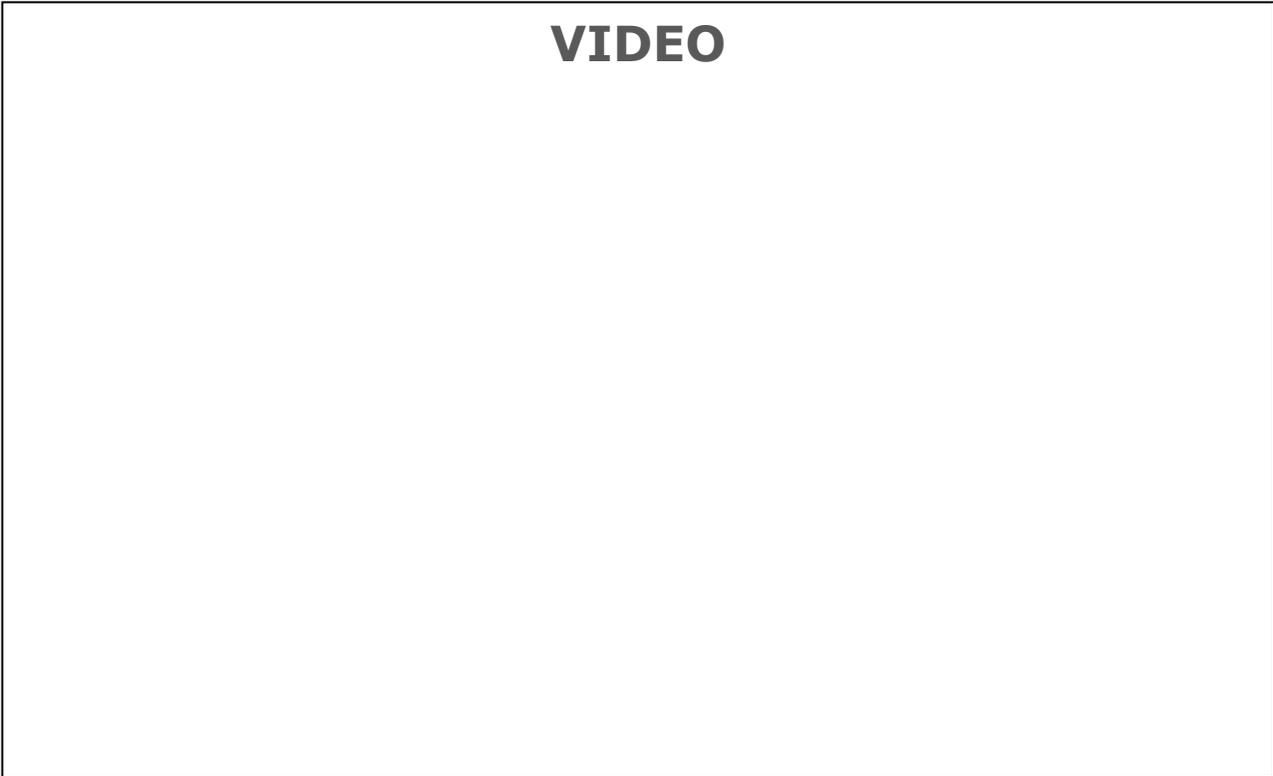
**Things to look  
out for in the  
distance.**



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**PERCEPTION OF SPACE**

**PERCEPTION OF SPACE**



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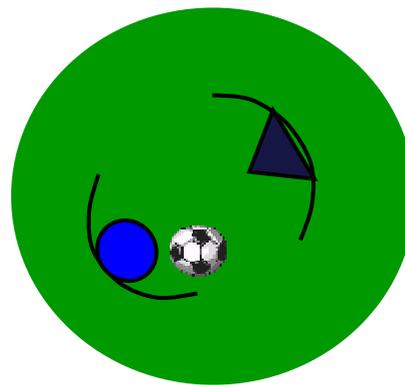
# TECHNICAL – TACTICAL CONTENT



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**EGOCENTRIC STAGE**

**6-7 YEARS OLD**



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**TECHNICAL – TACTICAL CONTENT**

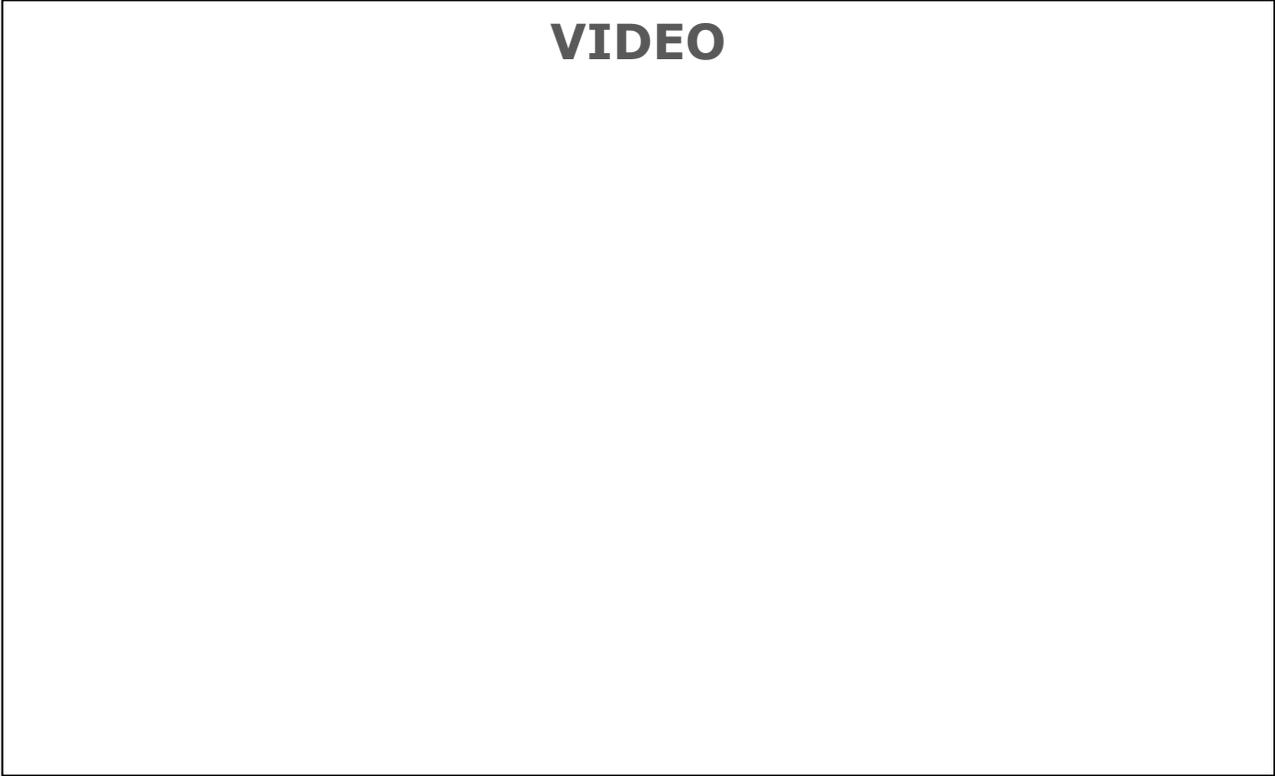
**EGOCENTRIC STAGE**



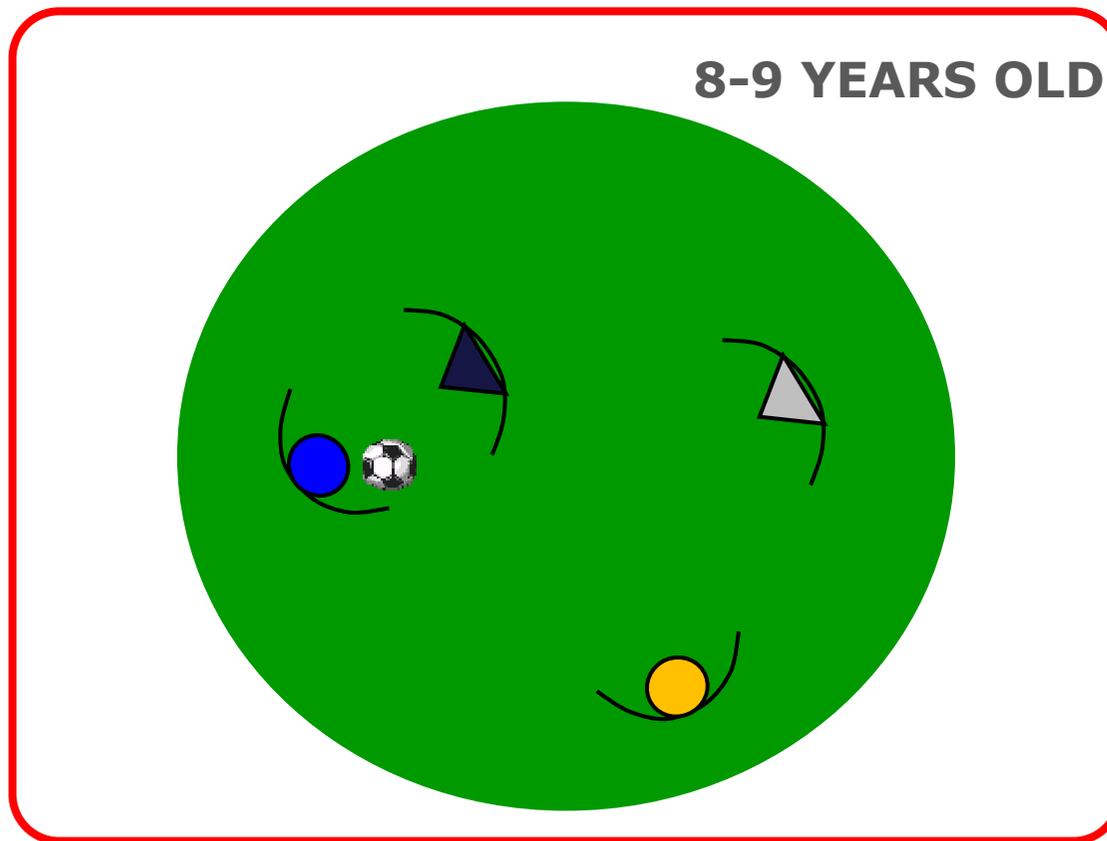
**EGOCENTRIC STAGE**

**6-7 YEARS OLD**

**VIDEO**



**EGOCENTRIC STAGE**



# TECHNICAL – TACTICAL CONTENT

## EGOCENTRIC STAGE

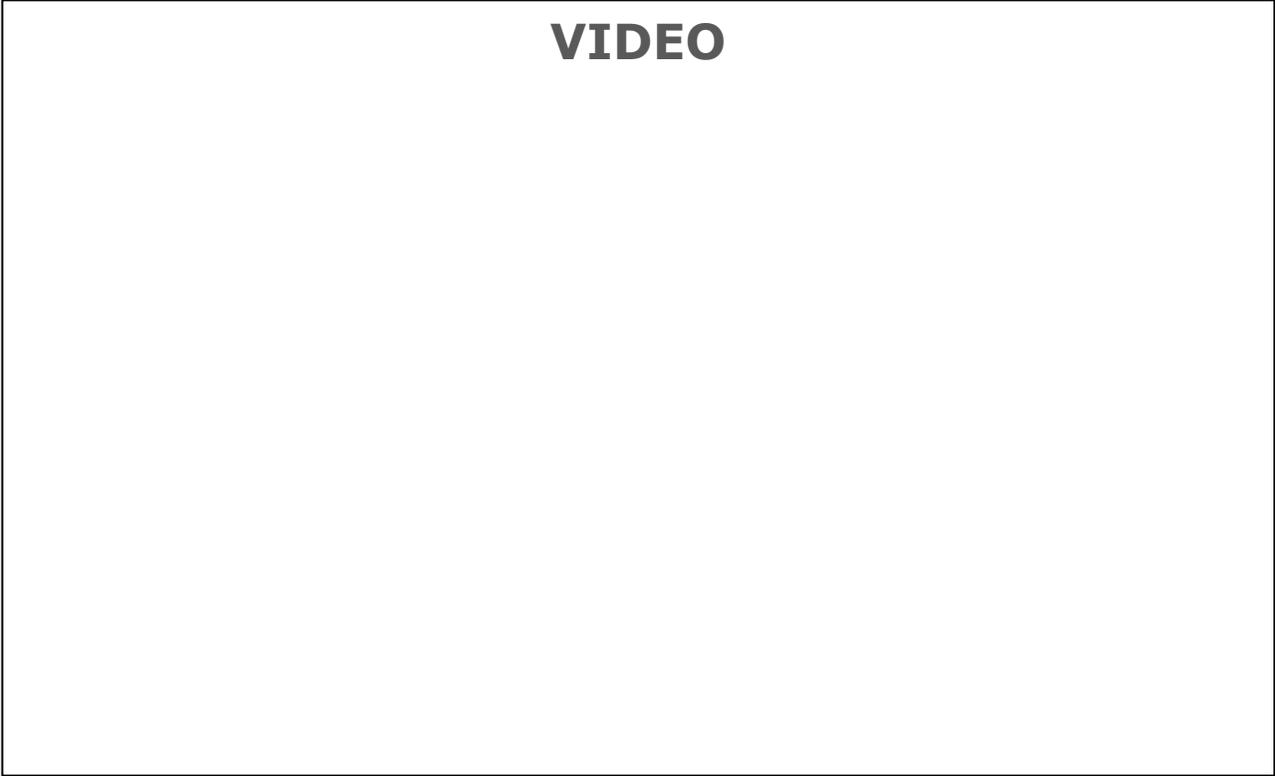


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**EGOCENTRIC STAGE**

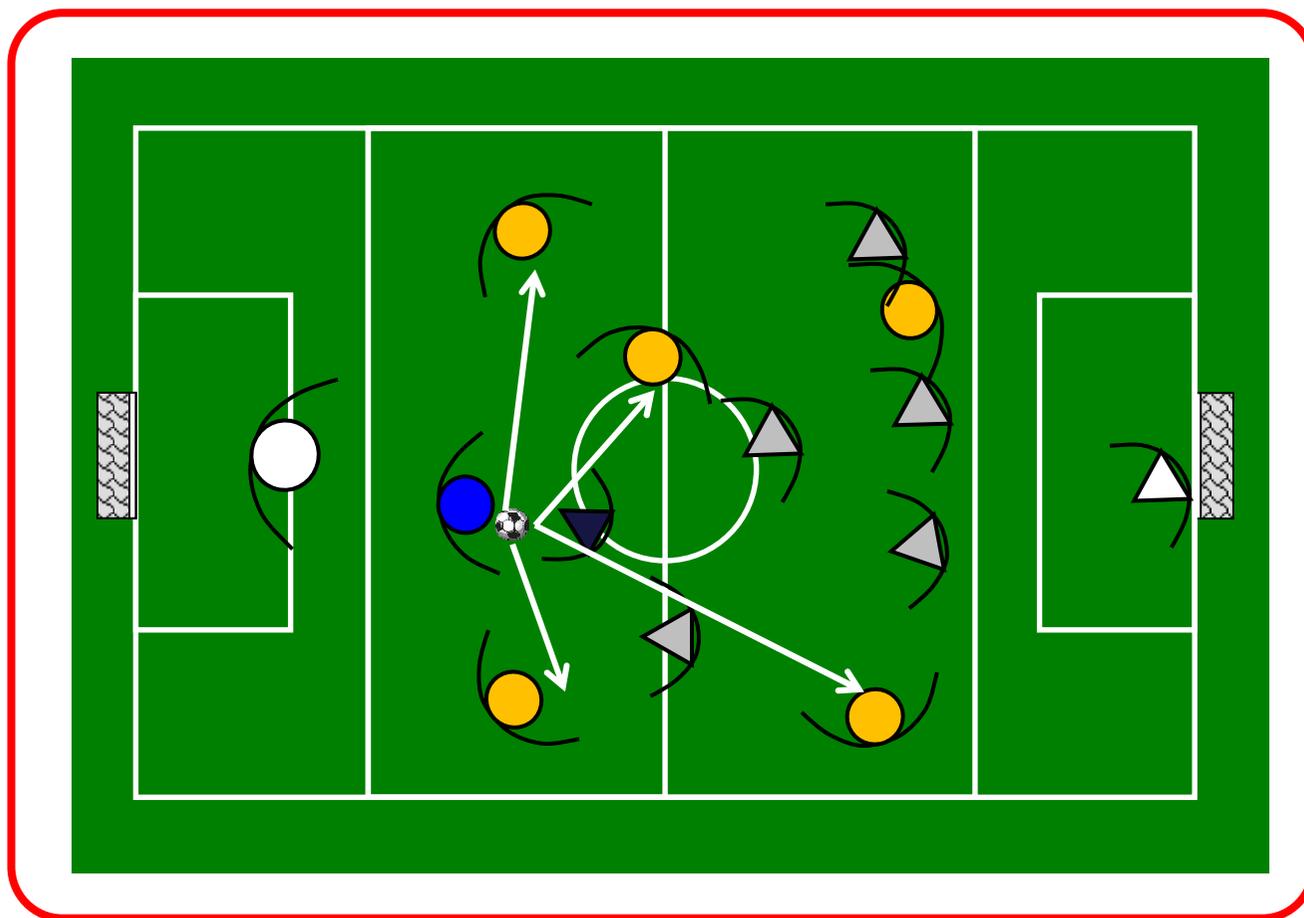
**8-9 YEARS OLD**

**VIDEO**



**SUMMATIVE STAGE**

**10-12 YEARS OLD**

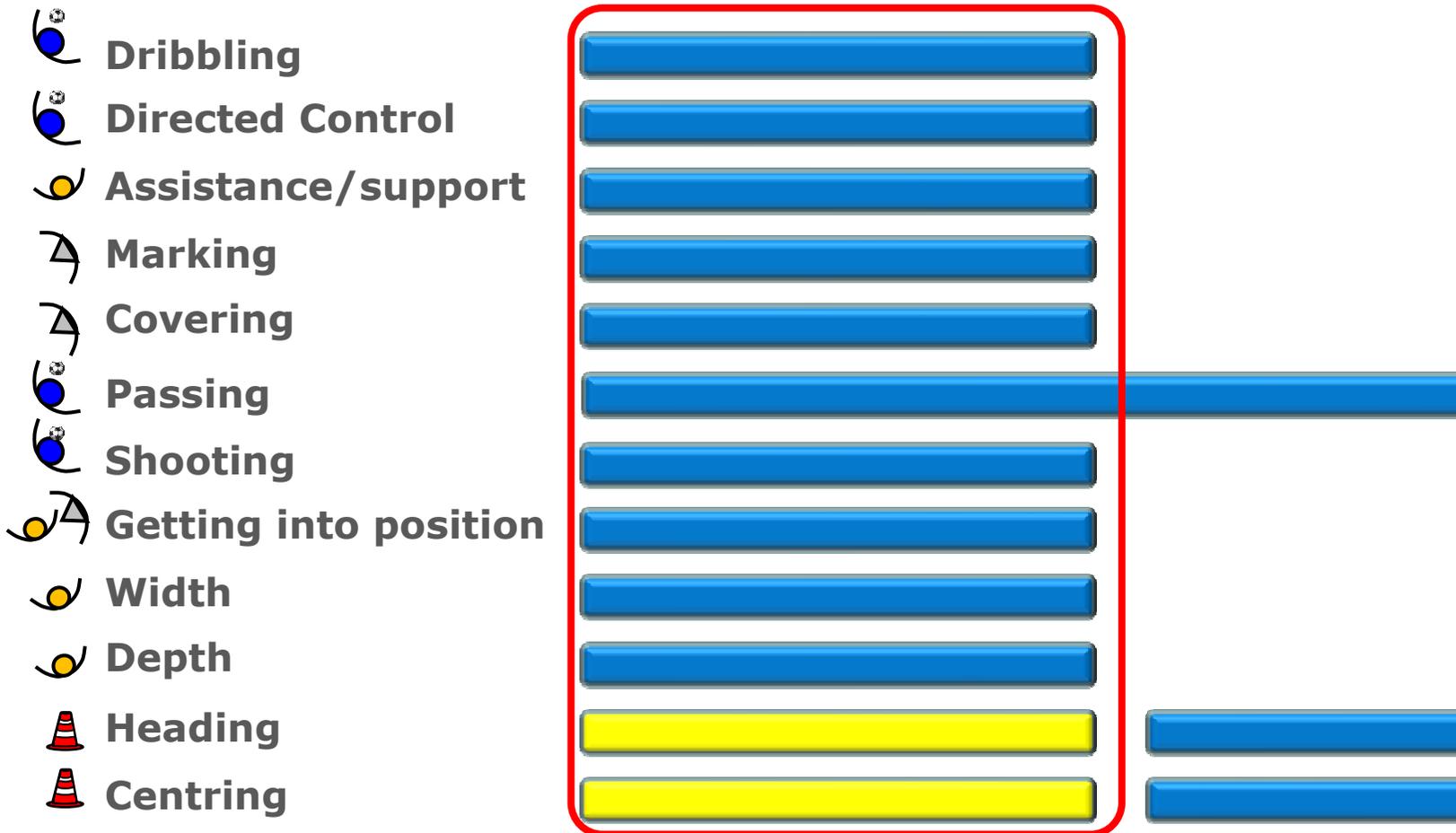


**TECHNICAL – TACTICAL CONTENT**

**SUMMATIVE STAGE**

**10-12 YEARS OLD**

**13-14 YEARS OLD**

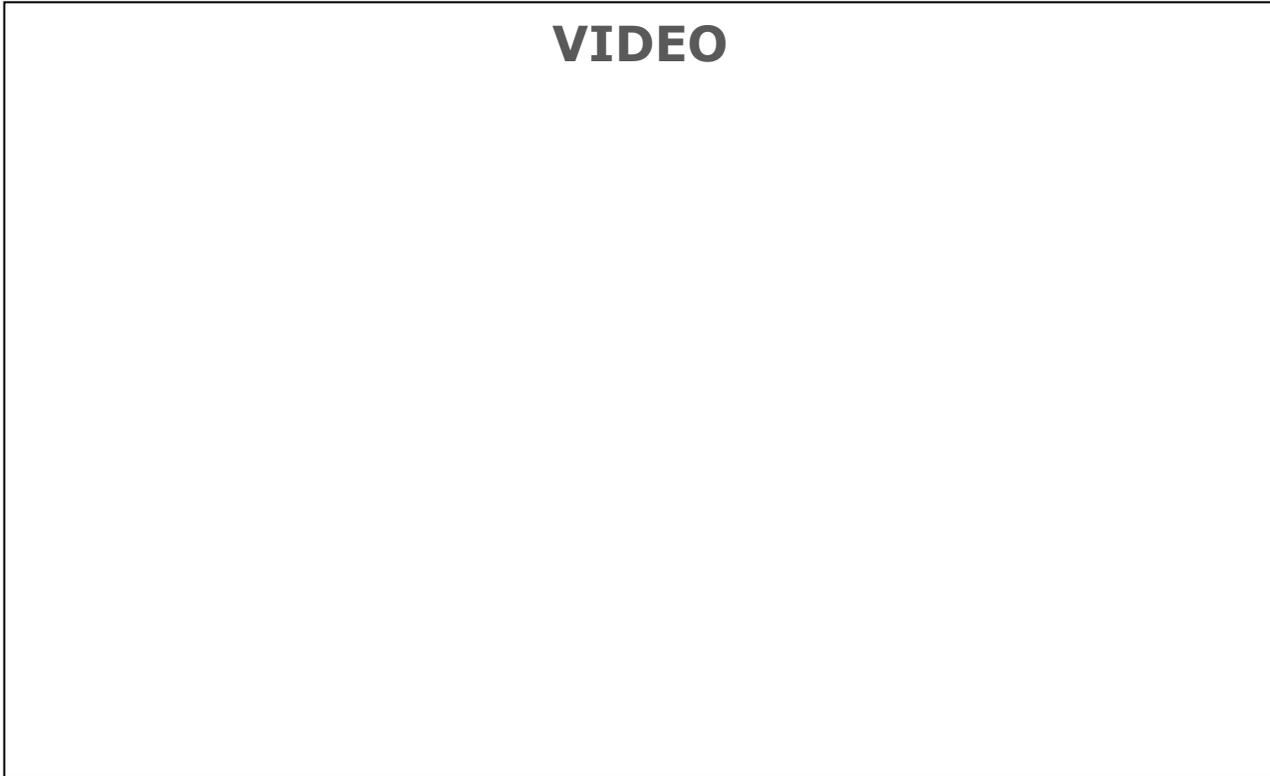


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**TECHNICAL – TACTICAL CONTENT**

**SUMMATIVE STAGE**

**10-12 YEARS OLD**

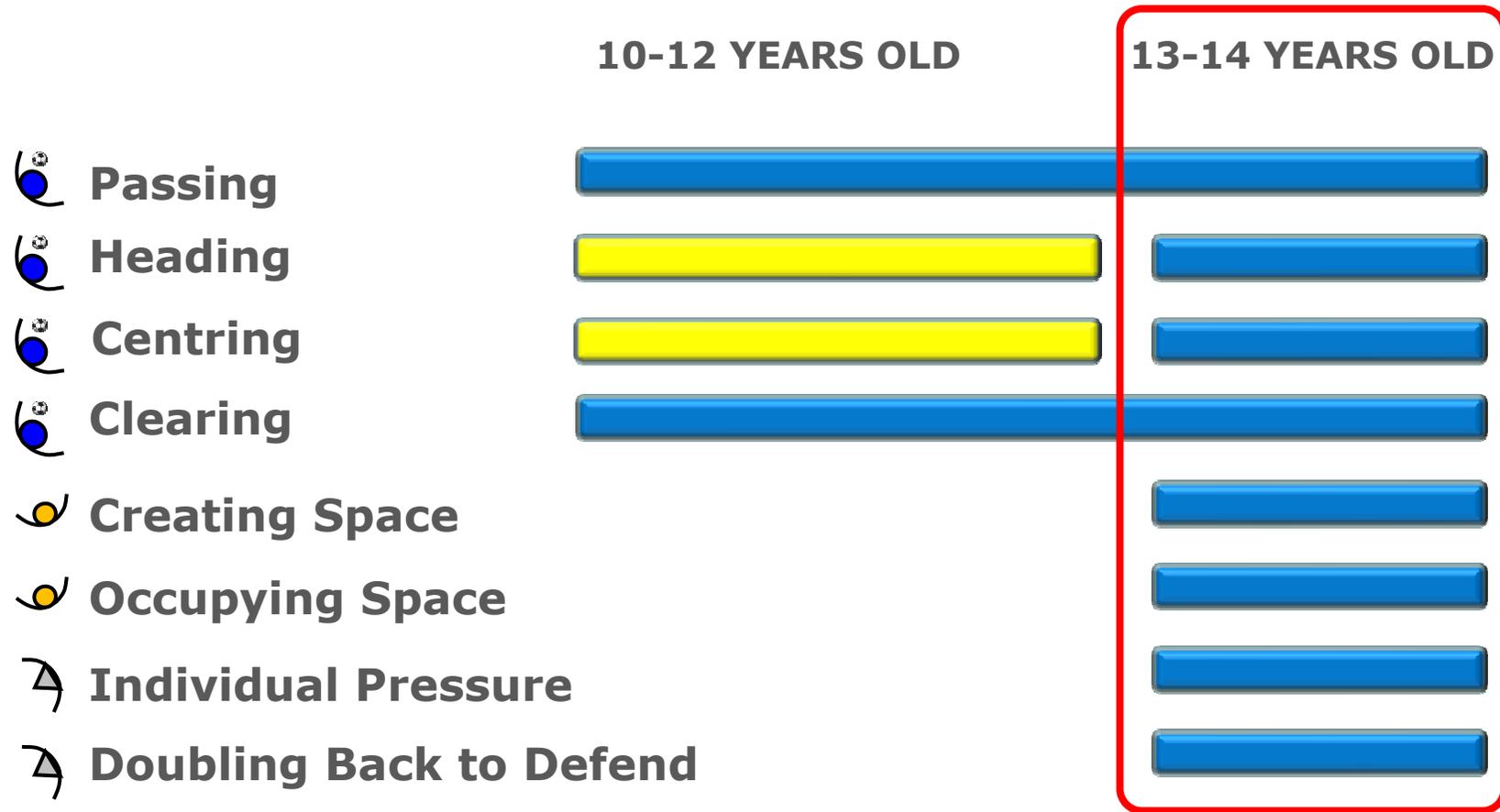


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**TECHNICAL – TACTICAL CONTENT**

**SUMMATIVE STAGE**

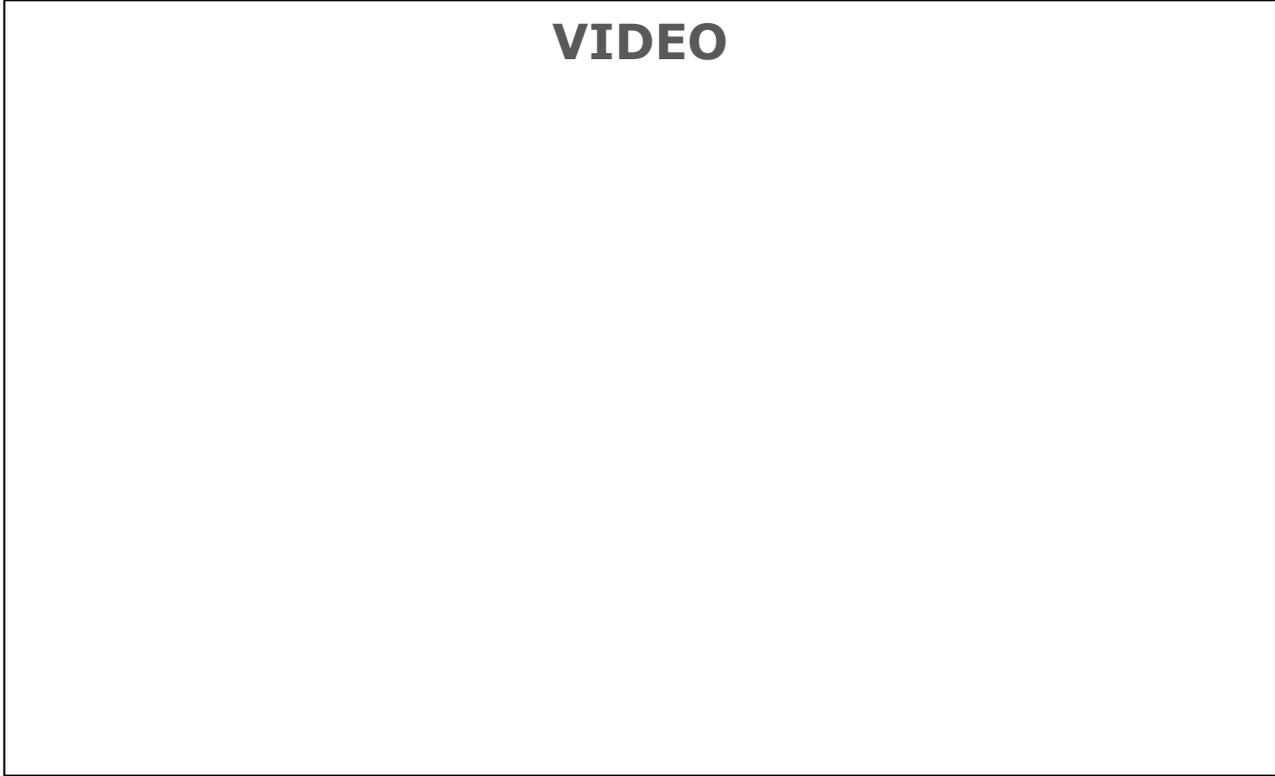


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**TECHNICAL – TACTICAL CONTENT**

**SUMMATIVE STAGE**

**13-14 YEARS OLD**



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## CONCEPTS / INSTRUCTIONS

### Example

Losing a Marker	1	Make the marker lose sight of the ball and/or our position.
	2	Use feints of two supports or more.
	3	Create space by moving initially in the opposite direction to the area in which we want to receive the ball.
	4	....



**PLAYING STYLE**



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## FUNDAMENTALS / PRINCIPLES OF THE GAME

- The players must understand and adhere to the playing style of the TEAM / CLUB they are playing for as it may be different in character to other teams and clubs.

- The players should bring all the skills they have learnt to the game, knowing when to apply them according to the *principles of the game (Fundamentals)* of the TEAM.

PLAYING STYLE

[WWW.SOCCERSERVICES.NET](http://WWW.SOCCERSERVICES.NET)

**THANK YOU FOR YOUR ATTENTION**



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