



**4th phase of
development
11-11 (15-17 years)**

THEORY

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02.03.10, 10:00 - 11:00



Theory for players 15-17 years



- The development phase 13-15 years is over.
- The learning plan does not represent new objectives, except on the level of teamtactics. A permanent attention has to be given to the improving of the BASICS (through intermediate forms) related or not to the training scheme.



THE MODEL OF DEVELOPMENT IN FOOTBALL

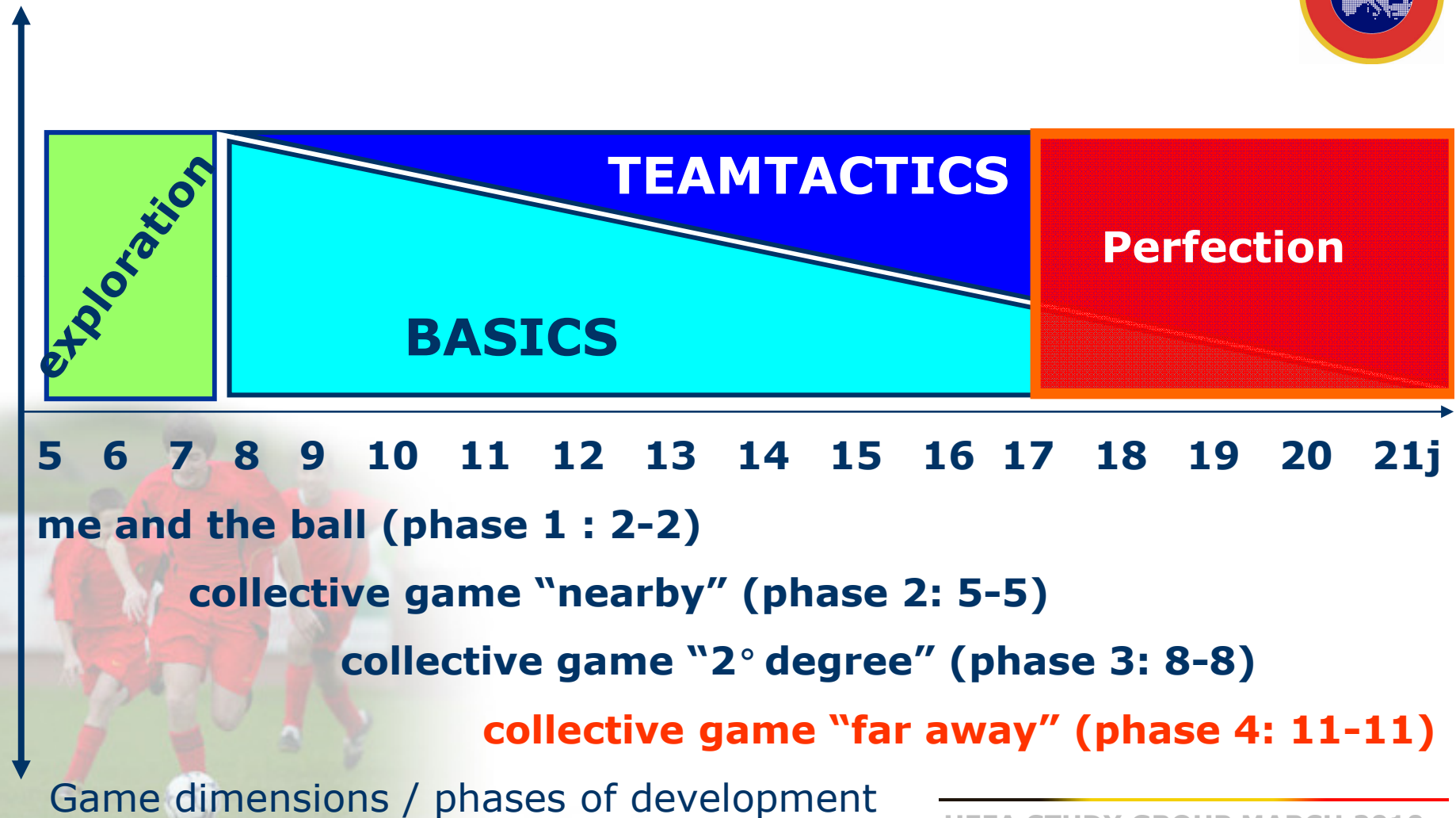


- To learn is:
 - a continuing process: objectives of development via.... via.... to (= lines of development)
 - cumulative: the acquired skills represent the basis for the skills yet to be learned
- The model of development in football:
 - based upon the development model in « ball sports »
 - 4 phases of development : fluent transition from one phase to another
 - the football age is the clue: big individual differences are possible in each development level (f.e. physical backwardness in relation to mental lead, taking into account the biological age)
 - The youth instructor chooses learning objectives and contents based upon the level in the model of development

THE MODEL OF DEVELOPMENT IN FOOTBALL



Technical and tactical objectives within the learning plan



THE MODEL OF DEVELOPMENT IN FOOTBALL



Mental objectives within the learning plan

exploration

Use of mental skills in competition

Use of mental skills in training sessions

To acquire mental basic skills

1. Motivation
2. Self controll and self discipline
3. Concentration
4. Self confidence
5. Inter-personal and team relations
6. Lifestyle

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21j

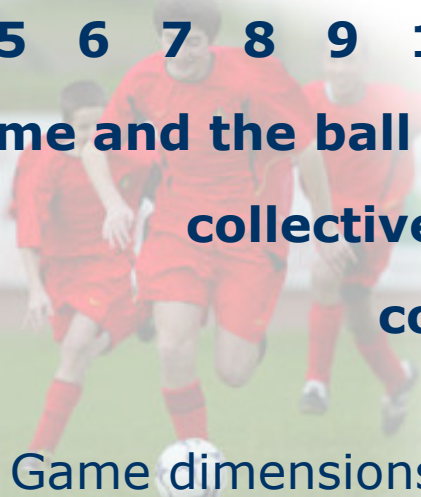
me and the ball (phase 1 : 2-2)

collective game "nearby" (phase 2: 5-5)

collective game "2° degree" (phase 3: 8-8)

collective game "far away" (phase 4: 11-11)

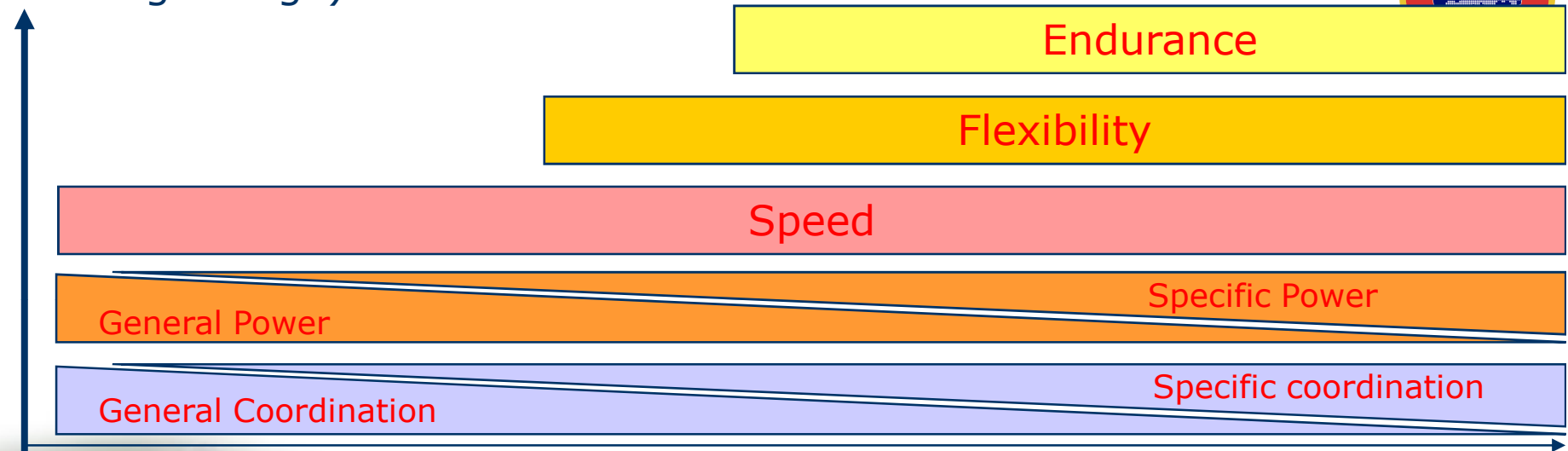
Game dimensions / phases of development



THE MODEL OF DEVELOPMENT IN FOOTBALL



Physical objectives within the learning plan (taking into account the biological age)



5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21j

me and the ball (phase 1 : 2-2)

collective game "nearby" (phase 2: 5-5)

collective game "2° degree" (phase 3: 8-8)

collective game "far away" (phase 4: 11-11)

Game dimensions / phases of development

Description of different aspects according to the development model



11/11 (2)

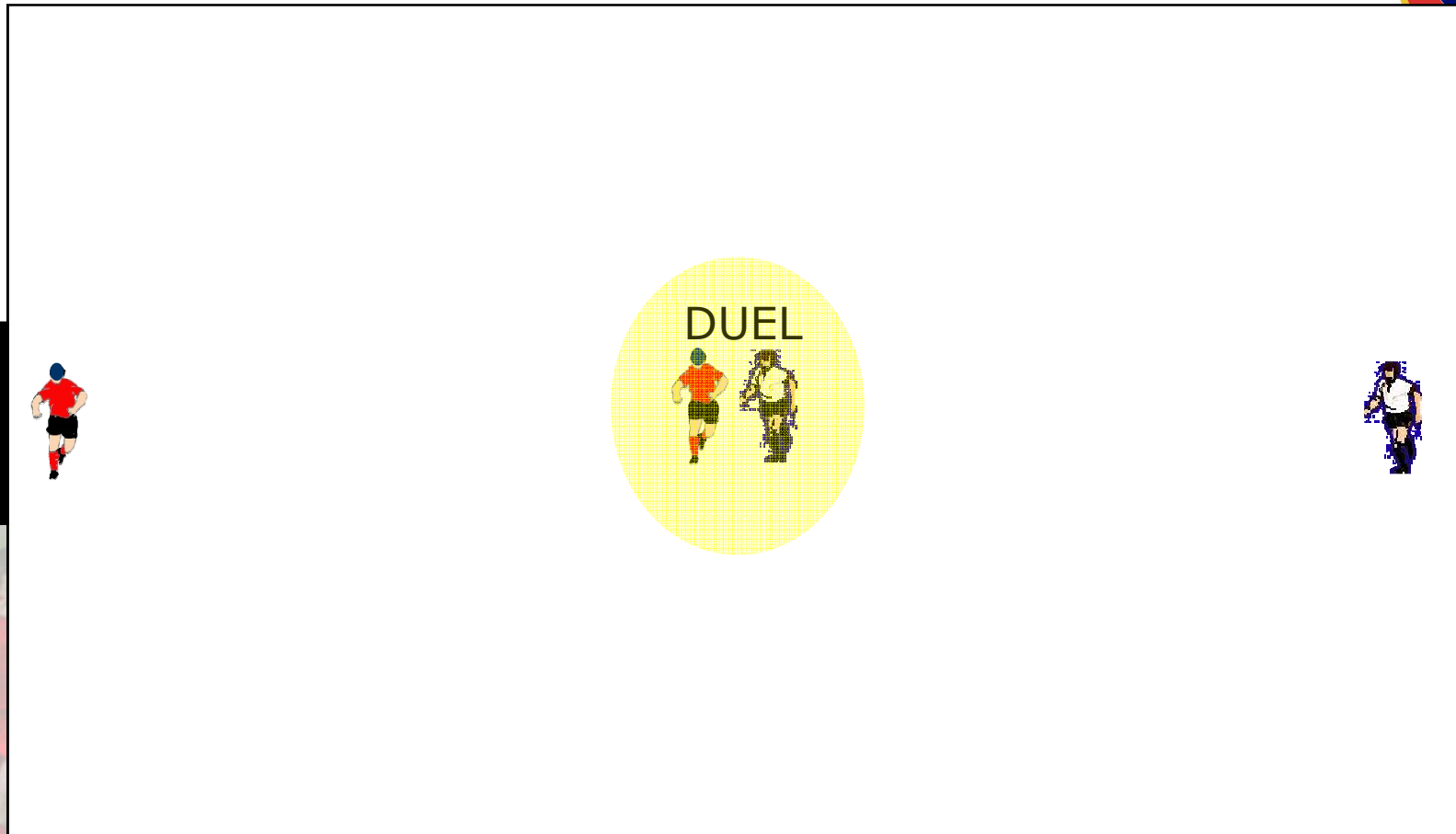
U16-
U17

to perfect

THE DEVELOPMENT MODEL IN FOOTBALL



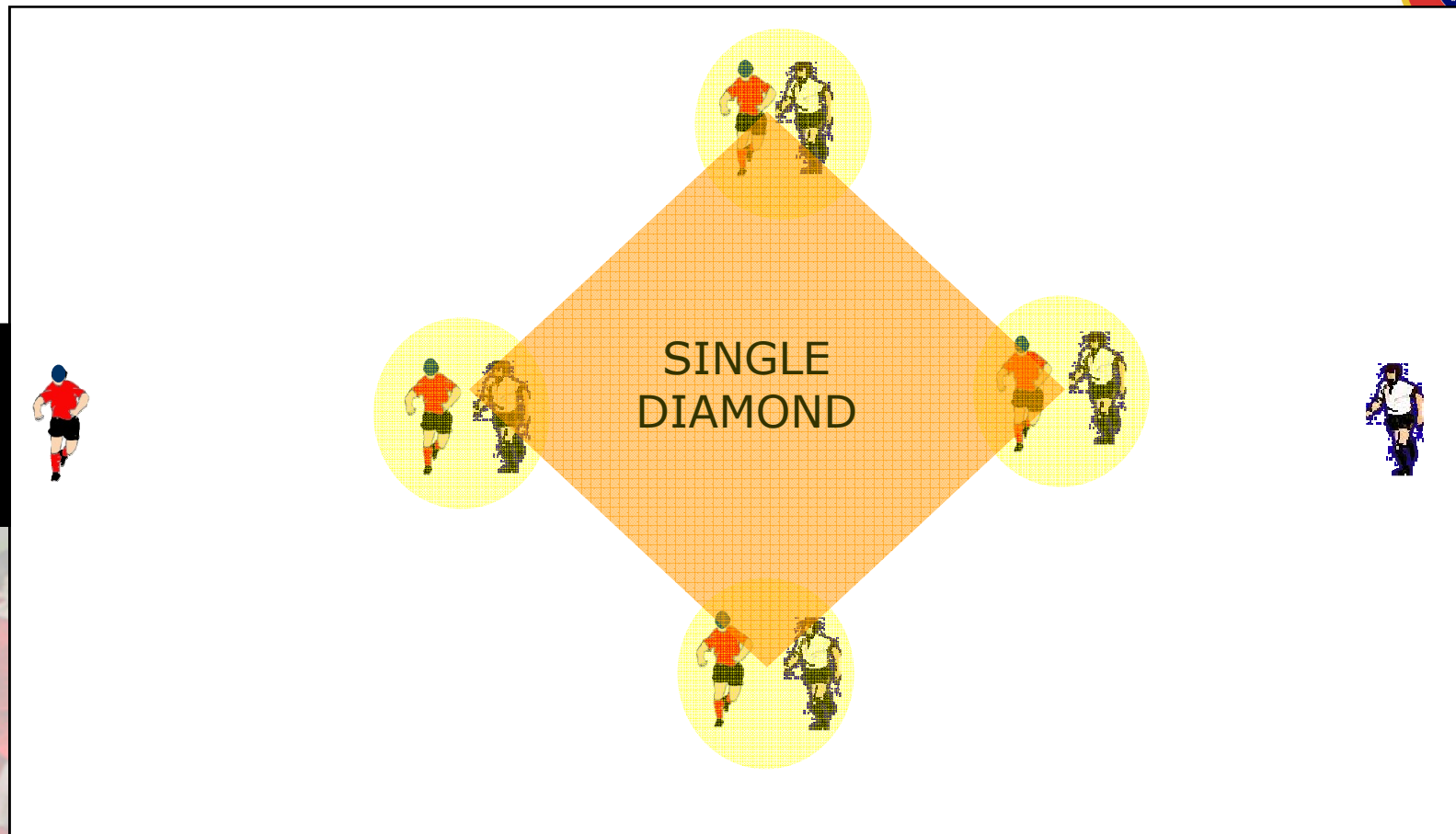
2 v 2 : duel (20m to 12m)



THE DEVELOPMENT MODEL IN FOOTBALL



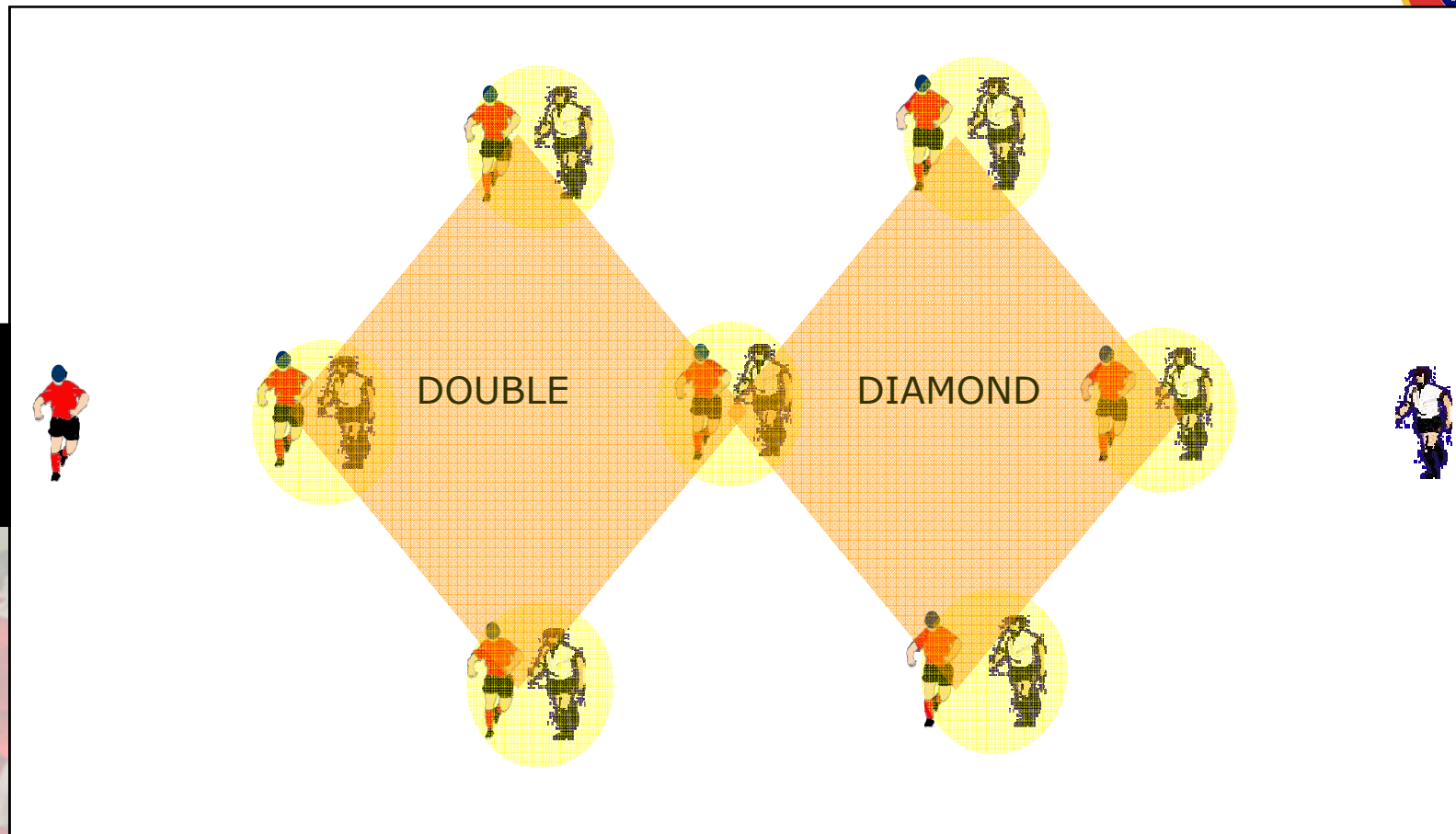
5 v 5 : single diamond (35m to 25m)



THE DEVELOPMENT MODEL IN FOOTBALL



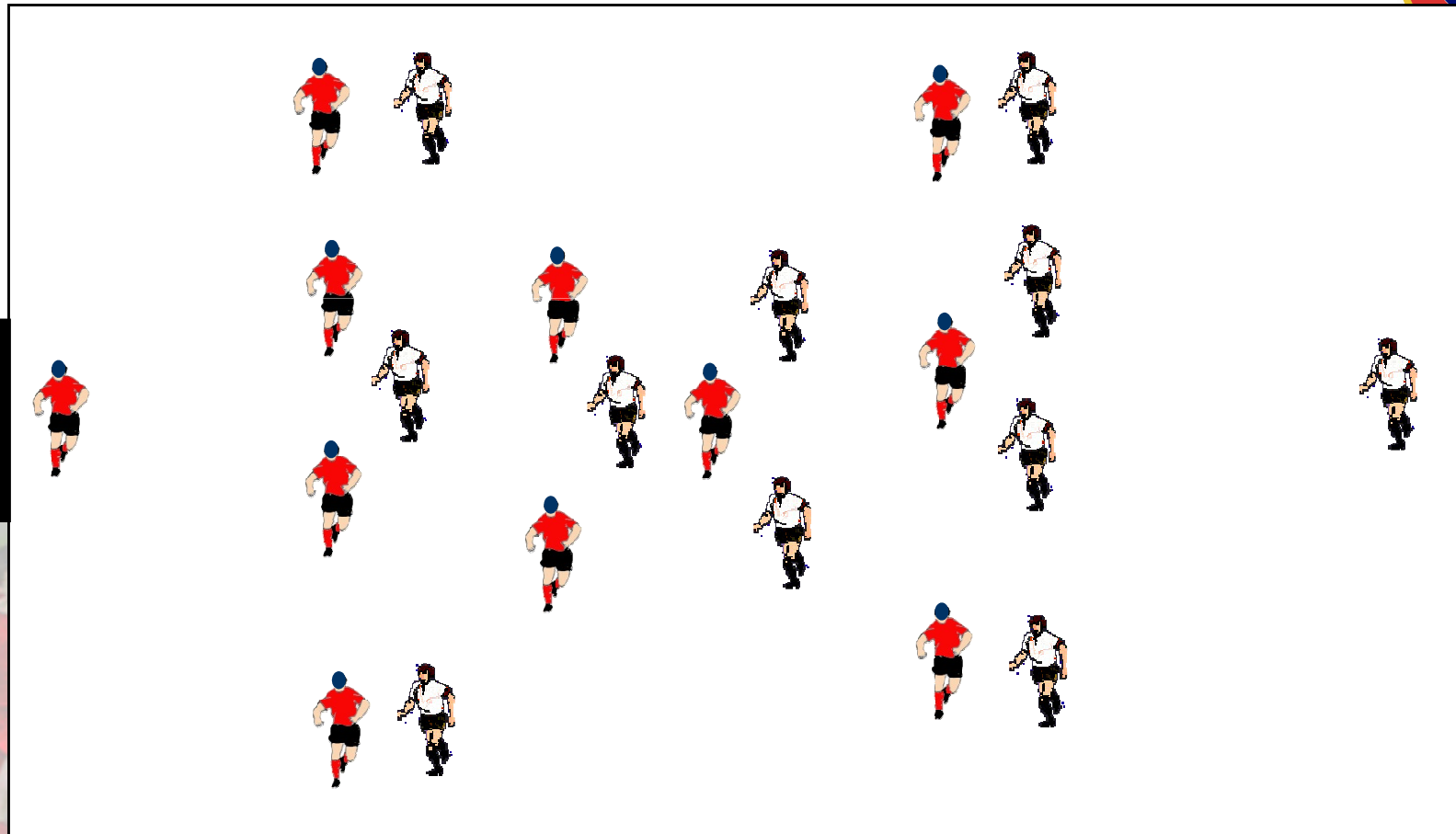
8 v 8 : double diamond (60m to 40m)



THE DEVELOPMENT MODEL IN FOOTBALL



11 v 11 : 1-4-3-3 (100m to 60m)



Youth: 1-4-3-3 in zone

Fixed NUMBERS : identification with function !



1. Goalkeeper
2. Right wing defender
3. Right central defender
4. Left central defender
5. Left wing defender
6. Right defending MF
8. Left defending MF
10. Attacking midfielder
7. Right wing forward
9. Central forward
11. Left wing forward



11/11 (2)



10+K/10+K

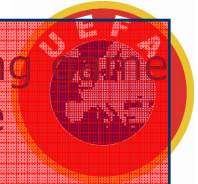
11/11

U16-
U17

perfectioneren

Football as a long passing game
with off-side rule

(15j tot 17j)
scholieren








DESCRIPTION OF THE LEARNING ENVIRONMENT

All “basics” are executed as perfect as possible. Within the 1-4-3-3 system, each youth player carries out his job as good as possible, in ball possession or in ball loss (=team tactics).






B+ : to controll the zone of construction



To be reachable





-  1. Open: WIDE
-  2. Open: DEEP
-  3. Triangle game with mutual proportional distances
-  4. To create space for oneself
-  5. To create space for a teammate and to make use of it

Ball circulation

-  6. Not to have « stupid » loss of the ball which gives the opponent a possibility to score
-  7. To pass the ball as soon as possible in a precise way
-  8. To develop a very high ball speed
-  9. Diagonal IN & OUT passing towards the weak zone of the opponent
-  10. To skip a player or a line

B+ : Infiltration to the zone of truth










-  11. When to infiltrate: SPACE + THE RIGHT MOMENT
-  12. Infiltration without the ball: GIVE & GO
-  13. Infiltration with the ball: no possibility for immediate and/or dangerous loss of the ball
-  14. Infiltration with the ball: to conduct or to dribble: CHALLENGE







B+ : To dominate the zone of truth



-  15.To create a scoring occasion through an individual action
-  16.To kick a cross which can be used by a player in front of the goal
-  17.Subtle final pass in the depth
-  18.Efficient occupation: 1st – 2nd goalpost and 11m
-  19.To escape marking in the box : quick move !
-  20.To jump into depth but take care of off-side
-  21.Quick shooting when real scoring opportunity

B+ : To launch a dangerous counter attack







-  22. The most distant players move into an open space (to break loose/out of the block)
-  23. Ball recovery: 1st action is deep
-  24. To continue to play DEEP
-  25. Players in block: some of them infiltrate (=SPRINT)









B- : Zone ball - to dominate the goal



Block formation

-  1. to reduce the playing area: 35m to 35m(=TO CLOSE)
-  2. mutual proportional distances (block is compact)
-  3. medium block: midfielders are situated at the halfway line
-  4. central defender closest to a duel, determines the off-side line

To prevent dangerous depth passes

-  5. Positive pressing on the ball carrier
-  6. Negative pressing on the ball carrier drager
-  7. Pressure by the most close team mate(s)
-  8. No cross movement with players nearby
-  9. To slide and to tip the block
-  10. A goalkeeper who slides with the team

B- : Regaining of the ball



11. To try to win the duel and never LOOSE it



12. To try to win the dual if 100% certainty



13. To recover the ball through interception










14. Collective pressing when possible ball recovery







B- : To control the zone of truth



-  15. Not to be eliminated by an individual action
-  16. To prevent a cross
-  17. To prevent a final cross into the depth: to close the center
-  18. Efficient positioning: 1st – 2nd goalpost and 11m
-  19. Close marking: split-vision (ball + opponent)
-  20. No systematic off-side by stepping forward
-  21. To prevent a goal attempt

B- : To counter a dangerous counter attack



-  22. A high T-shaped form: rest defense of at least 4 players + K
-  23. To put pressure and to prevent depth passes
-  24. « T-shape »: to prevent a counter attack
-  25. « no-T-shape » players: to regain the block as soon as possible





**4th phase of
development
11-11 (15-17 years)**

Practice

Eric Abrams

Ann Noë

14.10.08, 11:00 - 12:00

