



## **Age Appropriate Outline**

Good habits should be formed at an early age, and reinforced through their player's career. Players also must be continually challenged through the duration of their playing career, which will also enhance competition and determination to succeed. Emphasis must also be on creating an environment for nurturing skills and understanding the game, which will better the child's "game knowledge". This layout is for what the players should be learning at what age.

### **Children: Age 3-8**

**Stage Development:** Players are very self-conscious, and have a very limited attention span, which need constant supervision. They may lack coordination and motor skills.

**Coaching Program:** The sessions should be simple and fun. New activities can be introduced regularly with clear and energetic communication. Make full use of cones so players can identify boundaries and play areas. Play down to the kid's level, and then challenge the players with this, which will give the coaches a more effective fun result.

### **Children: Age 9-11**

**Stage Development:** Players have better developed circulatory and muscular systems. They are eager to learn and possess a great sense of loyalty.

**Coaching Program:** Activities should be designed to challenge the players. In addition to developing skills and individual awareness on the game, teamwork is also very important and should be introduced while having fun.

### **Children: Age 12-15**

**Stage of Development:** Players are entering puberty- a period of physical change, accompanied by mental unrest. Peer pressure is very prominent and they seek personal identity and acceptance. They also may be temperamental, be careful not to embarrass or degrade you players within your practices or games.

**Coaching Program:** Emphasis should be placed on refining skills. Activities should be designed to challenge player's cognitive thinking and the understanding of the game.

### **Children: Age 16-18**

**Stage of Development:** Players are fast reaching adulthood and should be treated as such. They have recently discovered their own personalities and personal preferences.

**Coaching Program:** Although players should never stop learning, by this stage they are close to their maximum skill potential. Skills should be practiced in game situations and adding more conditioned practices will keep them challenged and will enhance a healthier lifestyle for all the players. There should be emphasis placed on Technical & Tactical awareness.