

PRE SEASON TRAINING FOR YOUTHS

**A Holistic Approach to
an Old Favourite**

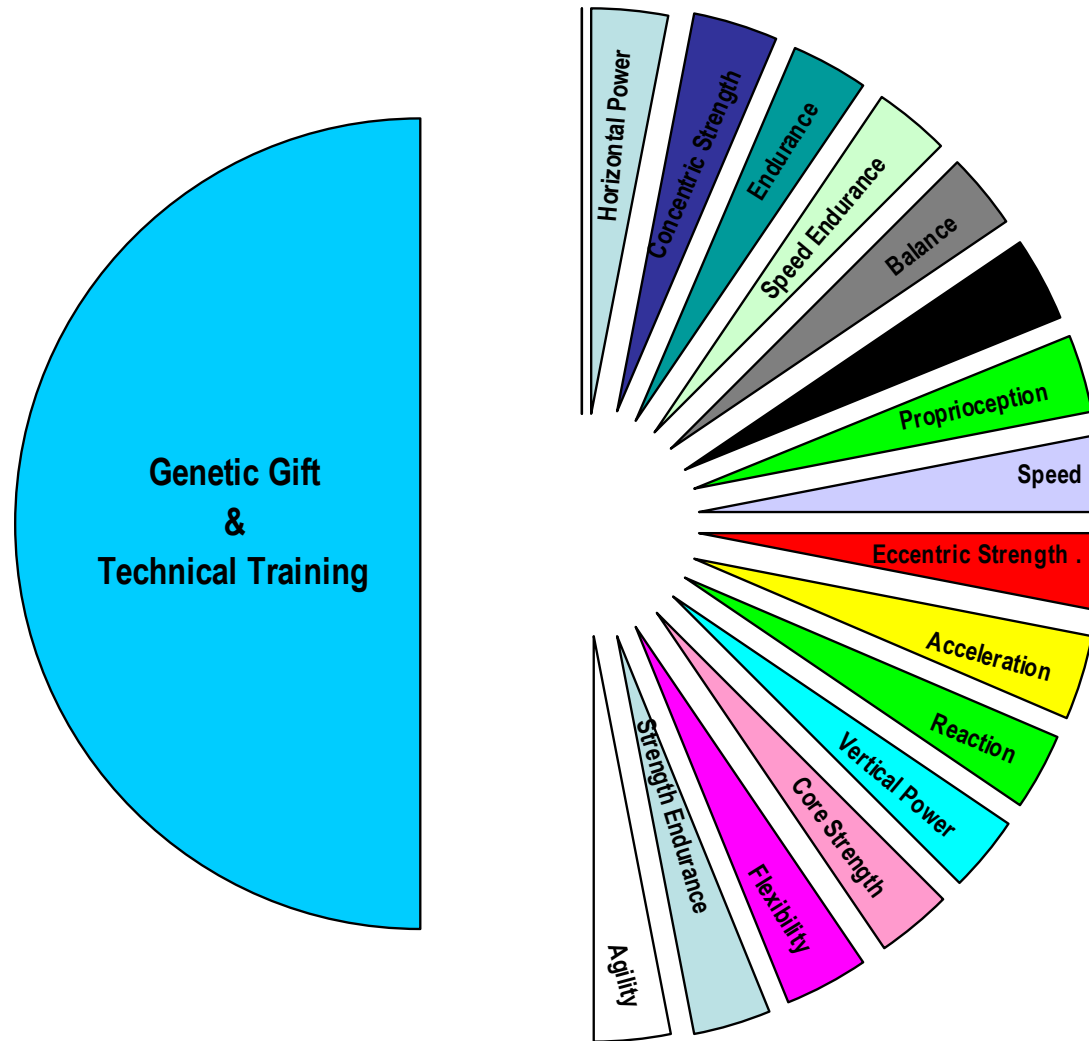
**Mark Garfoot & Pete Sharp
Norwich City Football Club**



Pre season Training for Youth Football – A Holistic Approach



The Complete Player

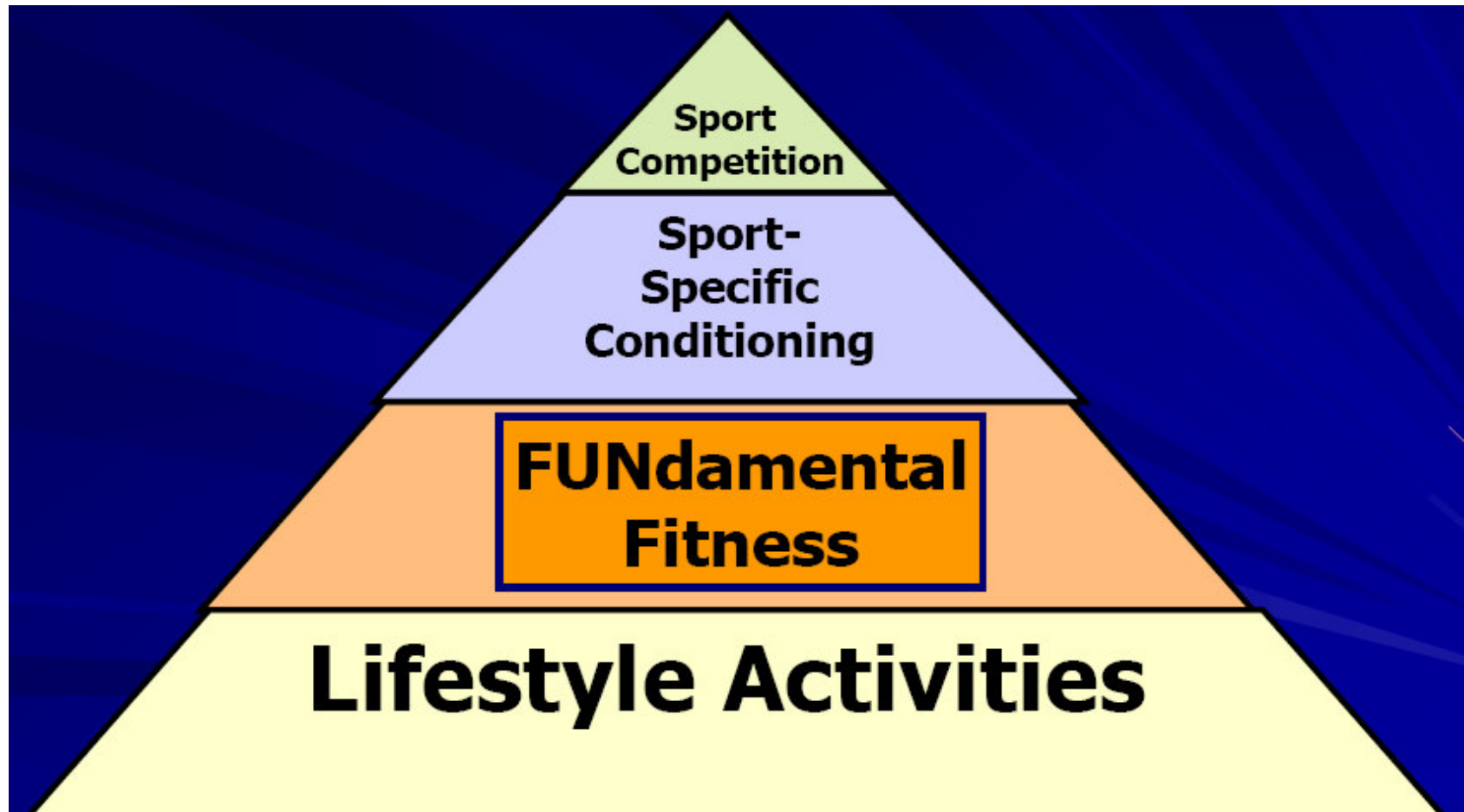


Pre season Training for Youth Football – A Holistic Approach



Physical Activity for Youth

(Faigenbaum, SCJ, 2001)

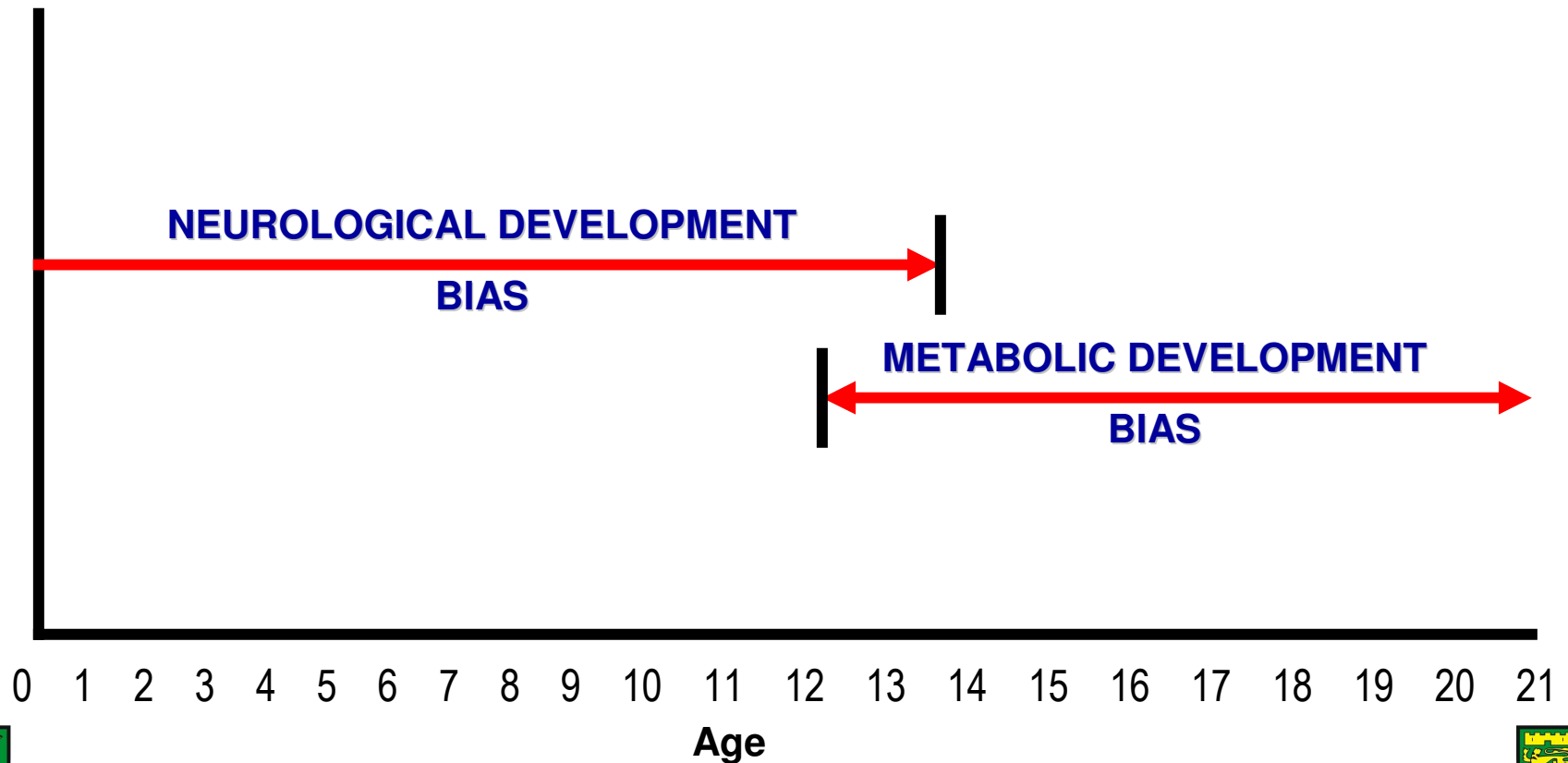


Pre season Training for Youth Football – A Holistic Approach



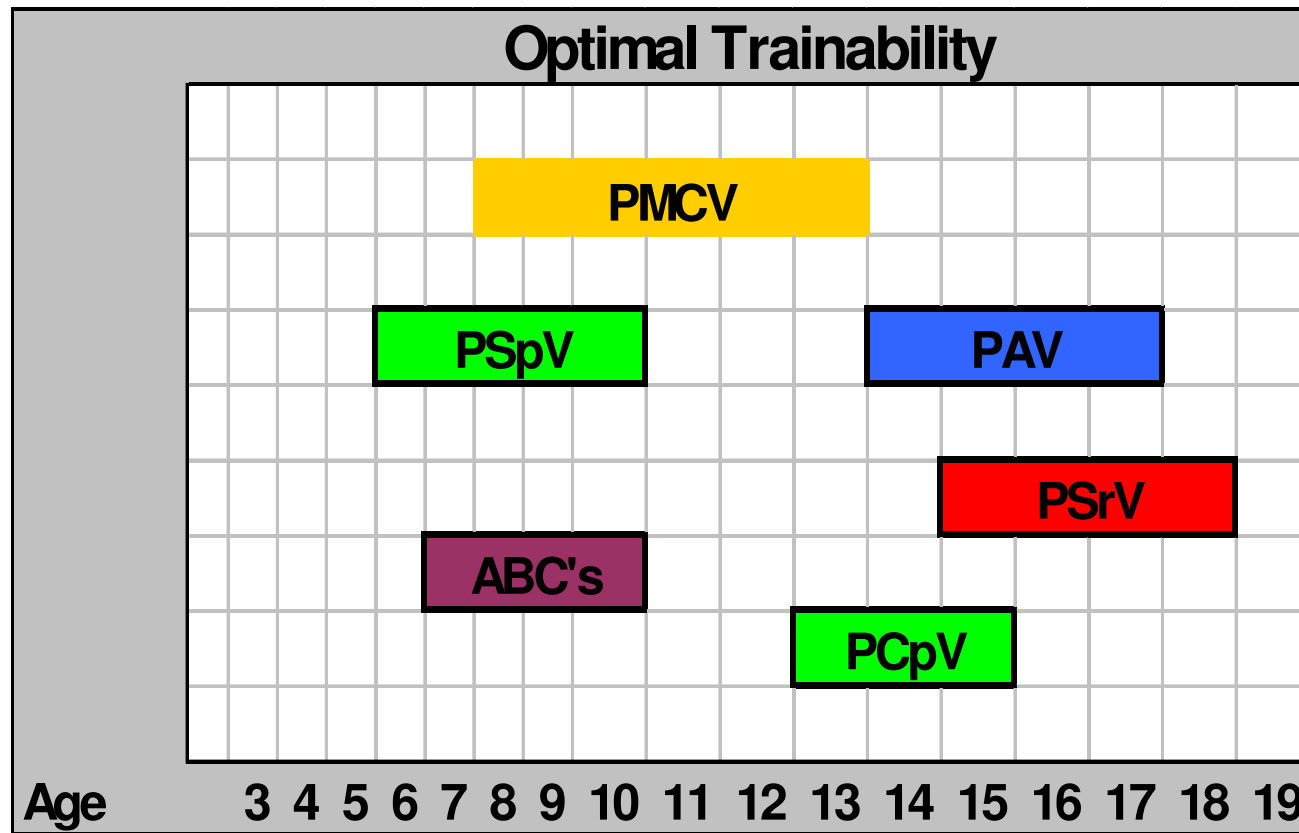
Physical and Physiological Development

General



OPTIMAL TRAINABILITY – MALES

(Nadori, 1995; Kuznetcova, 1975; Viru et.al., Balyi and Hamilton, 1999)



PMCV = Peak Motor Control Velocity

PSpV = Peak Speed Velocity

ABC's = Agility, Balance & Coordination

PAV = Peak Aerobic Velocity

PSrV = Peak Strength Velocity



Long Term Player Development

Chronological age

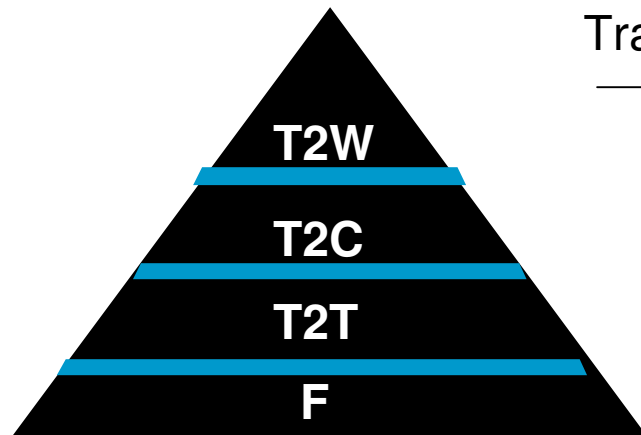
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FUNdamental Stage

Training to Train Stage

Training to Compete Stage

Training to Win Stage



Pre season Training for Youth Football – A Holistic Approach



Framework for Progressive Physical Development of Elite Footballers

				Individual Specific Conditioning
			Football Specific Conditioning	Football Specific Conditioning
		Football Related Conditioning	Football Related Conditioning	Football Related Conditioning
	General Conditioning Skills	General Conditioning Skills	General Conditioning Skills	General Conditioning Skills
Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals
6-9	9-12	12-14	14-16	16+



7-11 Years Age Group

FUNDAMENTAL STAGE - KEY DEVELOPMENT AREAS

1. Techniques / Skills
2. Football Skills
3. Motor Control Development

- *Balance*
- *Co-ordination*
- *Proprioception*
- *Reaction Time*
- *Transference of Body Weight*

4. Movement Patterns
5. Turning Ability

Notes:

- Habit Forming - Diet, nutrition, warm up, stretching, recovery, sleep, fluid balance
- Use of Games - pairs, relay, group
- Enjoyment
- Variety
- Competition
 - *with others (matched)/self*



7-11 Years Age Group

FUNDAMENTAL STAGE - KEY DEVELOPMENT AREAS

6. Core Stability (Early Work)

7. Early Speed

- *Foot speed*
- *Anaerobic Power (0 - 5 metres) (Acceleration)*
- *Anaerobic Power (20 - 30m) Max Velocity (Speed)*

8. Stretch

- *Foundation*
- *Technique (use of stick) or 10lb weight*
- *Body Weight Exercises*



12-16 Years Age Group

FUNDAMENTAL STAGE - KEY DEVELOPMENT AREAS

1. More emphasis on technical work
2. Motor skills - Less emphasis, these skills will be consolidated by training and playing. Eg. Balance/ co-ordination / patterning / weight transference
3. Aerobic Training
 - Aerobic Power (VO₂ max) e.g.. “Co-operation”
 - Aerobic Capacity (Run at pace and maintain it.e.g.. High intensity small side game work)
4. Anaerobic Training
 - Anaerobic Power (Strength x Speed, Vertical Jump Test)
 - Anaerobic Capacity - Who can maintain sprout speed
5. Core Stability (Intermediate)



12-16 Years Age Group

FUNDAMENTAL STAGE - KEY DEVELOPMENT AREAS

6. Strength Training

- Weight Lifting (more complex techniques taught, use of barbell and light/medium weights, depending on age and individuals)

7. Plyometrics (Intermediate)

- More complex
- Greater horizontal movement
- Vertical movement e.g.. Coming down from height bounding, upper body medicine ball work, e.g.. Chest pass / overhead throw

8. Soft Tissue Flexibility / Stretching - Development Programme



KEY AREAS OF PHYSICAL & PHYSIOLOGICAL DEVELOPMENT

- Motor Control:
 - Balance
 - Co-Ordination
 - Neural Pathway
 - Movement Patterns
 - Weight Bearing Control
 - Agility
 - Reaction
- Aerobic Training
- Anaerobic Training
- Speed/Acceleration
- Plyometrics
- Core Stability
- Strength:
 - Foundation Work
 - Weight Training
 - Speed/Strength
 - Strength/Speed
- Power
 - Strength x Speed

