



# IMPACT DEVELOPMENT PRINCIPLES

## COMPETITIVE PHASE

### U13-U15

Technical habits, decision making on and off the ball, and positional play take priority.

Four corner competencies & technical habits are trained consistently. Impact principles of play expanded to match our tactical identity.

Coaches to adopt transformational coaching methods with a focus on individual player development within a team game.

Players introduced and trained in the four moments of the game following our game model. Game-based training is preferred training method

## KEY DEVELOPMENT GOALS

*Self-organization is a learner's ability to find a solution to a problem themselves rather than following a prescriptive technical pattern.*

*Repetition without repetition in training requires athletes to repeatedly solve problems that they may face in competition, as opposed to rehearsing a single technical movement solution in isolated drills.*



RECENT RESEARCH IN COACHING IS HIGHLIGHTING The importance of players experiencing and developing game understanding (i.e. technically, tactically, mentally, and physically) by learning to play via learning environments that contain the key information sources present in performance or match environments. In simple terms; The coach should not be the main problem-solver during training, constantly instructing the athlete how to complete a task rather, it is the coach's challenge to place the athlete at the center of the learning process and design the training environment around their needs. "Mark O'Sullivan"

### Technical Tactical

introduce tactical identity with transition to 11v11.  
Understanding Impact game phases & principles across the four moments.  
Technical habits with greater specificity on decision making and game awareness  
Unit tactical development

### Physical

Focus on agility, speed and running technique within soccer exercises.  
Use small-sided games to enhance speed of actions and decision making.  
Movement preparation - habit development.  
Be mindful of late developers & effects on loading (growth spurt)

### Mental

Players can self analyze and reflect on performance (utilize tech)  
Support players with maintaining emotional control.  
Preparation to compete  
Game intelligence, problem solving capacity is greater at the this stage

### Social Emotional

Utilize team building exercises at this stage - sense of belonging.  
Establish leadership group within team - ownership of the environment.  
Impact cultural & performance habits is expected from all players.