



IMPACT DEVELOPMENT PRINCIPLES

PERFORMANCE PHASE U16+

Technical excellence is the expectation to effectively prepare players for higher levels of play.

Tactical excellence & flexibility. A second game model is introduced to further aid a player's ability to adapt to the game.

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

Decision making and movement off of the ball are a priority. Creating, dominating, and taking away space to gain an advantage in or out of possession.

Post-secondary or professional preparation.


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**

Instinctively apply our 4 moment tactical identity.

Technical excellence.

Understand how to read the game & can exploit opposition weakness.

Can adapt to different tactics within a game.


 **Physical**

Coaches must understand how to manage loading & periodization.

Strength and power training - off field S&C

Use of small-sided games to enhance speed of actions, maintaining quality actions, & decision making.


Rest & recovery strategies

 **Mental**

Performance under pressure is developed as there is greater emphasis on competition.

Players are quite responsive to performance analysis tools & game reviews.

Can stay focused on tasks for longer periods.

 **Social Emotional**

Enhance leadership group & increase accountability for culture and high-performance behaviours.

Guided discovery coaching methods promotes players to problem solve.

Team building & teamwork is a key emphasis.