



# WYOMING

S O C C E R

Fitness for Youth Soccer  
Wyoming Soccer Association  
November, 2016

# Discussion Topics

- Physical Development Characteristics
- Long Term Athlete Development
- Periodization

# Physical Development Characteristics

# Coaching the U6 Age Group

## Psychomotor Development

Movement Education approach.

Body segments grow at different rates.

Physical differences between boys and girls are minimal.

# Coaching the U6 Age Group

## Psychomotor Development

Height range is approximately 35"-37".

Weight range is approximately 30-50 lbs.

Motor development starts with the head and moves downward to the feet and from the center of the body outward



# Coaching the U6 Age Group

## Psychomotor Development

Easily fatigued, but rapid recovery.

**Resting Heart Rate** is around 90 beats per minute.

Increased use of all body parts.

Need to explore a variety of rolling and bouncing balls.

Rolling ball away from the body

Rolling ball toward the body

Rolling ball across the body

Low bouncing ball – knee height or less

# Coaching the U6 Age Group

## Psychomotor Development

Emphasis on fundamental movement skills.

Locomotor: walking, running, leaping, jumping and hopping.

Nonlocomotor: bending, stretching, twisting, pulling and pushing.

Basic Manipulative: throwing, catching, striking and kick



# Coaching the U8 Age Group

## Psychomotor Development

Skeletal system is still growing; growth plates are near the joints, thus injuries to those areas merit special consideration.

Cardiovascular system is less efficient than an adults; a child's heart rate peaks sooner and takes longer to recover.



# Coaching the U8 Age Group

## Psychomotor Development

Temperature regulation system is less efficient than adults; children elevate their core temperature more quickly and take longer to cool down than an adult.

Improvement in pace and coordination from U6, however the immaturity of an U8's physical abilities are obvious.

# Coaching the U8 Age Group

## Psychomotor Development

Boys and girls still quite similar in physical and psychological development.

Beginning to develop some physical confidence (most can ride a two-wheeler).

Still into running, jumping, climbing and rolling.

# Coaching the U10 Age Group

## Psychomotor Development

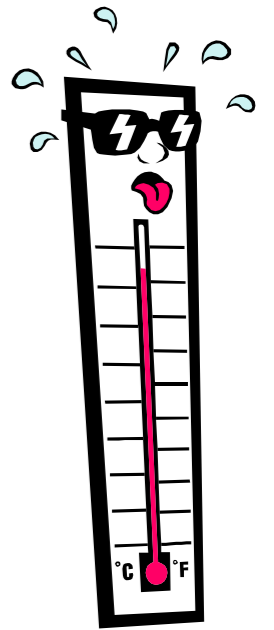
Boys and girls begin to develop separately.

Ability to stay physically active is increased.

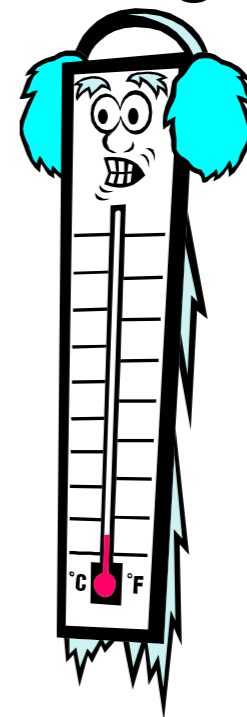
# Coaching the U10 Age Group

Psychomotor Development

More prone than adults to heat injury.



Affected by accelerated heat loss, increasing risk of hypothermia.



# Coaching the U10 Age Group

## Psychomotor Development

Gross and small motor skills becoming more refined.

Greater diversity in playing ability among the players.

# Coaching the U10 Age Group

## Psychomotor Development

Physically mature individuals demonstrate stronger motor skills.

Children make rapid gains in learning and function at increasingly sophisticated levels in the performance of movement skills.

# Coaching the U12 Age Group

## Psychomotor Development

The average age for the beginning of pubescence in girls is 10 years with a range from 7-14; for boys, age 12 with a range from 9-16.

Increases in the amount of exercise and the intensity does not necessarily increase aerobic fitness levels in children.

# Coaching the U12 Age Group

## Psychomotor Development

Strength building activities require overloading the muscles to a greater extent than endurance activities.

Flexibility training is key to the prevention of injury.



# Coaching the U12 Age Group

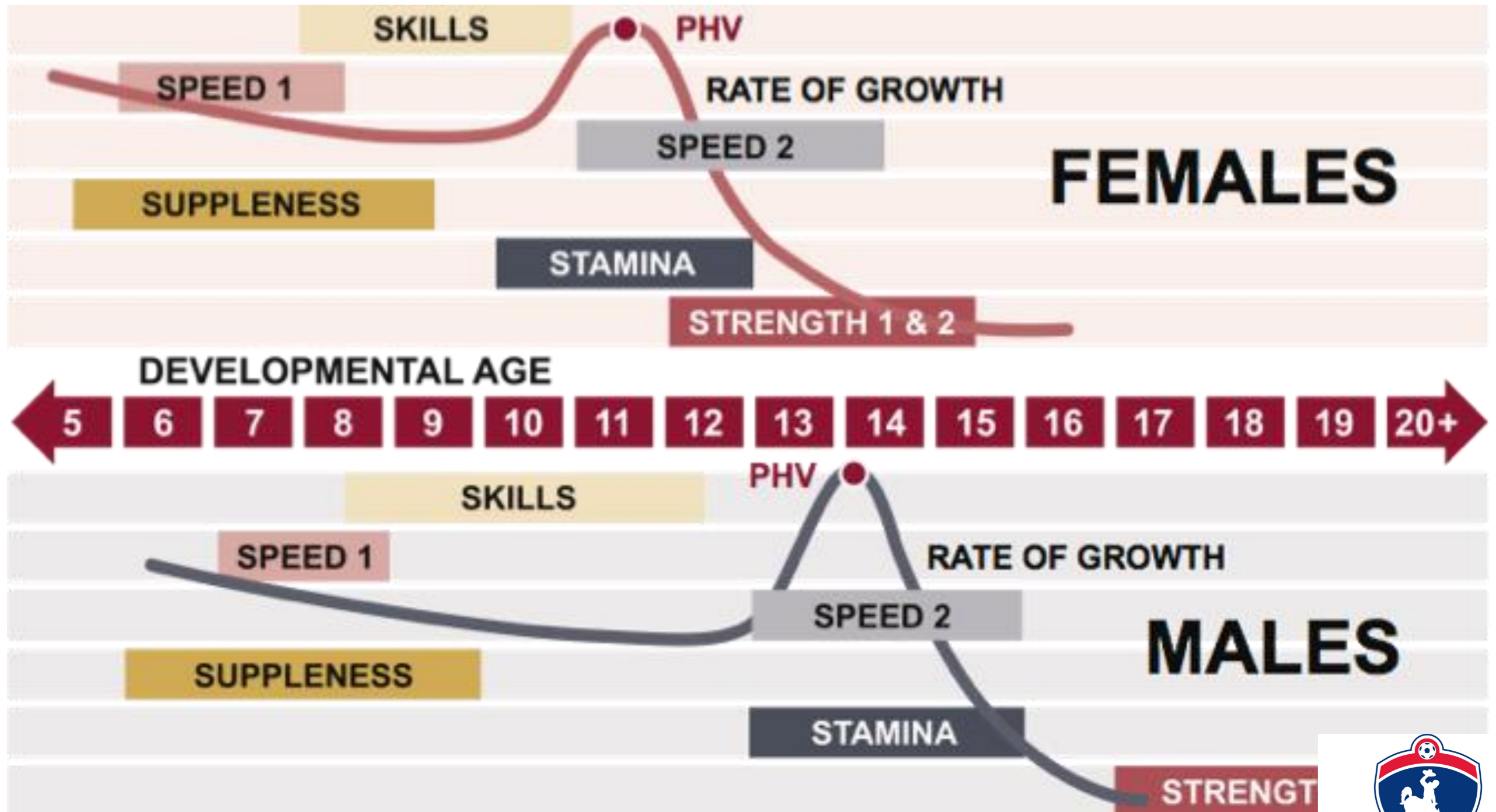
Overuse injuries, burnout, and high attrition rates are associated with high-intensity children's programs that fail to stress skill development and learning enjoyment.

Beginning to develop abilities to sustain complex coordinated skill sequences.



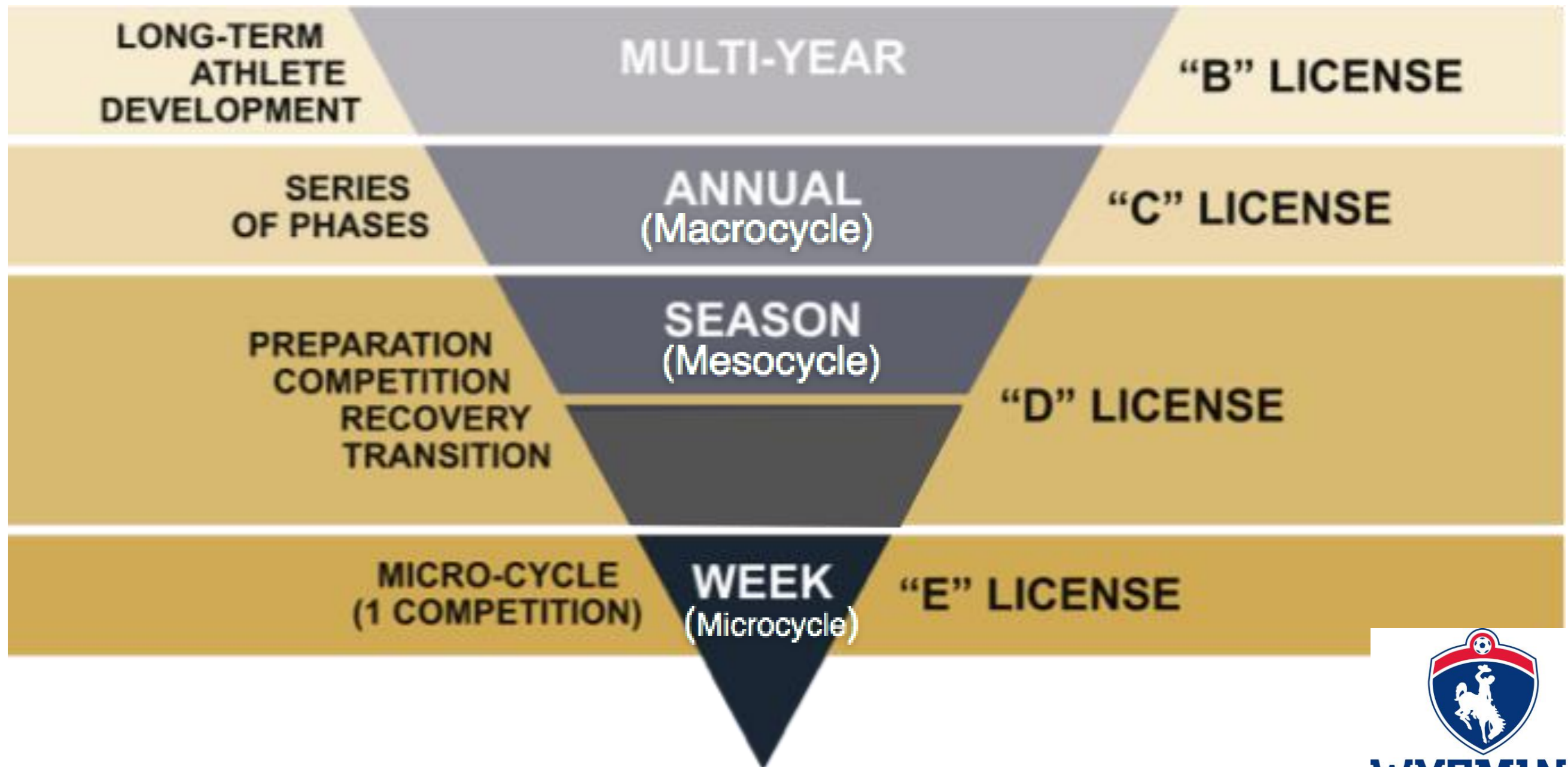
# Long Term Athlete Development

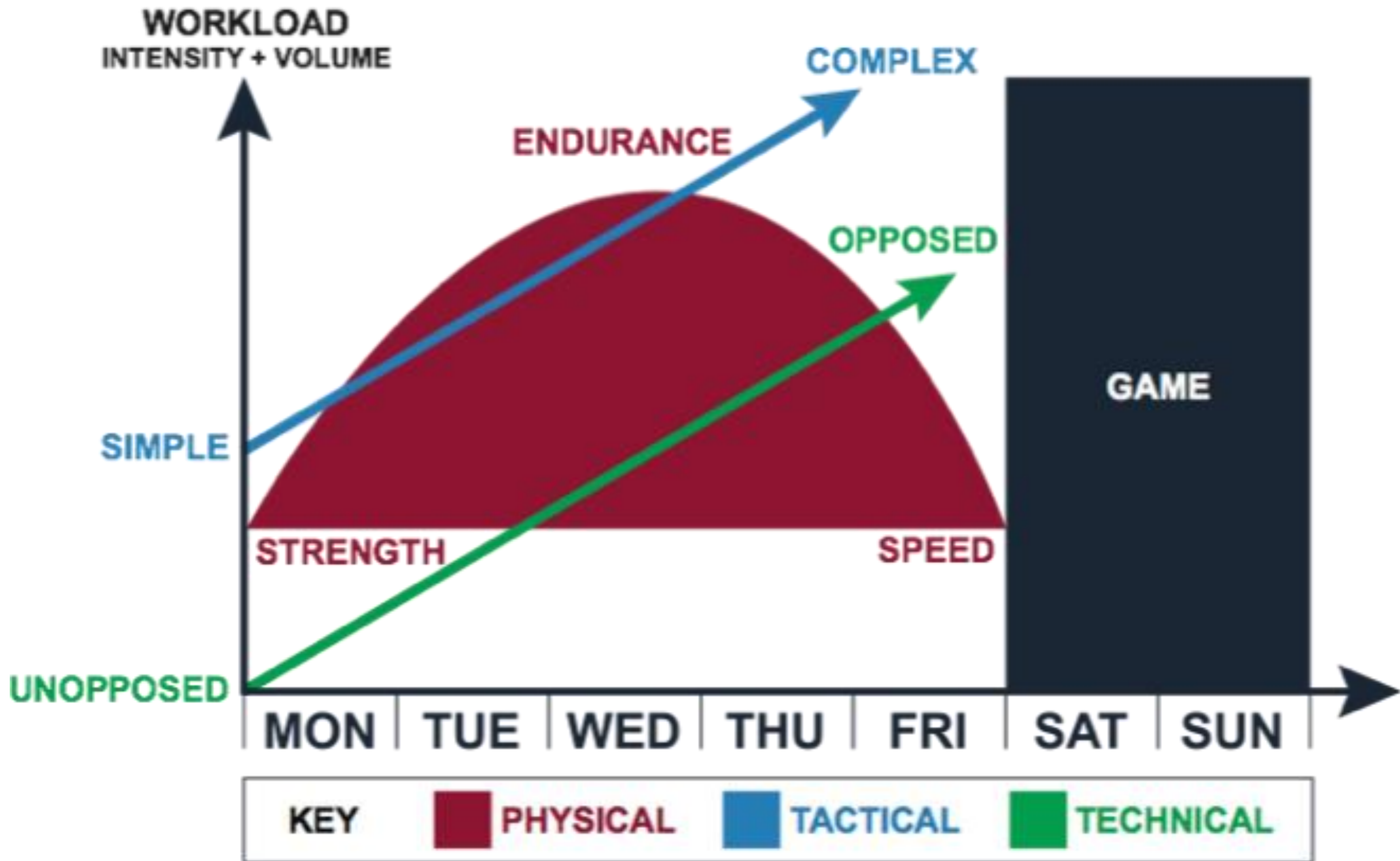
# Peak Height Velocity



# Periodization

# Creating a Plan





# PRINCIPLES OF PLANNING



## **72 HOUR RULE**

- A full match demands 72 hours for full recovery.
- Proportionality?



## **24 HOUR RULE**

- The day following a match is always a recovery day.



## **24 HOUR RULE- PART II**

- The day following an overload day is a recovery day.

# Thank You!!!

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