

# ABOUT YOUR PRESENTER

## Tim Bradbury



- US National Youth License Instructor
- FA Preliminary coaching award.
- Bachelor of Education with honors.
- USSF A license - 24 years and counting – CEU to keep current.
- NSCAA master Coach 2009- CEU to keep current.
- ENY Director of coaching instruction 2011- present
- 7 time presenter NSCAA National convention.
- Published 5 times in NSCAA Journal.
- NSCAA National Staff
- USSF Regional Instructor
- 24 Years of youth coaching experience.
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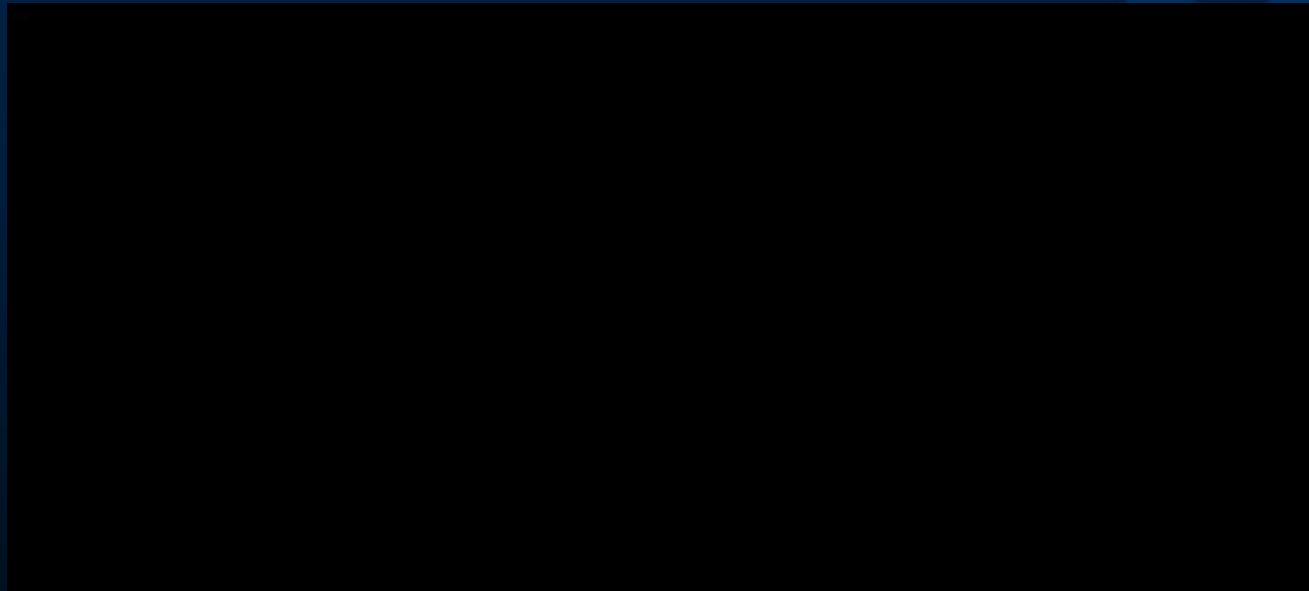
# WHAT IS DEVELOPEMENTALLY APPROPRIATE ?



# WE OFTEN KNOW IT WHEN WE SEE IT'S NOT THERE



IN LIFE IT IS SOMETIMES  
FUNNY



# IN SPORT IT IS MORE OFTEN TRAGIC



# CONSEQUENCE

The consequence in youth sports is dire. Over 70% of youth soccer players quit playing by 13 years of age!!

This figure is accelerating Jan 2016 !





# DEFINITION

A simple definition of developmentally appropriate practices would be a setting and curriculum that meets the cognitive, emotional and physical needs of children based upon child development theories and observations of children's individual strengths and weaknesses.



# IN PLANNING EFFECTIVE TRAINING SESSIONS

## WHAT MUST WE CONSIDER ?

- ✓ COGNITIVE DEVELOPMENT
- ✓ PSYCHO MOTOR DEVELOPMENT
- ✓ PSYCHO SOCIAL DEVELOPMENT
  
- ✓ PREVIOUS EXPERIENECES
- ✓ LEARNING CURVE & LEARNING STYLES
- ✓ CURRENT PERFORMANCE LEVEL





# COGNITIVE DEVELOPMENT

The Obvious – theories of Piaget, Vygotsky & other educational developmental psychologists.

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# PHYSICAL DEVELOPMENT

The Obvious – theories of the experts ???

The less obvious – modern influences – “ GMO’s and MULTISPORT INSANITY.”

GMO’s – Undoubted impact on child development – is this being seen in onset of growth spurt?

Open Question – How does a sport diet of 7 days a week playing more than 4 hours of sport each day impact the development of the youth player through puberty??

When will the sports science catch up ?



# SOCIAL DEVELOPMENT

The Obvious – theories of the experts

The less obvious – modern influences – Electronic time and culture with no FREE PLAY !

Open Statement – In a culture of youth sports so controlled by over zealous coaches kids are no longer allowed to solve social problems themselves. Each discussion, disagreement and argument is solved by the parent. Our kids are growing up with a sever lack of social skills.

WHO WOULD LIKE TO DEBATE !



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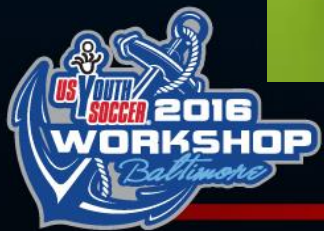
# A simple definition of developmentally appropriate practices would be a **setting**....

Some basics we have no excuse for getting wrong

FIELD  
PROG



MENT



A simple definition of developmentally appropriate practices would be a **setting**....

## A BASIC UNDENIABLE TRUTH

Due to an overemphasis upon winning at the expense of FUN and development GAME DAY has become a setting in which it is practically impossible to develop.





# A SIMPLE TRUTH

To protect the setting in which are youth players participate in the beautiful game we **MUST FIND A WAY TO EDUCATE PARENTS.**

In respect to the above we can leave no stone unturned – turn to the person next to you and share three things you do in parent education!

**WE ARE FAILING IN PARENT EDUCATION & PROTECTING THE  
SETTING**





# A FEW SUGGESTIONS THAT MAY HELP

1. Ensure that your coaches are suitably equipped- age appropriate coaching Licenses. (NYC)
2. Provide Age appropriate curriculum.
3. In line with new initiatives band players by ability.
4. In mixed ability sessions plan to cater for all.



# STAY CLOSE TO THESE GUIDELINES

AGE GROUP	BALL PLAYER RATIO	TECHINICAL EMPHASIS	SESSION FOUNDATION



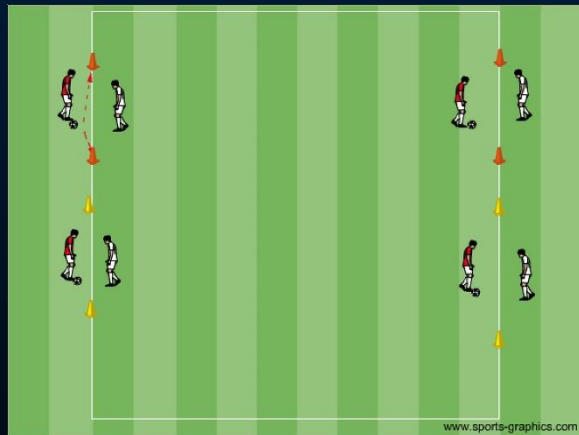
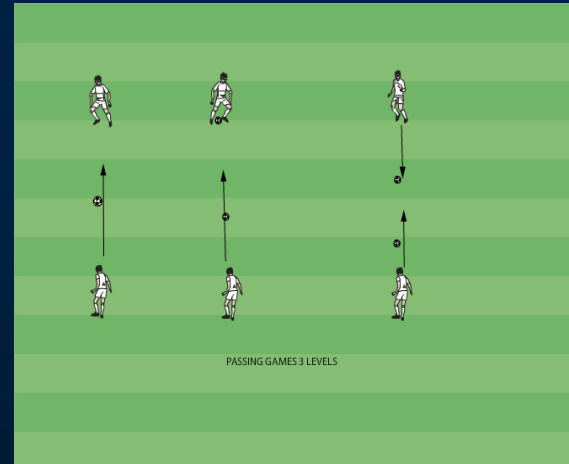
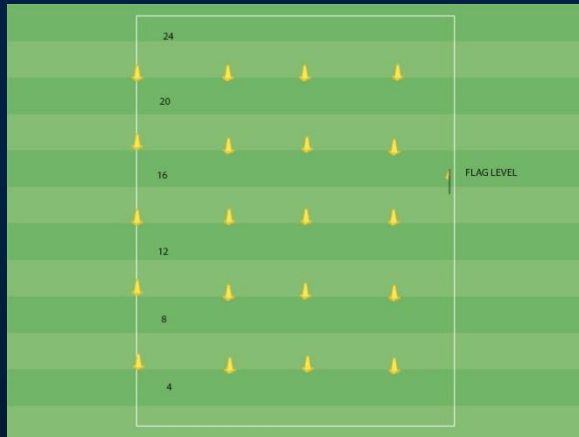
# IN RUNNING EFFECTIVE ,DEVELOPMENTALLY APPROPIATE TRAINING SESSIONS

## MORE TO CONSIDER ?

- ✓ PRIOR LEARNING
- ✓ RHYTHM OF THE SESSION ( how active was last activity)
- ✓ ABILITY BAND OF PLAYERS – Mixed ability tasks
- ✓ RHYTHM OF TRAINING SESSION – PERIODIZATION
- ✓ EMOTIONAL STATE - AFTER BIG DEFEAT /HEAVY LOSS



# SOME MIXED ABILITY GAMES



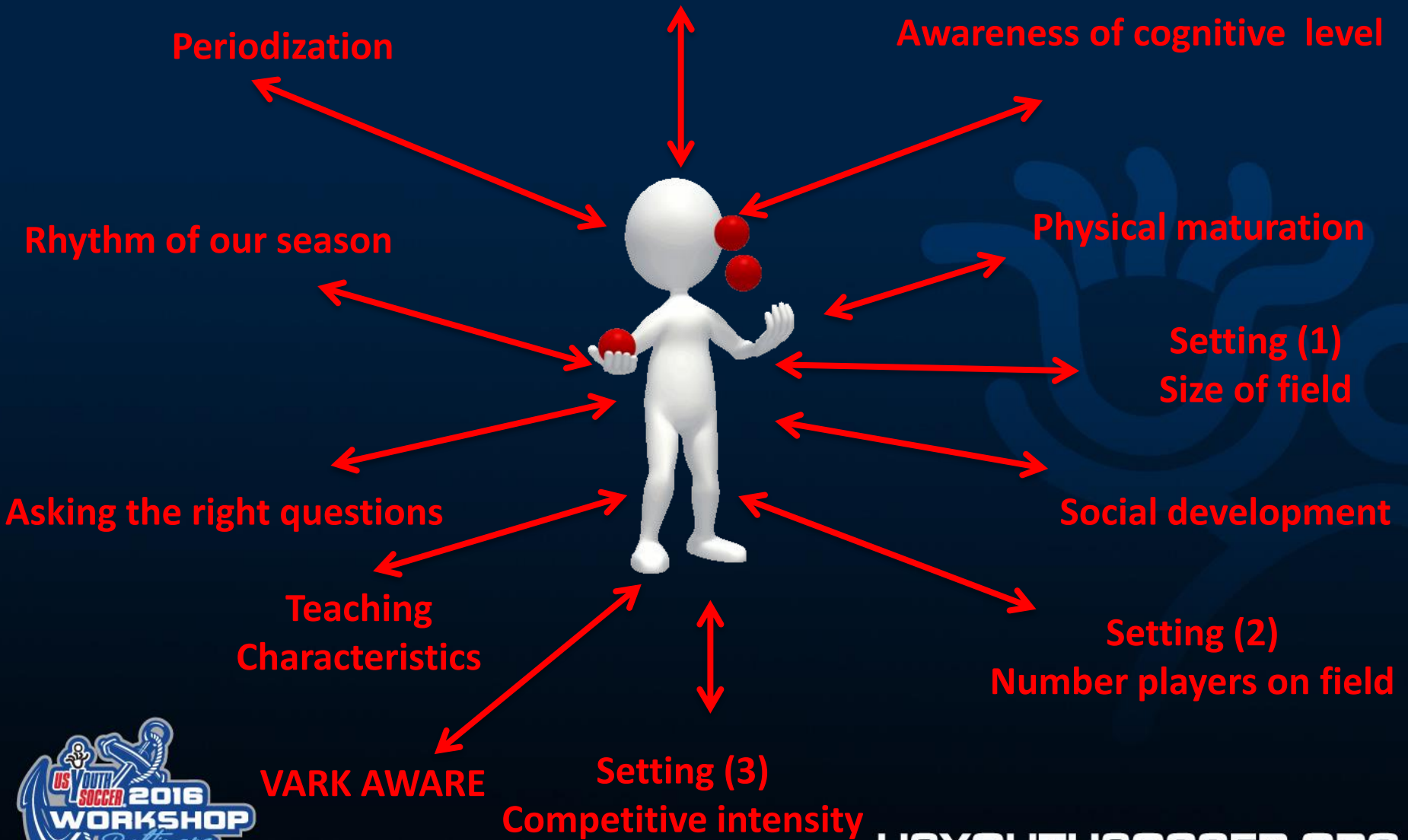
# A FEW TEACHING PRACTICES THAT MAY HELP

1. Ensure practices have a good rhythm.
2. Avoid starting with long speeches.
3. Pre plan language & questions you will use.
4. Plan so all activities are mixed ability.
5. Learn visual clues that players are disengaged.
6. Stay as close to ideal ball player ratios that most engage the age as possible.
7. On game day present developmental goals ( passes in row before the score to take away pressure).



# PULLING IT ALL TOGETHER

Age appropriate qualified coaches



## AND NOW IT'S QUIZ TIME

Take out your cell phones, computers or iPad and let the fun begin

<https://play.kahoot.it/#/k/c0d29fad-a9e0-42a8-b915-7778da63950b>

Go to Kahoot and put in this game pin





# PERSONAL PLEA

I have dedicated most of my adult life to educating players and coaches through the medium of soccer. I take great pride in being a DOC and instructor of all courses.

We can no longer accept 70% of our players leaving by 13 years of age and must do all within our power to change this statistic

Ensuring our players get to learn in developmentally appropriate sessions and play games in a developmentally appropriate climate will go a long way to changing the youth sport culture.

FOR SESSION NOTES AND OUTLINE TWEET

TIMBDOCI#

[USYOUTHSOCCER.ORG](http://USYOUTHSOCCER.ORG)

