

Considering Age Characteristics of Children - "The critical difference between the coach who coaches soccer and not children is that they coach the same drill regardless of the child's position on the developmental continuum. If a coach's involvement with children helps them to become better dribblers of the soccer ball then success has been achieved. A coach's achievements will be far reaching if he/she has built each child's confidence, self esteem and motivation and develop in them a love for the game".

TASK 1

Think about the age related characteristics of the children you are coaching. Complete the spider graph below by listing their most dominant characteristics. (The tables below may provide you with ideas to guide your thinking)



5-7 Year Olds Characteristics of Development

- Plenty of Energy
- Short Attention Span
- Lack of Spatial Awareness
- Sensitivity to Criticism
- Desire for Gymnastic type activities
- Enjoy being successful and like praise
- Often Uncoordinated
- Fear of Physical Contact
- Enjoy Fun Games
- Unaware of Group Involvement

8-11 Year Olds Characteristics of Development

- High Level of Self Confidence
- Joy of Learning
- Competitive & enjoys team sports
- Understand Rules
- Question concept
- Imaginative—Capable of Problem Solving
- Like to show off—Individually Competitive
- Sensitive to Criticism
- Enjoyment of Physical Contact
- Increased Attention Span
- Displays of Strength
- Critical of self and others
- Need to be recognized for their sports ability

Task 2

Make a list of practical recommendations that would help cater for the needs of the children you work with. (use the ideas tables below to guide your thinking)

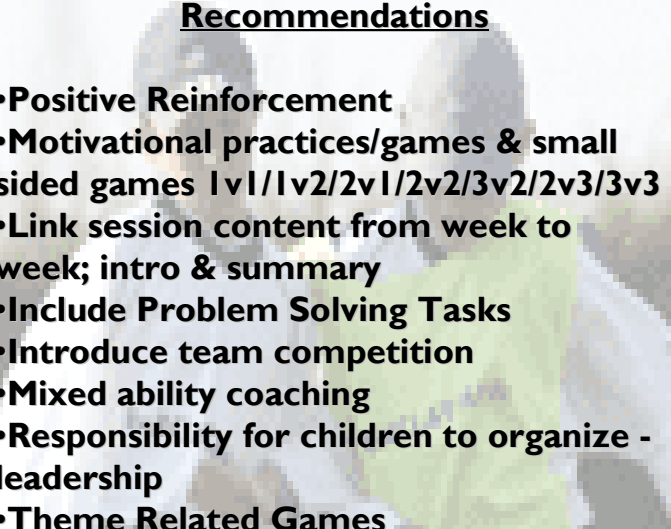
Characteristics	Recommendations
1. Short Attention Span	<ul style="list-style-type: none"> ⚽ Provide a range of Activities ⚽ Keep things simple & flowing ⚽ ETC
2.	

5-7 Year Olds Practice Recommendations



- Lots of Activity & Involvement
- Ball Per Player
- Safe & Secure Environment
- Coordination Activities
- Familiarity with the Ball
- FUN Games 'Walt Disney Approach'
- Small Sided Fun Games
- Opportunity to score Goals
- Range of Activities

8-11 Year Olds Practice Recommendations



- Positive Reinforcement
- Motivational practices/games & small sided games 1v1/1v2/2v1/2v2/3v2/2v3/3v3
- Link session content from week to week; intro & summary
- Include Problem Solving Tasks
- Introduce team competition
- Mixed ability coaching
- Responsibility for children to organize - leadership
- Theme Related Games