

# FIFA Grassroots Characteristics of children

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# GENERAL ASPECTS

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- Children go through various stages in their development.
- Different needs, attitudes and growth periods.
- Physical, physiological and psychological aspects.



# DEVELOPMENT CHARACTERISTICS 6-8 YEARS OLD



## Characteristics

- Fragile; growing period.
- Limited attention and concentration.
- Great capacity for imitation (visual memory).
- Love the game and play for themselves.
- Want to have fun.

## Contents of training

- Basic skills.
- Exercises for beginners.
- Small-sided games: 4x4, 5x5.
- Alternation between exercises and games.
- Groups or teams balanced.

# ROLE OF THE COACH EDUCATOR 6-8 YEARS OLD

- Organises games and exercises and ensures safety.
- Demonstrates exercises.
- Simplified language and imagery.
- Little intervention – let play.
- Pedagogy of encouragement.



# DEVELOPMENT CHARACTERISTICS

## 9-10 YEARS OLD



### Characteristics

- Increased endurance and speed.
- Improved coordination.
- Significant visual memory.
- High self-confidence.
- Capacity to argue.
- Want to learn and discover.
- Team spirit, collective thinking.

### Contents of training

- Basic skills (football basics).
- Basic organisation of the team.
- Speed, alertness, reaction, coordination.
- Training games.
- Small-sided games: 5x5, 7x7.
- Alternation between exercises and games.
- Groups or teams balanced.

# ROLE OF THE COACH EDUCATOR 9-10 YEARS OLD

- Methodology and pedagogy of teaching.
- Technical and emotional leader.
- Capacity to organise and communicate.
- Team spirit.
- General knowledge of football.
- Demonstration, execution, correction.
- Pedagogy of encouragement.



# DEVELOPMENT CHARACTERISTICS

## 11-12 YEARS OLD



### Characteristics

- Significant changes in their bodies.
- Better balance and coordination.
- Increase in the visual and auditory memory.
- Critical thinking, ability to discuss.
- More attention.
- Wish to learn.
- Affirmation of himself/herself.
- Development of competitive work.
- Team spirit.

### Contents of training

- Speed, alertness and reaction.
- Coordination.
- Basic football.
- Basic organisation of the team: 3-2-3.
- General principles and organisation of the games.
- Control of space.
- Small-sided games: 5x5, 7x7, 9x9.
- Encourage creativity.
- Individual initiative.

# ROLE OF THE COACH EDUCATOR 11-12 YEARS OLD

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- Methodology and pedagogy of teaching.
- Sense of team spirit.
- Quality of conduct.
- Knowledge of football.
- Language and communication skills.
- Learning through playing.
- Lead the group.
- Demonstration, execution, correction.
- Pedagogy of encouragement.





# PEDAGOGICAL APPROACH

- Preparation of the session
  - written plan for the session
  - objectives
  - planning of necessary time and space
  - adaption/individualisation for the children
  
- Organisation of the session
  - setting up the field
  - material and first-aid kit
  - organisation of the teams/groups
  - duration and evolution of the exercises



# PEDAGOGICAL APPROACH

- Conducting the session
  - simple and comprehensive explanation of the objectives of the session
  - presentation of the contents
  - organisation of the groups/teams, depending on the characteristics of the group
- Finishing the session
  - gather children and return to calm
  - evaluation and introduction to the next meeting
  - collect material
  - organisation of children's departure

# MIXED GENDER

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- Children are separated by age or level, not by their gender.
- No difference between girls and boys until the age of 12-13 years old.
- Better tolerance and education. Mutual respect.
- Positive effect on their development.

