

REAL MADRID
Youth Academy Structure
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Age appropriate !!
A child is not a small adult

4 areas of development

- Physical
- Technical
- Tactical
- Education Psychology

Ages / Stages of Development

- Promotion ages 7 – 9
- Promotion Initiation 8 – 11
- Initiation 10 – 14
- Technical Development .. 15 and beyond

Stages are not absolute -- based on ability to perform, not just age

Age 7 – 9

Education Psychology

- Individuality
- 1 ball per player
- Unstable
- Short attention span
- Let kid choose what to do sometimes
- Don't judge -- builds insecurity

Physical

- Coordination (eye-hand –foot) (jumps, rolls, turn) combine with ball
- All exercises are aerobic

Technical

- Imitation of technique without ball
- Ball touches -- all surfaces of the foot, both feet – vary the service
- 1 v 1 dribble
- Balance
- Ball and directional change
- Jump coordination

Tactical

- Basic game concepts
- Bigger spaces

- Play simple -- find solutions
- 1v1 -- 4 players per group -- 2 play, 2 wait on opposite sidelines

Age 9 – 11

Education Psychology

- Individuality
- Friends -- pair up
- Small group work of 3, 4, 5 to a group
- Share the ball
- Still short attention span
- Games of interest

Physical

- Agility
- Speed
- Rolls, falls, turn, cartwheels

Technical / Tactical

- Pairs
- Ability
- Passing and heading
- Attack opponent with ball
- Passing -- 4 players, 1 ball in tight space of 6x4 m -- free and pattern play
- Introduce competition

Age 10 -14

Education Psychology

- Group
- Solidarity
- Not 1, but group
- Hormones !!
- Respect and authority

Physical

- Up to age 12 -- aerobic capacity and rhythm
- Age 12 on – anaerobic
- Flexibility
- Velocity (speed) and reaction

Technical

- Blend individual skills into group play
- Mastering skills

- Passing - increase numbers, speed, opponent
- Reduce space
- Themed games
- Offensive and defensive tactics
- Field positions

Tactical

- Collective games with combination play
- Reduce space
- Play without ball (comprehension of space and support play)
- Offense, defense and positions

Age 15 and up to Professional

Education Psychology

- Respect of the human condition
- Fair play
- Honesty, sacrifice, solidarity
- No hysteria -- win and lose with proper perspective
- Emphasize group work (soccer as a social behavior model)
- Creativity and decision-making -- no robots
- Teach soccer and appreciate diversity

Physical

- Aerobic and anaerobic
- Strength
- Speed resistance
- Speed
- Maximum performance

Technical

- Effective, high level performance
- Correct form
- Improve upon all that they have learned

Tactical

- Positions and areas of the field
- Combination play
- Movement
- Master usable space
- Function of areas to cover by positions
- Real game settings

Youth Philosophy

- Honest and responsible -- (respect norms --- ethical conduct)
- Respect others
- Tolerant, caring, generous -- (accept weaknesses and help others)
- Self critical -- accept mistakes and weaknesses and work to improve them
- Accept success and failure in a balanced way

Parent Principles

- Don't talk too much about soccer with your son
- No demands and don't criticize
- Don't get angry about player's mistakes
- No blame during the bad times
- Kids must feel your support
- Be encouraging
- Don't judge, create a calm environment, observe as a neutral observer

Closing comment:

Ferenc Puskas to his father:

“ I want to thank my father for all the advice he never gave me