

# 7-a-side football

## General characteristics

- age categories: U10, U11
- dimensions of the pitch (62m x 30m)
- size of the ball: 4
- goal dimensions: 5m x 2m

## Mental development:

- Development of concentration, controlling it, focusing on more than one element
- The memory is shaped, muscle memory is developed
- At this age, children are looking for their place in the group, they want to belong somewhere, trust and mutual understanding develop and relationships are built on that
- Discovering and building self-awareness
- Differentiation between who I am and who I would like to be

## Motor development:

### General characteristics:

- general development of the player, focus on coordination activities
- creating a stable fitness foundation
- developing a conscious approach to activities (increase of interest in effects, motivation to compete, satisfaction after successful exercises)
- working in small groups,
- the ability to focus increases at around the age of 9-10 - movements become more efficient and accurate
- further development of locomotor movements
- perfect age for developing football skills
- better cooperation with other players, small games
- high intensity of exercise + correlation to the break (less acidification of the body than in seniors)

- stress connected with criticism

### **Assumptions for the selection and implementation of motor training measures:**

- Training measures in the form of games and activities
- Training measures for comprehensive development
- Running, jumping, throwing, general development and complementary sports
- High intensity of exercise (ability to quickly regenerate)
- Introduction of exercises for the prevention of sports injuries - in the form of games

### **Technical-tactical development of the player - a critical period for teaching the following skills**

In football, we distinguish 4 phases of game such as attack, defence, attack-defence transition and defence-attack transition. Their proper definition allows us to use optimal means of training used to raise players' skills.

#### Technical and tactical aspects in attacking:

- dribbling the ball,
- ball protection,
- dribbling,
- shooting,
- passing,
- receiving,
- losing defenders
- running to a position,
- group cooperation (activities in groups of two or three players)
- creativity in small games

#### Technical and tactical aspects in defending:

- receiving,
- tackling,
- delaying the game,
- directing the opponent from his own goal,
- safeguarding

Technical and tactical aspects in the transition phase from attacking to defending:

- quickly regaining possession after loss
- getting behind the ball line

Technical and tactical aspects in the transition from defending to attacking:

- keeping possession
- directing the game towards the opponent's goal - making space by dribbling or passing the ball

**Assumptions for the selection and implementation of football training measures:**

- Division of players into small groups
- Individual approach to players
- A small amount of downtime
- Optimal stimulation of the body
- Regularly implementing corrections
- Follow the training methodology:
  - preparation environment - strict form, good understanding of the subject by the player, preparation for the main part of the training
  - transition environment - forms of specific game fragments, auxiliary games, games with unequal numbers of players
  - proper environment - task games with equal numbers of players
- Training measures implemented in a transitional and proper environment - characteristics and guidelines for the coach:
  - repeatedly making optimal decisions by the player under the pressure of time, space, and opponents,
  - knowledge and awareness of the game - firstly "what to do" and secondly "how to do it"
  - freedom in discovering solutions by the player - the coach acts as a guide