

U6 Football - Vision and projects



WE CARE ABOUT FOOTBALL

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WE CARE ABOUT FOOTBALL

- Introduction
- Creating a learning environment
- U6 in RBFA development plan
- The game formulas
- U6 training session
- Group discussion

Flashback

70's :	U12/U13	– both years playing together, 11v11, full pitch
80's :	U10/U11	– 11v11, smaller pitch (between penalty area's)
1998 :	U9	– 5v5 (Elite youth 8v8)
	U10/U11	– 8v8
2000 :	U8	– 5v5
2005 :	U7	– 5v5
2009 :	U6	– 5v5

2014 : Reforming youth competitions/development plan

Revolution → Evolution

No age limit for membership RBFA

U6 → 2v2

11v11






2v2

5v5

8v8

11v11

Background – preliminary statements before starting

- Physical condition and General Movement skills 
- Topssporter's performance 
- 20% of 4-14 year-old kids have overweight
- 40 to 60% **drop out** before the age of 12 !
- Today's U6 will play 1st team in 2030. What about football by then?
- Academic research: 
 - developing basic locomotor skills instead of specific discipline training between 3-8 years
 - Basic locomotor skills decrease at the age of 6

Key : adapting format to **CHILD!**

U6 player: characteristics

- U5-U6 still at **nursery school**
 - Concentration, time-conscious, abstraction
 - Very much **want to move**, play, discover, challenge
 - Physical characteristic: tired quickly, recovering quickly
 - Need **specific approach**
 - Like to be **encouraged**, accompanied
 - Have **fun when playing**
 - Use their **own language**
 - Need their **parents as partners** of formation
-

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Is this the ideal environment for a 5/6 year old?



Is this the ideal environment for a 5/6 year old?

"You have to do that controle with your outside foot Sam"

"Play wide!"

"Mark their deepest player Kevin!"

"Good boys, and now!"

"Pass the ball quicker Milan"

"... and shoot, shoot now!"

Creating an ideal learning environment



The ideal learning environment

The game as a tool and not as a goal!

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RBFA development plan : situating U6



Wide Basic
Locomotor
formation

3 - 5 year olds



Me and the
ball
(exploration)

U6 – U7



Collective
game
“short range”

U7 – U10



Collective
game
“mid-long”

U10 – U13



Collective
game
“long range”

> U14

Multimove

2v2

5v5

8v8

11v11

RBFA development plan : situating U6



NEXT TO each other

U5/U6

running with the bal/shooting



AGAINST each other

U6/U7

dribbling

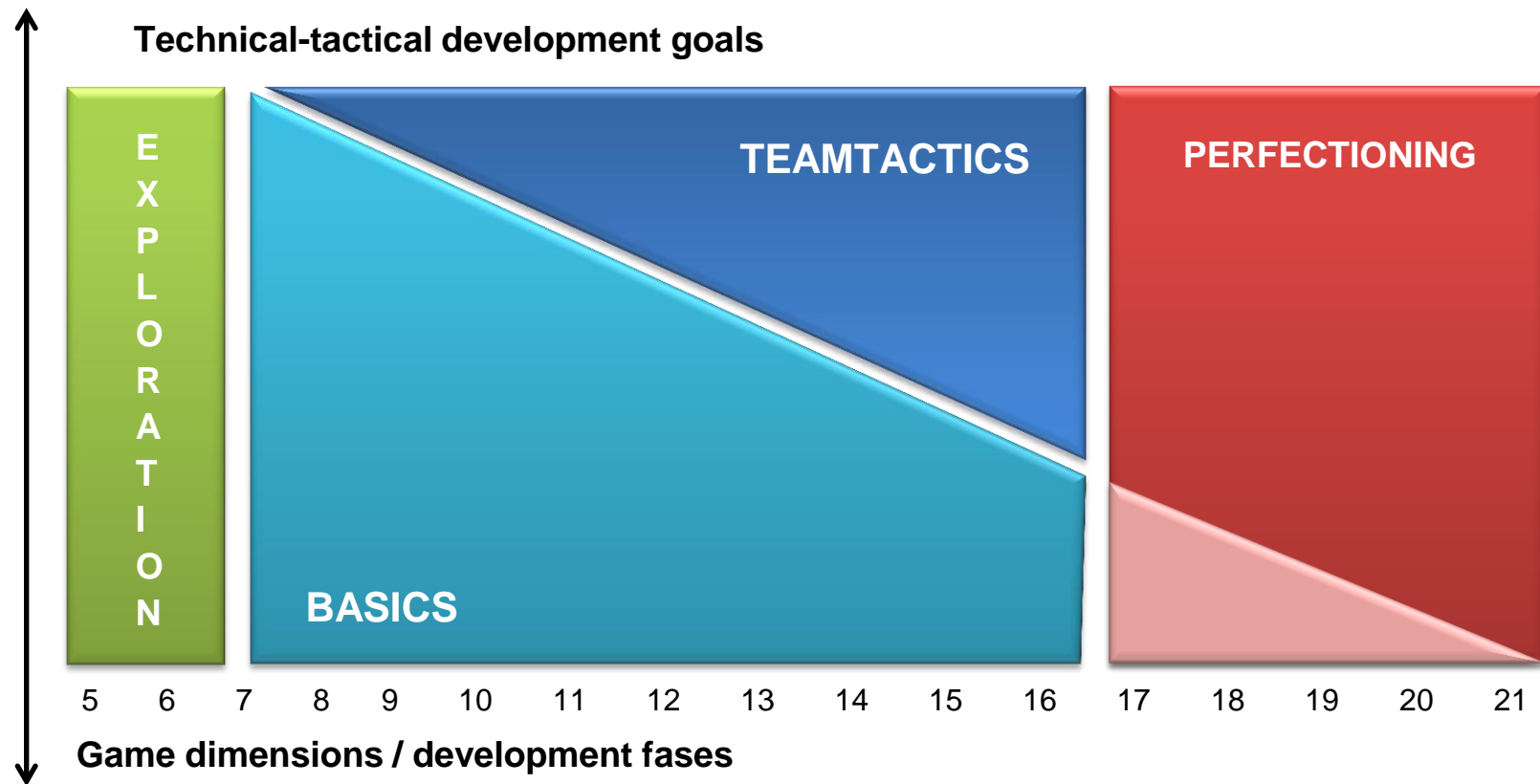


WITH each other

U7

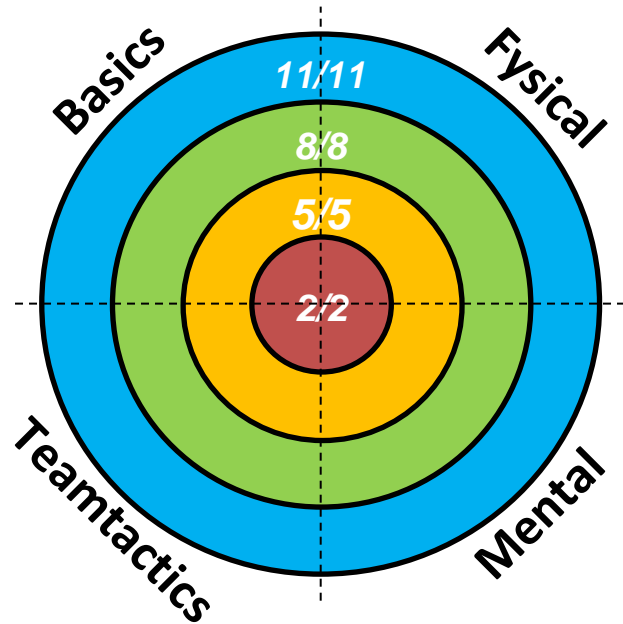
passing

RBFA development plan : situating U6



RBFA development plan : situating U6

Learning is cumulative



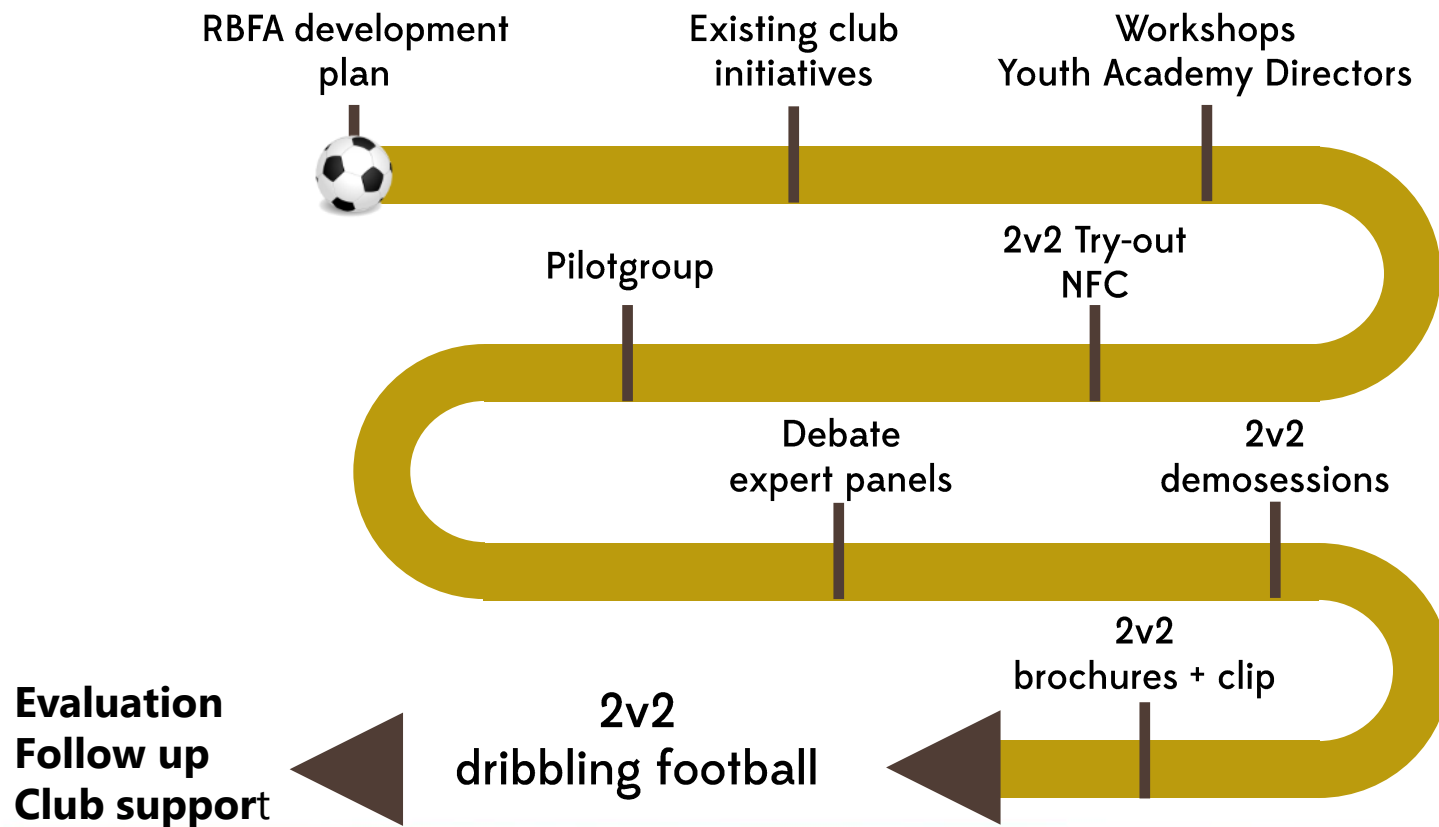
RBFA development plan : situating U6

Football is more than kicking a ball



1. Dribbling
2. Gliding
3. Lifting and carrying
4. Climbing
5. Rotating
6. Beating
7. Jumping and landing
8. Kicking
9. Pulling and pushing
10. Catching and throwing
11. Walking and running
12. Swinging

Developping the concept



Club support

- Adapting coaching education courses to new formula
- Organizing workshops
- Free brochures, workbooks, clips
- Scheme/scenario for clubs which organise Festifoots
- Rewarding good club practices
- Financial support via youth fund



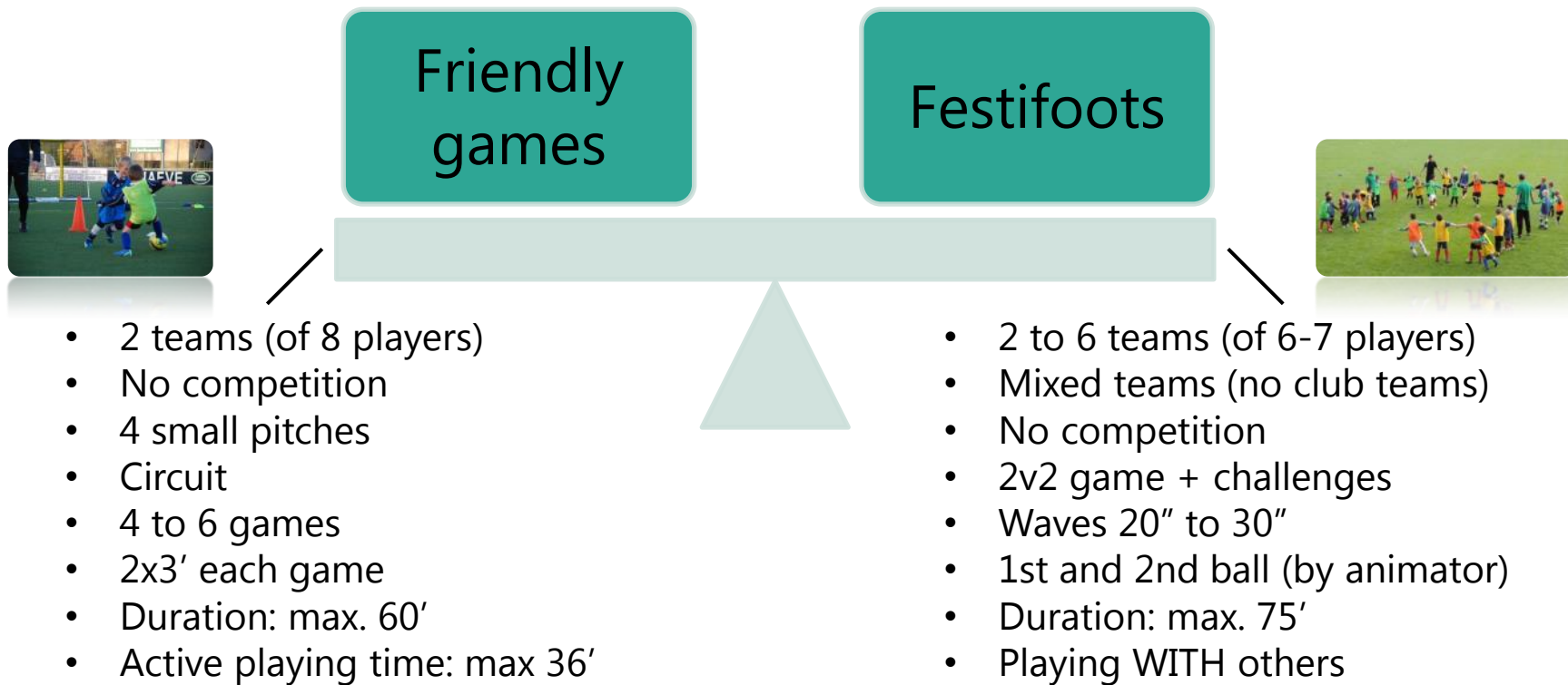
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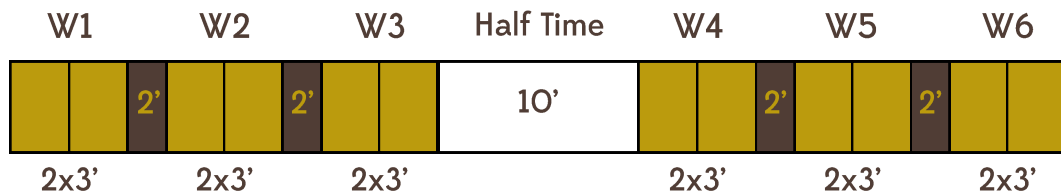
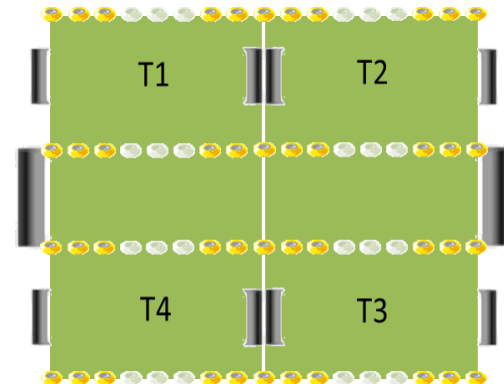
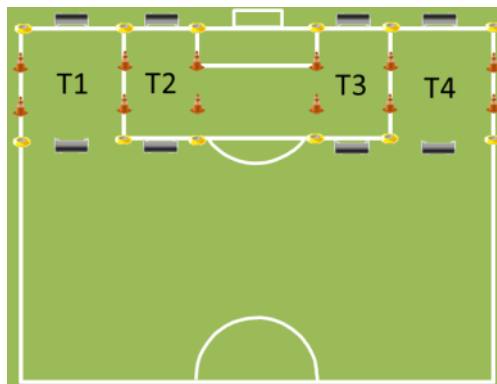
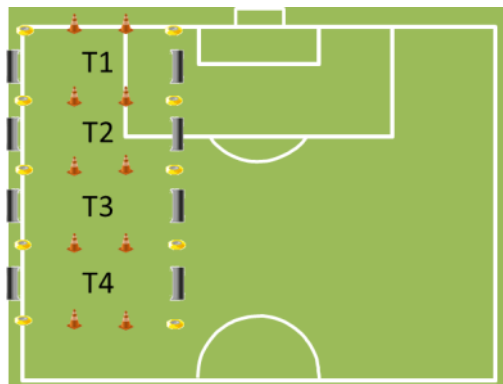
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The game formulas



Friendly games



60'



U6 festifoot – Example 22 to 28 players

75'	0'	2 v 2
	15'	Challenge 1
	30'	2 v 2
	45'	Challenge 2
	60'	2 v 2

Each stage 2 x 7' with 1' pause



U6 festifoot



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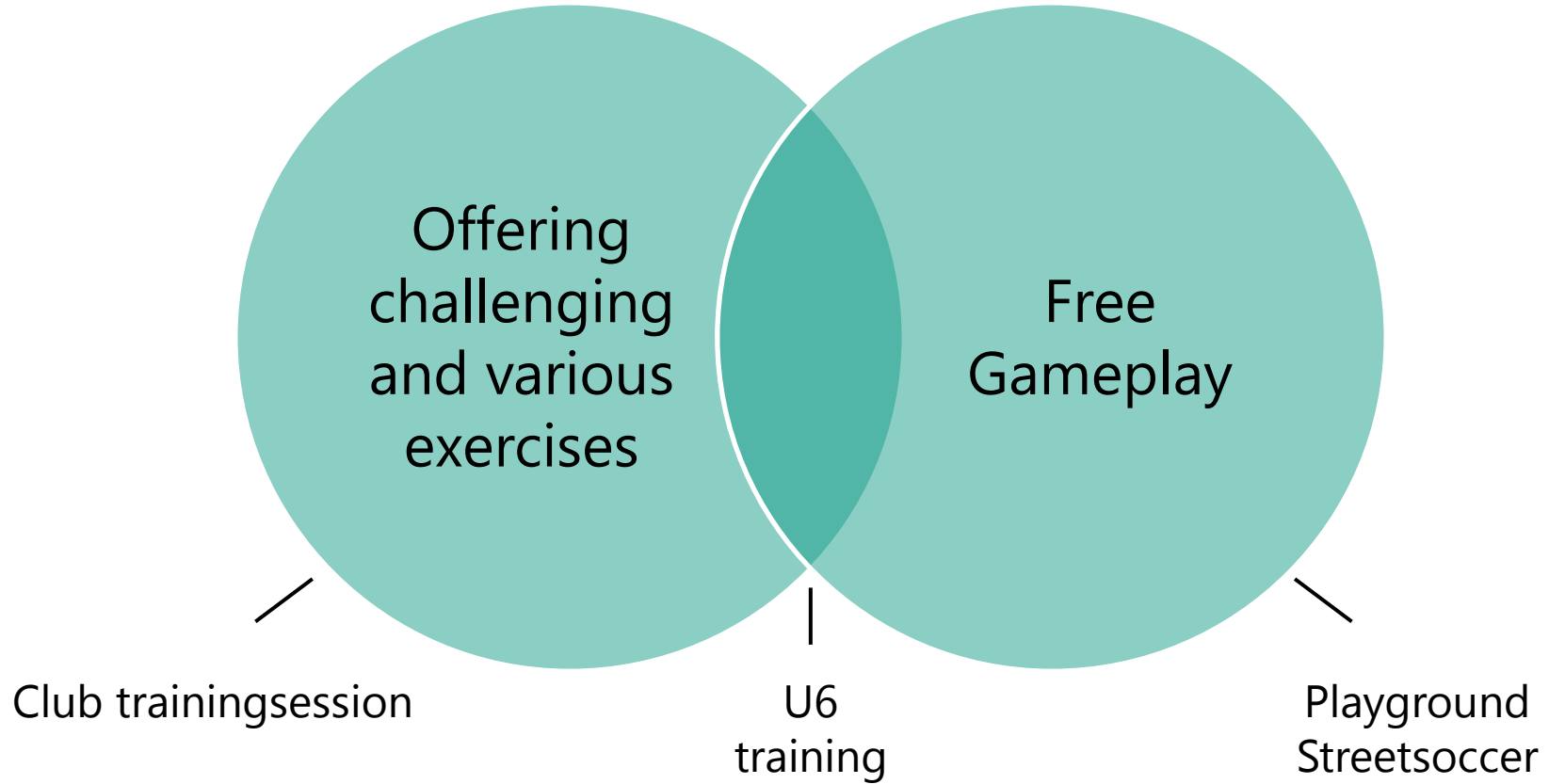
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Every child is an artist.

The problem is how to remain an artist once we grow up.

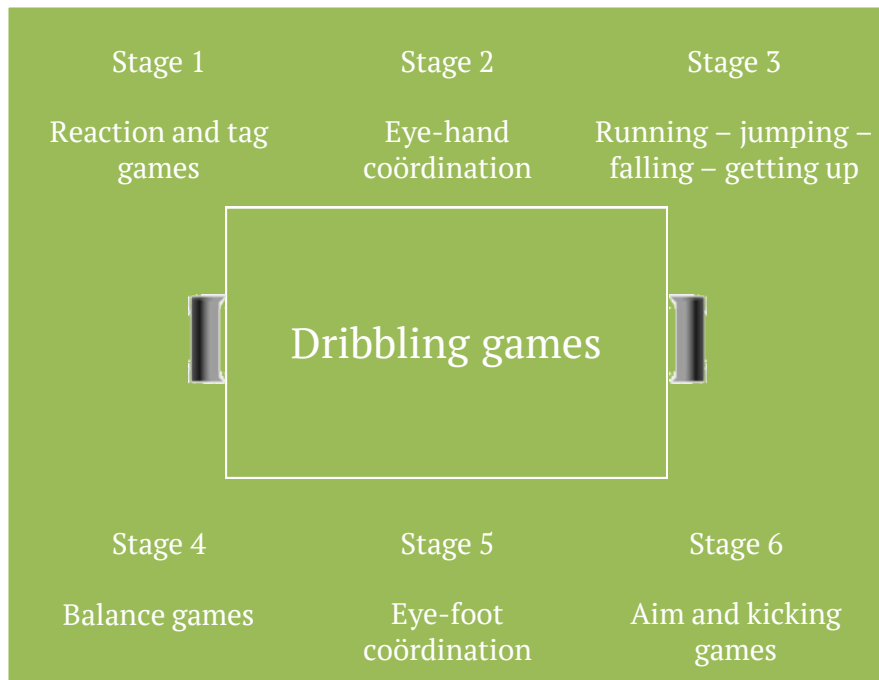
Pablo Picasso



Key aspects - organisation

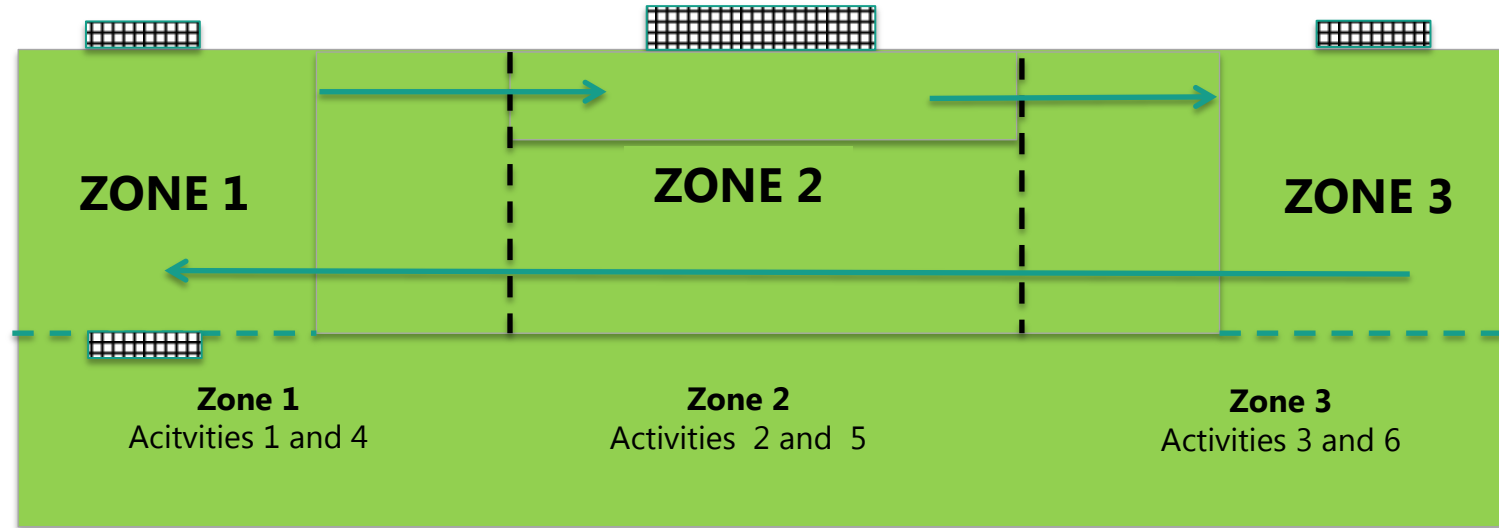
- Lets develop 'better movers'
 - Every exercise involving FUN!
 - Creating a perfect and 'childfriendly' learning environment
 - No football technical or tactical theme but a 'childlike' theme (fairytales, superhero, ...)
 - Recognizable and simple
 - Lots of variation
 - Always new players → different football-age → differentiate
 - Short concentration ability → short and challenging sequences
 - Success will highly depend on motivation and enthusiasm of coach
-

Key aspects – organisation: inspirational formats



0'	Starting game
12	Stage 1
19'	Dribbling game 1
26'	Stage 2
33'	Dribbling game 2
40'	Stage 3
47"	Dribbling game 3
54'	Stage 4
61'	Dribbling game 4
68'	Finishing game

Key aspects - organisation: inspirational formats



- 3 areas, using existing lines when possible
- Possible on different places of the pitch
- Recognizable organisation (every week the same one)
- Areas are equipped BEFORE session
- Groups of kids switch from one zone to another

Key aspects - organisation

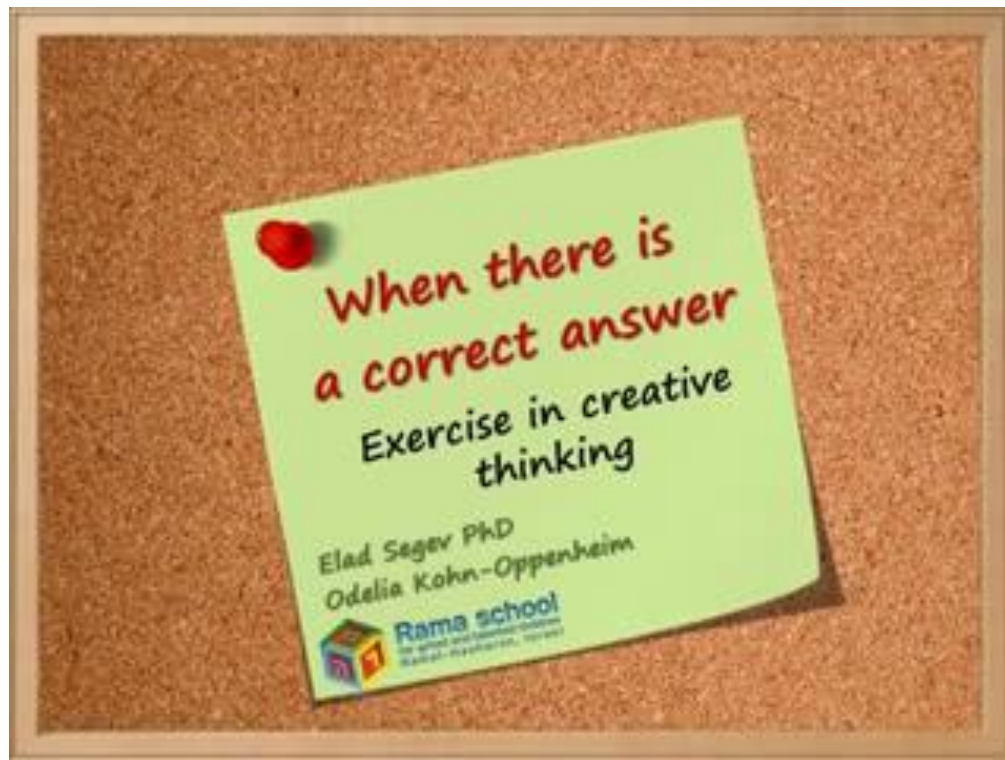
	Zone 1	Zone 2	Zone 3	Zone 1	Zone 2	Zone 3
	1. Match	2. Hunters	3. Scoring	4. Relays	5. Leading	6. Melting pot
Week 1	<u>1.1</u>	<u>2.1</u> = challenge 1	<u>3.1</u>	<u>4.1</u>	<u>5.1</u>	<u>6.1</u>
Week 2	1.1	2.2	3.1	4.1 (variante)	5.1 (variante)	<u>6.2</u>
Week 3	1.1 (variante)	2.3	3.2	4.2 (à la main)	5.1 (variante 2)	6.2 (variante)
Week 4	1.2	2.3 (variante)	3.2 (variante)	4.2 (au pied)	5.2	6.3
Week 5	1.2 (variante)	2.4	3.2 (variante 2)	4.3	5.2 (variante)	6.1

Reference : See workbook

Key aspects - coaching

NONE

Key aspects - coaching



Coaching: less is more !

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Group discussion

1. At what age can children affiliate at a football club in your country?
At what age there should be club activities?
At what age there should be official football games?

Group discussion

2. Should there be an intermediate step between 2v2 and 5v5 ?

Group discussion

3. What is the ideal profile for a U6 coach?

Group discussion

4. What about indoor training / playing ?

- advisable ?
- compulsory ?
- nonsense ?

Life is like *pildyinga fbiotjedel..*
To ~~keep~~, your balance,
you must *keep dröbbljng.*

Albert Einstein

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Thanks for your attention

Philippe Brutsaerts
Stefan Verheyen