Under 16 Development Squad Integrating Support Areas

Purpose: To consider the development of players over the last 8

weeks.

Key Areas: Technical Development

Tactical Awareness

General Physical Conditioning

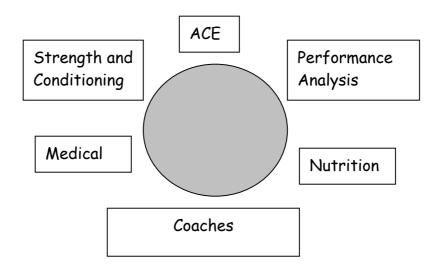
Nutrition

Performance Analysis
Athlete Career Education

Objectives:

To review the players development in each area
To provide an integrated approach linking the key areas
To focus on individual development

Key People Around the Table



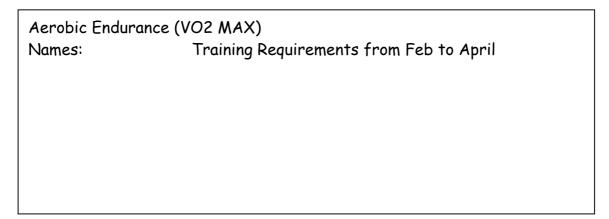
Baseline Key Activities

	rebruary	April July	Oct
Fitness Assessment	\checkmark	\checkmark	
Skills Assessment	\checkmark	\checkmark	
Nutrition Talk	\checkmark	\checkmark	
Nutrition Diary	\checkmark	\checkmark	
Strength and Conditioning Lifts	\checkmark	\checkmark	
Strength and Conditioning Programme	· ✓	\checkmark	
Performance Analysis Feedback	\checkmark	\checkmark	

Testing Results

	Phys	ical Fi	tness		Skills	5				
target	11	60	40	35cm	<12s	<30s	<60s	<40s		
Name	VO2	Sit	Pres	VJ	Agil	Solo	Punt	DM	HT	WT
Joe	9	56	38	33	16	34	55	34	5.10	98
Tom	10	44	35	24	12	45	56	35	5.9	90
Mick	12	36	41	37	13	44	57	35	5.11	79
Pat	9	38	38	36	9	38	69	36	6.3	75
Frank	10	55	24	28	16	26	68	47	5.9	80
Terry	10	61	56	40	8	29	54	48	6.0	99
Tim	11	42	28	39	19	36	55	45	6.4	78
Fred	9	40	25	41	8	37	50	56	5.9	80
Gavin	8	34	40	30	14	49	48	55	5.8	90
Brian	11	49	38	24	15	28	49	40	6.0	89
New Tgt	13	65	48	36	<12	30s	58s	40s		

In Pairs interpret the results AND IDENTFY weaknesses at the individual level? Use the boxes below to highlight the individual names



Strength (Sit ups, Press ups)							
Names:	Training Requirements from Feb to April						

Investing in People Building Sustainable Structures

	Building Sustainable Structures
Agility Names:	Training Requirements from Feb to April
Power (Vertical Jump) Name:	Training Requirements from Feb - April
Skills Name:	Training Requirements from Feb - April
Decision-making - Tactic Name:	al Awareness Training Requirements from Feb - April

Setting Individual Programmes

Strength and Conditioning Brief (Press up, vertical jump)

Name	Focus	Action	Review April
Frank	UB /LB	Circuit & Lifts	
Tim	UB	UB Circuit & Lifts	
Fred	UB	UB Circuit & Lifts	
Tom	LB	LB Circuit & Lifts	
Brian	LB	LB Circuit & Lifts	

Aerobic Endurance (VO2 max)

Name	Focus	Action	Review April
Joe	Aerobic Capacity	Running Programme	
Pat	Aerobic Capacity	Running Programme	
Fred	Aerobic Capacity	Running Programme	
Gavin	Aerobic Capacity	Running Programme	

Agility

Name	Focus	Action	Review April
Joe	Agility (10m)	Ladders x 3 per week	
Frank	Agility (10m)	Ladders x 3 per week	
Tim	Agility (10m)	Ladders x 3 per week	

Skills

Name	Focus	Action	Review April
Tom	Solo	Technical work	
Mick	Solo	Technical work	
Pat	Solo	Technical work	
Tim	Solo	Technical work	
Fred	Solo	Technical work	
Gavin	Solo	Technical work	

Decision Making

Name	Focus	Action	Review April
Frank	Decision making	Tactical Awareness	
		- Performance Analysis	
Terry	Decision making	Tactical Awareness	
		- Performance Analysis	
Tim	Decision making	Tactical Awareness	
		- Performance Analysis	
Fred	Decision making	Tactical Awareness	
		- Performance Analysis	
Gavin	Decision making	Tactical Awareness	
		- Performance Analysis	

Review in April

How did the programmes work? What is required next? How does each area interact? What can they learn from one another?

Physical Fitness

Skills

Target 1	11	60	40	35cm	<12	30s	60s	40s		
New Tgt		65	48	36	<12	30s	58s	40s		
Name	VO2	Sit	Pres	VJ	Agil	Solo	Punt	DM	HT	WT
Joe 1	9	56	38	33	16	34	55	34	5.11	98
2	12	63	47	33	15	28	55	34	5.11	88
Tom 1	10	44	35	24	12	45	56	35	5.9	90
2	12	59	44	30	12	33	54	34	5.9	88
Mick 1	12	36	41	37	13	44	57	35	5.11	79
2	13	60	50	39	11	34	54	35	5.11	74
Pat 1	9	38	38	36	9	38	69	36	5.8	75
2	12	60	45	37	9	31	60	34	5.8	72
Frank 1	10	55	24	28	16	26	68	47	6.3	80
2	12	65	44	32	13	25	61	38	6.3	81
Terry 1	10	61	51	40	8	29	54	48	6.0	99
2	12	64	52	41	8	29	54	40	6.0	95
Tim 1	11	42	28	39	19	36	55	45	6.4	78
2	13	60	42	40	14	31	53	42	6.4	77
Fred 1	9	40	25	27	8	37	50	56	5.9	80
2	10	42	25	28	11	35	51	50	5.9	85
Gavin 1	8	34	40	30	14	49	48	55	6.3	90
2	12	50	50	34	13	35	49	50	6.3	
Brian 1	11	49	38	24	15	28	49	40	5.7	89
2	13	62	44	24	12	25	48	38	5.7	

Scenario - Role Play

The support team meet to discuss the players on the squad

- Manager
- Coach
- Strength and Conditioning Coach
- Nutritionist
- Performance Analyst
- * ACE Coordinator
- Medical (physio / doctor)

Manager

The job of the manager is to co-ordinate the meeting and he draws each area of expertise into the review and the future planning for each player.

Coach

His job is to run the technical and tactical sessions. He is responsible for the technical assessment of the players.

Strength and Conditioning Coach

His job is to improve the power and strength of the players and the speed agility and quickness of the individual. He is also responsible for the fitness assessment

ACE

Work with players in the management of their time and with issues they face. Work with the parents who have queries re training, matches etc. Deal with other coaches who work with players outside the development squads. Advise players on work and education issues.

Performance Analyst

Provide video footage for each player on his performance in skills and his awareness of tactical plans during a game.

Medical

Work on the rehabilitation of the players and injury prevention and fitness assessment prior to competition

Under 16 Squad

Name

Joe: Coach: Aerobic Capacity has increased (9-12) still needs to develop further, Agility improvement (16 - 15) Needs further development.

Strength and Conditioning Coach Comment?

Coach Comment - tactical awareness poor,

Performance Analysis Coach Feedback?

ACE - problems in school,

Also some personal problems that the parents have discussed Good physical condition and needs some time to sort out these education issues. He won't be at training this week but will return next week. Nutrition - lost 10,kilo (98 - 88)

Nutrition Comment - link with extra training and personal problems

Tom:????

Mick: Coach: Aerobic capacity good and has worked at this core stability work (36 - 60). Strength and Conditioning Coach Comment

Coach: Key issue IS HE IS TIRED? Schools football and hurling, club football and hurling and is playing up his club. Likes to play soccer on a Saturday and he is doing his GCSEs this year. ACE Comment:

Coach: He also has been looking jaded at training and has had a cold this week. Medical Comment? Nutrition Comment? Weight has gone down (79 - 74) needs to look at his diet.

Pat

Frank

Terry

Tim

Fred: <u>Coach</u>: This player has made little progress. He has just about held his fitness levels from 6 weeks ago. He has put on weight and his attitude at training is disruptive. Comments invited.

<u>ACE</u>: He has been going through a change. He has left school and picked up a job. He is socialising during the week Hence the weight gain. No schools football and his club set up is poor so he is now drifting. Needs to get back on line. What is the strategy?

Nutritionist: ??????????????????

Strength and Conditioning? <***

Coaches? ***********

Performance Analyst? \$\$\$\$\$\$ Summarize the Strategy to be used.

Gavin

