

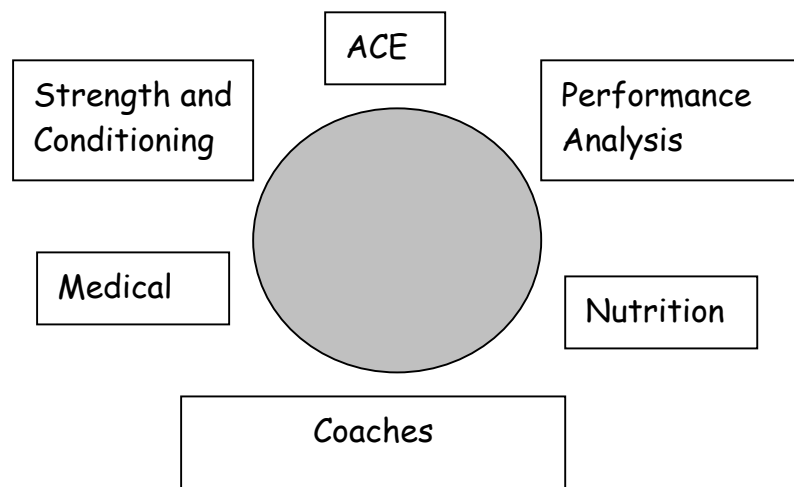
**Under 16 Development Squad**  
**Integrating Support Areas**

**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**

	February	April	July	Oct
Fitness Assessment	✓	✓		
Skills Assessment	✓	✓		
Nutrition Talk	✓	✓		
Nutrition Diary	✓	✓		
Strength and Conditioning Lifts	✓	✓		
Strength and Conditioning Programme	✓	✓		
Performance Analysis Feedback	✓	✓		

### Testing Results

	<i>Physical Fitness</i>				<i>Skills</i>					
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

<b>New Tgt</b>	<b>13</b>	<b>65</b>	<b>48</b>	<b>36</b>	<b>&lt;12</b>	<b>30s</b>	<b>58s</b>	<b>40s</b>		
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In Pairs interpret the results AND IDENTIFY weaknesses at the individual level? Use the boxes below to highlight the individual names

Aerobic Endurance (VO2 MAX)  
Names: \_\_\_\_\_ Training Requirements from Feb to April

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

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 - Tactical Awareness

Name:

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



# Support Network – People to provide information

