

Athlete Age Group Jumping Guideline

The age group jumping application is an open process which can be requested at any time. The application process will be completed by the Competitive Director and finalized by the BYSI Board of Directors.

Application Process:

1. Athlete/Family request an age group by emailing the BYSI Competitive Director (bysicompdir@sasktel.net)
2. The BYIS Competitive Director identifies an athlete who may see value in age group jumping. The BYSI Competitive Director will confirm with family and athlete that they are willing to age group jump.
3. Coaching staff identify an athlete who may see value in age group jumping. Coaching Staff will communicate with the BYSI Competitive Director regarding the identified athlete. The BYSI Competitive Director will confirm with the family and the athlete if they are willing to age group jump.

Evaluation Process:

1. Athlete will be evaluated by the BYSI Competitive Director and current/above Coaching Staff
2. Athlete will be evaluated through the Four Corners
 - a. Social/Emotional
 - b. Physical
 - c. Technical
 - d. Tactical

Requirements for acceptance:

1. Must meet the Four Corners
2. Must be a starting level athlete on their current age appropriate team
3. Must be able to be a starting level athlete on the above age group
4. Must not negatively impact their current age appropriate team
5. Both coaching staff (current and above age group) are in agreement
6. Athlete and Family are in agreement of the athlete age group jumping

Decision:

1. The Competitive Director, along with coaching staff will confirm if the athlete in question meets the evaluation process and all requirements for age group jumping.
2. The Competitive Director will submit the Athlete and rationale to BYSI Board of Directors for final approval.
3. After the BYSI Board signs off, an Approval/Denial letter will be emailed from the Competitive Director to the athlete/family with their rationale and reasons.

FOUR CORNERS

Technical/Tactical:

Players improve by playing lots of soccer and being active in other complementary sports and activities. That said, without a skilled mix of guidance, challenge, appropriate questioning, demonstration and teaching, it's unlikely that players will reach their true potential.

Tips For Technical Development;

• Use the coaching activity to challenge and develop players technically Encourage players to try new skills

- Appropriate challenges may be set for the whole group or for individuals within the group For example in a passing practice some players may be challenged to play one-touch passes whenever they think it's appropriate
- When appropriate, practice activity should replicate the demands of the game, encouraging players to think and make decisions just as they would in a game. Clever practice design should allow players to repeat and re-visit elements of the game without experiencing boredom

Physical:

To become an effective soccer player there are basic physical movement skills that need to be developed. Agility, balance, coordination, and speed (ABC'S) are all essential qualities for players; between the ages of 4-12 young players have a "window of opportunity" to develop these attributes.

Addressing the state of physical literacy of children is one of the biggest challenges we currently face in society and coaches should help communicate the benefits of physical activity and a healthy lifestyle.

Tips For Physical Development;

- Children are not mini adults and shouldn't be subjected to running laps of the field and doing push ups.
- Through well-designed practice all coaching activities can include physical outcomes
- A shooting practice may include a physical challenge which is realistic to the demands of the game E g a defender and an attacker may have to turn and race onto a through ball before taking a shot at goal. In this way the players are working on turning, acceleration and deceleration as well as the technical elements of the exercise

- Coaches working with young players should be aware of the key windows for physical development and which aspects of a player's development can be improved and when
- Appropriate movement skills such as tag games and activities which develop agility, balance and coordination should be encouraged through enjoyable games.
- Don't expect too much from young players too soon!

Psychological/Mental:

Creating learning environments that challenge players to be imaginative, creative and reflect on their performance— both during and after practice/game—is fundamental to the development of the future player. Coaches should adopt different coaching styles and methods to meet the individual needs of young players, understanding that there is more than one way for players to learn the game.

Tips For Psychological Development;

- Use different methods to communicate with different types of learners.
- **Visual (seeing):** tactics boards, posters, diagrams, cue and prompt cards as well as arrangements of cones on the pitch are some ways in which coaches can communicate with players visually
- **Auditory (hearing):** As well as speaking with the players and asking questions, coaches can encourage players to discuss aspects of the game in pairs, small groups and also with the whole group. Through communication with others, players can help solve game-related problems and learn more about the game
- **Kinaesthetic (doing):** physically 'walking through' positional arrangements and freeze-framing parts of the game can help paint pictures in the mind of the players and contribute to the understanding of the game
- Help players learn the game and develop their decision-making skills by setting game-related problems for players to solve. For example "in this passing practice try and turn with no-touches whenever possible; try and work out when you will be able to do this and when you won't"

Social/emotional:

Playing soccer can help children learn many life skills: cooperation, teamwork, communication and friendship are some of the benefits of joining a team and playing the game. To allow these social skills to develop, players should be allowed a safe and supportive environment and given encouragement to learn the game.

Tips For social Development;

- Coaches should strive to create a positive environment which is welcoming for players both during games and training How you treat your players is crucial to ensuring this is positive and fulfilling for the young player.
- Players should be praised and recognised for effort and endeavour as well as ability. This will highlight the process of learning and striving to get better rather than just the final outcome.
- As coaches are in a significant position of influence with their players it is important to give consideration to the type of role-model you are What are your values and beliefs and how is this demonstrated in your behaviour?