

An infographic with a white background and a blue brushstroke border. At the top left, the text 'FUN IS HOW DEVELOPMENT HAPPENS.' is written in a mix of green and blue fonts. Below this, a paragraph states: 'One of the biggest things to remember – especially with younger players – is that FUN is not separate from development.' A dark blue brushstroke banner contains the text: 'Games, creativity, repetition through play, and lots of touches on the ball help players:'. Below this are four circular icons: a person with arms raised, a head with gears, three people silhouettes, and a heart with a soccer ball. Each icon has a corresponding text label: 'BUILD CONFIDENCE', 'IMPROVE DECISION-MAKING', 'STAY ENGAGED', and 'AND DEVELOP A LOVE FOR THE SPORT LONG-TERM'. At the bottom left, a trophy icon is followed by the text: 'For our younger age groups especially, sessions that feel active, playful, and engaging are often more effective than long lines, constant instruction, or isolated drills.' On the right side of the infographic, there is a photograph of four young girls in blue soccer uniforms running on a green field, with one girl in the foreground about to kick a soccer ball.

# FUN IS HOW DEVELOPMENT HAPPENS.

One of the biggest things to remember – especially with younger players – is that **FUN** is not separate from development.

Games, creativity, repetition through play, and lots of touches on the ball help players:

- BUILD CONFIDENCE**
- IMPROVE DECISION-MAKING**
- STAY ENGAGED**
- AND DEVELOP A LOVE FOR THE SPORT LONG-TERM**

For our younger age groups especially, sessions that feel **active, playful, and engaging** are often more effective than long lines, constant instruction, or isolated drills.

One of the biggest things to remember - especially with younger players - is that FUN is not separate from development. Fun is often HOW development happens.

Games, creativity, repetition through play, and lots of touches on the ball help players:

- Build confidence
- Improve decision-making
- Stay engaged
- And develop a love for the sport long-term

For our younger age groups especially, sessions that feel active, playful, and engaging are often more effective than long lines, constant instruction, or isolated drills.

A great short resource on this concept:

John O'Sullivan – Changing the Game in Youth Sports:

<https://changingthegameproject.com/>

And for anyone looking for session ideas:

<https://mojo.sport/>

MOJO has excellent free practice plans and game-based activities for youth coaches.