



Player Development at the FUNdamentals Stage (6 to 9 years old)

This stage focuses on learning the fundamental movement skills (FMS) and building overall motor skills. Fundamental movement skills are the building blocks to success in sport and life-long enjoyment of physical activity. Children who develop fundamental movement skills are more likely to engage in sport as teens and adults. It is important that all children master fundamental movement skills before more sport-specific skills.

General Sport Development

- Important to encourage participation in a wide variety of sports
- Participate 1-2 times a week in preferred sport so long as there is participation in many other sports/physical activity

Fundamental Movement Skills

High Priority

- Speed – Hand/Foot

Medium Priority

- Endurance
- Explosive Power
- Flexibility

Low Priority

- Speed – Whole Body
- Speed & Strength
- Endurance

Mental and Cognitive Development

- Short attention span
- Developing memory
- Limited reasoning ability
- Action-orientated
- Enjoy repetitive activities
- Improve abilities through experience

Emotional Development

- Like to be the centre of attention
- Self-concept developing through experience & comments from others
- Influence of peers becomes a strong driving force
- Begin to understand the rules & structure of sports

Ethical and Social Skills

Introduce simple rules for ethics in sport

- Effort
- Try it all (positions, skills, & sports!)
- Respect: body, others, equipment, & facilities
- Fun & friendship
- Cooperation & teamwork

Coaching Tips

- Players should get as many touches of the ball as possible – better opportunity to develop their skills
- Use modified equipment and distances
- Focus on the core technical skills – Build the foundation before you build the house
- Avoid long lines – Spilt the group up if need be or increase rotations in the drills to keep players active and engaged
- Don't undervalue asking **OPEN** and **LEADING** questions – Players feedback can help the level of instruction
- Positive reinforcement – Give **POSITIVE** and **SPECIFIC** feedback **AT ALL TIMES**
- **SHOW & GO** -- Don't talk too long. Demonstrate and let players "feel" the fundamental movement skill and exercise.
- Create a challenging environment – e.g. Time challenges or mini competitions

Desired General Outcomes

Children:

- Develop FMS Skills so children **FEEL** confident and motivated to participate in physical activities
- Understand how to lead a healthy lifestyle – eat healthy, drink mostly water, and get their heart GOING!

Parents Understand:

- All children develop physical skills at their own rate
- All children progress through the same stages
- Fundamental Movements Skills are the gateway to **LIFE-LONG ACTIVE LIVING**
- Children develop their attitude about physical activity at this stage and it **highly** correlated to their adult lifestyles