

6 - Train to Compete

Chronological Age 17+

Training Age: 7-10 years in football

Objectives: Prepare to Win

- **GENERAL:** Position and game skill specialization
- Refinement of tactical and game skills and understanding
- Development of long-term plans for individual success
- **PHYSICAL:** Focus on building strength and power
- **SKILLS:** Refinement of all basic skills and consolidation of advanced skills
- Increasing complexity of plays

Development Opportunities:

Technical Skills:

- Refine all technical skills
- Concentrate on perfecting footwork

Tactical Skills:

- Consolidate and Refine all previous skills

Physical Skills:

- Build on earlier stages' physical skills
- Strength #2 - Muscle Strength, Hypertrophy, Power

Mental Skills:

Consolidate these skills

- Performance Tracking
- Game Preparation
- Performance Evaluation
- Progression of PMR Skills
- Consistency

Character - Life Skills:

- Communication Verbal & Non-verbal
- Partnership/Teamwork, Problem-solving, Discipline/work ethic, Fitness/Healthy Living
- Mental Strength/ Coping Skills, Confidence/Risk Taking, Respect/ Fair Play
- Pursuit of Personal Excellence
- Accepting Diversity

Game Options to Consider:

- Tackle, Flag or Touch

This stage represents a serious commitment to competition, coinciding with College or Junior Football. Athletes enter highly competitive programs, begin to specialize in their positions, and work toward excellence. Guiding principles are:

- Emphasis is on consolidating solid competition skills
- All athletes are provided with optimal annual training, competition and recovery programs
- Programs support athletes to learn from victory and defeat, to live balanced lives, and to always train and compete in a fair, honest and "clean" way

Figure 10 - Allocation of time in practice

