



Development Philosophy

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Development Philosophy

1. WHO WE ARE?
2. WHAT CAN WE DO TO HELP THE PLAYER?
3. PHYSICAL DEVELOPMENT
 - Basic Physical Skills
 - Basic Motor Skills
4. MENTAL DEVELOPMENT
 - Social values
 - Personal values
5. TECHNICAL DEVELOPMENT
 - Technical Actions
 - Types of Exercises
6. TACTICAL DEVELOPMENT
 - Tactical Principle



WHO WE ARE?

- We are a complement, we are an extra aid in the education of the child.
- We participate in a small part of the personal development, but we are aware of the importance in the education we provide.
- Parents and the School are the most important in the development of the child.
- We help the child in two of their general developments: Physical Development and Mental Development.
- We also help in two areas related to the activity we teach (soccer): Technical and Tactical Development of Soccer.



PHYSICAL DEVELOPMENT

- We develop the basic physical capabilities of the player: Strength, Speed, Endurance and Flexibility (valid for any sport)
- We develop the basic motor capabilities of the player: Coordination, Balance, Agility and Ability.
- We help the player to develop their physical potential in the last years of their physical development.
- Soccer will help them improve their physical development.



PHYSICAL DEVELOPMENT

We will try to control their physical development and prevent wrong practices that may impair their physical development. For this there will be several rules:

- They will not be allowed to practice or play with kids more than two years of difference.
- They will not be allowed to practice or play with injuries that cause them to limp.
- They will not be allowed to work on strength training with the help of machines.
- They will only be able to work on their strength with self-loading exercises.
- The laterality skills (working with opposite leg) will be taught after the age of 9.



PHYSICAL DEVELOPMENT

Closely related to their Physical Development is Nutrition.

- Their bodies are spending a lot calories and they need to be replenished.
- They need to be fed properly.
- Parents will be given information about proper nutritional needs for their athlete.



MENTAL DEVELOPMENT

We have the opportunity and the obligation to develop a set of personal (develop our personality) and social (Help to integrate into society) values that will help the child to form as a person.

- Useful values used to face the adult world who awaiting them.
- Soccer will help us to teach our players the values that will help make them better men and women that will help them learn coping skills to handle the world we live in.



MENTAL DEVELOPMENT

SOCIAL VALUES

- FRIENDSHIP: It is about personal affection, the ability to be oneself, and make mistakes without fear of judgement from the teammate. We will control any actions of contempt to the teammate and conditions will be created (games and inter-cooperation exercises) to strengthen the friendship.
- COOPERATION: It is the task of helping and serving, in a selfless way, to others. With soccer they learn that goals are improved with cooperation. In practice and games we will show them that it is necessary to help and be helped.



MENTAL DEVELOPMENT

SOCIAL VALUES

- RESPECT: It is the basis for a healthy and peaceful coexistence. We will promote three types of respect:
 - Respect for People - We will encourage them to speak correctly, without yelling and without offense . We will encourage them to greeting to the referees and opponents. We will encourage them to listen carefully;
 - Respect for Environment. We will ensure that the facilities of the Club are well treated;
 - Respect for Rules. It will be monitored that they comply with the established rules.



MENTAL DEVELOPMENT

SOCIAL VALUES

- BELONGING TO A GROUP: We will help the player not feel isolated from the group (everyone participates, everyone is accepted). The group becomes an institution that gives them the security and the confidence to develop. Everyone will have minimum playing time.
- COMPETITIVENESS: Sports and soccer are competitive activities. Competitiveness helps us to: develop skills to overcome difficulties, to overcome ourselves, and to solve problems. The coach will help promote the two types of competitiveness: the competitiveness within ourselves (I must improve myself) and competitiveness against another team (I must help improve my team).



MENTAL DEVELOPMENT

SOCIAL VALUES

- TEAMWORK: Soccer is a team sport where players interact for a common good. They learn that the common good is more important than their own self. The coach, in his games and exercises, will encourage teamwork and he will pursue selfless actions.
- TOLERANCE: It is to respect, accept and allow differences. We will ensure that no one will treat another without respect for having any difference.



MENTAL DEVELOPMENT

SOCIAL VALUES

- EMPATHY: Learning to put yourself in the place of others makes us more human and fair. We will continually ask the boys two questions: How do you think the friend you have harmed has felt?, How would you feel if he would do it to you?
- JUSTICE: Justice consists of knowing, respecting, and enforcing one's own and each others' rights. It consists of acting according to the rules. We will continually recognize the good and the bad, the right and wrong, valuing what is good, correct and just.



MENTAL DEVELOPMENT

PERSONAL VALUES

- SPIRIT OF SACRIFICE: We are committed to a culture of effort. We have the advantage that the child comes motivated. We will propose challenges and we will teach them that they have achieved them thanks to their effort and will. In practices and games we will reward their efforts.
- DISCIPLINE: It is the ability to resist temptations that hurt other people or ourselves. It involves not crossing the established limits and controlling emotions such as anger and envy. It helps them control their behavior. We will sanction those who cross the limits and we will reward the those with discipline. We will try to be an example.



MENTAL DEVELOPMENT

PERSONAL VALUES

- SELF-CONTROL: They are impulsive children who act without thinking, are impatient, and have trouble keeping their attention. Self-control is the ability to adapt to different situations, acting properly. We will help them: leading by example; remind them of the consequences of their actions; setting clear limits; and not requiring self-control.
- CREATIVITY: It is the freedom to respond to problems. We situate them according to positions, we teach them movements, but they make the decision.



MENTAL DEVELOPMENT

PERSONAL VALUES

- PERSEVERANCE: Perseverance is a continuous effort, it is the effort to overcome problems in order to achieve a goal. With perseverance strength is gained. We teach them to create goals and to know that only with continuous effort they are achieved. We will help you understand perseverance and sacrifice comes with satisfaction.
- HUMILITY: Being humble means feeling respect for others, not underestimating anyone, not being considered better than anyone and above all, having a permanent attitude of learning, knowing that we can always improve. We teach him to be humble in victory (not laughing or mocking the opponent, studying mistakes), we teach him to be humble in defeat (accepting defeat, congratulating opponent).



MENTAL DEVELOPMENT

PERSONAL VALUES

- HONESTY: Being honest is achieved by acting with correctness and justice although, sometimes, that attitude harms us. It helps us grow as reliable individuals. We teach them that honesty is more important than success and we will avoid lying.
- RESPONSIBILITY/ACCOUNTABILITY: It is to commit ourselves to perform our duties and obligations. We will force them to honor their commitments. We will force them to take charge of the consequences of their behavior. We teach them that their actions affect their teammates and themselves.



MENTAL DEVELOPMENT

PERSONAL VALUES

- GENEROSITY: It is the propensity to be useful to others, without expecting anything in return. The children when they are small, are jealous and selfish. Their environment, toys, parents, home, etc., gives them security and they do not want to share it. We will teach you the value of sharing and the generosity in the effort.
- OBEDIENCE: It is the action of obeying orders and rules. It is a responsible attitude of collaboration and participation. It is to obey the will of the one who commands. We will explain clearly what we want from them and what their limits are. We will applaud obedience.



TECHNICAL DEVELOPMENT

We will develop your technique.

- The Technique are all the actions that the player performs to dominate and direct the ball.
- The development of the Technique will be the development of these actions.

Technical Actions according to importance:

1. The ball-stroke
 - PASS and (surface more important foot and head)
 - SHOOTING (surface more important foot and head)
2. CONTROL
3. RUNNING WITH THE BALL
4. DRIBBLING



TECHNICAL DEVELOPMENT

How we develop the technical actions in the player

- There are two types of exercises, according to the components involved in the exercise:
 - GLOBAL EXERCISES - Participate all the components of soccer (ball, teammates and opponents)
 - ANALYTICAL EXERCISES - Not all components are involved in the exercise.



Characteristics by Age

8-11 years:

- Incorporation of laterality skills (coordination and mechanization of the technical gestures with the less skilled leg).
- Coordination and execution of technical moves (specially passing and shooting).

12-14 years:

- Incorporation and improvement of the pass to medium and long distance.
- Incorporation and improvement of the shooting to medium and long distance.
- Incorporation and improvement of the crossing at long distance.
- Incorporation and improvement of the execution of passing and shooting with the head.

15-17 years:

- Perfection of all technical actions.



TACTICAL DEVELOPMENT

Tactical development will consist in the development of knowledge of three issues:

- Playing formations
- Movements within a formation
- The tactical principles

TACTICAL PRINCIPLES

- Defensive: Defense is alert, pressing, pressing after losing the ball, retreat, side to side.
- Offensive: Regarding the possession (open field, be in the line of passing, switching, support losing your marker), with respect to penetration (1v1, one / two, overlap, losing your marker).
- Counterattack.



Characteristics by Age

8-11 years:

- **Begin learning the** tactical principles.
- **Learning** game formations.

12-14 years:

- **Development of learning of the** tactical principles.
- **Learning** game formations.
- **Beginning of learning of** movements **within the game formation.**

15-17 years:

- **Improvement of the** tactical principles.
- **Improvement of movements within the** game formation.

