



U19 - Adult Development Goals

Technical

- Perform multi-functional roles – play maker, decoy, distributor
- Reinforcement of skills
- Minimise weaknesses in individual game by correction of error using feedback & self-analysis
- Consolidate and enhance strengths
- Competition specific training

Tactical

- Awareness of oppositions tactical strengths and weaknesses
- Use of conditioned games to assist in teaching of tactical moves
- Adaptation of different situations i.e. environment, opponents etc.
- Implement performance analysis
- Ability to adapt tactical strategies during a game
- Consideration of tactical developments within a game
- Identify opponents game plan and develop counter tactics which are practised

Physical

- Maintenance and improvement of fitness to optimise performance
- Structured strength and conditioning
- Careful planning and phasing of training
- Use of conditioned games to develop aerobic capacity for sports specific activity
- Well established recovery routines

Psycho-Social

Mental

- Players take own responsibility for preparation for training and match activity
- Use of imagery and relaxation techniques in match
- Individualised warm up routines
- Concentration and focus
- Self-coping strategies – regaining focus during a match

Lifestyle/ Personal

- Role model for all players in club
- Openness to further development opportunities
- Positive use of influence or power
- The pursuit of excellence
- Full integration of sport, career and life goals
- Well developed, self-monitoring lifestyle

Coaching Style Required

Involve

- Involvement of players in decision making for the team or consultation process
- Strong on self-evaluation
- Challenging sessions with full decision making
- Develop style of play