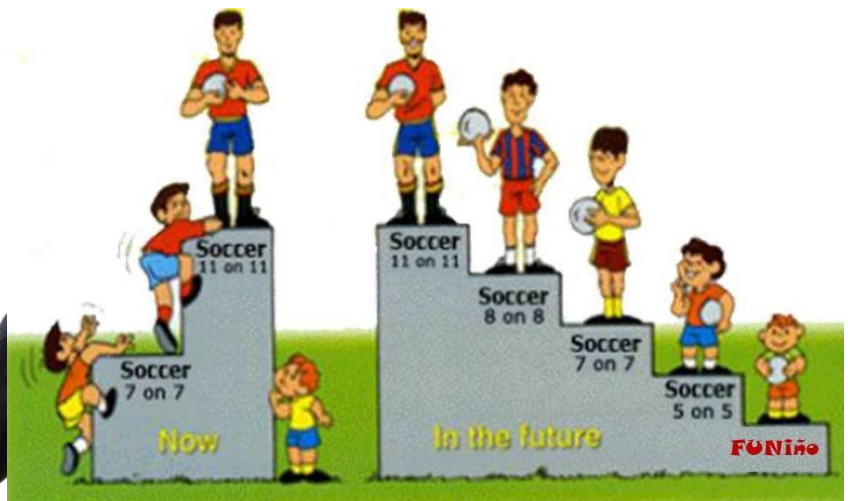


100 BENEFITS OF USING HORST WEIN'S YOUTH FOOTBALL DEVELOPMENT MODEL



Football that starts in the head and finishes with the feet
Fútbol a la medida del niño de Horst Wein

Simplified Small-Sided Games (3V3, 5V5, 7V7, 8V8)

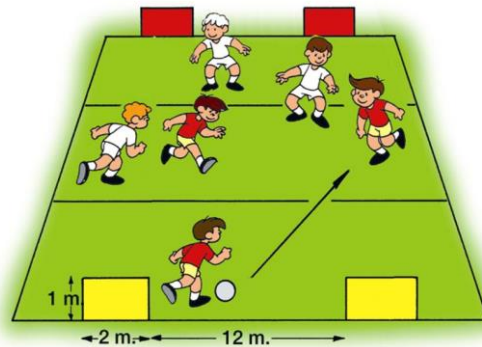
1. The child becomes the main actor in simplified games in training and in competitions.
2. Everybody has more touches of the ball, more passes, more goal-scoring opportunities (which children love) and more defensive opportunities. Plus, the usual chaos of swarming around the ball is avoided.
3. Greater involvement for all children, smaller numbers means less time on the subs bench.
4. Simpler rules to understand and apply.
5. Less complex game, so they master and understand simple situations quickly.
6. A smaller, lighter ball that matches their physical abilities allowing them to enjoy more successful executions.
7. The smaller, lighter ball also helps to develop their visual awareness and peripheral vision, because they can kick it to players in any part of the pitch.

8. Because of the reduced number of players, all children have a chance to score.
9. All players play in all positions, learning to defend, attack and keep possession, becoming more rounded, complete footballers.
10. All players must actively participate to solve the problems included in the game.
11. There is more emphasis on ball possession.
12. Children are allowed to express themselves.
13. Even smaller clubs can usually field at least one team, as less players are required. This also means a bigger variety of opponents to compete with.
14. The ball is in play much longer.
15. Less demand on pitches as these are smaller and perfectly adapted to the mental, physical and visual capabilities of the children in each specific evolutionary stage or level.
16. Less need for referees.
17. Parents and coaches do not have to suffer the frustrations of poor refereeing decisions or even genuine mistakes as the result is not such a big issue.
18. The different simplified games for 2, 3 and 4 player teams combine all aspects of training including physical conditioning.
19. The simplified games and exercises of the Youth Football Development Model have been designed to prepare children for the real game of football later on.



” Training is a development process through gradually increasing demands within the capacity level of the players involved!”

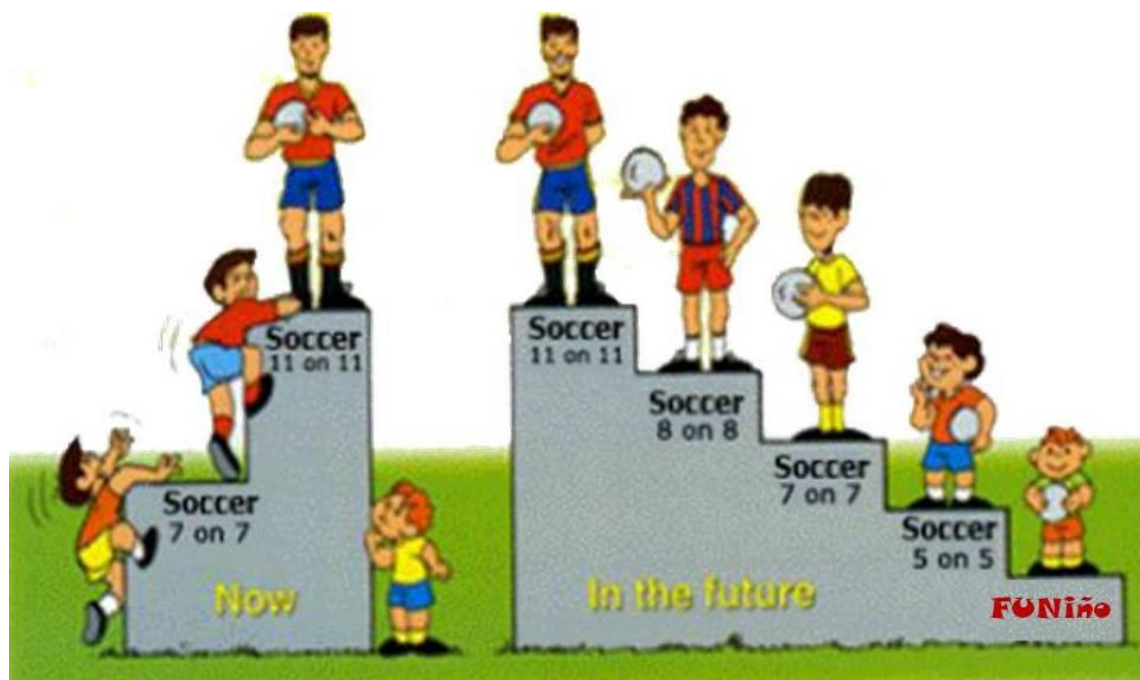
FUNiño (3V3 with 4 goals) In Training and Competition



20. Develops greater awareness and peripheral vision because there are two wide goals at each end instead of just one central goal, children learn to look up and weigh up their options.
21. Playing **FUNiño** teaches all children to start the game first in their head and finish it with their feet by going through all four critical phases of successful football: **perception, understanding, decision-making** and **execution**.
22. The great variety of **FUNiño** games develops a broad tactical awareness (game intelligence) in young players.
23. **FUNiño** develops the character of the players and a more pro-active attitude.
24. The players learn shapes and combinations in game-like scenarios.
25. The coach can modify the rules of the games, simplifying or intensifying them, depending on the ability of the players.
26. It's easier for the less experienced coaches to observe, analyze, evaluate and correct the players' performance as there are fewer players in the game.
27. One coach can easily manage to handle the small number of players at the same time and even two **FUNiño** games at a time for groups of up to 16 players.
28. **FUNiño** captures the essence of "Street Football" i.e. free play, but with greater diversity and even more variety, ensuring more effective active learning.
29. In **FUNiño** training, games dominate rather drills, for better transfer of skills.
30. There is no isolation of techniques, tactics, mental and physical fitness. All aspects are integrated, just as in the real game.
31. Unpredictable situations are frequently experienced, as in the real game. This produces a better learning environment and more flexible players with greater problem-solving abilities.
32. **FUNiño** training sessions should always start with game

FUNiño
Fútbol a la medida del Niño
"Soccer tailor-made for children"

Age- Related Learning For Each Stage Of Development



- 33. Children have different psychological and emotional needs at different stages and this model takes this into account: e.g. very young children are very egocentric, 3 a side games allow them more time on the ball and the ability to score goals and enjoy their egocentric traits.
- 34. In the same way that the child develops mentally and physically, the game becomes more difficult and complex as it adapts to his growing needs, ensuring steady progress.
- 35. Develops greater communication amongst teammates
- 36. Lets children be children at each stage of development and not “little adults”.
- 37. The activities proposed in the model progress from simple to complex for greater success.
- 38. Like building blocks, one stage builds on another providing a strong foundation.
- 39. Optimum enjoyment for children since each stage meets their needs exactly.
- 40. Playing in games facilitates free expression and discovery for children.
- 41. Each stage of the model fits the child like a glove and allows them to experience many successes, which builds their self esteem.
- 42. The model also ensures that they are continually challenged in their development, so they never get bored.



Coaching Style – Guided Discovery (More Children, Less Coach)

43. The children, and their welfare, always come first, and they learn to respond to that.
44. Children learn by playing. The game itself is by far the best teacher. A good coach teaches nothing, he facilitates and guides the young players through a varied and interesting experience of games and corrective exercises, in which they are actively involved.
45. Children, who are praised for their efforts and willingness to try new things, blossom.
46. Children grow in confidence through their involvement in the process not by being shouted down by coaches. Coaches listen to the children whose opinions are valued and welcomed.
47. Children understand and retain far more as they take ownership of the learning process without constant instruction by the coach.
48. Less is More: less interruptions, less lecturing, less lines (queues), less drills, less laps and running without the ball = less frustration for children and more time enjoying the game.
49. Less emphasis on separate physical exercises means more time with the ball and playing games. (What a choice!)
50. The wise coach uses his skill to set up games to teach different aspects of the game.
51. Instead of instructing the children, the coach stimulates them with problems to solve themselves, continuously adding to their store of successful solutions.
52. The coach guides the discovery of the children through open or closed questions fostering understanding, creativity and ingenuity.



53. Young players become skilled at solving progressively more complex problems on the field.
54. Children learn to play without interference from adults and can get on with the game.
55. Optimal repetition of particular situations allows the children to develop a range of different solutions adding to their repertoire.
56. As a bonus, the coach gets to learn from the children and becomes even wiser and more attuned to their learning needs.
57. Parents can rest easy knowing that their children are in the best professional, nurturing care.
58. The result is, that, over time, you develop more intelligent players who become independent of (and indeed outgrow) the coach. This has important long term implications.

Development Vs Winning At All Costs (No Leagues under 12 y.o.a)

59. While young players are competitive by nature, and this is to be encouraged, the outer pressure from adults to win matches and leagues at a young age is mostly counterproductive.
60. Smaller, and often more skilful players are not lost to the game. (Xavi, Iniesta, Messi).
61. Late developers have time to blossom.
62. Parents can relax and enjoy the children participating.
63. Coaches can relax and enjoy progress in terms of development and quality of play without the pressure of having to win all the time.
64. Children learn through mistakes and, not having the pressure of having to win all the time makes this possible.
65. Children develop physically at different times and quite often have growth problems and pains associated with this. This Model takes these factors into account.
66. Players have time and space to discover and enjoy the game, since there is no outer pressure.
67. Players can relax more during the game since no-one is shouting at them, hence they play more composed and constructive and creative football.
68. Players' sense of belonging improves as their playing position is not under threat.
69. Coaches don't have to listen to complaints from parents about their kid's playing time.
70. Parents and everyone involved in the club can enjoy the camaraderie with the other club as there is less at stake.
71. Children play with freedom, without the burden of expectation from coaches and parents.
72. Allows the active participation of all.
73. Once parents realize that there is no pressure to win and that the coach is working in this way, there will be less destructive comments from the sidelines.
74. This approach offsets the negative impact of The Relative Age Effect (i.e. the maturation disparity between children born at different times of the same year).



Bonuses of using the Youth Football Development Model

- 75. Football is a more inclusive game for all.
- 76. Develops the personality of the player as well as his playing capacities. Football is considered a school of life. As the saying goes: "You play as you live."
- 77. Keeps players in the game for longer, if not for life.
- 78. Play a higher quality of football.
- 79. The Youth Football Development Model is a holistic, life-enhancing approach.
- 80. Follows more closely the laws of nature and doesn't know any hurry.
- 81. Players experience success through their own individual progress rather than through winning only, and losers don't suffer the same disappointment.
- 82. The player's self-esteem and confidence grows as they develop.



- 83. Breaks with the usual training routine.
- 84. The Youth Football Development Model encourages healthy competition.
- 85. Motivates everybody to strive for more.
- 86. Teaches that, the effectiveness of a player depends, not only on his own personal skills and abilities, but also on his team-mates.
- 87. The Model teaches, football specific skills, social skills, communication and collaboration, both in attack as well as defence.
- 88. Develops greater anticipation skills in relation to the movement of their opponents, their teammates and the ball.
- 89. Girls and Ladies football should blossom through this model, since the games are less aggressive and the whole development process is more sympathetic to their needs.



Ultimately...

90. The activities of the **Youth Football Development Model** are easy to understand, apply and assimilate, because the rules are flexible and adaptable to existing conditions.
91. There is a higher quality of football on view throughout the development years and beyond.
92. Players are better prepared to cope with the physical and mental demands of competitive football.
93. Fewer potentially gifted players will leave the game – less drop-outs - because they will get the chance and the time to develop. Also, latecomers to the game are encouraged to join in no matter what age they are.
94. Children learn to respect and be patient with “weaker” ones making them better people and keeping these “weaker” children in the game.
95. Parents can enjoy their kid’s involvement and enjoyment when playing the game.
96. Children will want to spend less time on their computers living more active, happier, healthier lives, and making more friends through football.
97. Communities of people of every age involved in the enjoyment of the game contribute greatly to the welfare of everyone in society.
98. Football becomes a unifying (not divisive force in society) promoting the virtues of patience, friendship, generosity and hope for the greater good.
99. Great young footballers, with more confidence, intelligence, imagination, creativity and skill are released into the larger football community, with many going on to appear on the biggest stages for all to enjoy the beautiful game.

100. **EVERYBODY WINS!!!!**