

2 – FUNdamentals

Chronological Age: 6-9 (M) and 6-8 (F)

Training Age: 0-4 years in sport

Objectives: Introduce the Game

- Practice and master fundamental movement skills before sport-specific skills are introduced
- Emphasize overall development of the ABC's of athleticism: agility, balance, coordination and speed
- Participate in a wide range of sports. Develop speed, power and endurance using games
- The first window of opportunity for training speed occurs around age 6-8 for girls and 7-9 for boys. Developing this capacity is important for future athletic development
- Initial organized sport activity and introduction to competition and basics of rules occurs in this stage. Football can be introduced as one of several sport activities

Development Opportunities:

Technical Skills;

- Throwing, Catching, Kicking
- Athletes have the opportunity to develop skills in a variety of offensive and defensive Football positions
- Training, competition and positional play is appropriate to the development and maturation of individual athletes

Tactical Skills:

- Introduce the game
- Basic skills are throwing, receiving, kicking
- Learn basic rules that govern the game

Physical Skills:

- Agility, Balance, Coordination
- Running + Backwards + w/change of directions
- Jumping, Twisting and Spinning
- Rhythmic Movement
- Speed #1 (Hand & Foot Speed)
- Aerobic Capacity and Flexibility
- Visual Awareness

Mental Skills:

- Enjoy Competition
- Respecting your opponent
- Code of Conduct
- Self-awareness

Character - Life Skills:

- Partnership/Teamwork, Problem-solving

Game Options to Consider:

- Touch/Flag Football is the preferred development game
- Modified Tackle game may be introduced late in the stage
- Modified Tackle game has reduced rosters (6 v 6) and rule modifications to promote skill development and confidence. See Learn to Train stage
- Small field, small ball
- Skills emphasized; competition de-emphasized
- Skill development is more important than winning

This stage represents the entry into physical activity and sport, including the development of physical literacy. Athletes develop basic physical literacy and enjoy their first participation in organized Football. The guiding principles are:

- Safe community-based programs
- Equal participation for all
- Skill development is placed ahead of competition; Broad-based stage-appropriate development including Football and other sports and activities
- Social development and fun are never forgotten

Figure 6 - Allocation of time in practice

