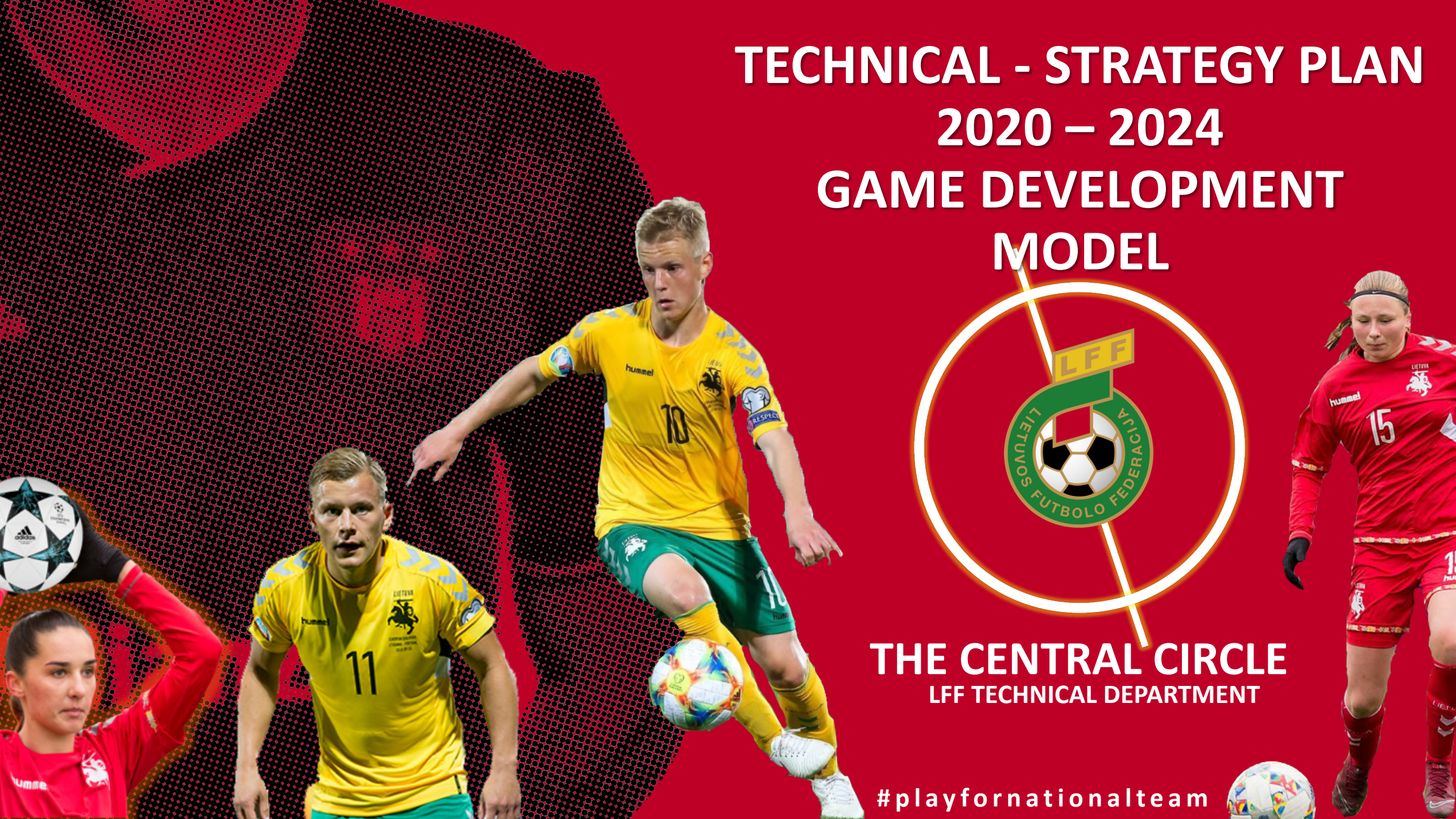


TECHNICAL - STRATEGY PLAN 2020 – 2024 GAME DEVELOPMENT MODEL



THE CENTRAL CIRCLE
LFF TECHNICAL DEPARTMENT

#playforationalteam



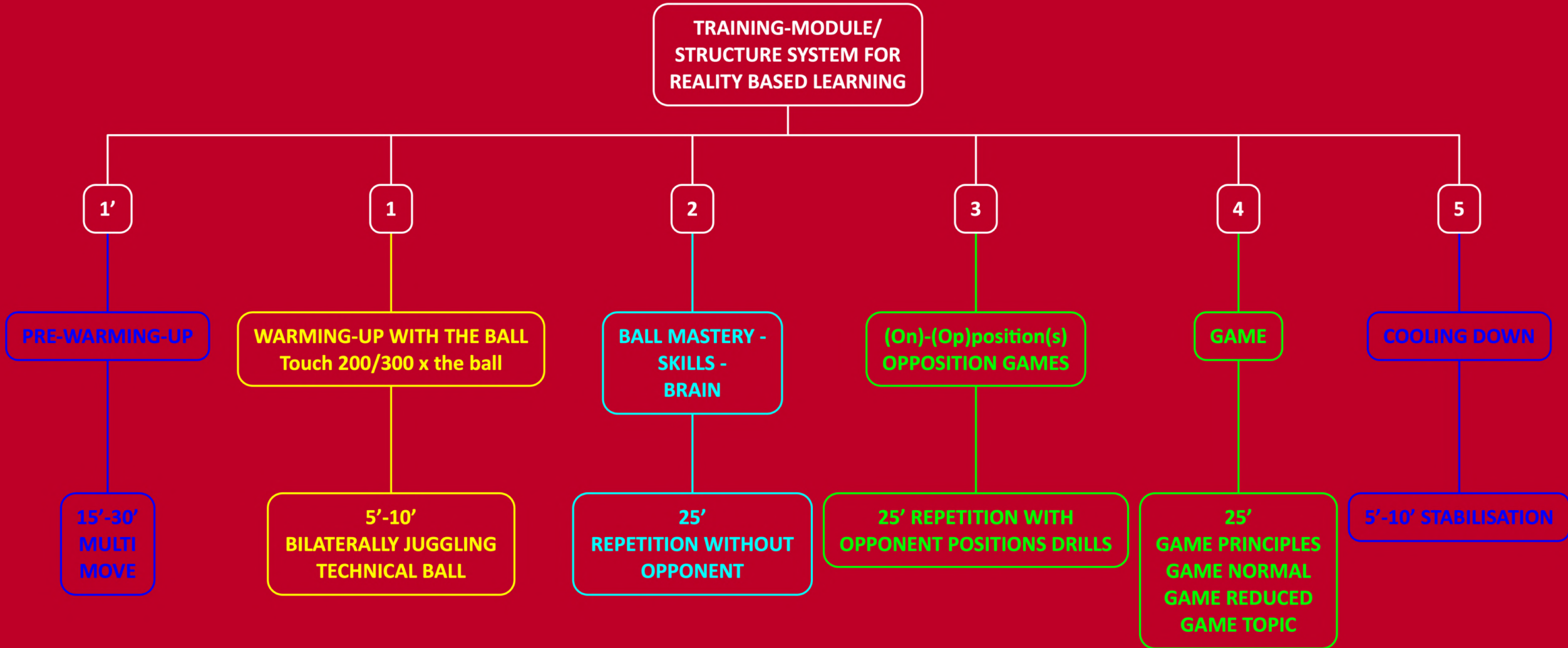
GAME DEVELOPMENT MODEL

PEDAGOGICAL, EDUCATIVE AND DIDACTICAL ADVICE

As the Technical Director of the Lithuanian Football Federation, I am glad that we have taken a new path, based on a thorough evaluation, chosen for our own Strategy Vision, related on the RSC Anderlecht philosophy and following this training model.



GAME DEVELOPMENT MODEL



PEDAGOGICAL, EDUCATIVE AND DIDACTICAL ADVICE

- ❖ The following training sessions and all the training sessions are tools to help coaches.
- ❖ They are made for Lithuanian BOYS and GIRLS!
- ❖ It's important that the coach uses his own imagination and experience to modify each exercise to the needs of his players.
- ❖ You can not just copy training without holding a drawing with these 3 key points:
 - 1. Age Appropriate:** Adapt the exercise to the ages of your players
For example: - 8 year old = Passes of 5-10 m
 - 16 year old = Passes of 10-35 m
 - 2. Skill Appropriate:** Adapt exercises to the skill level of your players
For example: - If the exercise is too difficult = make the exercise easier, always start from easy to difficult
 - If the exercise is not challenging = make the exercise more difficult
 - 3. Differentiation:** Within exercises challenge each player to their own level
For example: - Players with high technical abilities can do more difficult ball mastery exercises.



PEDAGOGICAL, EDUCATIVE AND DIDACTICAL ADVICE

- ❖ Next to this it's important that the players improve their general technical abilities. They can only improve their technical abilities when they are touching the ball.
- ❖ Let's have as aim that each player can **touch the ball 200 to 300 times** in warm up, left and right foot, with speed, intensity, quality, etc... All these parameters can only be determined and checked by the coach!
- ❖ Make the exercises not too difficult so the organization of these exercises must be fluent. Don't let them lose time and concentration. It is better that players can perform simple exercises taking into account all these parameters than they can perform complicated exercises at too low speed and too little intensity.
- ❖ Your next form of exercises can only start when the previous one is fully executed. This is always the starting point of the **LEARNING PROCESS**.
- ❖ Coaches have a great responsibility in the development of players in this learning process: they determine everything that happens before, during and after training.



PEDAGOGICAL, EDUCATIVE AND DIDACTICAL ADVICE

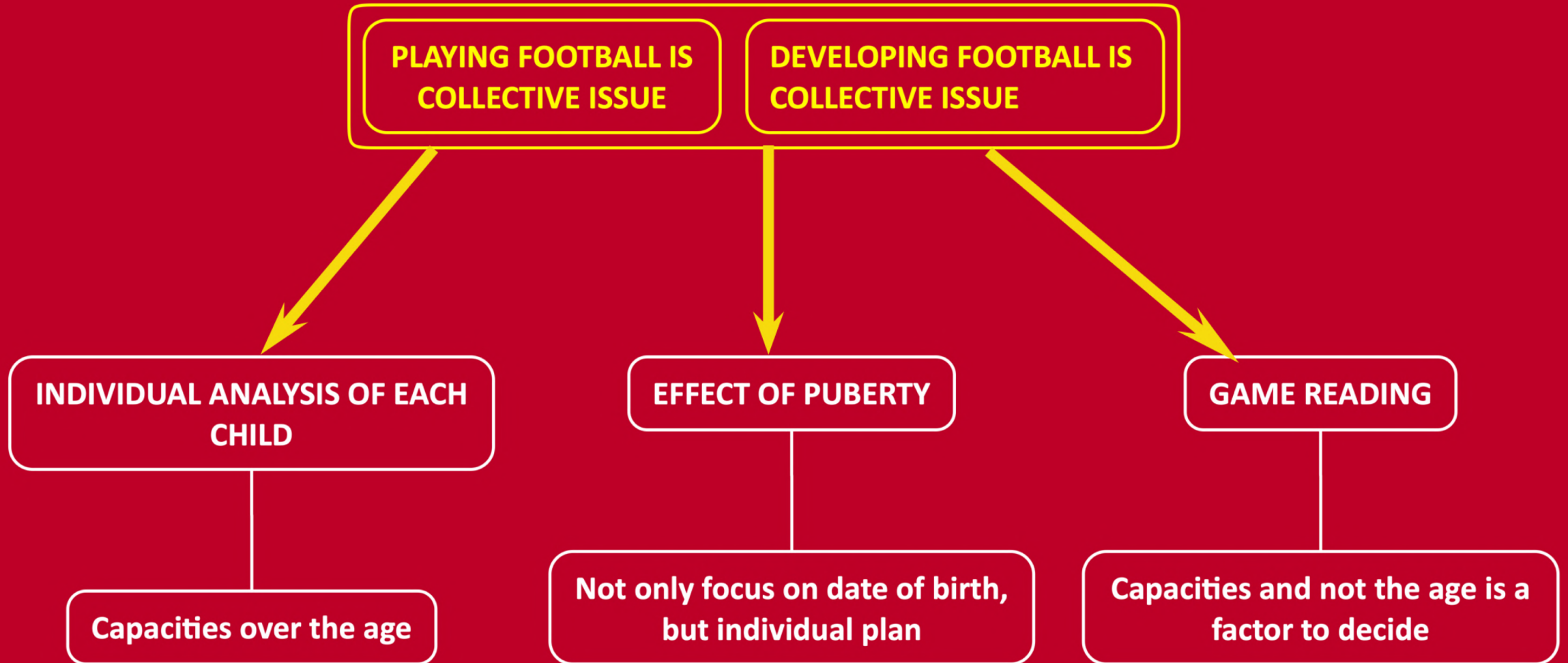
❖ **LEARNING IS:**

- an ongoing process, never stops.....
- the skills already acquired form the basis for NEW skills to be learned!

❖ **THE LFF DEVELOPMENT MODEL:**

- Create a “FUN-LEARNING” environment.
- Based on the development model of ball sports.
- Fluent passage from one phase into another.
- Repetition, repetition, bilaterally, speed, intensity, explosivity.....
- The youth coach chooses learning aims and imply in function of the level according to the football development model.
- Make it not too difficult. Keep it simple.

GAME DEVELOPMENT MODEL



THE CENTRAL CIRCLE



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