

# Twins Junior Academy Player Development Goals

Coaches in the Junior Academy hope to:

1. Help players develop a love and passion for the game
2. Emphasis on technical ability, creativity, and individual skill through repetition with/without pressure
3. Introduce basic group tactics (attacking & defending through small sided games and activities

Technical	Tactical	Psychological	Physical
<b>Dribbling</b> <ul style="list-style-type: none"> <li>• Close Control/head up</li> <li>• Ability to change directions with various parts of the foot &amp; perform variety of fakes/moves</li> <li>• RWB into open space</li> </ul> <b>Passing</b> <ul style="list-style-type: none"> <li>• Short sharp passes with various parts of the foot</li> <li>• Ability to serve the ball on the ground or in the air</li> <li>• Understanding of 2-person combination passing</li> </ul> <b>Receiving</b> <ul style="list-style-type: none"> <li>• On the ground and start receiving out of the air</li> <li>• Receive with the appropriate foot</li> <li>• Position body on the half turn to open to the field</li> <li>• Basic movement on supporting angles</li> </ul>	<b>Attacking</b> <ul style="list-style-type: none"> <li>• Introduce a possession oriented style of play focused on building out of the back</li> <li>• Each position plays a role in the attack</li> </ul> <b>Defending</b> <ul style="list-style-type: none"> <li>• Introduce basic defending principles. Pressure &amp; cover</li> </ul> <b>Game Tactics</b> <ul style="list-style-type: none"> <li>• Experience different positions on the field</li> <li>• Begin to understand the roles of different players on the field</li> </ul>	<b>Character Development</b> <ul style="list-style-type: none"> <li>• Accept discipline/structure</li> <li>• Learn to work in team environment, provide positive communication to teammates</li> <li>• Humble with opportunities</li> <li>• Sportsmanship</li> <li>• Respect of teammates, coaches, parents, referees, and opponents</li> </ul> <b>Introduction to Mental Concepts</b> <ul style="list-style-type: none"> <li>• Concentration at training</li> <li>• Emotional control during games</li> <li>• Intrinsic motivation</li> <li>• Commitment to improve and try new things</li> </ul>	<b>Psychomotor Development</b> <ul style="list-style-type: none"> <li>• Basic balance and agility</li> <li>• General speed and running form</li> <li>• Use of basic motor skills</li> <li>• Perception and awareness, “foot-eye coordination”, body control</li> </ul>