Understanding the stages of development

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*Before we can begin to develop young football players we must first understand each stage of their social, cognitive and physical development. This will then allow us to assign specific guidelines for specific age group.*

**From 5 to 6 Years old**

***Social Development***

* Usually like to help, listen and behave. They will have moments where they will “test” authority, some more than others.
* Need consistent enforcement of rules
* They will respond well to clear and simple expectations
* Self-centered, need consistent praise and recognition
* Like to be first
* Enjoys group play when groups are small

***Cognitive Development***

* Rarely see more then one way to doing things
* Creative and imaginative (i.e. will believe the soccer ball is a planet, cones are mountains, etc)
* Unembellished thinkers, they will believe what you tell them
* Like to copy and repeat
* Think out loud before doing
* Like to explore, see, feel, touch, attempt

***Physical Development***

* Good control ofrunning, jumping and other large movements
* Want to be physically active, enjoys free play
* Have a hard time with refined motor skills
* Will tire quickly
* Legs lengthening rapidly

**From 7 to 8 Years old**

***Social Development***

* Wants to be recognized, expects praise when achieving a goal/objective
* Can be a sore loser
* Begins to stand up for him/herself
* Starts to enjoy group play more
* May show signs of nervous habits (i.e. nail biting, thumb sucking, etc)
* Likes to have friends

***Cognitive Development***

* Are creative and curious
* Do not take criticism well
* Want to be independent
* Can obsess on achieving goals given by parent/coach
* Sensitive to failure
* Able to focus for longer periods
* Reaction time is slow
* Becoming more realistic, have more difficulty believing the ball is a rocket ship

***Physical Development***

* Hand-eye coordination improving
* Easily gets tired
* Reaction time is slow
* Low level of endurance
* Coordination is improving, able to catch a ball, shoot on goal, etc.
* Body movements are more controlled

**From 9 to 10 Years old**

***Social Development***

* Wants to be like others, wants to “fit in”
* Able to be on his/her own
* Begins to develop firm and loyal friendships
* Shows interest in being challenged
* Enjoys being with peers
* Team loyalties begin to develop

***Cognitive Development***

* May be outspoken and critical about certain adults, although he/she has a genuine liking for them
* Responds best when treated as an individual and like to be spoken to in an adult manner
* Likes to be praised, appreciates recognition when merited
* Understands punishment when it is fair, will be resentful towards it if he/she feels it is not fair
* Beginning to develop true interests
* Understands what is right and wrong
* Attention span is greatly increased
* Able to make his/her own decisions
* May give up trying when unsuccessful

***Physical Development***

* Increasing strength
* Endurance beginning to improve
* Like to be active
* Tendency to over-exercise
* Reaction time improving

**From 11 to 12 Years old**

***Social Development***

* Anxious for social approval from adults
* Needs social companionship from children their age
* Team spirit is high
* Engages in silly behaviour
* Begins to make the transition to adolescence

***Cognitive Development***

* Tends to withdraw from group games in which he/she is unskilled at
* Boys will be concerned if they feel they are underdeveloped
* Will have sudden mood change
* Needs approval in order to feel secure
* Attention span is higher, can concentrate for longer periods
* Able to problem solve
* May lack maturity of judgment
* May be easily hurt when criticized

***Physical Development***

* Easily fatigued
* Some will begin to show rapid growth
* Uneven growth of various body parts
* Works hard to acquire physical skills
* Games become more “rough”
* Hand-eye coordination is well developed
* Lungs are not fully developed

**From 13 to 14 Years old**

***Social Development***

* Can become self conscious
* Enjoy being alone at home
* Feelings can be easily hurt and will hurt the feelings of others
* Boys enjoy hanging out in groups
* Phone, computer, video games become a major interest
* Show great interest in music
* Deals with peer pressure with regards to dress, language, music, being “cool”
* Worries about school work
* Becomes more sarcastic

***Cognitive Development***

* Withdrawn and sensitive
* Not willing to take big learning risks
* Like to challenge authority
* Can be rude
* Like to challenge answers
* Risk taking behaviours arise
* Become easily “bored”
* Learn well in cooperative groups
* Striving for independence
* Want to be involved in the decision making process

***Physical Development***

* High level of physical energy
* Hygiene becomes an issue
* Voice change
* May go through a number of growth spurts
* Feel awkward about body
* Eating patterns change
* Need for physical exercise and snacking
* Tend to become lethargic
* Uneven coordination

**From 15 to 18 Years old**

***Social Development***

* Want respect
* Enjoy adult-like leadership roles
* Have ability to commit and follow through
* See adults as fallible
* Develop new relationships, new friends, new peer groups

***Cognitive Development***

* Want to be seen as an individual
* Have a great desire to be respected
* Start to accept own uniqueness
* Develop own set of values and beliefs
* Can initiate and carry out tasks without the assistance of others
* Look for confidence of others in their decisions made
* Like to demonstrate their skills
* Can grow impatient with meaningless activity

***Physical Development***

* Are concerned about their body image
* Range of size and maturity is narrowing amongst them
* Can begin to use weights to build muscle

Lungs are developed, stamina can be built