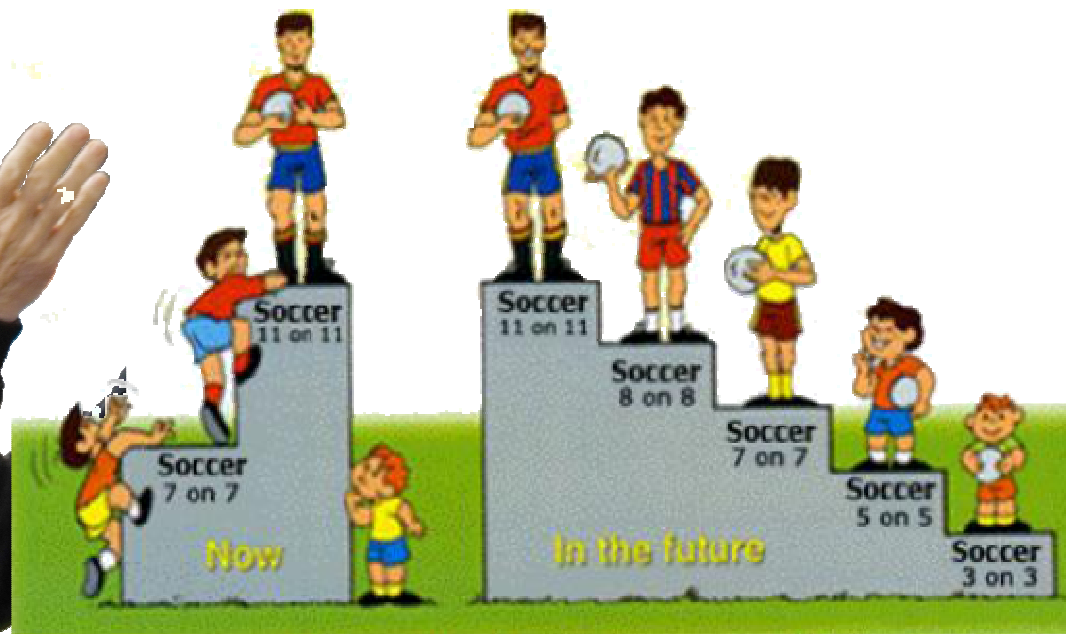
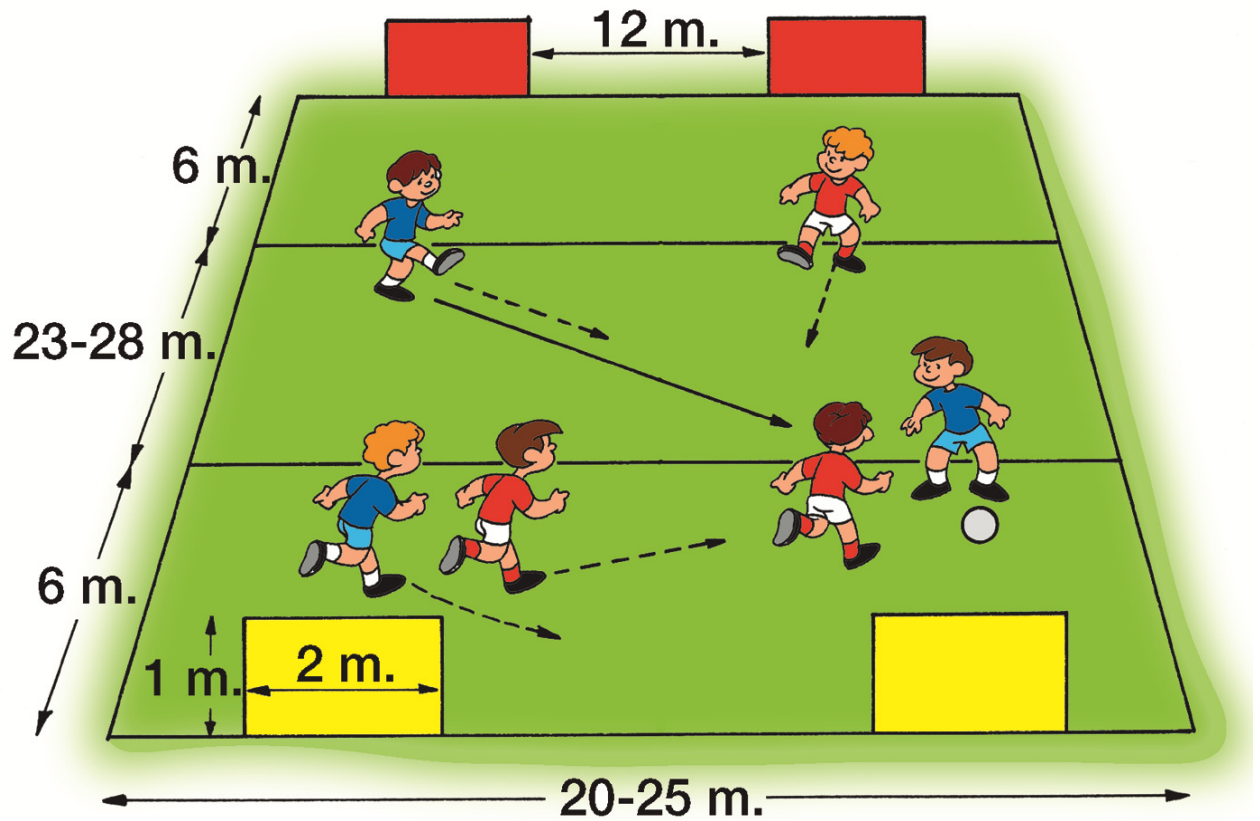
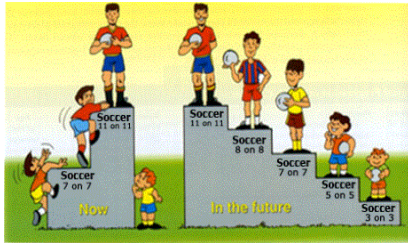


100 BENEFITS OF USING HORST WEIN'S YOUTH FOOTBALL DEVELOPMENT MODEL



The Horst Wein Youth Football Development Model



The Horst Wein model has been designed, proven and perfected over the last 30 years. Over 11,000 coaches in 55 countries have been trained in the system. It's stated goal is **to develop each young player to his/her full creative potential** in a natural, age-appropriate, inclusive model.

A. The Style

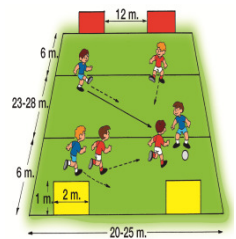
The player is at the centre of the coaching style. The coach guides rather than instructs so that players are more involved, more motivated and more likely to develop game intelligence, confidence and independence. Perceptive questioning enables the coach to facilitate deeper understanding.

B. The Structure (Competitions)

Horst insists that:

***"The competition you play should be like your shoes,
it should fit you perfectly!"***

Each age group has its own game perfectly matched to the physical and mental capacities of the young player, to guarantee their success and enjoyment. Ideally, league competitions should not start before the age of 13. For the 7-9 year olds, a revolutionary game, **Mini-Football** (3v3 with 4 goals) is recognized as a valid replacement for street football of days gone by. It has 26 different games and 25 more variations .



C. The Substance (Training)

The training curriculum relates to the five levels of competitions. Small sided, age-appropriate, simplified games are the mainstay of the whole curriculum for every level. There is a deliberate move away from traditional drills, and the emphasis is on developing creative players and stimulating their game intelligence through a varied menu of simplified games.

1. **Games for Basic Abilities (6-7 years)**
2. **Games for Mini-Football (7-9)**
3. **Games for 5v5 and 7v7 Football (10-12)**
4. **Games for 8v8 Football (13)**
5. **Games for 11v11 Football (14+)**

The game is the teacher!

The Benefits of...

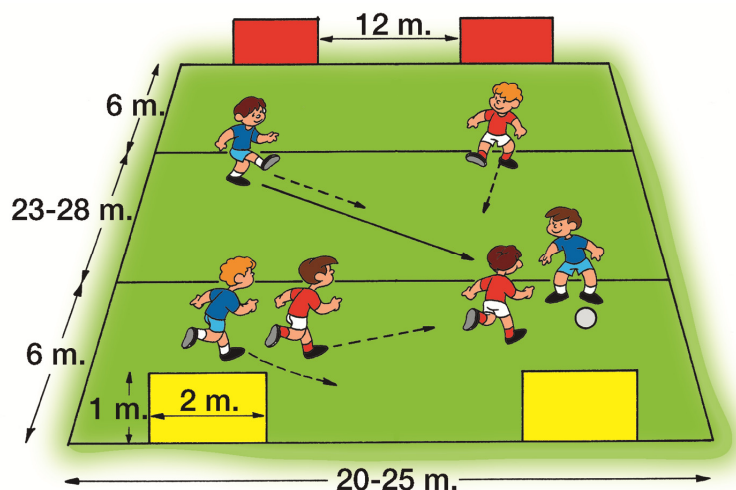
Small Sided Games For Competitive Play (3V3, 5V5, 7V7, 8V8)

1. The child becomes the main actor in the simplified football game.
2. Everybody has more touches of the ball, more passes, more goal-scoring opportunities (which kids love) and more defensive opportunities. Plus, the usual chaos of swarming around the ball is avoided.
3. Greater involvement for all kids, 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 kids 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.

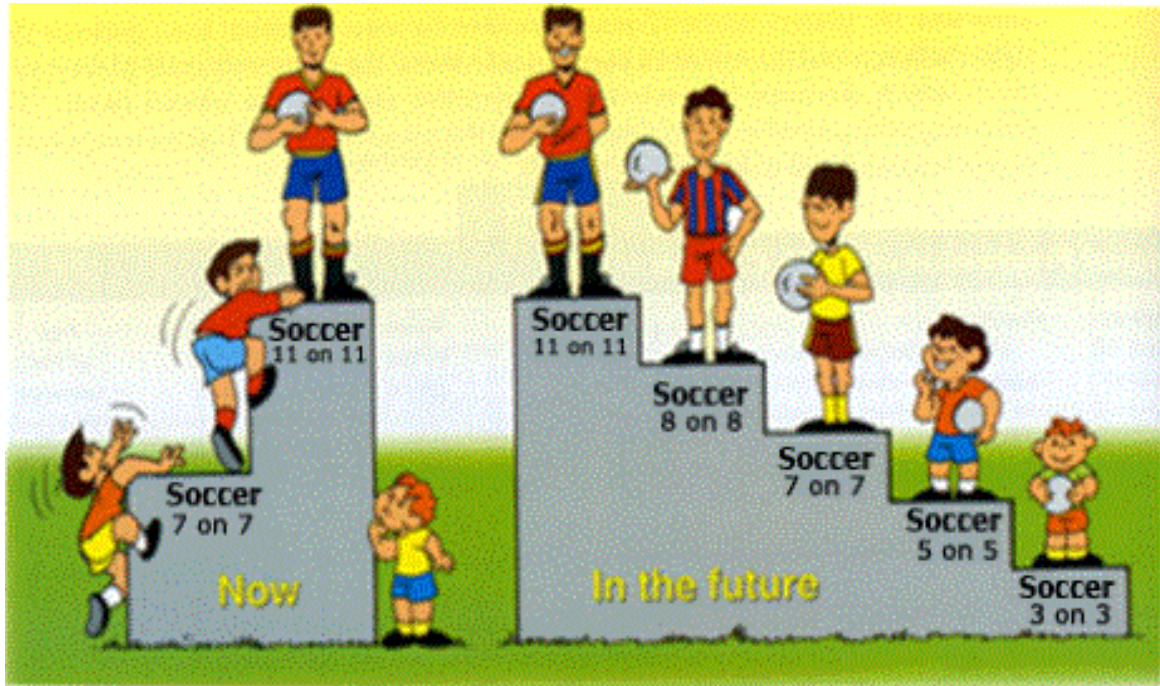
The Benefits of...



Mini-Football In Training (3V3 with 4 goals)

18. Develops greater awareness and peripheral vision because there are two wide goals at each end instead of just one central goal, kids learn to look up and weigh up their options.
19. Playing Mini-Football teaches all children to start the game first in their head and finish it with their feet by going through all three critical phases of successful football: **perception**, **decision-making** and **execution**.
20. The great variety of Mini-Football games develops game intelligence in young players together with many life skills.
21. Mini-Football develops the character of the players and a more pro-active attitude.
22. The different simplified games for 2, 3 and 4 player teams combine all aspects of training including physical conditioning.
23. The players learn shapes and combinations in game-like scenarios.
24. The coach can modify the rules of the games, simplifying or intensifying them, depending on the ability of the players.
25. 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.
26. One coach can easily manage to handle the small number of players at the same time and even two Mini-Football games at a time for his complete 16-player squad.
27. Resembles street football only better. Mini-Football is considered in Germany the revival of the former street football which produced so many fine players in the past.
28. Games break from the usual training routine, but relate directly real game situations.
29. Playing simplified games is highly motivating to players compared to drills
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. Sessions always start with a game so players are then more motivated to participate in drills, because they have recognized their shortcomings in the game just played.

The Benefits of...



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 kids 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. Adolescent boys are very sensitive to criticism and can be severely damaged through over-critical coaches and parents. The Model avoids this. Children are only ready to appreciate teamwork at a certain stage, so there is no point in shouting at a 7 year old to pass the ball, whereas an 11 year old is ready and wants to actually be part of a peer group.
34. Develops greater communication amongst teammates
35. Lets children be children at each stage of development and not "little adults".
36. The activities proposed in the model progress from simple to complex for greater success.
37. Like building blocks, one stage builds on another providing a strong foundation.
38. Optimum enjoyment for kids since each stage meets their needs exactly.
39. The game is the teacher
40. The kids have responsibility for their own games and rules etc.
41. The coach's knowledge grows simultaneously from one level to another, with the kids.
42. Each stage of the model fits the child like a glove and allows them to experience many successes, which builds their self esteem.
43. The model also ensures that they are continually challenged in their development, so they never get bored.

The Benefits of...

The Coaching Style – Guided Discovery (More Kids, Less Coach)

44. The kids, and their welfare, always come first, and they learn to respond to that.
45. 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.
46. Children, who are praised regularly, blossom.
47. Children grow in confidence through their involvement in the process not by being shouted down by coaches. Coaches listen to the kids whose opinions are valued and welcomed.
48. Children understand and retain far more as they take ownership of the learning process without constant instruction by the coach.
49. Less is More: less interruptions, less lecturing, less lines (queues), less drills, less laps and running without the ball = less frustration for kids and more time enjoying the game.
50. Less emphasis on separate physical exercises means more time with the ball and playing games. (What a choice!)
51. The wise coach uses his skill to set up games to teach different aspects of the game.
52. The simplified games and exercises of the Youth Football Development Model have been designed to relate directly to the real game of football.
53. Instead of instructing the kids, the coach stimulates them with problems to solve themselves, continuously adding to their store of successful solutions.
54. The coach guides the discovery of the kids through open or closed questions which foster understanding and learning whilst the kids are obliged to explore their creativity and imagination.



55. Young players become skilled at solving progressively more complex problems on the field.
56. Kids learn to play without interference from adults and can get on with the game.
57. Optimal repetition of particular situations allows the kids to develop a range of different solutions adding to their repertoire.
58. As a bonus, the coach gets to learn from the kids and becomes even wiser and more attuned to their learning needs.
59. Parents can rest easy knowing that their children are in the best professional, nurturing care.
60. 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.

The Benefits of...



Development Vs Winning At All Costs (No Leagues under 13 y.o.a)

61. 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 has a damaging effect.
62. Smaller, and often more skilful players are not lost to the game. (Think Xavi, Iniesta, Messi, Arshavin, Modric, Maradona, Johnny Giles, etc).
63. Late developers have time to blossom.
64. Parents can relax and enjoy the kids participating.
65. Coaches can relax and enjoy progress in terms of development and quality of play without the pressure of having to win all the time.
66. Kids learn through mistakes and, not having the pressure of having to win all the time makes this possible.
67. Children develop physically at different times and quite often have growth problems and pains associated with this. This Model takes these factors into account.
68. Players have time and space to discover and enjoy the game, since there is no outer pressure.
69. Players can relax more during the game since no-one is shouting at them, hence they play more composed and constructive and creative football.
70. Players' sense of belonging improves as their playing position is not under threat.
71. Coaches don't have to listen to complaints from parents about their kid's amount of playing time.
72. Parents and everyone involved in the club can enjoy the camaraderie with the other club as there is less at stake.
73. Children play with freedom, without the burden of expectation from coaches and parents.
74. Allows the active participation of all.
75. 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.

The Benefits of...

Using the Youth Football Development Model (bonuses)

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



- 84. Breaks with the usual training routine.
- 85. The Youth Football Development Model encourages healthy competition.
- 86. Motivates everybody to strive for more.
- 87. Teaches that, the effectiveness of a player depends, not only on his own personal skills and abilities, but also on his team-mates.
- 88. The Model teaches, football specific skills, social skills, communication and collaboration, both in attack as well as defence.
- 89. Develops greater anticipation skills in relation to the movement of their opponents, their teammates and the ball.
- 90. 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.

The Benefits of...



The model for players, coaches, parents and society as a whole

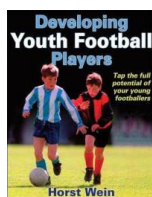
91. The activities of the **Youth Football Development Model** are easy to understand, apply and assimilate, because the rules are flexible and adaptable to existing conditions.
92. There is a higher quality of football on view throughout the development years and beyond.
93. Players are better prepared to cope with the physical and mental demands of competitive football.
94. 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.
95. Kids learn to respect and be patient with “weaker” ones making them better people and keeping these “weaker” kids in the game.
96. Parents can enjoy their kid’s involvement and enjoyment when playing the game.
97. Kids will want to spend less time on their computers living more active, happier, healthier lives, and making more friends through football.
98. Communities of people of every age involved in the enjoyment of the game contribute greatly to the welfare of everyone in society.
99. Football becomes a unifying (not divisive force in society) promoting the virtues of patience, friendship, generosity and hope for the greater good.
100. 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.

101. EVERYBODY WINS!!!!

HORST WEIN RESUME...

Horst Wein is known as **"the coach of coaches"** having mentored and influenced over 11,000 football coaches in 55 countries around the world during the last 27 years.

In 1985 he created the internationally renowned **YOUTH FOOTBALL DEVELOPMENT MODEL "Fútbol a la medida del niño"** - the first ever, age-appropriate, programme for training young footballers. Since then it has been refined, expanded and updated to include the most valuable current trends in coaching.



One of his 34 books, **"Developing Youth Football Players,"** is the official textbook of the Royal Spanish Football Federation and the Football Federation of Australia. Published in 6 different languages, the English version, alone, has sold over 100,000 copies worldwide, to date.

Horst has majored in the ground-breaking concept of **"Game Intelligence"** in football since 2002, having written and lectured extensively on the topic in four continents.



He was Head Coach of **NIKE Football Club (UK)** from 2000-2003.

He has consulted for:

EUROPEAN CLUBS:	NATIONAL FEDERATIONS:
Arsenal - Sunderland - Leeds United	England - Scotland
FC Barcelona - Villareal - Real Sociedad	Spain - Portugal
Bayer Leverkusen - VFB Stuttgart -Schalke 04	Germany - Italy - Russia
Inter Milan - Anzhi FC	Sweden - Denmark - Finland
+ many more on all continents	+ many more on all continents

-**Author of 34 sport text books** (mainly Hockey and Football), one Multimedia Football Coaching Course, one Hockey CD, 3 videos and 2 DVDs.

-Coaching assignments in 5 Olympic sports.

Horst played international hockey for Germany for 5 years, then became a coach, winning one **European Championship and an Olympic silver medal with Spain**. His older son, in his youth, grew up with this development model and went on to win one World Cup in Hockey and 3 European Championships with Germany.

