



FA Youth and children

- Some development plans and ideas

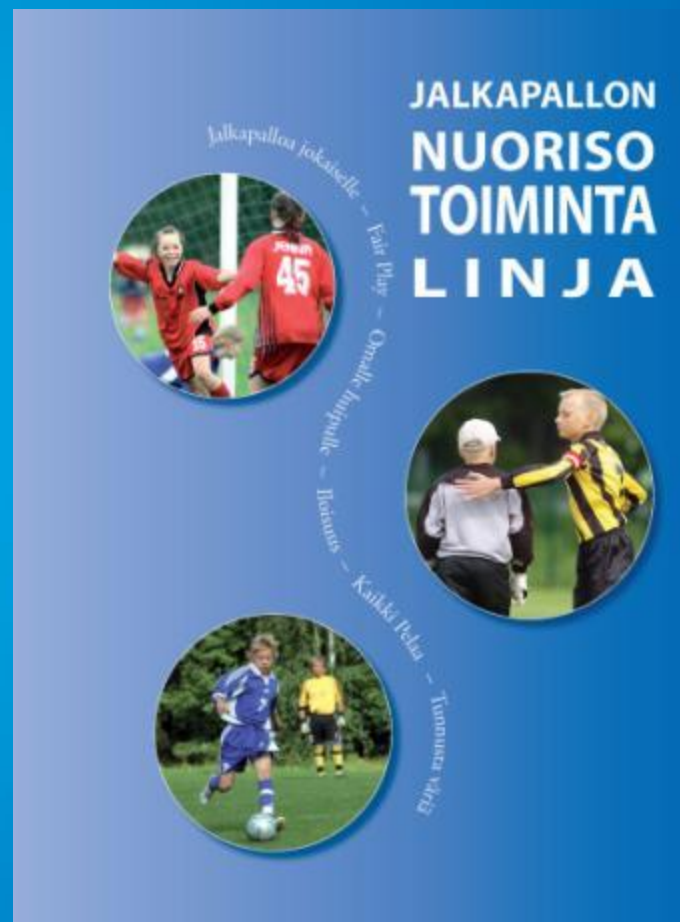
-Marko Viitanen, FA Youth Manager





Football's Youth Action Policy

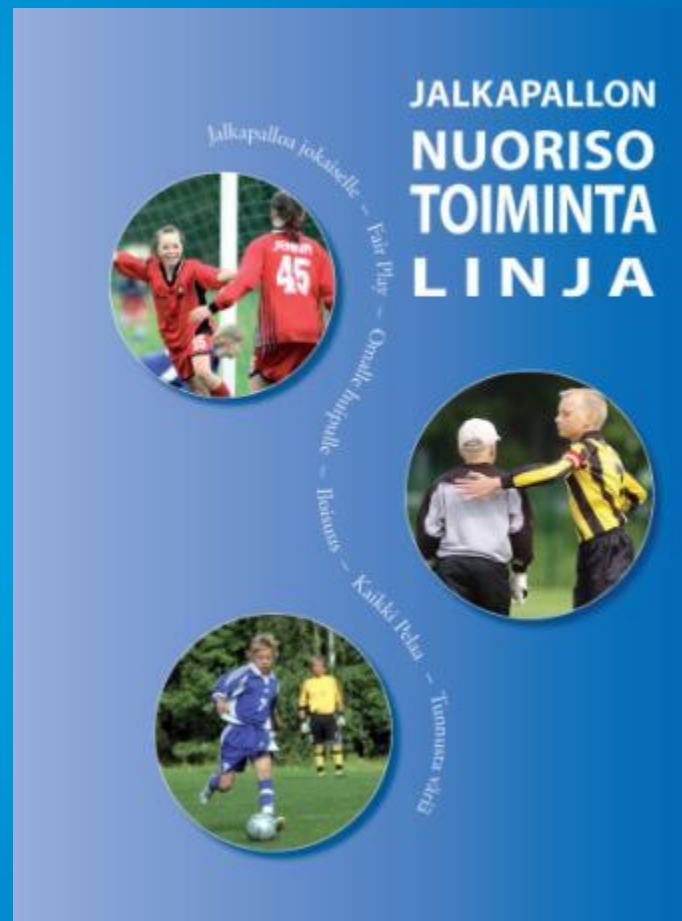
- Football for everyone
- Fair Play
- Reach the own top
- Happiness
- All Stars
- Show the color





Is guideline for children and youth football in Finland.
Is instrument for clubs junior coaches and club managers.
is build for old structure but developing with new vision and new values.

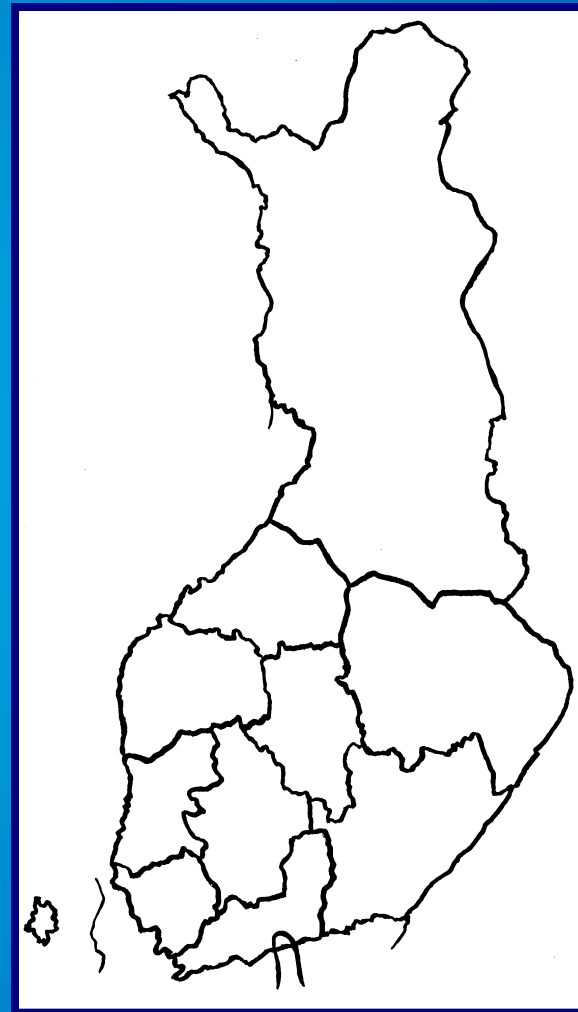
Happiness is a key value!





12 region organizations promote clubs

- comprehensive play and competition work
- comprehensive education
- Supporting club development
- Supporting our four values!
 - happiness, community, trust and succeed





All Stars- next 4 years

Kindergarden and school football

*Children and youth
player education*



*Instructors and
coaches Know-how*

*Children and youth
competitions*

Girls and womens football



1. Kindergarden and school football

Strengths of past:

- Kaikki Pelissä –events
- Teachers in Kaikki Pelissä educations



New importances:

- XX amount of clubs organise athletic activities in afternoons and there are also clubs that organise afternoon football (12-17.00)
- XXX elementary schools organise school recess football with Futsal rules and afternoon league.



1. Kindergarden and school football

New Football adventure with Pusta and Pampa for Kindergarden children!

- Interesting Story written by childrens books author
- 5 lesson with football, motoric basic skills, and Fair Play behavior
- Good material, easy to use for Kindergarden teachers
- Target group is children from 5-6 years old





2. Instructor and coaches know-how

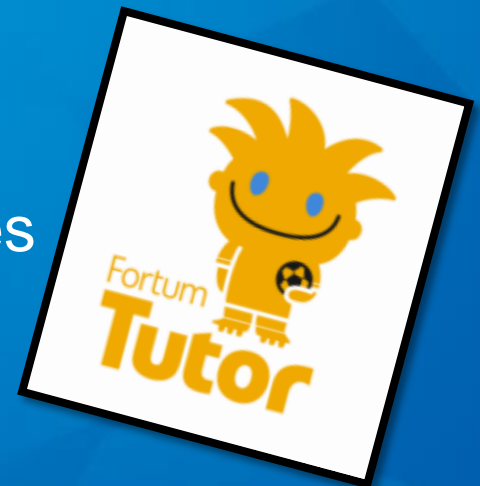
- Children and youth coaches/instructors receive high quality and comprehensive education and support.
- Every junior club team has a coach with D or C-level coaching diploma or is currently completing the courses.
- 2000 instructors take part in E-level coach education each year.

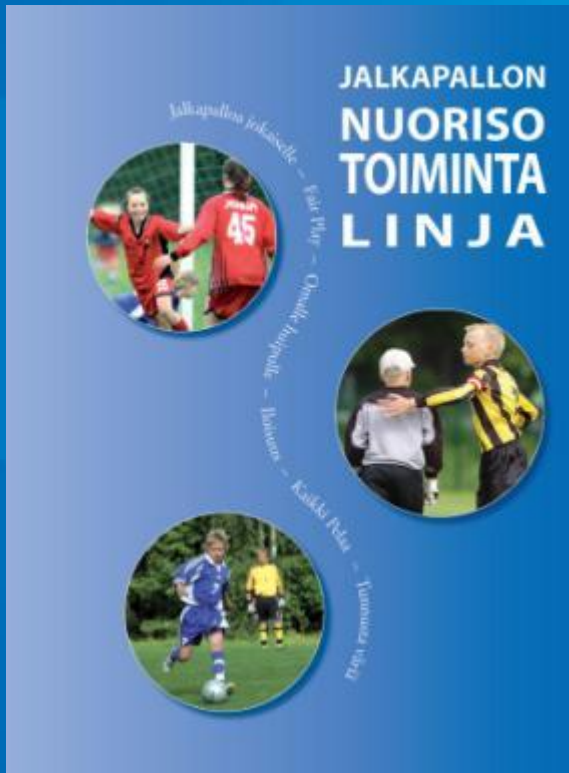




2. Instructor and coaches know-how

- 1600 instructors and coaches take part in targeted supplementary education
- Talents coaches are able to get age specific education in Finland and abroad.
- Fortum Tutor programme reaches 3500 children instructors and coaches
- There are 30 professional children coaches
- in clubs



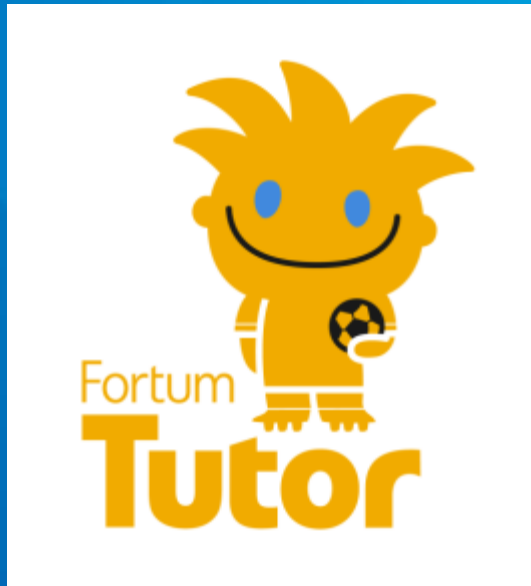


Coach and manager should

1. Be able to work in practical situations and to plan, organize and evaluate activities.
2. Have knowledge about people's physical, mental and social development.
3. Have knowledge of the sport, present day requirement and latest development trends.
4. Integrate health education in their work and to comply with generally accepted ethical principles.



Supporting coaches learning



60 part time Fortum Tutors tutoring and educating about 2000 children coaches in about 100 clubs.

Coaches are mostly beginners who need a lot of help.

One tutor takes care about 12-15 teams and about 30-50 coaches. They have about 200h working time / year.

This massive programme is cooperation with big energy company Fortum and program was started in 2009.



Fortum Tutors supporting coaches



Target is to give all children a chance for a good coach!

- training better organised
- more age appropriate content
- better teaching skills for coaches
- help coaches to take care of good atmosphere and solve some possible problems in trainings



! And now we have new education model for coaching in the games and tournaments 😊 !

**Tutor concentrates on all of those questions and help coaches to develop themselves
→ Reality based learning...**



Supporting coaches learning



Internet "newspaper" with nation All Sport organisation Young Finland.



Internet tool to plan trainings and get information about coaching children and Youth.



3. Girls and womens football

- 100 clubs are taken part in girl football club development programs
→ Amount of licensed players reaches 35 000
- The amount of women actives especially in coaching and in positions of trust equals the proportion of women and girl

14+ aged girls have more options in playing football





4. Children and youth competitions

- Support for players to enable them to reach their level
- Fair Play atmosphere giving players confidence.
- Several possibilities in playing football to girls with different goals in football





Continual developing in All Stars-programme is needed...

Ikä	Norja	Sveitsi	Espanja	USA	Ruotsi	Tanska 2005	Tanska 2006	Suomi 2008
-6	5v5	5v5	5v5	3v3	5v5	5v5	3v3	3v3
6-8	5v5	5v5	5v5	4v4	5v5	7v7	5v5	5v5, futsal
9-10	5v5	7v7	5v5	6v6	9/ 5v5 10/ 7v7	7v7	5v5	7v7, 5v5, futsal
11-12	7v7	7v7	7v7	8v8	7v7	11v11	7v7	9v9, 7v7, 5v5, futsal
13-14	11v11	9v9	7v7	11v11	11v11, 9v9	11v11	9v9	11v11, 7v7, futsal, 5v5

Muokattu lähteestä: Tanskan liiton nuorisotoimintalinja, Den nye vej



5. Children and youth player education (..U12...U16)

- Education plan for U12 players, indicators, age specific support material and educated people responsible for children
- The level of player education among children has improved through FortumTutor –programme, other new support programmes and children coaching professionals.





5. Children and youth player education (U12...U16)

- 100 clubs have well organised skill and technic schools.
- More than 4000 children and youth take part in skill competitions organised by FA districts and 10% of those receive a golden skill badge, 20% silver badge and 35 % bronse badge.
- Children and youth talent coaching system is an important factor in finnish football aiming to the top.



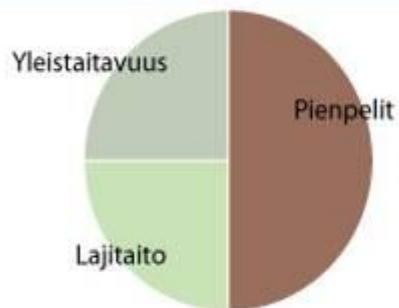


” Don’t try to be better than somenody else,
but never cease trying to be the best you can
be.”

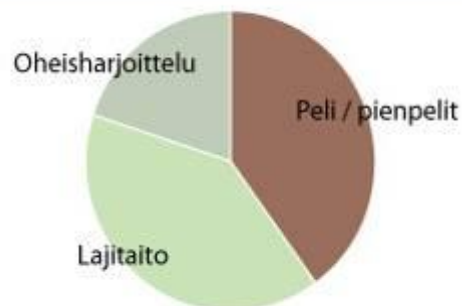
- Joshua Wooden



Suosittelava
harjoitusaika
alku- ja loppu-
osioineen on
60'-90'



Suosittelava
harjoitusaika
alku- ja loppu-
osioineen on
60'-90'



Suosittelava
harjoitusaika
alku- ja loppu-
osioineen on
75'-120'



Players training steps

Forming basic skills:

Girls and boys 6–10-years

Learning to practice:

Boys 10–14-y. and girls 10–13-y

Learning to compete:

Boys 14–18-y. and girls 13–17-y

Learning to win:

boys 18-y. and girls 17-y. and up



Players training steps

Forming basic skills:

Girls and boys 6–10-years

- All training sessions should include time for play
- Activity is well planned and involves all participants
- General motor skills development and basic football skills is the primary focus
- Teach basic rules and Fair Play action
- Play lot's of small sided games 2v2, 3v4 and 4v4



Players training steps

Learning to practice:

Boys 10–14-y. and girls 10–13-y

- The focus is to learn skills and how to use these during the game.
- Small sided games and practicing skills alone or with a partner in a free time is very important.
- A large part of physical training involves working with one's own body and in some situations the ball is involved.
- The relationship and balance between training and competition is important → 75% training and 25% competition.

” As you practice as you play”

Timo Liekoski ex. Finnish youth national manager



Players training steps

Learning to compete:

Boys 14–18-y. and girls 13–17-y.

- 50% of the time is used to develop technical, tactic and physical skills. 50% is used to work on training for competitive matches.
- Player train intensively all year round. Many short pauses during the year prevent physical and mental burnout!
- Mental preparation, fitness training and technical preparation is refined individually.

Learning to win:

boys 18-y. and girls 17-y. and up

- Activities are aimed to achieve excellence

Ikä	Ohjattu lajiharjoittelu	Ohjatun harjoituksen kesto (min)	Otteluiden osuus	Omaehtoinen lajiharjoittelu ja muu liikunta /vko	Viikon liikunta yhteensä
6-7	1-2krt /vko – n. 1-2t	60	20%, 1/vko	~16t	~18t
8-9	1-3krt /vko – n. 1- 4,5t	60-75	30 %, 1/vko	~16t	~18t
10-11	2-3krt/vko – n. 4,5t	60-90	30 %, 1/vko	~16t	~18t
12-13	3-4krt/vko – n. 6t	75-90	25 %, 1/vko	~14t	~20t
14-15	5-7krt/vko – n. 7,5-10t	75-90	25 %, 1 /vko	~14t	~20t
16-19	6-9krt/vko – n. 7,5-13t	75-120	1-2 /vko	~14t	~20t-25t
Harraste-ryhmät 12-	0 - ? / vko	~ 45-90	50-100%	~12t	~16t/vko



” Friend World is a golden age for self – training..”

- Michael Kälé, Ex. Finnish women national manager



www.kuukaudenkikat.fi in the internet and 3G -
mobilephone!



"It is important to give children the opportunity to play longer games (no quick changes) on a smaller pitch so that the child is active throughout the game. One can also make a smaller teams with some substitutions!"

- Sami Vehkakoski, Ex. Finnish national youth team manager



Football's Play World – guaranteed at least half a game

The important issue is that teams have a discussion regarding the rules of the team.

Teams have agreed on the division of playing time during games/playing evenings, tournaments and during the seasons as a whole

With the help of small teams and an effective short- and long-term game plan can increase the children's playtime

It is important that children

- Get to play an entire game now and then
- Take turns on who starts games
- Play in different positions in the team
- Take turns on who is the captain





” Many gifted children fall away before adult years, while those that were deemed mediocre excel during puberty.”

- Kari Uusikylä, professor in pedagogy



Finnish FA has started a big process to develop TOP Football in Finland.

- Update what is top football!
 - Find out a game identity for Finland!
 - Individual in center!
- Long-term player and coach education plan.
Not a quick diet!



Laadukas seuran, piirin ja liiton järjestämä pelaajakoulutus on pelaajan Sinivalkoinen tie aina kansainväliselle huipulle saakka!

- 9v 10v 11v 12v 13v 14v 15v 16v 17v 18v 19v

SEURATOIMINTA

- perusharjoittelu

- tarkkailu ja
koulutus

- lisäharjoittelu

PIIRIT

- harjoittelu

- tarkkailu ja
koulutus

SPL

- harjoittelu

- tarkkailu ja
koulutus

MAAJOUKKUEET

Oma joukkue – hyvä joukkue

Seurajoukkue - kilpailujoukkue

Seurajoukkue - huippujalkapallo

Premier

Kaj Pahlman

B SM, 1.div.

A SM, A 1. div.
M ja N liigat, 1. div,
2. div.



Piirihaavit ja -leirit

C14
piiri-
joukkue

C15
piiri-
joukkue

Maajoukkue- ja ehdokasleirit
alueilla ja Eerikkilässä.
- U15 harjoitusmaaottelut

Leirit ja
harjoitusmaaottelut

Aluejoukkue-toimintaa tytöille
ja U17 PM -turnaus

UEFA:n ja FIFA:n kilpailut ja maaottelut



” No written word nor spoken plea
Can teach our youth what they should
be.
Nor all the books on all the shelves
It’s what the teachers are themselves.”

- John Wooden