





Sport provides an excellent pathway for young people to learn new skills, become more confident and maximize their own potential.

Nido Soccer Camp

Objective

The aim and objective of the Nido Soccer Camp is to provide a professionally organized and structured Soccer training environment for young players between 5 and 14 years of age.

The coaching sessions and activities that the Nido Soccer Camp offers are aimed at all skill levels with the emphasis at all times on having fun while learning. The coaches ensure that all activities and games are always conducted safely and in the spirit of fair play.

We want all our players to end every coaching session with a sense of achievement and enjoyment.

Through participation they can have FUN and enjoyment, learn and develop life skills, make new friends, and experience life in a way that will enhance their personal growth throughout the course of their lives.

For our younger members aged between 5 and 8 years our coaching sessions will offer them the chance to learn the Fundamental movement skills using a FUN approach, focusing on Multi-Directional movement, Agility, Balance, Co-ordination, Ball Mastery, and Spatial Awareness.

The coaching sessions for our older players aged between 9 and 14 years of age are designed to teach them the techniques of soccer in conjunction with skill development. These are key parts at this age and therefore are linked to Functional practice and small-sided games.

All coaching sessions are structured to enable the individual to reach their full potential for their specific development stage and the welfare of the child is always of first and paramount importance.



Organization of player development by age and stage

Age influences the way a person perceives and interacts with the world and with others.

In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different. For this reason we must not train 6 year old players the same way as we do 13 years old players. Training sessions must be adapted to the age of the players. We have structured the curriculum into four age groups taking into consideration the characteristics of human and player development.

These groups are:

- **PRE-INITIAL STAGE PROGRAM**
5-6 years (K1 & K2)
- **INITIAL STAGE PROGRAM**
7-8 years (1 & 2 Grade)
9-10 years (3 & 4 Grade)
- **FORMATIVE PROGRAM**
11-12 years (5 & 6 Grade)
13-14 years (7 & 8 Grade)



1. PRE-INITIAL STAGE - 5 to 6 years old

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

2. INITIAL STAGE - 7 to 10 years old

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore, players will begin working on basic and dynamic tactical scenarios. At this stage, players are prepubescent and have important physical limitations in terms of strength and endurance.

3. FORMATIVE STAGE - 11 to 14 years old

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes that arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining and should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

Children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity.



Questions?

Contact summercamp@nido.cl