



Player Development Program

(Formerly referred to as academy program)

Example:

(The concept is to provide players with adequate individual skill and ball mastery that is not provided in team training or the team concept)

1. This diagram illustrates how 48 players can be trained at the same time on one field.
2. The field is divided into 6 stations.
3. Each station is monitored by a parent/volunteer coaches.
4. At each station a different activity occurs.
5. Players rotate from station to station every 10 minutes.
6. One trip around the field completes a one hour training session.
7. Activities can be modified and variety added to suit needs of the age group.
8. Numbers of players per group can be added or decreased to suit the needs of the players.
9. Duration in minutes can be increased or decreased to suit the needs of the payers.