



East of Scotland Soccer Development Association

In Partnership With The

**Scottish FA (South East Region)
Edinburgh City Council
Midlothian Council**

Player Development Programme

Phase 1 : 4v4 The Desire to Play the Game



Introduction to the Scottish FA's Developing Talent Programme

The Scottish FA, in consultation with international player/athlete development expert Istvan Balyi, have developed a phased model of long-term player development. Throughout the consultation exercise, Balyi was clear that competition that focuses on outcome and not process is highly detrimental to the development of young players. Coaches should gauge success in terms of player progress and not by the results of matches. The Scottish FA has outlined the stages of development as follows:

- 1. *Desire to Play Phase – age: Males 6-9/ Females 6-8 (4v4)***
- 2. *Learning to Play phase – age: Males 9-12/Females 8-11 (4v4 + 7v7)***
- 3. *Developing the Player phase -: Males 12-16/Females 11-15 (7v7 + Dev 11v11)***
- 4. *Preparing to Compete – Males 16-18/Females 15 -17 (11v11)***
- 5. *Preparing to Win – Males 18+/ Females 17+ (11v11)***

Each phase of the Developing Talent Programme has an associated game format that is designed to allow the player to develop in a playing environment that is most appropriate to their age and stage of development.

The aims of the Developing Talent Programme are to introduce the football community in Scotland to this model of long term planning in respect of youth development and, consequently, the benefits to be accrued from it. The process emphasises the delivery of programmes that are matched by key criteria relating to individual development. The underpinning philosophy is one that focuses on performance over the long term, rather than promoting winning as a short-term objective.

Why 4v4 for Phase 1 of the Developing Talent Programme?

4v4 is a great enjoyment and learning tool and can be used with children and adults of all ages as 4v4 provides the minimum numbers required for all of the principles of play. One player is up top for penetration. Two are needed for width and one holds back to supply depth. In 4v4 the responsibilities are very clear. All tasks are covered and all players learn to defend and attack. Four v Four is the optimum number for teaching in small-sided games, and is a simple game for young players to learn to make decisions and develop football skills.

The Partnership

The SFA through the South East Region Football Partnership have been conducting a great deal of support work with local leagues and associations across the Region over the past two years. A number of programmes have been implemented to support local leagues, clubs, coaches and general volunteers with considerable success.

Most recently, the SFA have developed a new model for long-term player development supporting clubs to develop the individual player and thus enabling every player, no matter their level or ability to fulfil their potential.

The SFA have for the past two years been promoting one player pathway for youth football in Scotland that comprises of the following playing formats:

U8/9	Developmental 4v4 (Fun Fours)
U12	7 v7
U13-15	Developmental 11-aside
15+	11v 11

A number of successful pilots have taken place in the South East Region with a number of leagues and associations now catering for 4-aside for Under 8s/9s through 7-aside at primary school age level into a developmental 11-aside format and then into the full-blown 11v11 game.

In particular, the South East Region Football Partnership are trying to support the implementation of the 4v4 (Fun Fours) format at the U9 level and for all leagues and associations for 2008. This will encourage more children to take up the game at an earlier age by providing them with opportunities to play which will in turn increase the number of children wishing to play for clubs in the area and ultimately this will raise the general playing standards at a later age.

The East of Scotland Soccer Sevens Development Association have agreed on a partnership approach to implementing Developmental 4v4 for the Association in conjunction with the City of Edinburgh Council, Midlothian Council, East Lothian Council Football Development Departments and the Scottish FA (South East Region) where all organisations will work closely to increase the number of players participating at the U8 age groups in the area.

The information below provides detailed information on the 4v4 programme for all ESSDA clubs.

If you have any queries please contact Davie Norris on 07845047438. Please note that all application forms should be sent to Davie Norris at 10C Market Street, Musselburgh, East Lothian.

IMPLEMENTING THE 4V4 - ACTION PLAN

Action- The Association will deliver weekly 4v4 participation centres based at ESSDA clubs between August and October 2008 and re-commencing in March 2009 at 7 venues across the City of Edinburgh, Midlothian and East Lothian.

Target Group- U8s to begin with

Venue & Times	1. Gilmerton (Fernieside)	Saturday :
	2. Leith Links (Leith Athletic) / Inverleith Park (Spartans)	Sunday :
	3. Saughton (Tynecastle)	Sunday :
	4. Burghlee Park (Loanhead)	Saturday : 9.30 – 11.00

* Venues will run either a Saturday or Sunday depending on a) availability of facilities and b) availability of club volunteers – see venue details on pages below.

Dates:

Block 1

Week 1 – Saturday 30th August / Sunday 31st August
Week 2 – Saturday 6th September / Sunday 7th September
Week 3 – Saturday 13th September / Sunday 14th September
Week 4 – Saturday 20th September / Sunday 21st September
Week 5 – Saturday 27th September / Sunday 28th September
Week 6 – Saturday 4th October / Sunday 5th October
Week 7 – Saturday 11th October / Sunday 12th October
Week 8 – Saturday 18th October / Sunday 19th October
Week 9 – Saturday 25th October / Sunday 26th October
Week 10 – Saturday 1st November / Sunday 2nd November

Block 2

The second block of 4v4 participation will commence in March / April – dates will be confirmed ASAP following a review of Block 1.

Times :

*There will be two sessions if demand is high as anticipated.
** Time may vary depending on availability of facilities and club volunteers

Staffing -

1. Each venue will have a lead coordinator provided by City of Edinburgh, Midlothian or East Lothian Council Football Development staff for the first 3 weeks to support lead clubs

2. The ESSDA Club responsible for coordinating each Centre will also provide one lead volunteer coordinator for the venues as well as additional volunteers
3. Each club MUST provide a volunteer to attend the appropriate session and help with the coordination of their players around the pitch(es). Each volunteer must be Enhanced Disclosure Scotland checked in accordance with current SYFA and ESSDA rules and regulations

Players: Clubs are invited to bring along as many players as they like (in the first instance) and will be arranged into groups of 4 to participate in the festival formats. Clubs are encouraged not to exclude odd numbers of players where they exist and players not in a 'club' group of four will be allocated a place with other players in the same situation. Please note that the number of players attending from each club must be confirmed by the Wednesday of each week to the Club's Lead Coordinator of the appropriate venue.

Registration: Clubs will register as a squad using the ESSDA localised registration form.

Cost: For the first block of 4v4 Activity there will be no cost to the clubs/players involved (this will be reviewed after Block 1). Initial costs will be met by the ESSDA Executive Committee and the SFA South East Region.

Equipment: All football equipment will be provided by the SFA South East Region to the Clubs leading each participation centre (goals, bibs, balls, markers etc)

Playing Colours: Where possible players should turn up in club colours, however, this programme is about kids playing the game and therefore bibs can be provided for any players/teams that do not have their own playing kit.

Coach Education: The SFA South East Region Football development staff will provide a free coach education session for all club volunteers on the various 4v4 formats. This will take place on Monday August 25th August at the Megettland Astroturf between 6.30pm and 8.00pm. Coaches will receive a free DVD and booklet outlining the game formats and coaching tips for players in training. Volunteers must confirm their attendance to Jen Malone (South East Region Office & Events Coordinator) at SouthEast@scottishfa.co.uk or call 07872052532 by Monday th August.

Participation Centre Contact Details

ESSDA Lead 4v4 Contact

Davie Norris
General Secretary
East of Scotland Soccer Sevens D.A.
10C Market Street
Musselburgh
East Lothian
TEL. 07845047438

Participation centre	Lead Club	Lead Club Coordinator	Telephone Contact	Email Address
Gilmerton Park	Fernieside	Stuart Laird	0131 664 8988	stewartlaird@yahoo.co.uk
Inverleith Park/ Ainslie Park	Spartans	Kevin Brown	01875 616 707	Kevin@hbf.com
Leith Links	Leith Athletic	Jim Montgomery	0131 553 2491	j.montgomerie@sky.com
Saughton	Tynecastle	Eddie Smeaton	0131 539 9422	
Burghlee Park	Loanhead	Peter Frame	07710 461 821	pframe.32@btinternet.com



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