The Dutch vision on Youth Development

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Introduction
Albert Stuivenberg

- National Team Coach u.17 boys
- Ass. National Team coach u.16 boys
- Instructor professional coaching course (TC I–UEFA A Youth)
- Former Head of the Academy Feyenoord Rotterdam
- 16 years of coaching experience in youth football
Dutch Secrets ??

Vision on:

- organisation/structure of football and competition
- player development
- coach education
The Netherlands

16.000.000 inhabitants

- Football = sport nr. 1
- 38 Professional clubs
- 3.000 Amateur clubs
- 1.100.000 Members
- 480.000 Youth players
- National office in Zeist and 6 District offices
  - 8 National staff coaches
  - 20 District staff coaches
  - 50 Regional Coaches

Influencing all youth coaches, officials and other volunteers in the 3,000 clubs
Organization Youth Leagues

Youth Leagues in each of 6 Districts and National

- u19
- u17
- u15
- u13
- u11
- u9
- u7
- u6

11 vs. 11
7 vs. 7
4 vs. 4

Organized Club football from the age of 5!
Youth Leagues
the best players play against the best

National Youth Leagues:

- U19
- U17
- U15
- U13

Premier

2x First Division

e tc., etc.
The Dutch way

- Individual development and team development
- Youth development is a joined responsibility of the Association and the Clubs
- The best players play with the best against the best
- Talented players have about 6 training sessions and 1 or 2 competitive games per week.
- Well educated and football experienced coaches for talented players.
Vision on player development
Vision on Football

- What’s the aim of the game?
- What are the characteristics of the game?
- What is the structure of the game?
Football, what is it?

- **transition**
- **attacking**
- **defending**
- **scoring**
- **build up**
- **prevent scoring**
- **disturb build up**
### Aim of the game:
Winning

### Team Functions:
attacking – defending – transition

### Team Tasks:
Building up and scoring/ disturbing and preventing scoring

## Actions in football

<table>
<thead>
<tr>
<th>Supporting (of the core)</th>
<th>the core</th>
<th>Supporting (of the core)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insight in the game:</td>
<td>Actions of movements</td>
<td>Communication:</td>
</tr>
<tr>
<td>– individual player</td>
<td>with ball (technique)</td>
<td>– tuning of football actions</td>
</tr>
<tr>
<td>– choices</td>
<td>without ball</td>
<td>– Cooperation of players on team level</td>
</tr>
<tr>
<td>– observing</td>
<td>- passing</td>
<td></td>
</tr>
<tr>
<td>– relation teamtask/teamfunction</td>
<td>- receiving</td>
<td>- running into free space</td>
</tr>
<tr>
<td></td>
<td>- dribbling</td>
<td>- squeezing</td>
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<tr>
<td></td>
<td>- shooting</td>
<td>- giving pressure</td>
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<tr>
<td></td>
<td>- heading</td>
<td>- giving pressure</td>
</tr>
<tr>
<td></td>
<td>- sliding</td>
<td>- marking</td>
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<tr>
<td></td>
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<td>- cover</td>
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Youth Football Training???

What you train is what you get!!!!
Youth player development process

"developing football actions"
(within attacking, defending and transition)

Age related characteristics

- **U6**: learning to control the ball
- **U7-U9**: goal oriented actions with the ball
- **U10-U11**: learning to play goal oriented together
- **U12-U13**: learning to play from a basic task
- **U14-U15**: fine tuning basic tasks as a team
- **U16-U17**: playing as a team
- **U18-U19**: learning to be competitive

**Match Sizes**

- **4 v 4**
- **7 v 7**
- **11 v 11**
The Dutch Vision on Youth Training

- Football = attacking, defending and transition
- Learn the game by playing the game
- The several actions should not be separated
- Training sessions must be match related
  (exercises must include attacking and defending)
- Training is to simplify football
- Players have to solve football situations
- The coach must help the players to…
GIVING SENSE IS THE KEY FOR MOTIVATION

Not: running for running
dribbling for dribbling
passing for passing

But: How, When and Why:
to run
to dribble
to pass

• Young Players need to recognize the Game and develop Skills to play together
Vision on coach education
Coaches

Rinus Michels (Ajax, FC Barcelona, The Netherlands)

Louis van Gaal (Ajax, FC Barcelona, The Netherlands 2008: AZ Alkmaar)

Leo Beenhakker (Ajax, Real Madrid, The Netherlands, Trinidad and Tobago 2008: Poland)

Guus Hiddink (PSV, Valencia, The Netherlands, South Korea, Australia 2008: Russia)

Dick Advocaat (The Netherlands (2x), PSV, Glasgow Rangers, South Korea 2008: FC Zenit, Russia)
Developing coaches
Structure

<table>
<thead>
<tr>
<th>Coach Professional Football</th>
<th>UEFA PRO</th>
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<tbody>
<tr>
<td>experience</td>
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<table>
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<tr>
<th>Trainer-Coach I</th>
<th>UEFA A</th>
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<tbody>
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<td>Amateurs</td>
<td>Youth</td>
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<table>
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<th>Preliminary B</th>
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<tr>
<td>Amateurs</td>
<td>Youth</td>
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Characteristics coach development

Vision based on

Vision on football: structure of the game is starting point (aim: winning the game)

Vision on coaching: players themselves have to become more and more responsible for solving the football problems (dependent – independent)

Vision on education: learning in a practical way.
Dutch Secrets ??

No!!

But a clear vision/idea on:

- organisation/structure of football and competition
- player development
- coach education