

FOUNDATION PHASE

UNDER 6 TO UNDER 9

FULL ROTATION

All players should play in every position, on both sides of the pitch.

All players should as a GK. (they are outfield players with gloves on!)

FOUNDATION PHASE

UNDER 10 TO UNDER 13

EXTENSIVE ROTATION

Players start to develop preferred positions. Continue giving playing time in all parts of the pitch across a season.

GKs progressively become regular but should still be given time outfield.

YOUTH DEVELOPMENT

PHASE U14-U15

LESS ROTATION

Players will have a preferred position that starts to reflect their developing physicality.

Players have a 2nd or 3rd position that they sometimes experience.

YOUTH DEVELOPMENT

PHASE U16-U18

LITTLE ROTATION

Players will have a preferred position that they begin to learn to specialise individual traits in.

Try to have a nearby second position (e.g GB who can play DM)

ROTATION, ROTATION, ROTATION

Players are routinely rotated to allow the best possible development opportunities during their football journey. This is especially important at the younger age groups ('The Golden Age of Development'). Rotating GKs allows all our children to develop movement skills that only GKs can experience and allows GKs to develop outfield skills. Playing in all parts of the pitch develops 'complete footballers' - those who can see the play in front of them (defence), around them (midfield) and with their back to goal (attack). We don't want our players to be specialising in any sport at a young age, let alone a position within football!

EQUAL PLAYING TIME FOR ALL This is **non-negotiable**.

Provided players demonstrate basic expectations of a positive attitude and good behaviour, equal playing time for all is expected and is consistent with the club's ethos of 'football for all'

MINIMUM PLAYING TIME There is still the aspiration for equal playing time at U14 / U15 . It is **encouraged**. Competitive football allows a greater degree of flexibility. However, all players are expected to play at least 20 minutes on match day.



AGE-APPROPRIATE COACHING: ROTATION AND PLAYING TIME