



★ RECREATIONAL ★ COACHING CURRICULUM

UNDERSTANDING YOUR PLAYERS

What are the Physical Capabilities of an under eight year old? Continued....

5. They have poor temperature regulation.
6. Their cardiovascular system has improved but is still no where near as efficient as an adult.
7. They still have high energy levels but only for short periods of time.

What are the Cognitive Characteristics of an under eight player?

1. Players at these ages have an increased ability to share.
2. No concerns for team concepts, however, players are becoming increasingly focused on me and a friend.
3. They are beginning to understand the concept of space and time.
4. They want to be accepted.
5. Limited ability to execute more than one task at a time.
6. Still prefer playing to watching.
7. Parents are still the biggest influence.
8. Need constant positive reinforcement and praise.
9. Fear of failure – they have easily bruised ego's.

What can players deal with emotionally?



1. Players are looking to establish relationships, there focus is no longer just on themselves.
2. They are becoming increasingly concerned with the concept of friends.
3. Although players do not identify with the idea of team, they are looking for acceptance from peers and coaches.
4. Players are easily hurt by negative comments, which transfers into a great need for positive feedback.