



Affiliated to the Scottish Youth Football Association.  
[www.coveboysclub.co.uk](http://www.coveboysclub.co.uk)

## Player Development Plan Explained

The Cove Boys Club Developing Talent Plan is a player-centred approach to help players achieve their full potential. In essence, it is about doing the right things at the right time and in the right way to produce a progressive and logical player pathway that will give players the best chance to reach their potential at any level. For the first time the development of the player is seen as a long-term process which can take 10 years and it outlines the roles of the coaches, parents, administrators and players at each stage of development. The process emphasises episodes of performance over the long term rather than just the winning as a short term peaking for the weekend objective which



sadly clubs still tend to do which just adds un-necessary pressure to the players.

An integrated Development Plan for all players in Scotland will provide the optimal training, competition and recovery throughout a player's career and will allow them to perform to their full potential. All young people playing recreational football will now follow the new National Player Pathway, which starts with the small-sided games and grows with the child. The principle was based on sound educational and developmental evidence. Children learn in a progressive and sequential way using a building block approach. According to existing research the belief is very much that the 11a side game is a game designed by adults for adults and

should be seen as the last part of the learning journey. Therefore, the 7-a-side game is the intermediate step and the 4 v 4 game is the first step in the ladder.

Best practice was researched both in Scotland and across the world (Brazil, Portugal, Spain, Holland and Croatia amongst others) to produce a National Player Pathway that will fit into a Scottish context and help young players to reach their potential. The research has shown the undoubted advantages of small sided games, more goals, more 1 v 1s, more successful passes, more touches, more tricks. If you have been involved within Cove Boys Club over the past year you will have seen a lot of changes and you can see we are 100% behind this initiative from the Scottish FA, Players and Coaches alike have benefited already and we are still in the infancy stage of this massive step change for Scottish Football.

Cove Boys Under 11's (born in 2000) are looking for players to increase their squad in preparation for the transition to 11-a-side in accordance with the SFA Player Pathway.

Anyone interested should contact Scott Gray on 07832401580 to arrange a trial.