Day 2. From the model to training, age by age

Wednesday 16 December 2026. Live online session, about two hours, with Arabic interpretation

What does each principle look like at under-9, under-13, under-16 and under-19?

After today you can follow one principle from under-9 to under-19, and plan a training week in which every practice names the principle it trains. If an exercise cannot point to a principle on your core page, it waits.

Stories

Kris Van der Haegen and the angry fathers

Principle. The format fits the age, the principle stays

Your call. You are in that room with the parents. What do you say to them?

Lesson. Match the format to the child, then ask what your principle looks like inside it. At under-7, fewer players means more touches, more dribbles and more goals.

Discussion. In a match, do your under-7 players mostly dribble, wait or watch?

Mourinho, Vitor Frade and the pianist

Principle. Every exercise comes from the model

Lesson. Every exercise should trace back to a principle of your model. The fitness work still gets done, inside football.

Discussion. Which exercise in your week has no link to how your team plays, and what would replace it?

Arrigo Sacchi's match without a ball

Principle. Train the team's shape on its own, then add the ball

Lesson. Take the ball away and you can train the team's shape and pressing triggers on their own. Then put the ball back.

Discussion. Which principle of your team could you train without a ball for ten minutes?

Futsal, where top players learned to think fast

Principle. Small space and a fast ball force fast decisions

Lesson. Futsal is a training tool for 11v11. A small space with a fast ball trains the decisions your principles ask for.

Discussion. How many minutes a week do your under-12 players spend in a small space with a fast ball?

Mohammed VI Academy and Nayef Aguerd

Principle. Development plans the whole day, by age

Lesson. Development is a whole day, not 90 minutes on a pitch. School, recovery and a change of position can be planned by age, like the training.

Discussion. Which young player in your club would be better in a different position in three years' time?

Homework

One principle through four ages, and one training week

Work on it alone, or together with colleagues from your club. Fill in the templates on this site, or print the PDFs.

- [ ] Pick one principle from your core page.
- [ ] In the Age-Stage Progression Grid, write what it looks like at U9, U13, U16 and U19. The format, a typical practice, and what the coach looks for.
- [ ] Name the sub-principle each row trains.
- [ ] Choose your own age group and write one practice in detail. Space, numbers, rules, duration and the principle it trains.
- [ ] Plan one training week for your age group in the Morphocycle Planner. Every day names the principle it trains.
- [ ] Watch the training week clip, in the clips above.

If you have time

- [ ] Fill in one Weekly Training Log entry for a real or planned session.
- [ ] Assess three players with the Player Assessment Matrix, against your principles. Add each player's birth month and your guess of maturity.

Templates

- Age-Stage Progression Grid. academy.klemengradisar.com/templates/age-stage-grid/
- Morphocycle Planner. academy.klemengradisar.com/templates/morphocycle/
- Weekly Training Log. academy.klemengradisar.com/templates/weekly-training-log/
- Player Assessment Matrix. academy.klemengradisar.com/templates/player-assessment/

Clips

- What is tactical periodisation?, Tifo Football. youtu.be/IvChb85Ol28?t=35
- A tactical periodisation training week, Performance in Football. youtu.be/pqjhK0Fpt0U?t=14
- La Masia, the history of Barcelona's academy, Tifo Football. youtu.be/tResxp9hOHo?t=294

Reflection

Which exercise in your week does not trace back to a principle, and what replaces it?