



#### **Four Corner Model – Technical**

The Technical corner includes specific content regarding the game for example: mastering the ball, skill development, game-play and attacking and defending principles.

#### **Four Corner Model – Psychological**

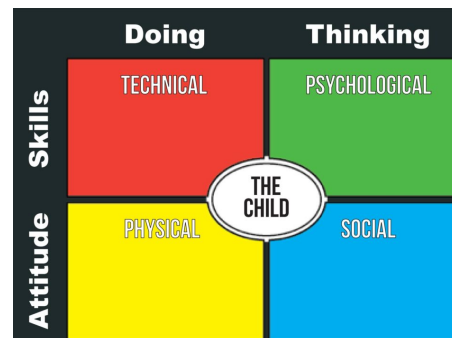
Players learn to play and cope with the different challenges it creates in a variety of different ways. Creating learning environments that challenge players to be imaginative, creative and reflect on their performance, both during and after practice/game, which is fundamental to the development of the future player.

#### **Four Corner Model – Physical**

To become an effective football player there are basic physical movement skills, which need to be developed. Agility, balance, co-ordination and speed (ABC's) are all essential qualities for players. Between the ages of 5-11 young players have a 'window of opportunity' to develop these attributes. As players get older the physical challenge should increase accordingly.

#### **Four Corner Model – Social**

Playing football can help young players learn many life skills: co-operation, teamwork, communication and friendship are just some of the benefits of joining a team. To develop these social skills players should be afforded a safe and supportive environment and given encouragement to learn and enjoy the game.



#### **TFG Academy Philosophy “Play and Enjoy”**

"To provide a positive learning environment with the focus on developing the individual needs of each player. "To develop a confidence in which we educate and progress intelligent player's around the '4-corner model' of football with the player at the centre of learning." "The better you play, the more you will enjoy it. If you succeed in playing well or score a great goal you will achieve happiness. That should be your main goal, not to win the game!"