



TRAINING & PLAYING UP GUIDELINES

MOVING UP, PLAYING UP AND TRAINING UP AN AGE GROUP - WHAT DOES THIS MEAN?

Players playing up an age group has often been necessary to form complete teams (i.e. only 10 in an age group so 2 top players from younger age groups join the older age group to make a team). Players moving up full time to the next age group and players playing up have been necessary to provide the appropriate level (overload) for the individual player based on their current playing ability.

However, the Club is now in a position where many single age groups can be formed. But this leads to the question about players still playing up or training up an age group. We have set out information here so that you, as parents, can understand the process.

As a **general RULE**, PG Impact recommends that players participate in their designated age group for training and for games (competitions i.e. tournaments / jamborees). With social connections being a major motivator with youth players, players participating in their own age group, in most cases fits with friendships from neighbourhoods and school.

The **exception to the RULE** does exist however, and we wanted to be clear how these exceptions work. First, attendance at the assessment for their age group is mandatory for players (the only time this is waived is when a player has recently moved to the community - in these cases, assessment can occur within the training environment by the age group coach and Technical Team).

Evidence for the player to Move, Play, Train up to the next age group is carefully considered by the Technical Director, the Technical Team and the Team Coaches. If there is evidence based on the below description for the Club to promote a player to the next age group for training and/or games then this information will be shared with the families.

PLAYER ABILITIES

There are several parts of a Player's Ability that will be considered. This information will guide the decision for a player's mobility based on their overall readiness.

1. **Communication** - Is the player able to take information from the environment
2. **Deciding What** - Is the player able to take the information from the environment and make decisions that help them and their team attack and defend.
3. **Deciding How** - Can the player decide how they will execute the decision they make by choosing the best Position, Moment, Direction and Speed (PMDS). In other words where they start their soccer action, when they start their soccer action, the direction of that action and then the speed of the action (i.e. slow or fast).






4. **Execution Of The Decision** - Are the players able execute the best Position, Moment, Direction and Speed to contribute to team success.



POSSIBLE OPTIONS BASED ON PLAYER READINESS

It is at the discretion of the Technical Director and Grass Roots Coordinator to make final decisions on the ability for a player to move up a level/age group of soccer. These situations must be considered carefully with the full interest of the child at the forefront.

There are several possibilities which must be considered as shown below. These become the Club's Technical Director/Grass Roots Coordinator 'Reference Points' when making decisions about a player moving-up, playing-up or training-up.

<p>Reference 1:</p> <ol style="list-style-type: none"> 1. A player is physically dominant (early developer / maturer) for their age group and the player's football ability is at a 'proficient' level for the older age group based on their most recent 'rubric' based assessment. 2. A player's ability is at an 'extending' Deciding What/How and an 'extending' Execution of Decisions for their age group based on the rubrics of player development and identified at Assessments. The player also must demonstrate that their physical growth based on being younger in an age group will not hinder their development or put them at risk of injury. <p>If either of these references are met, this is often a reason for the Technical Team to recommend moving a player up. The recommendation is made to the family, and the family is responsible for the final decision. It is imperative that this possibility is presented to the guardians first and not the child.</p>	<p>Move Up</p> 
<p>Reference 2:</p> <ul style="list-style-type: none"> • The player is physically appropriate for their age group (or, late developer / maturer physically) for their age group. • The player's ability is an 'extending' Deciding What/How and 'extending' Execution of Decisions for their age group based on Club rubrics for development. • Within this reference, the recommendation is that the player registers and plays at their age group. They are a contributor to the team at their age group first, and can take opportunities when provided at the older age group. • Players will be permitted to train with the older age group, with the condition that their primary training and playing environment is their own age group. • Coaches between age groups continue with clear communication. The Technical Director and Technical Team will also have a part to play in this process. 	<p>Register & Be Part Of Own Age Group. Play / Train Up Where Opportunities Allow</p>  <p>Play Up / Train Up</p> 



<p>Reference 3:</p> <ul style="list-style-type: none"> • The player is physically dominant (early developer/maturer) for their age group, • The player's ability is a 'proficient' Deciding What/How and has 'proficient' Execution of Decisions for their age group based on the rubrics of player development. • Within this reference, the recommendation is that the player will register in their age as their primary playing and training environment, and will be provided opportunities to train up at the next age group on occasion. 	<p>Register & Play / Train In Own Age Group</p> 
<p>Reference 4:</p> <ul style="list-style-type: none"> • The player is physically appropriate for their age group (or late developer/maturer physically), • The player's ability is a 'proficient' decision-maker with 'proficient' Execution of Decisions for their age group based on Club rubrics. • Within this reference, the recommendation is that the player stays in their age group. 	<p>Train Up On Occasion</p> 

Q&A

If a player trains or plays up one tournament or season does this guarantee that they can do this every tournament or season? *No. Development is fluid. Playing Ability, soccer interest, and physical abilities change quickly within youth players. Readiness is a relative measure which means we are always looking at their readiness relative to the other players in their age group and the age group above them. The Club will attempt to match players by current ability and readiness in order to create a situation where they can be overloaded at the appropriate level for development to occur. The Club wants those players around them to also receive the appropriate overload. I.e. A player with low football ability in a strong group a year older does not contribute to that player's growth or that of the older group.*

If a player is permitted to play and train up in one phase or through multiple phases, does this mean that they can continue to play and train up for the remainder of their time in the club? *No. Youth players are changing constantly and not always at the same rate. There are many factors that affect the growth of a player and development may stall. If this occurs, the appropriate environment for further development may be the player's original cohort.*