

Junior Framework Principles

1. Accumulation of hours and number of touches

To build fundamental skills, the Framework gives guidelines on the number of hours players should be training & playing each week. Small Sided Games ensure players touch the ball as much as possible to build technical ability.

2. Early engagement

Focus on getting players involved and enthused as early as possible, to develop intrinsic motivation and love of the game before specialising.

3. Recognising development age

Different players in the same age group will often be at different developmental stages. The Junior Framework encourages a flexible approach to help players reach their true potential.

4. Training emphasis periods

The Framework aims to promote the awareness of training emphasis periods, particularly for skill and physical development. It does this by providing clear recommendations for training to allow coaches to maximise the optimal windows of development.

5. Four Corners approach

At all stages we take account of the 4 corners of a young player's development:



6. Age-appropriate games

Gradual progression from 3 to 9 a-side games ensures players are able and ready to move to the adult version of the game. It is a staggered progression that will ultimately leave the junior player more competent when playing the full-sized game at 11 a-side.

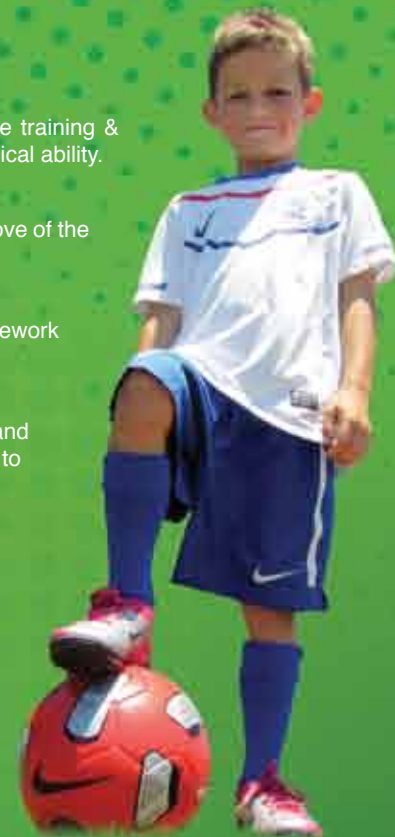


Why the Focus on Small Sided Games?

Young footballers around the world develop ball skills through constant informal play and practice. This 'street football' is not part of our culture in New Zealand, while the rise of computer games and fear of traffic has eroded the ability for kids to play for hours unsupervised.

By placing Small Sided Games at the centre of junior football, we can give children the chance to develop ball skills within a controlled framework. They get the chance to enjoy multiple touches of the ball, score goals and try out the skills they have been taught, in a flowing and stress-free environment. The aim is to replicate the fun and activity of 'backyard football,' so that technical proficiency is acquired and ball control is mastered before complex tactics are imposed.

By giving young players the chance to play freely in a carefully structured format, Small Sided Games can help instill a love of the game that will last for life.



The Whole of Football Plan would not be possible without the support of the following organisations:

Commercial Partners



Community Partners



Member Federations



More Opportunities...
More Touches...
More Hours...
More Fun!



Football for a New Generation

A new and exciting approach to developing Junior Football Players

The Junior Framework

Giving Kids a Great Start in Football

New Zealand Football has developed guidelines and supporting material to help clubs deliver junior football programmes that are matched to the needs of young players. This set of guidelines is called the Junior Framework.

The Junior Framework ensures that every child entering the game will take part in training and games that are tailored to his or her stage of physical, mental, emotional/social and technical/tactical development. Drawing on proven football development programmes from around the world, the Junior Framework provides children with a fun and rewarding experience at every stage, while developing their skills as football players. It's a nationwide initiative, so kids who move around New Zealand will be able to drop straight into the same set-up at any club.

Regardless of motivation or ability levels, players should enjoy a high-quality experience at all stages. The Junior Framework aims to meet the needs of all young players, while ensuring they can move across the spectrum from community recreational football right through to talented perform pathways.

Alongside the Junior Framework, New Zealand Football has created a Junior Girls Framework to encourage and support girls entering the game. This includes a summer season and additional pathway that caters for the differing requirements of girls.



Stages of the Junior Framework

The Junior Framework is part of New Zealand Football's first ever National Player Development Framework, which realigns our game in to one cohesive structure. We are starting at the junior level of our game, building a foundation for the future and providing eager kids (and their parents) with their first taste of football.



1 ASB FIRST KICKS (4-6 Years)

FUNDAMENTALS Falling in love with Football

AIM	FOCUS	FORMAT	PLAYING FORMAT	GAME TIME	TRAINING FOCUS
The first introduction to football: developing fundamental physical skills in a safe, fun and rewarding environment	Players at this age need lots of movement and variety in a fun, motivational setting. First Kicks provides an environment that maximises a child's involvement and provides lots of opportunities to try what football has to offer	Station rotation is the recommended training format, providing a holistic approach to players' individual development. Game day exposes players to different types of activities as well as Small Sided Games with simplified rules	3v3 4v4	3x 10mins	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">25% General Movement</div> <div style="text-align: center;">25% Football Coordination</div> </div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">25% Football Technique</div> <div style="text-align: center;">25% Small Sided Games</div> </div>



2 ASB FUN FOOTBALL (7-8 Years)

PLAYFUL TECHNICAL TRAINING Mastering the Ball

AIM	FOCUS	FORMAT	PLAYING FORMAT	GAME TIME	TRAINING FOCUS
Developing core physical skills and laying down the technical foundations for future football competency in a fun, motivational environment	Fun Footballers are enthusiastic, motivated and have a desire to be active. Game leaders must provide them with lots of variation and create environments where they can explore new things through "just playing." Focus remains on the individual development of players with no recorded results from game day	Similar to First Kicks, but with growing emphasis on Small Sided Games so players experience more games in training and on game day. This reflects players' growing capability to understand skills and how they are applied in a game	4v4 5v5	4x 10mins	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">20% General Movement</div> <div style="text-align: center;">20% Football Coordination</div> </div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">20% Football Technique</div> <div style="text-align: center;">40% Small Sided Games</div> </div>

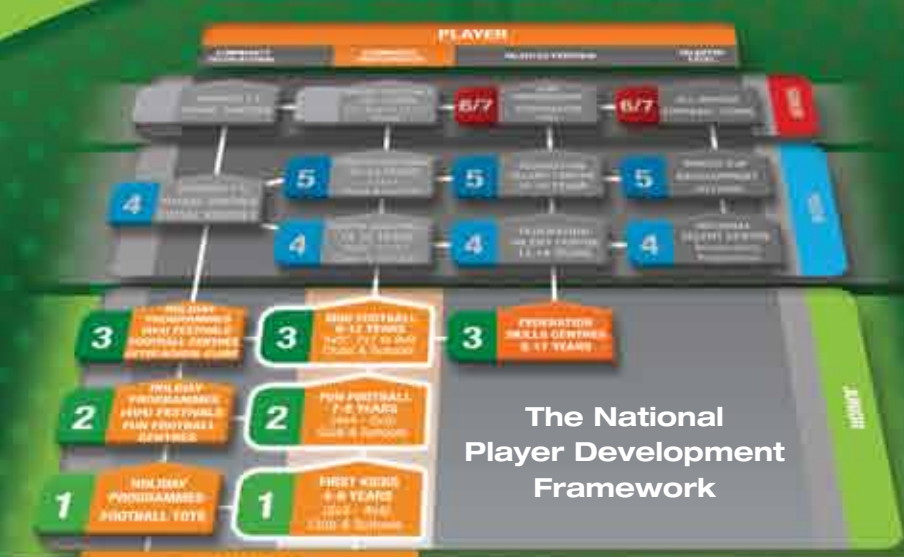


3 ASB MINI FOOTBALL (9-12 Years)

FOOTBALL SPECIFIC BASIC TRAINING Playing together with Purpose

AIM	FOCUS	FORMAT	PLAYING FORMAT	GAME TIME	TRAINING FOCUS
Developing the specific movement and technical capabilities to support lifelong participation in football	This is the stage to ensure core skills are in place for long-term participation in football. On top of this, we strive to create a motivational environment that promotes a desire to play the game with all players	Team-based training is the recommended approach, allowing players to play and train with others of a similar ability. As players move through Mini Football, playing formats increase to reflect their physical and mental capability. Game day results are published, but emphasis remains on player development	7v7* 9v9 (11-12 Years)	2x 30mins (11-12 Years)	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">10% GM</div> <div style="text-align: center;">10% FC</div> </div> <div style="text-align: center;">40% Football Technique</div> <div style="text-align: center;">40% Small Sided Games</div>

* refers to Girls Only Framework



* refers to Girls Only Framework