



DEUTSCHER  
FUSSBALL-BUND

# Youth development programme





# Agenda

## 1 Basic information

## 2 Youth development structures







# Development through teamwork

**DFB**



**Regional  
associations**



**Clubs**



**School  
system**







# Goals

## Interactive goals

Motivation to  
play and move

Top ranking in  
international football

Fascination  
football







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1 BASIC INFORMATION

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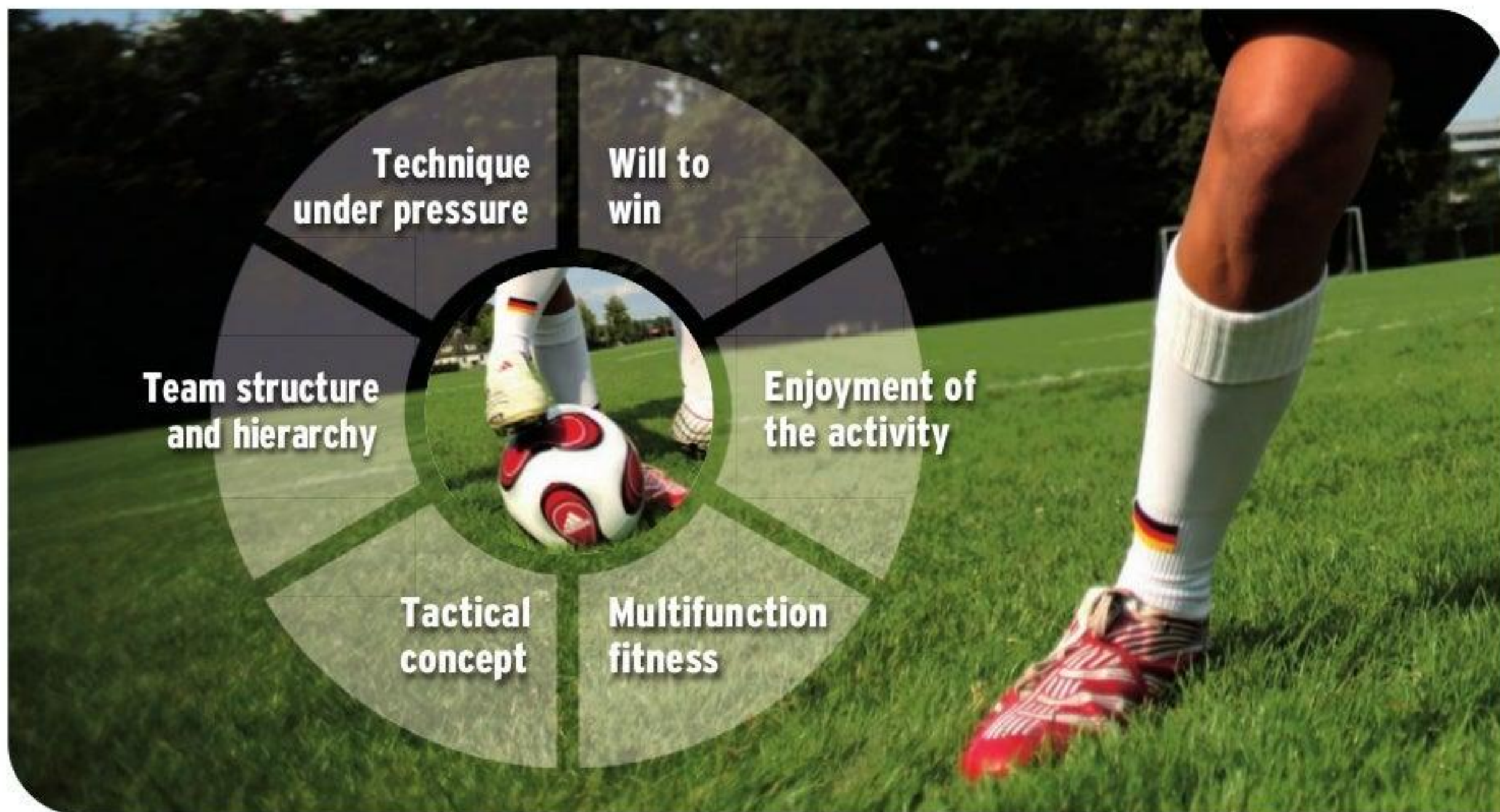
# Guidelines








# General concept







## Youth development levels



<b>7</b> Stabilising peak performance	30 YEARS PLUS
<b>6</b> Perfection of peak performance	21-29 YEARS
<b>5</b> Preparing for peak performance	17-20 YEARS
<b>4</b> Stabilisation	15-18 YEARS
<b>3</b> Learning	11-14 YEARS
<b>2</b> Playing	7-10 YEARS
<b>1</b> Moving	3-6 YEARS



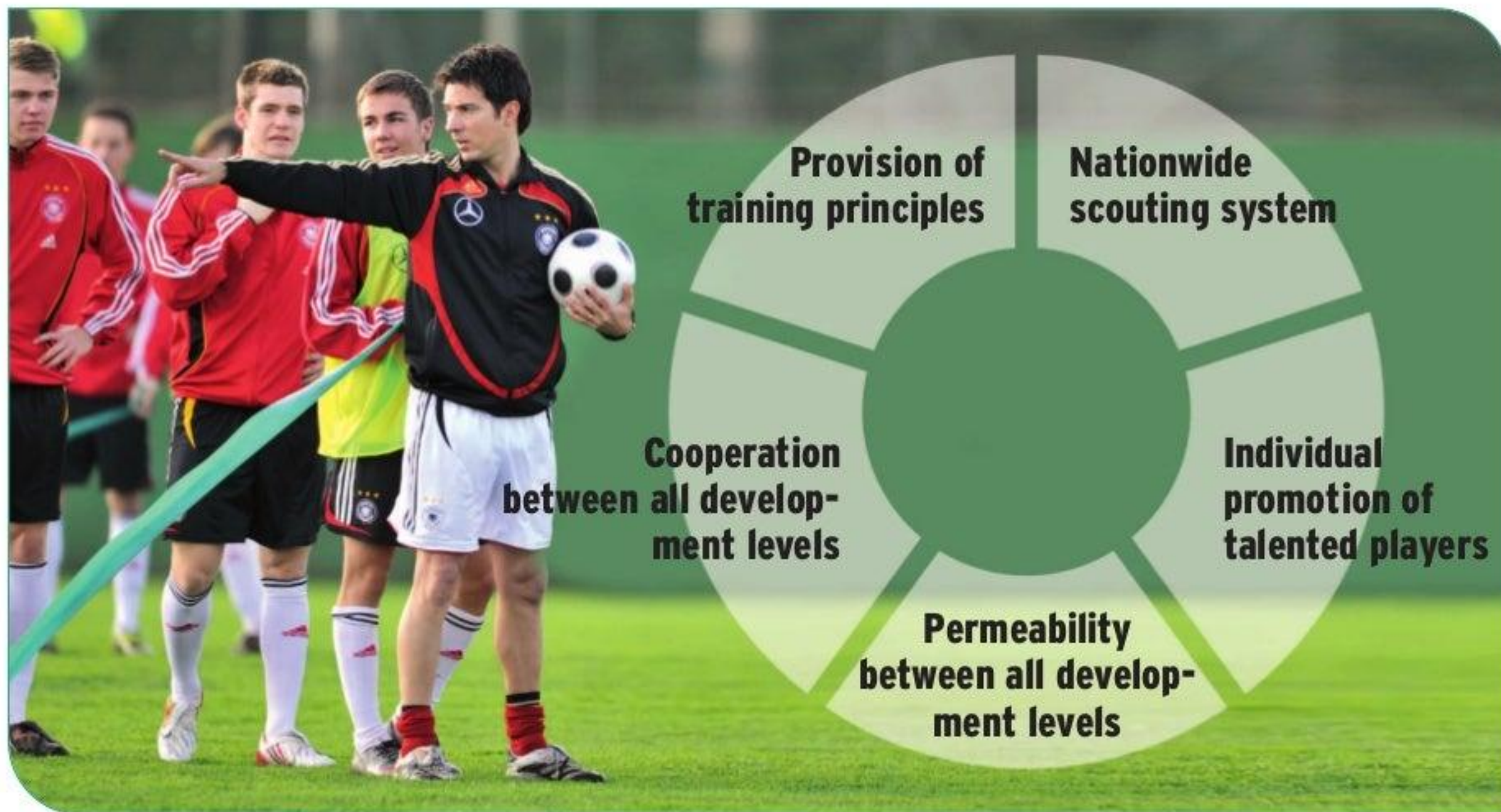
# 07 Youth development structure







## Key benefits







## Step 1 Basic training (3-10 YEARS)

### Kindergarten, school system and club teams







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2 YOUTH DEVELOPMENT STRUCTURE - STEP 1 BASIC TRAINING

KINDERGARTEN, SCHOOL SYSTEM AND CLUB TEAMS

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## Goal: Holistic personal and physical development







# Learning points







# The role of the coach







# Age-appropriate football games

U3 to U6	U7 to U8	U9 to U10
<b>System of play:</b> 4 vs 4 (no Goalkeeper) or 4 + Goalkeeper vs 4 + Goalkeeper	<b>System of play:</b> 5 vs 5 up to 7 vs 7 (including Goalkeeper)	<b>System of play:</b> 7 vs 7 (including Goalkeeper)
<b>Field Size:</b> 20 x 15 meter	<b>Field Size:</b> circa 35 x 25 meter (5 - 5, 6 - 6), circa 40 x 35 meter (7 - 7)	<b>Field Size:</b> circa 55 x 35 meter
<b>Goals:</b> 2 meter	<b>Goals:</b> 5 meter wide, 2 meter high	<b>Goals:</b> 5 meter wide, 2 meter high
<b>Game operation:</b> Exhibition games	<b>Game operation:</b> Recreational games	<b>Game operation:</b> Local leagues





## Step 2: Talent development (11-18 YEARS)

1. Youth development programme

3. Elite football schools

2. Centers of excellence

4. Regional associations







# Organisation

**366 Regional bases**

**1.000 Coaches**

**14.000 Players between  
11-15 years**

**29 Coordinators**

**600.000 Scouted players**

**Systematic training**







# Goals







# Principles







# Organisation

## Promotion of the most talented players

**45 Centers of excellence**

**ca. 200 full-time coaches**

**Required since 2002**

**Licensing-system since 2008**

**Further education**

**Manual of best practices**





# Standards of excellence

**Highly qualified coaches**

**Optimal field and practice conditions**

**Promotion of the most talented players**

**Extensive scouting system**

**Integration of academic and vocational training**

**Housing for external players**

**Optimal injury prevention and rehabilitation**

