

Holistic Player Development



What does *holistic development* mean?

This means that each facet of a player's development--U.S. Soccer's Key Qualities of a Player--is taken into account and interconnected with one another.

What are the facets of a player's development?

These include, but are not limited to, the technical, tactical, and psycho-social development of a player.

Why not focus on one facet at a time?

Focusing on one facet at a time is an inefficient way of developing players and can potentially slow down a player's development over time.

How does this apply to training and games?

In training, incorporating both technical and tactical facets is accomplished with game-like activities. The psycho-social facet is incorporated by providing an appropriately challenged and child-centered environment. This method extends to games where players can be encouraged and taught--not discouraged and told.

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