



MOVEMENT DEVELOPMENT IN AN ELITE TALENT DEVELOPMENT ENVIRONMENT

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WHAT IS CHELSEA FC ACADEMY?



- Elite talent identification and development environment
- Ages 9-21 years
- Split into 3 phases as set out by the Premier League (EPPP)

Foundation Phase	9-11 years
Youth Development Phase	12-16 years
Professional Development Phase	17-21 years



WHAT IS MOVEMENT TRAINING?



- Athletic develop across U9-21 – inline with the philosophy.
- Expression of physical abilities
- Content and delivery method varies dependant on the phase.
 - Generic movement skills, agility, position specific movement enhancement.
- Addresses issues that might otherwise fall between the gaps of other areas.



WHY MOVEMENT TRAINING?



- What are the demands of the game?
 - Present and future
- Preparing players for the future demands of the game.
 - Well balanced, agile, 2 footed players
- Foundational basis of physical and decision making skills.
 - Faster decisions = faster movement
- Produce more 'coachable' players.

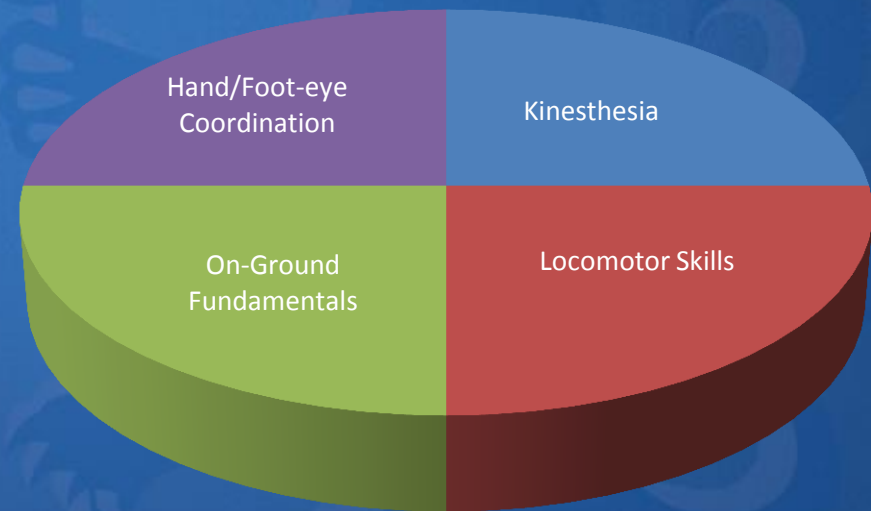


WHAT HAPPENS..... FOUNDATION PHASE



- Movement and coaching objectives are very closely linked – clear set of objectives.
- 4 components.
- Generic exposure to wide ranging movement skills (early diversification).
Sport diversification vs Movement diversification
- Objectives achieved through play/games wherever possible.
- Delivered via 3 x 6min movement
- Limited contact time
 - Challenges
- Fun

U9 Group



WHAT HAPPENS..... YOUTH DEVELOPMENT PHASE



- Day release - Increased contact time
- Begins to be delivered in personalised ways
- Peak Height Velocity (PHV) – maturation dependent training
 - How should we adjust technical/tactical and physical training across maturation?



BASIC FOOTWORK/COORDINATION SKILLS



ADDING A 'LOAD'



IMAGINATION



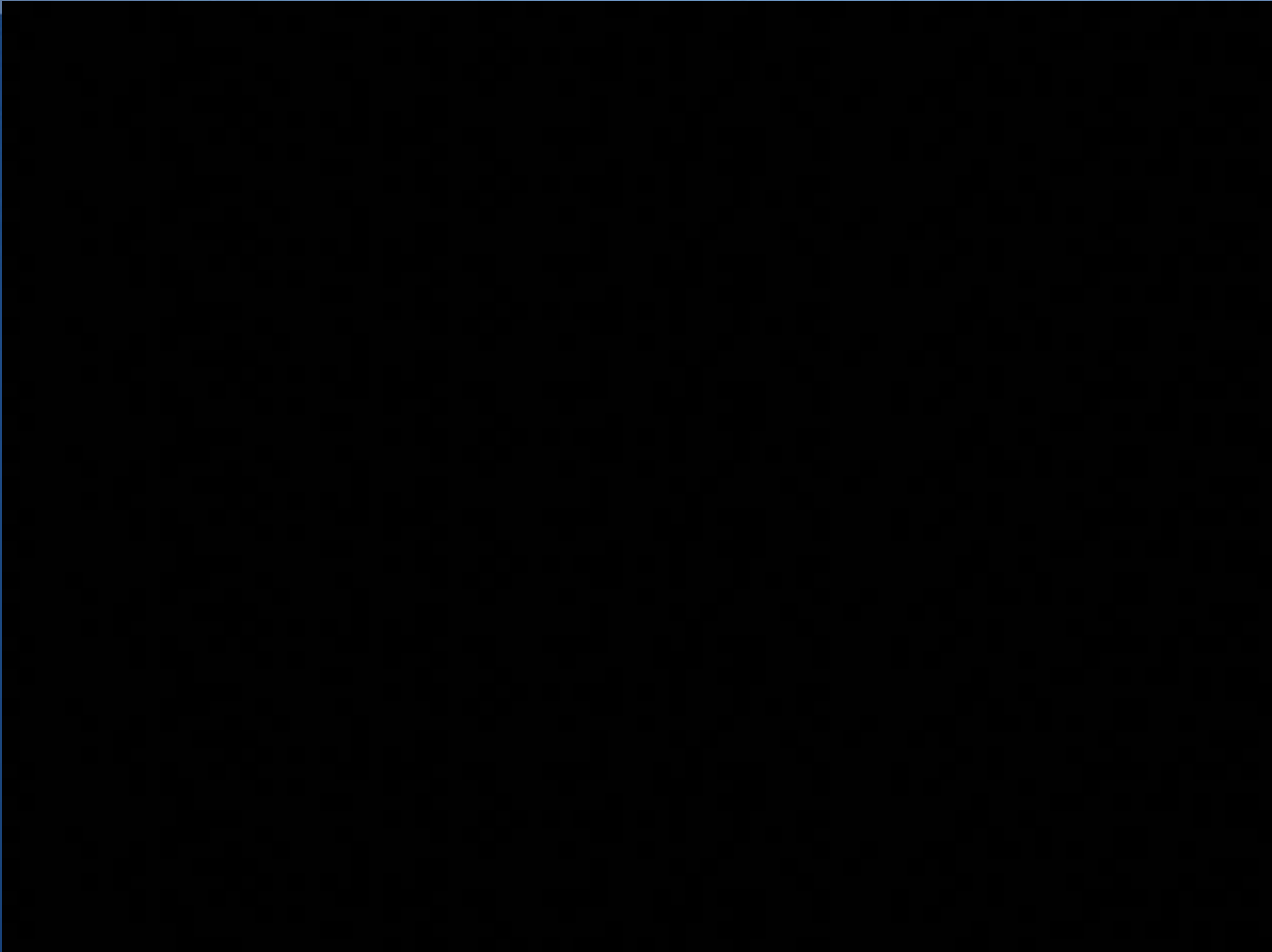
WHAT HAPPENS..... PROFESSIONAL DEVELOPMENT PHASE



- 1-2-1 training
- Remedial training
- Coach/player identified areas for improvement
 - Clips of specific movements identified
- Position specific
 - E.g. Central defenders
- Assistance with injury rehab
- What do they need to make the break through?



360 Awareness Training – Working Memory – Central Midfielder



Example Case Study



U18 player central defender who is improving hugely with his isolated physical movement ability, but is challenged when multiple decisions are presented in a match situation.....

ISOLATED 1 V 1







Summary



- Integration of multiple systems.
- Age/maturation sensitive, yet progressive.
- Measurement and tracking is subjective.
- Requires the understanding and trust of management.
- Thanks to: Prof. Dave Collins University Of Central Lancashire, UK
John Keily University of Central Lancashire, UK.



Thank you
Questions?

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