



The four corner model was developed by The Football Association in order to aid coaches with their planning and delivery of grassroots coaching sessions. The aim is not for the affects and aims of sessions to dramatically change, but to encourage coaches to break down their sessions more intricately, and consider the impacts which their coaching has on the players they work with.

In order to make the model accessible and usable for all levels of coaching , the four corners are broken down simply and colour coded;

Red - Technical

Green - Psychological

Yellow - Physical

Blue – Social

The four aspects can be relatively easily be defined;

Technical – Football skills ‘on the ball’; control, passing, dribbling, shooting etc.

Psychological – Mental attributes; decision making, enjoyment, spatial awareness etc.

Physical – Movement within the game; sprinting, turning, jumping, acceleration, agility etc.

Social – Interactions with other participants; communication, teamwork, friendship etc.

These Key considerations are embedded within the SK9 Sports Model for Coaching:

TECHNICAL:

Practices and match play appropriate to the needs of individuals within the group, including varying activities and optional positional roles.

PSYCHOLOGICAL:

Psychological development and self-concept in the growing player, including sports performance psychology, behavioural learning together with state, trait and personality issues and the learning programme for team sports intelligence.

PHYSICAL:

Physical growth and human performance, linked to each player’s chronological and biological age, including frequency, intensity and duration of activities, and developmental skills.

SOCIAL:

The influence of life at home, school, community, in the street and at the SK9 Sports sessions, including the possible effects of the impact of peer group pressure, professional and personal relationships, and lifestyle management are at the centre of what we do.