



NEXGEN PHILOSOPHY

"MORE THAN GRASSROOTS — NEXGEN IS THE NEXT LEVEL."



PRE-ACADEMY DEVELOPMENT



ACADEMY TALENT ID



GRASSROOTS DEVELOPMENT PHASE U6-U12

Welcome

WHAT ARE THE CORE VALUES OF OUR PRE-ACADEMY AND FOUNDATION PHASE PROGRAM?

At NexGen Football Club, our pre-academy and foundation phase program is built on elite core values inspired by Category One academies. These values shape our mission to create a holistic, child-centred pathway that develops our players as athletes and individuals while instilling a lifelong love for football.



1. CHILD-CENTRED DEVELOPMENT

Enjoyment First: At this stage, the primary goal is to instil a love for the game. Children should enjoy their sessions, look forward to training, and leave with smiles. Enjoyment ensures long-term engagement and intrinsic motivation.

Focus on Individual Growth:

We expect players and parents to behave with maturity and focus, on and off the pitch. Players are expected to train hard, arrive prepared, and enjoy the process.

Fostering Creativity

Allow children to express themselves without fear of failure. Encourage risk-taking, experimentation with moves, and decision-making in a safe environment.



2. HOLISTIC PLAYER DEVELOPMENT

Technical

Mastery of ball skills like dribbling, passing, and shooting is a cornerstone of this phase. NexGen players must be comfortable with the ball at their feet.

Fostering Creativity

Develop agility, balance, and coordination through age-appropriate drills. Emphasis on body mechanics helps lay the groundwork for future athletic performance

Psychological

Foster resilience, self-confidence, and a growth mindset. Teach players to view mistakes as learning opportunities.

Social

Encourage teamwork, communication, and respect for peers and coaches.



3. LONG-TERM ATHLETE DEVELOPMENT

Pre-academy serves as the foundation for lifelong athleticism. Players develop skills not just for football but are transferable skills across sports and life.

Avoid early specialization by including varied movement activities and encouraging participation in multiple sports.



4. PROCESS OVER RESULTS

Training should prioritize the journey of learning. Emphasize skill mastery, decision-making, and situational understanding rather than just achieving results in games.



5. PROGRESSIVE, AGE-APPROPRIATE DESIGN

Each year builds on the last, gradually increasing complexity and intensity. Activities should align with the players' developmental stages, ensuring they are neither too easy nor too challenging



6. EXCELLENCE THROUGH RESILIENCE DESIGN

Mistakes are viewed as learning opportunities. Our players are taught to embrace challenges, work hard, and strive for their best, setting the foundation for future excellence.

At NexGen, we aim to provide a developmental experience that mirrors elite academies while staying true to our grassroots roots. By embedding these values into every aspect of our program, we empower young players to grow into confident, skilled, and respectful athletes prepared for success both on and off the pitch.



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Part 2

HOW DO WE BALANCE SKILL DEVELOPMENT WITH ENJOYMENT AND CREATIVITY?

Balancing skill development with enjoyment and creativity is achieved through thoughtful session design, a positive coaching approach, and fostering an environment where players feel free to experiment and express themselves.

Strategies to Balance Skill Development with Enjoyment and Creativity



1. GAME-BASED LEARNING

Use small-sided and conditioned games that mimic real-match scenarios while allowing players to make decisions and solve problems. For example, 3v3 games with scoring zones encourage spatial awareness, teamwork, and creativity.

Introduce fun challenges like “trick shot competitions” or “last-player-standing dribbling games” to blend technical repetition with playful engagement.



2. INDIVIDUAL EXPRESSION

Create drills that allow players to personalize their approach. For example, when teaching ball mastery, encourage them to add their flair, such as unique turns or feints.

Celebrate creativity by praising attempts to try new skills, even if they don't succeed.



3. PROGRESSIVE CHALLENGES

Offer drills and games that start simple but gradually increase in complexity. This keeps players engaged and motivated, avoiding frustration or boredom.

Incorporate goal-based challenges (e.g., “can you complete five passes before shooting?”) to add variety and promote focus on development.