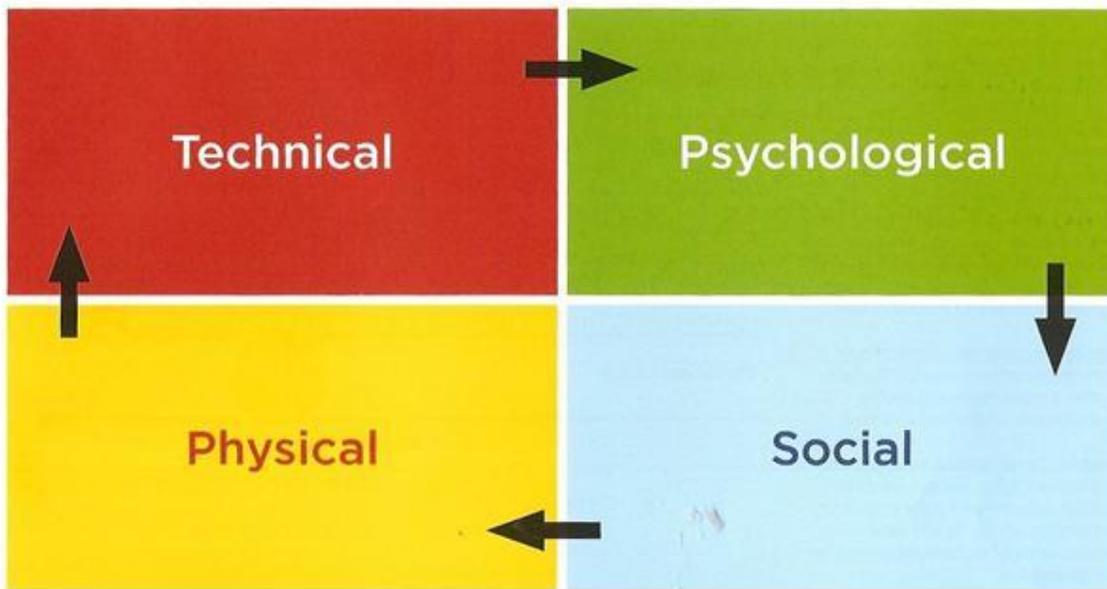


## The Four Corner Model



### THE 4 CORNER LONG TERM PLAYER DEVELOPMENT MODEL:

The 4 corner model outlines the factors that need to be considered as a young player grows and develops in the game. Each of the corners is connected and relies on support from the other three areas. The model is appropriate to players aged 5 to 21.

As the development pathway for each individual player is unique and diverse, the needs of each player will ebb and flow in all of the 4 corners. And, whilst the need for added support for some players will be minimal, others will require much more applied and specific support.

It is important for coaches and parents to understand that each aspect of the four corners does not exist in isolation. Each of the 4 corners is connected and relies on support from the other three corners, ie it is inter-disciplinary, inter-dependent and inter-related in the fullest sense.

A player's performance in practice and matches can be influenced by the following factors, nearly all of which need to be considered when forming an opinion of a player's progress and true ability: date of birth, relative to the rest of the group; body types; adolescent growth spurt in all the four corners; physical maturity; psychological maturity; social maturity; previous experience; opposition; position suitability; instructions given to the player; and recent playing activity.

Our Pro Development Centre Assessment process is the main vehicle used by our coaches to maintain and develop a level of interaction with the player and his family. Key considerations within our Centre programme include:

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

- **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.
- **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.
- **SOCIAL:** The influence of life at home, school, community, in the street and at the Development Centre, including the possible effects of the impact of peer group pressure, professional and personal relationships, and lifestyle management.