

DEVELOPMENTAL STAGE APPROPRIATE TRAINING

Children grow and develop with differing speed, so children of the same age can be of very different height and weight.

However, the body size of the child, compared to their teammates, should not be the only reason to think about letting the child play up an age group. Although a child might be bigger and stronger than the teammates, this does not automatically mean that they will get bored or hurt the other children. On the contrary, the bigger and stronger children can take up leading roles within the team will provide them with experience and values that will guide them for the rest of their lives.

When considering that the child should play with older, bigger and stronger players, carefully evaluate the negative outcomes of playing up.

