



YOUNG PLAYER PROFILE



THE NATIONAL INSTITUTE OF FOOTBALL AND THE ELITE YOUTH FOOTBALL

- **Around 1970** : French football is at its lowest ebb.

 - **1972** : the F.F.F. creates the National Institute of Football (I.N.F.) in VICHY
I.N.F. VICHY (=Lilleshall)
a pilot school for football apprentices (17 to 20 years old boys).
1st Centre of FORMATION (training centre = Academy)
On and on, all “pro” clubs create their own centre.

 - **1988** : the F.F.F opens the National Technical Centre of CLAIREFONTAINE.
The I.N.F. moves in it.

 - **1990** : the I.N.F. CLAIREFONTAINE turns to PREFORMATION (for boys aged 13 to 15)
as the pilot school.
Creation of 10 other inter-regional preformation centres, run by the F.F.F.
Recently, “pro” clubs have been allowed to create their own Elite football school,
supervised by the F.F.F.
+ 650 (1 000 aimed) special football classes in secondary schools
Youth football in amateur clubs.
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OBJECTIVES of the INF

- To identify and train the most talented players from within the region from the age of 13.
- To provide the best football education (mostly technical) before the players go to the Centre of Formation of a “pro” club. (how many players will sign a first “pro” contract ?).
- To put forward the main ideas of the preformation and pass down the information.



ORGANISATION

- Regional (PARIS and around)
- Boys stay 3 years
- 24 new boys every year.
- Boarders – no fees (F.F.F. and “Pro” League share the expenses).
- Normal schooling.
- They go back home on week-ends and holidays and play for their own clubs (except in their 3rd year when they play for the INF team).
- 5 training sessions a week – 2 hours/session.



IDENTIFICATION (= a not so easy matter)

- + 1 500 applicants.
 - 1st round in PARIS 8 districts : “creaming off”
 - Following rounds in CLAIREFONTAINE.
 - 2nd -> 650 (half-day sessions with 45)
 - 3rd -> 120
 - 4th -> 60
 - 5th -> 40 (a 3 day camp)
 - TESTS
 - Mostly games (11 a side, 7 a side)
 - A skill test (juggling + dribbling + shooting)
 - A speed test (40m.)

During the last gatherings :

 - An endurance test : VAM EVAL (maximum aerobic speed evaluation) on a track.
 - A general medical examination.
 - A look at the school reports.
 - An x-ray photography of the wrist in order to :
 - determine the bone age of the boy and his stage of growth.
 - forecast how tall he will be (especially relevant to the goalkeepers).
 - have a more critical view on the “already matured” boys and on the tiny but skilful ones.
 - No specific quotas (except for goalkeepers : 4)
 - We look for :
 - SKILFULL players.
 - Fast players.
 - With a future (what with the already tall, powerful “matured” boys ?)
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RESULTS

- T. HENRY / N. ANELKA / W. GALLAS / L. SAHA / A. DIABY / P. CHRISTANVAL / J. ROTHEN
- An average of 7 signs a “pro” contract every year.





IDEAS

- Football = a simple game ?
 - The skills it requires makes it the most difficult of all sports.
 - movements of football (round movements) are not natural (straight forward movements).
 - all the great players were or are technically excellent (and physically sufficient).
 - The perfect mastery of the ball allow them to “forget” the ball and there fore they look further, wider and quicker than the average players.
 - They are better tacticians.
 - Kids must start playing “in their cradle”. From 10 – 11 years of age, they should undertake a specialized technical training. To reach top-level football...
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IDEAS

- In youth football, absolute priority must be given to the **mastery of the ball**.
- We should not focus on the physical work ; the improvement in the physical qualities of the players comes naturally.
- And the physical activity associated with the exercises, games , etc...
 - is sufficient. i-e. on week of training = 5 sessions of 2 hours = 4.2 matches
- The boys should love the game for itself. Too much pressure on them for results and for the classification of the team has very bad effects on the way they play and on the way the team trains and plays.
 - Ex. : kick the ball away instead of passing....
 - The best way to get results :
 - Work hard to make good skilful players
 - With good players, you may have a good team
 - A good team playing a good football, gets good results.

	1 rst year	2nd	3rd
ANELKA			
Age	13	14	15
Bone age	13 (+21)	14,5 (+10)	15,5 (+6)
Height	1,66m	1,76m	1,81m
Exp. Height	1,87m	1,86m	1,87m
Speed 40m	5.75	5.4	5.15→5.06
Vert. Jump	54	56	57
A. M.S.	16.2 K/h	16.7 K/h	17.2 K/h
SAHA			
Age	13	14	15
Bone age	13	14,5 (+10)	15,5 (+6)
Height	1,65m	1,75m	1,77m
Exp. Height	1,86m	1,85m	1,83
Speed 40m	5.59	5.35	5.14
Vert. Jump	55cm	58cm	60cm
A. M.S.	15.8 K/h	16.3	16.8

	1 st year	2 nd	3 rd
CHRISTANVAL			
Age	13	14	15
Bone age	15 (+ 7cm)	16 (+ 3cm)	17 (+ 1cm)
Height	1,85m	1,86m	1,875m
Exp. Height	1,92m	1,89m	1,88m
Speed 40m	5.41	5.35	5.3
Vert. Jump	51cm	54cm	56cm
A. M.S.	17.3 K/h	17.8	18.3
TOURE Alioune			
Age	13	14	15
Bone age	14,25 (+10)	15,5 (+5)	16,5 (+2)
Height	1,63m	1,68m	1,69m
Exp. Height	1,73m	1,73m	1,71m
Speed 40m	5.51		5.14
Vert. Jump	54	57	59
A. M.S.	16.2 K/h	16.7	17.2



