

# Youth Player Training

Since I started playing this game I have always wondered what is the best way to increase the stats of my youth players. What is best? Do I loan them out to get game time? Do I give them intense training while they are young? Or do I incorporate both? The possibilities are pretty much endless so I have compiled my results using the same players over a season to try and find out the best way to improve stats whilst keeping them happy.

## Method

I narrowed my tests down by alternating the following criteria.

**Squad.** This is split into First Team or Reserve Team. In the First team the player will get game time but their fitness may suffer. In the Reserve team the player will play reserve games but their fitness remains wholly unaffected.

**Individual Training.** This is the page where you can individually assign hired coaches to work on players stats. During these tests I used a General coach who was rated as Superb so I could train any stat with the best coach. There may be an argument that a specific Defensive coach may improve Tackling for instance, but I have yet to find evidence of this.

**Team Training.** The team training is the weekly training program for the entire team. You can assign hourly blocks of training to the whole team. I usually ask my assistant Manager to create the weekly programs in which he utilises half of the day with the other half as rest. I also conducted tests where I changed this to observe the results. I used a training program that consisted only of Individual training and I also doubled the Assistant Managers suggested sessions into the available afternoon slots but always keeping the Sunday free.

All of the results were produced by using the same four youth players that had a potential rating of 9 and were aged 17. The team I used were AFC Flyde in the English Conference as I also found that the team had no effect on the improvement of stats.

The players original stats are as follows:

	KP	TA	PS	SH	PC	HE	ST	SP	BC	Total Player Points
GK	38	22	23	10	62	22	59	25	21	282
DF	10	41	29	20	61	38	60	34	31	324
MF	12	25	40	34	65	34	58	39	42	349
AS	10	24	28	42	63	38	56	38	40	339

All of the results are from the beginning of the playing season until the final game. They do not include the 6 week period from the final game until the new season where I have conducted other research into getting the best in those periods which can be found below.

I have only posted the top 4 results in table form as the other methods proved that they were not as beneficial and either gained little results or increased player fatigue/injury.

## Test Sequence

Test	Squad	Individual Training	Team Training	Other	Results
1	First Team	Hard	Assistant Manager		Player fatigue and injury
2	First Team	Med	Assistant Manager		42% increase of player stats
3	First Team	Low	Assistant Manager		39% increase of player stats
4	Reserves	Hard	Assistant Manager		43% increase of player stats
5	Reserves	Med	Assistant Manager		40% increase of player stats
6	Reserves	Low	Assistant Manager		37% increase of player stats
7	First Team	Hard	Individual Only		Player fatigue and injury
8	First Team	Med	Individual Only		Limited results/training complaints
9	First Team	Low	Individual Only		Limited results
10	Reserves	Hard	Individual Only		41% increase of player stats
11	Reserves	Med	Individual Only		39% increase of player stats
12	Reserves	Low	Individual Only		36% increase of player stats
13	First Team	Hard	Double Assistant		Player fatigue and injury
14	First Team	Med	Double Assistant		Player fatigue and injury
15	First Team	Low	Double Assistant		Limited results/training complaints
16	Reserves	Hard	Double Assistant		41% increase of player stats
17	Reserves	Med	Double Assistant		39% increase of player stats
18	Reserves	Low	Double Assistant		36% increase of player stats
19	Reserves	Hard	Assistant Manager	Loaned out youth	35% increase of player stats

## Results

**Test 1.** This method proved unsustainable as players become fatigued quickly and therefore became injury prone and they also became restless with their training after a few weeks.

**Test 2.** In this scenario the players were put into the playing squad where they played the majority of the games throughout the season. Their fitness stayed between 90-100% and they remained content throughout. Training at Medium Intensity the players will become bored around 20 weeks so I carried out the following training plan throughout the season which I will refer to as the 20/20 method:

GK - 20 weeks Keeping, 20 weeks Stamina  
 DF - 20 weeks Tackling, 20 weeks Heading  
 MF - 20 weeks Passing, 20 weeks Ball Control  
 AS - 20 weeks Shooting, 20 weeks Set Plays  
 The results were as follows:

	KP	TA	PS	SH	PC	HE	ST	SP	BC	Total Player Points
<b>GK</b>	67	30	30	16	73	31	69	41	31	388
	+29 (76%)	+8 (36%)	+7 (30%)	+6 (60%)	+11 (18%)	+9 (41%)	+10 (17%)	+16 (64%)	+10 (48%)	+106 (38%)
<b>DF</b>	15	67	46	31	73	63	68	52	52	467
	+5 (50%)	+26 (63%)	+17 (59%)	+11 (55%)	+12 (20%)	+25 (66%)	+8 (13%)	+18 (53%)	+21 (68%)	+143 (44%)
<b>MF</b>	16	41	68	56	73	51	68	61	69	503
	+4 (33%)	+16 (64%)	+28 (70%)	+22 (65%)	+8 (12%)	+17 (50%)	+10 (17%)	+22 (56%)	+27 (64%)	+154 (44%)
<b>AS</b>	15	30	47	68	71	62	68	62	61	484
	+5 (50%)	+6 (25%)	+19 (68%)	+26 (62%)	+8 (13%)	+24 (63%)	+12 (21%)	+24 (63%)	+21 (53%)	+145 (43%)
									Average	42% increase

**Test 3.** As above but the results averaged out at 39% increase

**Test 4.** In this scenario the players were put into the reserves and did not feature in any game for the first team. When players train at Hard intensity the players become too fatigued to continue at 9 weeks. Because of this I then reduced the intensity to Medium to ensure they regained fitness. I noticed after 3 weeks of training at Medium intensity their fitness had recovered however they were no longer improving that particular stat. Therefore my training plan, which I will refer to as the 9/3 method, was as follows:

GK - Keeping at Hard for 9 weeks and Med for 3 weeks, Stamina at Hard for 9 weeks and Med for 3 weeks, Pace at Hard for 9 weeks and Med for 3 weeks.

DF - Tackling at Hard for 9 weeks and Med for 3 weeks, Heading at Hard for 9 weeks and Med for 3 weeks, Pace at Hard for 9 weeks and Med for 3 weeks.

MF - Passing at Hard for 9 weeks and Med for 3 weeks, Ball Control at Hard for 9 weeks and Med for 3 weeks, Pace at Hard for 9 weeks and Med for 3 weeks.

AS - Shooting at Hard for 9 weeks and Med for 3 weeks, Set Plays at Hard for 9 weeks and Med for 3 weeks, Pace at Hard for 9 weeks and Med for 3 weeks.

This training plan means you need to stay on top of your regime and ensure players don't become too fatigued or bored. The results are as follows:

	KP	TA	PS	SH	PC	HE	ST	SP	BC	Total Player Points
<b>GK</b>	67	31	30	14	73	30	68	42	30	385
	+29	+9	+7	+4	+11	+8	+9	+17	+9	
	(76%)	(41%)	(30%)	(40%)	(18%)	(36%)	(15%)	(68%)	(43%)	+103 (37%)
<b>DF</b>	15	69	49	30	72	63	68	52	51	469
	+5	+28	+20	+10	+11	+25	+8	+18	+20	
	(50%)	(68%)	(69%)	(50%)	(18%)	(66%)	(13%)	(53%)	(65%)	+145 (45%)
<b>MF</b>	16	48	68	48	73	52	68	62	69	504
	+4	+23	+28	+14	+8	+18	+10	+23	+27	
	(33%)	(92%)	(70%)	(41%)	(12%)	(53%)	(17%)	(59%)	(64%)	+155 (44%)
<b>AS</b>	15	31	48	69	73	62	68	62	62	490
	+5	+7	+20	+27	+10	+24	+12	+24	+22	
	(50%)	(29%)	(71%)	(64%)	(16%)	(63%)	(21%)	(63%)	(55%)	+151 (45%)
Average										43% increase

**Test 5.** The training program followed the 20/20week training pattern as seen in Test 2 but the results were not as good averaging at 40% improvement.

**Test 6.** The training program followed the 20/20week training pattern as seen in Test 2 but the results were not as good averaging at 37% improvement.

**Test 7, 8 & 9.** In these scenarios I changed all of the morning training to Individual training. With this I found out that the players became bored easily, they also fatigued and it also effected the first team players. I was bombarded with complaints from the Assistant Manager, the coaches and the players.

**Test 10, 11 & 12.** This scenarios produced weaker results. As with Tests 7,8 & 9 I was constantly bombarded with improvement suggestions from the coaching staff.

**Test 13, 14 & 15.** In these scenarios I doubled the Assistant Managers training suggestion into the afternoon sessions, keeping Sunday free. The players were playing when available in the first

team but they would become unfit and bored easily and again my training techniques were questioned. These results were weaker than others due to players fitness being low due to being overworked.

**Test 16, 17 & 18.** The Team Training echoed the training above but the players were moved into the Reserves. With Hard Intensity training the players became bored/stalled at different times so I had to pay more attention to each individual to tailor their program accordingly. I followed the 9/3 method but note that it did not stick to 9 weeks then 3 weeks as players became tired easier. Medium/Low Intensity matched the 20/20 method but produced weaker results. The 9/3 method produced the best results as seen below:

	KP	TA	PS	SH	PC	HE	ST	SP	BC	Total Player Points
<b>GK</b>	67	29	31	16	73	30	69	41	29	385
	+29 (76%)	+7 (32%)	+8 (35%)	+6 (60%)	+11 (18%)	+8 (36%)	+10 (17%)	+16 (64%)	+8 (38%)	+103 (37%)
<b>DF</b>	15	67	46	29	73	60	69	51	53	463
	+5 (50%)	+26 (63%)	+17 (59%)	+9 (45%)	+12 (20%)	+22 (58%)	+9 (15%)	+17 (50%)	+22 (71%)	+139 (43%)
<b>MF</b>	15	45	67	48	72	51	67	60	68	493
	+3 (25%)	+20 (80%)	+27 (68%)	+14 (41%)	+7 (11%)	+17 (50%)	+9 (16%)	+21 (54%)	+26 (62%)	+144 (41%)
<b>AS</b>	14	30	46	66	72	62	65	62	61	478
	+4 (40%)	+6 (25%)	+18 (64%)	+24 (57%)	+9 (14%)	+24 (63%)	+9 (16%)	+24 (63%)	+21 (53%)	+139 (41%)
Average										41% increase

**Test 19.** This was the only test where I did not use AFC Flyde, choosing Manchester City instead. The reason being was that I found it hard to loan the players from a Conference club. Although I only loaned 2 of the 4 players each for a 10 week period I found that the results where dramatically weaker then the conference club averaging at 34%. The results can be seen below:

	KP	TA	PS	SH	PC	HE	ST	SP	BC	Total Player Points
<b>GK</b>	65	30	31	13	71	30	67	40	30	377
	+25 (63%)	+9 (43%)	+11 (55%)	+3 (30%)	+7 (11%)	+7 (30%)	+12 (22%)	+17 (74%)	+10 (50%)	+101 (36.59%)
<b>DF</b>	12	53	37	26	68	49	62	40	40	387
	+3 (33%)	+14 (36%)	+12 (48%)	+6 (30%)	+4 (6%)	+14 (40%)	+5 (9%)	+9 (29%)	+12 (43%)	+79 (25.65%)
<b>MF</b>	14	46	54	34	68	39	62	50	54	421
	+4 (40%)	+18 (64%)	+18 (50%)	+7 (26%)	+7 (11%)	+10 (34%)	+6 (11%)	+12 (32%)	+16 (42%)	+98 (30.34%)
<b>AS</b>	14	31	46	65	71	60	66	62	60	475
	+4 (40%)	+11 (55%)	+21 (84%)	+27 (71%)	+7 (11%)	+24 (67%)	+11 (20%)	+23 (59%)	+23 (62%)	+151 (46.6%)
Average										34.85% increase

## Youth Player Improvement - Conclusion

From my results I would recommend that Youth Players who are in the Reserve Team be placed on Hard Individual Training using the 9/3 Method (9 weeks Hard, 3 weeks Med). This method enables a wider range of stats to be increased at a much faster pace. Managers must keep a close eye on these players to avoid boredom, fatigue and lack of progression. Youth Players that are appearing regularly for the first team should be placed on the 20/20 method (20 weeks on one stat, 20 weeks

on another). I would not recommend the loaning of players as they did not improve as much as they did over the same period whilst with their parent club. I would only recommend the loaning of players if they become unhappy with not getting enough game time.

## Training Camp

I have used the Training Camp regularly throughout my years of playing believing that the more I spent on Luxury Training Camps the better my players would improve. However due to this research I would suggest that the Training Camp has little to no effect on stat improvements whatsoever.

I fully expected to find that I would get better results at a Luxury, Intensive Camp then a Basic Leisure Camp for instance. The table below shows, over a 5 day Training Camp, the average improvement per Youth Player (The original 4 players used in earlier tests) with the varying settings applied below:

Days	Location	Facilities	Purpose	Av Increase %	2nd Test
5	Domestic	Basic	As timetable	0.93	-
5	Domestic	Basic	Intensive	0.6	-
5	Domestic	Basic	Leisure	1.04	0.66
5	Domestic	Good	As timetable	0.82	-
5	Domestic	Good	Intensive	0.66	-
5	Domestic	Good	Leisure	0.82	-
5	Domestic	Luxury	As timetable	0.71	-
5	Domestic	Luxury	Intensive	0.88	-
5	Domestic	Luxury	Leisure	0.6	-
5	Abroad	Basic	As timetable	0.77	-
5	Abroad	Basic	Intensive	0.6	-
5	Abroad	Basic	Leisure	0.82	-
5	Abroad	Good	As timetable	0.6	-
5	Abroad	Good	Intensive	0.77	-
5	Abroad	Good	Leisure	0.82	-
5	Abroad	Luxury	As timetable	0.82	-
5	Abroad	Luxury	Intensive	0.71	0.71
5	Abroad	Luxury	Leisure	0.66	-
-	-	-	Nothing	0.93	-

As it can be seen there is no direct correlation between the results of any camp. The Training Camp which had Domestic/Basic/Leisure produced the best increase of stats. However when I ran the same scenario a second time it produced one of the lowest results. I fully expected the Abroad/Luxury/Intensive to produce the best results but it only produced average results and the second test provided the same. In fact doing nothing over the same period had one of the biggest increases in stats.

Noting that I have only taken the data across the 4 Youth Players not the whole team so it may have a more correlated outcome but I predicted that the Youth Players would be effected the most.

My conclusion is to save your money!!! I am determined to find out a use for the Training Camp it may be that it is a great way of making your team fitter or to bring cohesion pre-season so I will be running further test scenarios in the future and I will report my findings.

### Training in-between Seasons

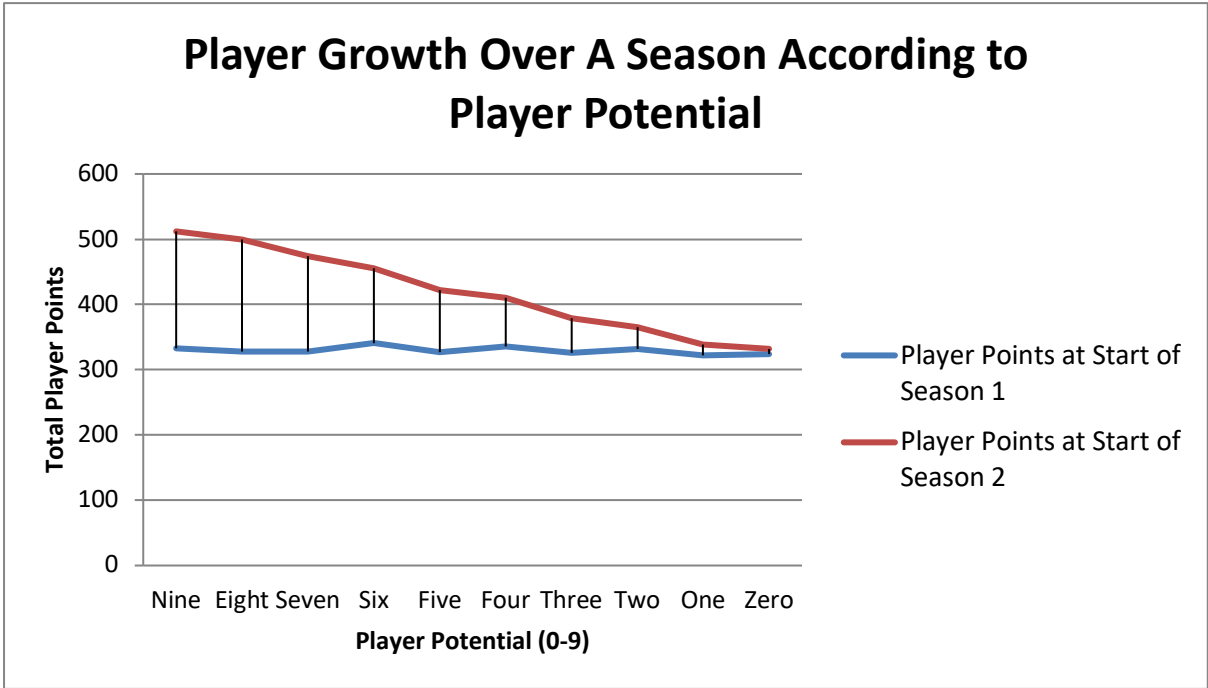
Are you like me? Do you whack all you players on High Intensity Individual Training and max out the Team Training schedule the day before the Season ends hoping that the first day of the new season your players have vastly improved? Well don't bother! Again my results show no correlation between training your players and resting them. The Youth Players see an increase over the closed period but there is no direct improvement between training them compared to resting. My results are below:

Intensity	Schedule	Average Increase %
High	Assistant Manager	0.75
Med	Assistant Manager	0.64
Low	Assistant Manager	0.86
High	All Individual	0.59
Med	All Individual	0.7
Low	All Individual	0.59
High	Double Assistant Manager	0.64
Med	Double Assistant Manager	0.86
Low	Double Assistant Manager	0.7
No Individual	Assistant Manager	0.7
No Individual	All Rest	0.64

### Player Potential Improvement

This test was to show the average overall improvement of players depending on their hidden Player Potential Statistic (0-9). I took 10 players of the same position each with a different player potential and put them on the 20/20 method of Med Intensity over the course of a whole season. All of the players were aged 17 and none of them played in any First Team Fixture. As expected players with the Potential of 9 improved by 54% and players with 0 improved by only 2%. The full results can be seen below:

	KP	TA	PS	SH	Pc	HE	ST	SP	BC	Overall
Nine	+5 (50%)	+22 (81%)	+28 (68%)	+21 (72%)	+11 (17%)	+21 (64%)	+13 (24%)	+29 (83%)	+29 (73%)	+179 (54%)
Eight	+5 (50%)	+19 (68%)	+25 (60%)	+20 (74%)	+12 (20%)	+23 (79%)	+13 (23%)	+24 (63%)	+31 (84%)	+172 (52%)
Seven	+1 (8%)	+18 (69%)	+22 (54%)	+18 (69%)	+9 (15%)	+18 (58%)	+12 (21%)	+22 (61%)	+26 (68%)	+146 (45%)
Six	+2 (17%)	+14 (50%)	+20 (50%)	+12 (41%)	+8 (13%)	+14 (42%)	+8 (14%)	+16 (41%)	+20 (50%)	+114 (33%)
Five	+1 (8%)	+10 (34%)	+16 (42%)	+12 (46%)	+5 (8%)	+12 (40%)	+9 (16%)	+14 (39%)	+16 (42%)	+95 (29%)
Four	+1 (9%)	+9 (33%)	+11 (27%)	+10 (37%)	+5 (8%)	+8 (25%)	+8 (14%)	+10 (26%)	+12 (30%)	+74 (22%)
Three	+1 (9%)	+5 (17%)	+8 (21%)	+9 (36%)	+3 (5%)	+8 (28%)	+4 (7%)	+6 (16%)	+9 (24%)	+53 (16%)
Two	+1 (9%)	+4 (14%)	+7 (18%)	+2 (7%)	+1 (2%)	+4 (13%)	+3 (5%)	+3 (8%)	+8 (22%)	+33 (10%)
One	+1 (11%)	+4 (16%)	+3 (8%)	+0 (0%)	+2 (3%)	+2 (7%)	+1 (2%)	+1 (3%)	+3 (8%)	+17 (5%)
Zero	+1 (10%)	+0 (0%)	+2 (5%)	+0 (0%)	+1 (2%)	+1 (3%)	+1 (2%)	+0 (0%)	+2 (5%)	+8 (2%)



I hope that you have found my results useful and I will look to do further tests in the future.

Happy Gaming!

Dane  
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