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The Capabilities Continuum –  
Maximising what young players  
CAN DO in their Individual  
Development

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1. WHAT IS YOUR "STRENGTH BASED CAPABILITY"  
PROGRAM?

2. HOW DO WE DEVELOP IT ?

3. HOW WOULD YOU RECOMMEND OTHER  
ACADEMIES TO DEVELOP THEIR SYSTEM ?

4. PRACTICAL EXAMPLES

5. ANY RECOMENDATIONS FOR GRASS ROOTS  
MODEL?



# 1. WHAT IS OUR “STRENGTH BASED CAPABILITY” PROGRAM ?



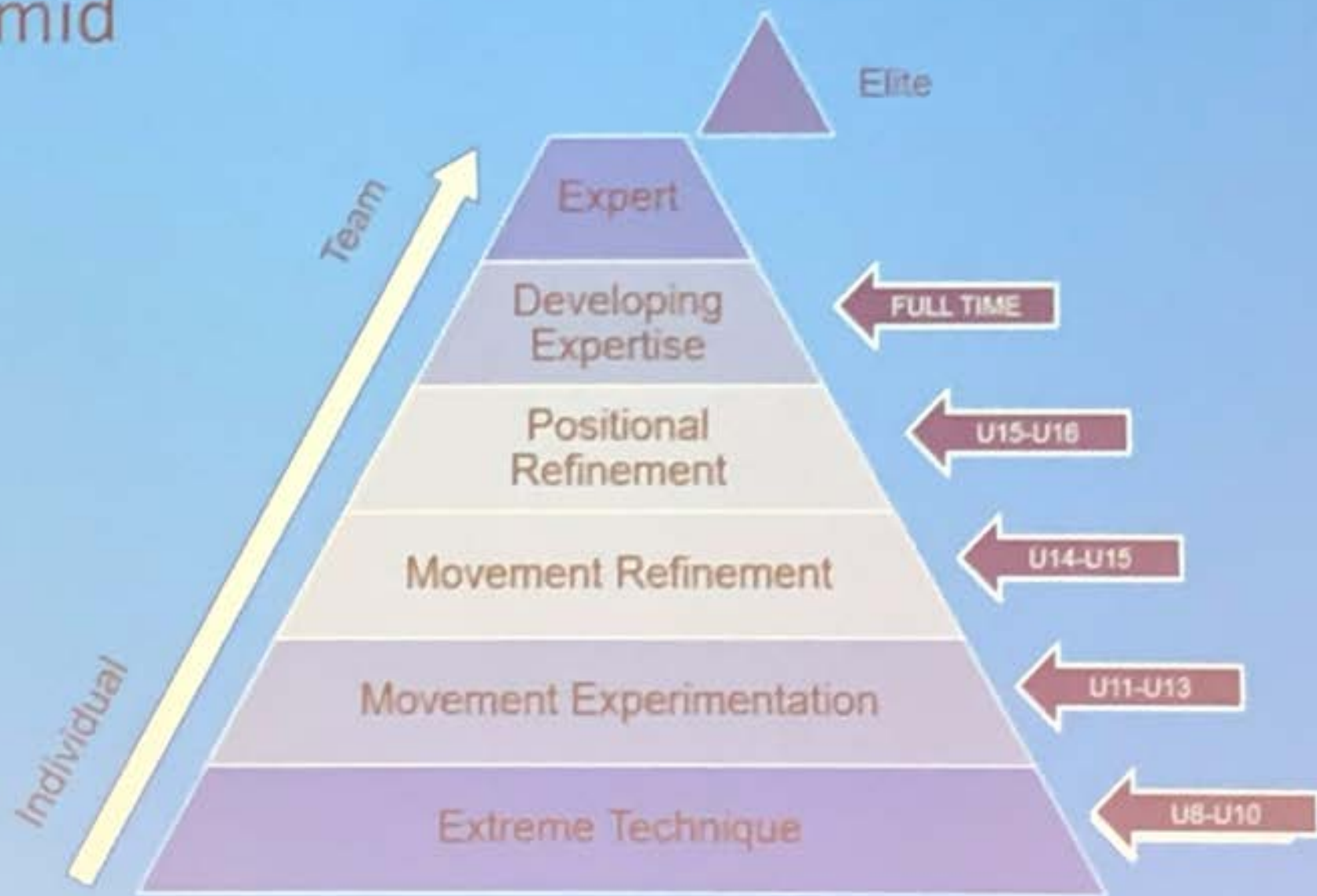
## Our Aim For Our Players

1. Our First Team
2. Another Club in a higher division
3. Salaried football
4. Overseas
5. Education
6. Support for Alternative Careers

## Commitment To The Players

To provide as many opportunities for them to succeed through a training programme that addresses 'individual' needs, and a games programme that allows for maximal opportunities to develop.

# Development Pyramid





# We Look For Players Who Can..



**Score**



**Create**



# We Look For Players Who Can..



**Score**



**Create**



**Stop**

# Strength based capability approach





# Strengths Based Capability Approach

- An approach to coaching that acknowledges existing competencies
- A coaching process through which strengths are identified, developed and celebrated
- Provides opportunities for players to maximize their signature strengths and creates a personalized learning environment



# Strengths Based Capability Approach

- Continue to work on what they are good at and make it a super strength
- Avoids the lens of 'pathology'
- Don't waste time on the things they aren't good at

UNLESS IT  
DRASTICALLY  
EFFECTS THEIR  
PROGRESS !!!

# Zone of Proximal Development (Vygotsky)





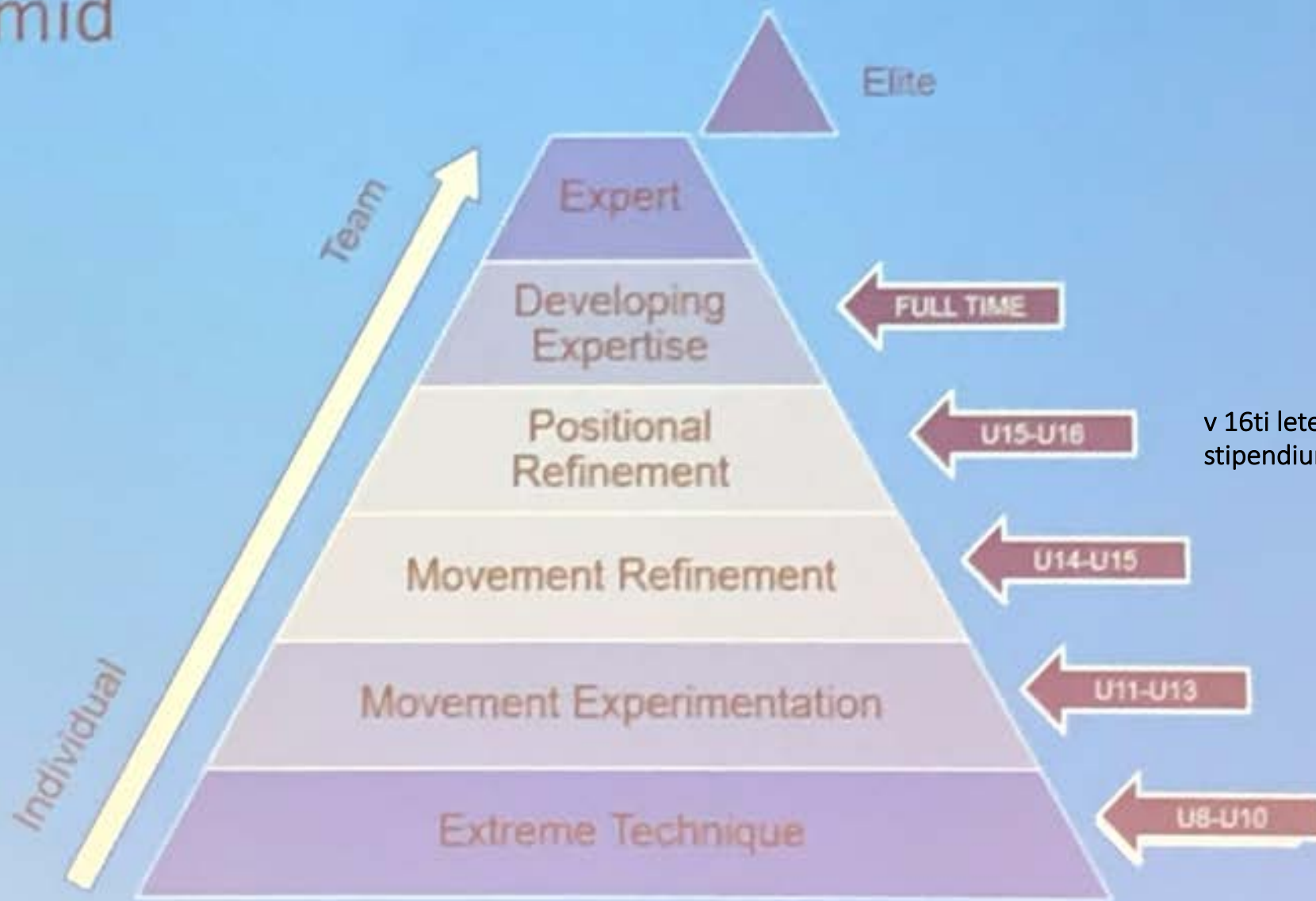
Power OVER Coaching



Power UNDER coaching



# Development Pyramid



v 16ti letech může hráč získat stipendium

# The 12 Year Journey

