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Table 2

Study Sample for the Premier League Elite Player Performance Plan (EPPP)

Phase	Number of participants recruited	EPPP age range	EPPP game format	EPPP philosophy
Foundation Phase (FP)	5	9-11 years	To include 4-aside to 7-aside	Learning to love the game & mastery of the ball
Youth Development Phase (YDP) (a)	4	12-13 years	9-aside	Learning to compete in the team
Youth Development Phase (YDP) (b)	5	14-16 years	11-aside	Learning to compete in the team
Professional Development Phase (PDP)	5	17-21 years	11-aside	Learning to win & genuine rehearsal for the professional game