



**LOUDOUN SOCCER  
AGE GROUP TRAINING CURRICULUM**

**U9**

Week	Topic	Technical	Tactical	Physical	Psychological	"The Fifth Element"
1	Passing and Receiving	Positioning/Posture; Foot Surfaces/correct foot; Checking shoulder	Playing away from pressure	Footwork; Movement	Composure, Focus, Discipline, Competitive	Team Building & Goal-Setting
2	Passing and Receiving	Positioning/Posture; Foot Surfaces/correct foot; Checking shoulder	Shape; Relieving pressure & utilizing support (incl. GK)	Footwork; Movement	Composure, Focus, Discipline, Competitive	Individual Training Plans
3	Dribbling	Foot Surfaces; Change of Speed and Direction	Decisions: Attacking space or Defender	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Relationships & Team Building
4	Dribbling	Foot Surfaces; Change of Speed and Direction	Decisions: Attacking space or Defender or Shielding	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Intro to nutrition and hydration
5	Team Goalkeeping	Set Position; Handling; Footwork and Diving (basics)	When to Play Ball or Defend Goal	Aggression; Speed	Confidence Building; Responding to Mistakes	Intro Team Warm-Up
6	1v1 Defending - Tackling and Defensive Heading	Technical Safety; Block and Poke; Defensive Headers	Pressure; When to Tackle or Contain; stepping to win headers/winning the first-ball	Aggression/Use of Body	Confidence Building and Communication	Intro to nutrition and hydration
7	2v2 - Defending	Body Position and Posture	Pressure and Cover; Positioning (ball/goal-side) and Switching Roles	Aggression/Use of Body	Confidence Building and Communication	Intro to Leadership
8	1v1 Attacking - Goal Scoring	Finishing - various	Decisions: when to pass or shoot	Speed; Aggression	Being Positive	Intro to Leadership
9	2v2 Attacking - Combinations, Goal Scoring and Attacking Heading	Body shape and foot surfaces for combination play; Attacking Headers	Possession vs. Penetration	Speed; Use of Body	Being Positive	Intro Team Warm-Up
10	Team Goalkeeping	Diving (breakaways); GK as an extra defender/attacker	When to Play Ball, Dealing with back pass/1st attacker	Aggression; Speed	Confidence Building; Responding to Mistakes	Goals Evaluation

**LOUDOUN SOCCER  
AGE GROUP TRAINING CURRICULUM**



**U10**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	Passing and Receiving	Positioning/Posture; Foot Surfaces/correct foot; Checking shoulder	Less touches/time between touches; Awareness	Footwork; Movement	Composure, Focus, Discipline, Competitive	Team Building & Goal-Setting
2	Passing and Receiving	Positioning/Posture; Foot Surfaces/correct foot; Checking shoulder	Less touches/time between touches; Awareness	Footwork; Movement	Composure, Focus, Discipline, Competitive	Intro cool-down
3	Dribbling	Foot Surfaces; Change of Speed and Direction	Decisions: Attacking space or Defender	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Individual Training Plans
4	Dribbling	Foot Surfaces; Change of Speed and Direction	Decisions: Attacking space, Defender or Shielding	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captancy Roles
5	Team Goalkeeping	Set Position; Handling; Footwork and Diving (basics)	Adjusting Position around the goal	Aggression; Speed	Confidence Building; Responding to Mistakes	Individual Player Management
6	1v1/2v2 Defending	Body Position and Posture; slide tackles	Pressure and Cover; Positioning, Switching Roles & Recovery Runs	Aggression/Use of Body	Confidence Building and Communication	Leadership and Captancy Roles
7	1v1/2v2 Defending	Pressuring from Behind - winning the ball	Forcing Play Backwards - when to win/contain	Aggression/Use of Body	Confidence Building and Communication	Individual Player Management
8	1v1/2v2 Attacking	Playing with Back to Goal; Finishing - various	Decisions: when to turn, pass or shoot	Speed; Aggression	Being Positive	Individual Player Management
9	1v1/2v2 Attacking	Body shape and foot surfaces for combination play	Shape and Movement	Speed; Use of Body	Being Positive	Individual Player Management
10	Team Goalkeeping	Diving (breakaways)	When to Play Ball or stay and Defend the Goal	Aggression; Speed	Confidence Building; Responding to Mistakes	Goals Evaluation

**LOUDOUN SOCCER**  
**AGE GROUP TRAINING CURRICULUM**



**U11**

Week	Topic	Technical	Tactical	Physical	Psychological	"The Fifth Element"
1	<b>Short Passing and Receiving</b>	Preparing for touch/pass; Quality of First-Touch/Pass	Less touches; Awareness; Switching the play/playing away from pressure	Aggression	Focus, Discipline, Competitive	Team Building & Goal-Setting
2	<b>Long Passing and Receiving</b>	Preparing for ball, First-Touch (surfaces), Stepping into Pass, Pace	Choice of Pass; Less touches; Awareness; Switching the play/playing away from pressure	Aggression	Focus, Discipline, Competitive	Leadership and Captaincy Roles
3	<b>Goalkeeping: Positioning; Dealing with Crosses</b>	Positioning; How to Catch or Punch (1/2 hands)	When to play the ball; Decisions: Catch/Punch	Aggression, Use of Body	Communication, Focus, Bravery	Individual Player Management
4	<b>Goalkeeping: Dealing with first ball</b>	Positioning; How to Parry, Tip or Catch	Decisions: When to Parry, Tip or Catch	Speed, Aggression	Focus, Composure, Bravery	Goals Evaluation
5	<b>Dribbling / 1v1</b>	Ball manipulation, unbalancing defender	Decisions: Attacking space, Defender or Shielding	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
6	<b>1v1/1v2 Attacking</b>	Unbalancing defenders; Change of Speed and Direction	Identifying space; Decisions: when/where to beat defenders	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
7	<b>1v1 - 3v3 Defending</b>	Body Position and Posture: Making Play Predictable	Cover and Balance & Switching Roles	Speed; Use of Body	Communication and Leadership	Individual Player Management
8	<b>Group Defending</b>	Unbalancing Defenders; Movement off Ball	Shape: Depth & (lateral) Positioning - " <i>stepping and sliding</i> "; winning the first-ball	Speed; Use of Body	Communication and Leadership	Individual Player Management
9	<b>1v1 - 3v3 Attacking</b>	Quality of pass/1st touch, supporting angles and distances	Shape; Support; Penetration ("behind and between")	Speed	Being positive, Work-ethic, Concentration	Individual Player Management
10	<b>Group Attacking - Transition</b>	Quality and speed of passing and recovering	Gaining and Recovering Team Shape (off/def); Choice of Pass: Forward, Sideways, Back;	Speed	Being positive, Work-ethic, Concentration	Individual Player Management

**LOUDOUN SOCCER**  
**AGE GROUP TRAINING CURRICULUM**



**U12 Fall Season**

Week	Topic	Technical	Tactical	Physical	Psychological	"The Fifth Element"
1	Group Possession	Quality of First-Touch/Pass	Creating space; Dealing with pressure; Combination Play	Speed; Aggression	Dealing with Pressure; Competitive	Team Building & Goal-Setting
2	Group Possession	Quality of First-Touch/Pass	Creating space; Dealing with pressure; Combination Play	Speed; Aggression	Dealing with Pressure; Competitive	Leadership and Captaincy Roles
3	Group Attacking	Speed of Play	Shape; Penetration (incl. combination play); Movement	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
4	Group Attacking	Speed of Play	Decisions: when/where to beat defenders	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
5	Group Defending	Body Position and Posture: Making Play Predictable	Shape: Depth & (lateral) Positioning - " <i>stepping and sliding</i> "; winning the first-ball	Speed; Use of Body	Communication and Leadership	Individual Player Management
6	Group Defending	Body Position and Posture: Making Play Predictable	High or Low Pressure	Speed; Aggression; Use of Body	Communication and Leadership	Individual Player Management
7	Possession: Playing out of back (small-sided)	Quality of pass/1st touch, supporting angles and distances	Decisions/Options: Play through midfield; Strikers feet; Channel	Speed; Aggression; Use of Body	Dealing with Pressure; Competitive; Concentration	Individual Player Management
8	Possession: Playing through midfield (small-sided)	Quality of pass/1st touch, supporting angles and distances	Shape; Movement; Priorities: Forward, sideways, backwards	Speed; Aggression; Use of Body	Dealing with Pressure; Competitive; Concentration	Individual Player Management
9	Attacking in Final Third: Possession vs. Penetration (small-sided)	Quality of pass/1st touch, supporting angles and distances	Movement, Shape, Depth; Penetration (incl. combination play)	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Individual Player Management
10	Finishing around the goal-area	Quality of Finish	Movement/Finding space; Getting across defenders; Choice of Finish;	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity, Bravery	Goals Evaluation

**LOUDOUN SOCCER**  
**AGE GROUP TRAINING CURRICULUM**



**U12 Spring Season - preparation for 11v11 at U13**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	<b>Small Group Possession</b>	Quality of First-Touch/Pass	Shape; Dealing with pressure	Speed; Aggression	Dealing with Pressure; Competitive	Team Building & Goal-Setting
2	<b>Small Group Possession</b>	Quality of First-Touch/Pass	Dealing with pressure; Combination Play	Speed; Aggression	Dealing with Pressure; Competitive	Leadership and Captaincy Roles
3	<b>Small Group Attacking</b>	Speed of Play	Shape; Possession vs. Penetration	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
4	<b>Small Group Attacking</b>	Speed of Play	Getting ahead of Ball	Speed; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
5	<b>Small Group Defending</b>	Body Position and Posture: Making Play Predictable	Shape: Staying Compact	Speed; Aggression; Use of Body	Communication and Leadership	Individual Player Management
6	<b>Small Group Defending</b>	Body Position and Posture: Making Play Predictable	Shape: Passing players on	Speed; Aggression; Use of Body	Communication and Leadership	Individual Player Management
7	<b>Linking the Thirds of the Field in Attack</b>	Quality of pass/1st touch, supporting angles and distances	Decisions/Options: Play through midfield; Strikers feet; Channel	Speed; Aggression; Use of Body	Dealing with Pressure; Competitive; Concentration	Individual Player Management
8	<b>Linking the Thirds of the Field in Attack</b>	Quality of pass/1st touch, supporting angles and distances	Shape; Movement; Priorities: Forward, sideways, backwards	Speed; Aggression; Use of Body	Dealing with Pressure; Competitive; Concentration	Individual Player Management
9	<b>Attacking in Final Third: Possession vs. Penetration (small-sided)</b>	Quality of pass/1st touch, supporting angles and distances	Shape; Movement; Penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Individual Player Management
10	<b>Finishing around the goal-area</b>	Quality of Finish: Accuracy vs. power	Finding space; Choice of Finish	Speed; Aggression; Use of Body	Being positive; Creativity; Bravery	Goals Evaluation

**LOUDOUN SOCCER  
AGE GROUP TRAINING CURRICULUM**



**U13**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	<b>Group Possession: Transition</b>	Quality of First-Touch/Pass; textured passing	Less /no touches (letting ball run); Awareness	Speed	Being positive, Risk-Taking/Creativity	Team Building & Goal-Setting
2	<b>Team Possession: Transition</b>	Preparing for ball, First-Touch (surfaces), Stepping into Pass, Pace	Vision; Decisions: Choice of Pass	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captainty Roles
3	<b>Group Attacking: Numbers up/Down</b>	Ball manipulation; combinations; unbalancing defender	Movement (getting forward); Timing: Delaying/Gaining penetration	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captainty Roles
4	<b>Group Defending: Numbers up/Down</b>	Body Position and Posture: Delaying the Attack	Shape: Staying Compact; Passing players on	Aggression, Use of Body	Communication and Leadership	Leadership and Captainty Roles
5	<b>Defending in the Final Third (from the front)</b>	Speed/Angle of Pressure; Body Position	Shape: Depth between thirds; Ball-side/Goal-side; 1v1 defensive distances	Aggression, Use of Body	Communication and Leadership	Individual Player Management
6	<b>Defending in the Middle Third</b>	1v1 start Positions; Speed/Angle of Pressure; Body Position	Shape: Depth & (lateral) Positioning - " <i>stepping and sliding</i> "	Aggression, Use of Body	Communication; Leadership; Decision Making: When to Pressure	Individual Player Management
7	<b>Defending in the Defensive Third</b>	1v1 start Positions; Speed/Angle of Pressure; Body Position	Shape: Depth & (lateral) Positioning - " <i>stepping and sliding</i> "; Decisions: When to Pressure	Aggression, Use of Body	Communication; Leadership; Decision Making: When to Pressure	Individual Player Management
8	<b>Attacking from the Defensive Third</b>	Quality of First-Touch/Pass	Vision; Decisions: Choice of Pass: Forward, Sideways, Back;	Speed; Aggression; Use of Body	Being positive, Work-ethic, Concentration	Individual Player Management
9	<b>Attacking from the Middle Third</b>	Quality of First-Touch/Pass	Vision; Choice of Pass/Use of ball	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Individual Player Management
10	<b>Attacking in Final Third: Possession vs. Penetration</b>	Quality of First-Touch/Pass: Positive where possible	Shape; Movement; Penetration	Speed, Aggression	Being positive, Risk-Taking/Creativity	Goals Evaluation

**LOUDOUN SOCCER  
AGE GROUP TRAINING CURRICULUM**



**U14**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	<b>Group Possession</b>	Quality of First-Touch/Pass	Less /no touches (letting ball run); Awareness	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Team Building & Goal-Setting
2	<b>Team Possession</b>	Speed of Play	Vision; Decisions: Choice of Pass: Forward, Sideways, Back;	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
3	<b>Group Attacking - playing with width</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
4	<b>Team Attacking - playing with width</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
5	<b>Group Defending</b>	Body Position and Posture; Tackling	Shape: Staying Compact	Speed; Aggression; Use of Body	Communication and Leadership	Individual Player Management
6	<b>Team Defending</b>	1v1 start Positions; Speed/Angle of Pressure; Body Position; Tackling	Zone or Flat; Shape; Positioning; Closing passing lanes	Aggression, Use of Body	Communication; Leadership; Decision Making: When to Pressure/When to 'Step'	Individual Player Management
7	<b>Group Possession: Transition</b>	Quality of First-Touch/Pass	Less /no touches (letting ball run); Awareness	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
8	<b>Team Possession: Transition</b>	Preparing for ball, First-Touch (surfaces), Stepping into Pass, Pace	Vision; Decisions: Choice of Pass	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
9	<b>Group Possession: Switching the Point of Attack</b>	Speed of Play	Vision; Awareness; Choice of Pass	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
10	<b>Team Possession: Switching the Point of Attack</b>	Speed of Play	Vision; Awareness; Choice of Pass, Utilizing numbers (getting forward)	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Goals Evaluation



**LOUDOUN SOCCER  
AGE GROUP TRAINING CURRICULUM**

**U15**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	<b>Group Possession</b>	Quality of First-Touch/Pass	Playing out of pressure	Speed; Aggression; Use of Body	Dealing with pressure/small spaces; problem-solving	Team Building & Goal-Setting
2	<b>Team Possession</b>	Speed of Play	Vision; Decisions: Choice of Pass: Forward, Sideways, Back;	Speed; Aggression; Use of Body	Dealing with pressure/small spaces; problem-solving	Leadership and Captaincy Roles
3	<b>Group Attacking</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
4	<b>Team Attacking</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
5	<b>Group Defending</b>	Body Position and Posture; Tackling	Shape: Staying Compact	Speed; Aggression; Use of Body	Dealing with pressure; problem-solving	Individual Player Management
6	<b>Team Defending</b>	Start Positions; Speed/Angle of Pressure; Body Position; Tackling	Shape; Positioning; Closing passing lanes	Aggression, Use of Body	Communication; Leadership; Decision Making: When to Pressure/When to 'Step'	Individual Player Management
7	<b>Group Possession: Transition</b>	Positive first-touch; Receiving away from pressure	Creating time/space on the ball	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
8	<b>Team Possession: Transition</b>	Positive first-touch; Receiving away from pressure	Creating time/space on the ball	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
9	<b>Group Possession: Switching the Point of Attack</b>	Speed of Play	Playing into or away from pressure - getting in-behind	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
10	<b>Team Possession: Switching the Point of Attack</b>	Speed of Play	Playing into or away from pressure; Utilizing numbers (getting forward)	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Goals Evaluation

**LOUDOUN SOCCER**  
**AGE GROUP TRAINING CURRICULUM**



**U16**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	<b>Group Possession</b>	Quality of First-Touch/Pass	Playing out of pressure	Speed; Aggression; Use of Body	Dealing with pressure/small spaces; problem-solving	Team Building & Goal-Setting
2	<b>Team Possession</b>	Speed of Play	Vision; Decisions: Choice of Pass: Forward, Sideways, Back;	Speed; Aggression; Use of Body	Dealing with pressure/small spaces; problem-solving	Leadership and Captaincy Roles
3	<b>Group Attacking</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive; Risk-Taking; Creativity	Leadership and Captaincy Roles
4	<b>Team Attacking</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive; Risk-Taking; Creativity	Leadership and Captaincy Roles
5	<b>Group Defending</b>	Body Position and Posture; Tackling	Shape: Staying Compact	Speed; Aggression; Use of Body	Communication and Leadership	Individual Player Management
6	<b>Team Defending</b>	Start Positions; Speed/Angle of Pressure; Body Position; Tackling	Shape; Positioning; Closing passing lanes	Aggression, Use of Body	Communication; Leadership; Decision Making: When to Pressure/When to 'Step'	Individual Player Management
7	<b>Group Possession: Transition</b>	Positive first-touch; Receiving away from pressure	Creating time/space on the ball	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
8	<b>Team Possession: Transition</b>	Positive first-touch; Receiving away from pressure	Creating time/space on the ball	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
9	<b>Group Possession: Switching the Point of Attack</b>	Speed of Play	Playing into or away from pressure - getting in-behind	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
10	<b>Team Possession: Switching the Point of Attack</b>	Speed of Play	Playing into or away from pressure; Utilizing numbers (getting forward)	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Goals Evaluation

**LOUDOUN SOCCER  
AGE GROUP TRAINING CURRICULUM**



**U17-U19**

<b>Week</b>	<b>Topic</b>	<b>Technical</b>	<b>Tactical</b>	<b>Physical</b>	<b>Psychological</b>	<b>"The Fifth Element"</b>
1	<b>Team Possession</b>	Quality of First-Touch/Pass	Less /no touches (letting ball run); Awareness	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Team Building & Goal-Setting
2	<b>Team Attacking</b>	Speed of Play	Patterns of Play; Shadow Play	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
3	<b>Group Defending</b>	Body Position and Posture; Tackling	Shape: Staying Compact; switching roles	Speed; Aggression; Use of Body	Communication and Leadership	Leadership and Captaincy Roles
4	<b>Team Defending</b>	Start Positions; Speed/Angle of Pressure	Shadow Play; Line of Confrontation;	Speed; Aggression; Use of Body	Communication; Leadership; Decision Making: When to mark	Leadership and Captaincy Roles
5	<b>Group Attacking</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
6	<b>Team Attacking</b>	Quality of First-Touch/Pass: Positive where possible; Quality of Finish	Movement (getting numbers forward); Timing: Delaying/Gaining penetration	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
7	<b>Group Possession: Transition</b>	Quality of First-Touch/Pass	Less /no touches (letting ball run); Awareness	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
8	<b>Team Possession: Transition</b>	Preparing for ball, First-Touch (surfaces), Stepping into Pass, Pace	Vision; Decisions: Choice of Pass	Speed	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
9	<b>Group Possession: Switching the Point of Attack</b>	Speed of Play	Vision; Awareness; Choice of Pass	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Leadership and Captaincy Roles
10	<b>Team Possession: Switching the Point of Attack</b>	Speed of Play	Vision; Awareness; Choice of Pass, Utilizing numbers (getting forward)	Speed; Aggression; Use of Body	Being positive, Risk-Taking/Creativity	Goals Evaluation