

U12 Foundation Phase: (The Romance)

Development of Individual Skills Individual and Small Group Tactics

The effect of the model is very important at this stage of development. Hero worship, identification with successful teams / players and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have a high arousal level in relation to the training of basic skills. **This is the “golden age of learning” and the most important age for skill development.** Demonstration is very important and the players learn best by doing. This is also an important time to introduce and teach the basic principles of play. It is important to establish discipline from the beginning.

Coach:

Sensitive Teacher; Enthusiastic; Possess soccer awareness; Ability to demonstrate or utilize someone who can paint a good picture (older player, assistant coach); Knowledge of the key factors of basic skills; Give encouragement.

License: 'D' License or higher.

Technique: Important to establish a good strong solid base.

Development of individual skills under the pressure of time, space, and an opponent.
Increase technical speed.

Dribbling: Encourage risk taking!!! Moves to beat an opponent; Keeping possession - shielding, spin turns; Change of speed, change of direction.

Receiving: Ground and air balls. All surfaces, from a partner, on the move.

Shooting: Proper striking technique, partner serve from all angles, turns, cut backs; volleys.

Passing: Proper technique - Laces, inside, outside - Short and long; Crossing.

Heading: Self serve => partner serve -jumping to head, turning the ball; Partner juggling.

Tackling: Proper technique.

Tactics: “Dawn of tactical awareness”. Basic principles of play.

-Play a variety of positions => Develop an awareness / Complete player.

-Promote attacking soccer - possibly play 3-4-3.

Individual => 1v1.

Attacking: Keep possession; Encourage risk taking => Take players on 1v1 in proper areas of the field.

Defending: Proper pressure (in front and behind); Channel player; Immediate chase.

Small Group=> 2v1, 2v2, 3v1, 3v2, 3v3.

Attacking: Keep possession=> Support, combination play=> wall pass, take over, overlap, double pass

Defending: Pressure/Cover, marking.

A Great Deal of Coaching/Teaching Within 4v4 Games

Physical: All fitness work done with the ball.

Flexibility- Static Stretching.

Agility - Coordination on the ball.

Speed.

Strength.

Endurance.

Balance/Proprioception

Psychological: Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic motivation)

Encourage decision-making.

Imagination / Creativity.

Increase demands.

Discipline.

Encourage to watch high level soccer.

The Game: 8v8 or 9v9.

U14 Formal Phase (The Commitment)

Development of Individual Skills Individual Skills and Small Group Tactics

Adult standards and formal rules become applicable. The pace of development quickens at this time due to the acceleration of physical and mental maturation. **The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence.** Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical, rebellious but have a strong commitment to the team.

Coach: Strong personality; Soccer knowledgeable; Enthusiastic, Patient but demanding.

License: 'C' License or higher.

Technique: Build on the base.

-Development of individual skills under the pressure of time, space, and an opponent.

-Increase technical speed.

Dribbling: Encourage to take players on 1v1 - Feints/moves; Keep possession -shielding/spin turns.

Receiving: Quality first touch- take balls out of the air/turning => All surfaces, on the run.

Shooting: On the run; On the turn; From all angles/ crosses, volleys.

Passing: Short, long, bent, crosses, driven, chipped => All surfaces, ALL on the run.

Heading: To goal (Shoot/glance), to pass, to clear.

Tackling: Proper technique, slide.

Tactics: Increase Tactical Speed (Decision making)

Individual => 1v1.

Attacking: Keep possession; Encourage risk taking => taking players on in the proper areas of the field.

Defending: Proper pressure (in front and behind); Channel player; Immediate chase, angles of pressure.

Small Group => 2v1, 2v2, 3v2, 3v3, 4v2, 4v4.

Attacking: Keep possession=> Support; Combination play=> wall pass, take-over, overlap, double pass. Width, depth, penetration; Crossing with proper runs in the box; Simple set plays.

A great deal of coaching/teaching within 4 v 4 => 7v7 games

Physical: All fitness work with the ball.

Flexibility - Static Stretching and Dynamic Flexibility

Agility- Coordination on the ball.

Speed

Strength – Especially core strength and stability

Endurance

Balance/Proprioception

Psychological: The game should remain fun and enjoyable. Players should have a passion for the game.

Imagination/creativity.

Increase demands.

Establish training targets

Maintain discipline.

Encourage to watch high level soccer.

The Game: 11 v 11.

U16 Fervid Phase (The Dedication)

Development of Skill and Group Tactics

This is a critical time in the player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons. Players tend lack mental toughness and self confidence. They tend to be self critical and struggle with their desire to be competitive which is not always accepted by their peers. There is a need for attention and security. There is a need for team spirit, leadership and discipline within the team.

Coach: Charismatic; Experienced; Knowledgeable; Articulate; Disciplinarian; Managerial know how; Thoughtful persuader.

License: 'B' License or higher.

Technique: Skills should be mastered leading to artistry and improvisation => All under match conditions.

-Individual skill covered during the warm-up.

-Increase technical speed. *It is important that technique is still highly emphasized at this age.*

-Strike balls cleanly over distance with accuracy under pressure.

Tactics: Increase tactical speed (Decision making)

Group => 3v3, 4v4, 7v7.

Attacking: Keep possession with a purpose- Width, depth, support.
Combination play=> wall pass, take over, overlap, double pass, third man running.
Penetration
Mobility / creativity
Crossing with proper runs into the box
Set plays

Defending: Compactness
Delay
Tracking back
Communication (Who, what, when, where)
Teach to enjoy winning possession of the ball and dictating the play with defending
Set plays

A great deal of coaching within 7 v 7 games

Physical: Fitness work with and without the ball.

Flexibility - Static stretching before and after training / matches.

Dynamic Flexibility (especially before matches & training)

Importance of discipline for warm-up and cool-down

Agility - with and without the ball

Footwork- keeping the feet active when moving / playing

Endurance - Aerobic and anaerobic

Strength - Upper and lower body. Core strength and stability

Balance/Proprioception

Nutrition - Proper diet - pre-game, post-game, tournaments, etc..

Prevention and care of injuries.

Importance of rest/recovery – schedule issues relative to the physical demands

Psychological:

Increased concentration

Leadership / player responsibilities

Discipline

Respect for the game

Goal setting

Vary program- Satisfy player's urge for competition

Encourage to watch high level soccer.

The Game: 11 v 11

U19 Final Phase - The Fulfillment (Flower in full bloom) Development of Positional and Team Play

Fulfillment of a player's potential depends on his or her own efforts, the support of his or her teammates and the unselfish guidance of his or her coach. **He/she must be exposed to a playing and training environment, which extends his/her mental, physical, and technical capabilities to the limit.**

He/she must have a sound understanding of the games' principles and concepts. Players should show emotional stability when confronted with pressure situations. **Demanding and challenging training sessions and matches are a must!!!**

Coach: Charismatic, well informed, up to date, experienced, knowledgeable, articulate, disciplinarian- No doubts about his/her authority; Managerial know-how.

License: 'B' License or higher.

Technique: Mastered skills leading to artistry => All at speed under match conditions - Demanding excellence. Individual skill covered during warm-up.

Tactics: Increase tactical speed (Decision making). Increased pressure and competition. Gamesmanship – ability to change and adapt to game dynamics, up or down goals, management of the clock.

Team/Functional => Understanding of lines and linkage. Positional technical needs.

Attacking: Possession with a purpose.
Combination play with tactical implications.
Speed of play: Deception, body positioning to look, moving with your touch.
Penetration and creativity, quality of final ball to beat backs.
Counter attack.
Wide flank play.
Target play and creating chances.
Crossing with proper runs into the box.
Set plays.

Defending: Man to man marking with sweeper behind and in front.
Zonal defending, reading service.
Pressing (Winning possession of the ball as an attacking concept).
Set plays.

A great deal of coaching / teaching within 9 v 9 => 11 v 11 games

Physical: Fitness work with and without the ball.
Flexibility - Static stretching before and after training / matches.
Dynamic Flexibility (especially before matches & training)
Importance of discipline for warm-up and cool-down
Agility - with and without the ball
Endurance - Aerobic and anaerobic
Strength - Upper and lower body. Core strength and stability
Balance/Proprioception
Nutrition - Proper diet - pre-game, post-game, tournaments, etc..
Prevention and care of injuries.
Importance of rest/recovery – schedule issues relative to the physical demands

Psychological:

Increased concentration. Goal Setting
Leadership / increased player responsibility. Accountability
Discipline
Respect for the game
Self confidence, self motivation - goal setting.
Vary program - Satisfy player's urge for competition.
Will to win. Mental Toughness/Competitive Mentality
Encourage to watch high level soccer.

The Game: 11 v 11.