

STAGES	AGE GROUPS	CHARACTERISTICS
INITIAL	U9	Pre-pubescent players from age 9-12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing ball handling skills is essential at this age as a foundation for future learning.
BASIC	U10	1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as passing techniques to develop the team game. Dribbling games emphasizing 1v1 and 2v1 skills and finishing with an emphasis on being fearless and creative.
	U11	Use small sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will <u>rotate</u> in two or three different positions to avoid early specialization
	U12	Speed, coordination, balance and agility are the main physical aspects to improve at the stage along with a continued effort to reinforce technique.
INTERMEDIATE	U13	At this stage, training sessions are orientated more towards tactics and the players will practice in bigger spaces. Players must practice a variety of techniques at this stage including dribbling moves, passing with different surfaces, finishing, turning and receiving.
	U14	Players must start to develop discipline at this stage by following the instructions of the coach both during and outside of training.
ADVANCED	U15	Tactical training and small sided games are an essential part of training at this stage. Attacking and defending principles must be part of all the games. Important parts of tactical training include speed of play (decisions), transition, counter attack and finishing in the final third as well as pressing.
	U16	Techniques will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of technical training should be position specific. (e.g. defenders: passing, midfielders: receiving and turning, strikers: finishing)
	U17	The physical aspect of the game is key at this stage: endurance, strength, and speed will be part of weekly training.
	U18	Players should be expected to show commitment to learn, concentration in training sessions and competitiveness during the game.

Here are the areas of focus for each age group, separated into Tactical, Technical, Physical, and Psychological components. The areas are ranked between 1 and 5, with 1 being a very low area of emphasis, and 5 being an area of high emphasis.

STAGE AND AGE GROUP											
TACTICAL		BASIC				INTERMEDIATE		ADVANCED			
		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
ATTACKING	1. ATTACKING PRINCIPLES	3	3	4	4	5	5	5	5	5	5
	2. POSSESSION	2	3	4	5	5	5	5	5	5	5
	3. TRANSITION	1	2	3	4	5	5	5	5	5	5
	4. COMBINATION PLAY	2	3	4	5	5	5	5	5	5	5
	5. SWITCHING PLAY	1	1	2	3	3	4	4	4	4	4
	6. COUNTER ATTACKING	1	1	1	1	2	3	4	4	5	5
	7. PLAYING OUT FROM THE BACK	3	3	4	4	5	5	5	5	5	5
	8. FINISHING- FINAL THIRD	1	2	3	4	5	5	5	5	5	5
DEFENDING	1. DEFENDING PRINCIPLES	2	3	4	4	5	5	5	5	4	4
	2. ZONAL DEFENDING	2	2	3	3	4	4	5	5	4	4
	3. PRESSING	1	1	2	2	3	3	4	4	5	5
	4. RETREAT AND RECOVERY	2	2	3	3	4	4	5	5	5	5
	5. COMPACTNESS	1	1	1	1	2	2	3	3	4	4

WORKLOAD KEY	1 = VERY LOW	2 = LOW	3 = MID	4 = HIGH	5 = VERY HIGH
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## STAGE AND AGE GROUP

TECHNICAL	BASIC				INTERMEDIATE		ADVANCED			
	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
1. PASSING AND RECEIVING	5	5	5	5	5	5	5	5	5	5
2. RUNNING WITH THE BALL	4	5	4	3	2	1	1	1	1	1
3. DRIBBLING	4	3	3	3	2	2	2	2	1	1
4. TURNING	4	5	5	4	4	4	4	4	4	4
5. SHOOTING	5	5	5	5	5	5	5	5	5	5
6. BALL CONTROL	1	2	3	4	4	5	4	3	3	3
7. HEADING	1	2	3	4	4	5	4	3	3	3
8. 1V1 ATTACKING	5	5	4	4	4	4	3	3	2	2
9. SHIELDING THE BALL	2	2	2	3	3	2	2	2	2	2
10. RECEIVING TO TURN	2	2	3	3	4	5	5	4	4	4
11. CROSSING AND FINISHING	2	2	3	3	3	3	4	4	4	4
12. 1V1 DEFENDING	1	2	2	3	4	5	4	4	3	3

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# STAGE AND AGE GROUP

PHYSICAL		BASIC				INTERMEDIATE		ADVANCED			
		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
STRENGTH	STRENGTH ENDURANCE	1	1	1	1	1	2	3	3	3	3
	EXPLOSIVE STRENGTH	1	1	2	2	3	3	4	4	5	5
	MAXIMAL STRENGTH	1	1	1	1	1	1	1	1	2	2
ENDURANCE	AEROBIC CAPACITY	1	2	2	3	3	4	4	4	4	4
	AEROBIC POWER	1	1	1	2	3	4	5	5	5	5
	ANAEROBIC LACTIC	1	1	1	1	1	2	3	4	5	5
	ANAEROBIC ALACTIC	1	1	2	2	3	3	2	2	2	2
SPEED	REACTION	4	4	4	4	5	5	4	3	2	2
	ACCELERATION	4	5	5	5	5	5	4	4	4	4
	MAXIMAL SPEED	1	1	2	2	2	2	3	3	2	1
	SPEED ENDURANCE	1	2	2	2	3	3	2	1	1	1
	ACYCLIC SPEED	4	5	5	5	5	5	5	5	5	5
FLEXIBILITY AND MOBILITY		2	2	3	3	4	4	3	3	3	3
COORDINATION AND BALANCE		4	5	5	4	3	3	2	2	2	2
AGILITY		4	5	5	4	4	4	4	4	4	4
BASIC MOTOR SKILLS		4	3	2	1	1	1	1	1	1	1
PERCEPTION AND AWARENESS		5	5	5	5	5	5	5	5	5	5

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## STAGE AND AGE GROUP

PSYCHOLOGICAL		BASIC				INTERMEDIATE		ADVANCED			
		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
BASIC	MOTIVATION	5	5	5	5	5	5	5	5	5	5
	SELF CONFIDENCE	4	4	4	4	3	3	3	3	3	3
	COOPERATION	2	2	3	3	4	4	5	5	5	5
	DETERMINATION	1	1	2	2	3	3	4	4	4	4
ADVANCED	COMPETITIVENESS	2	2	3	3	4	4	4	4	5	5
	CONCENTRATION	1	1	1	1	1	2	3	3	4	4
	COMMITMENT	1	1	2	2	3	3	4	4	4	4
	SELF CONTROL	1	1	2	2	3	3	4	4	4	4
SOCIAL	DISCIPLINE	5	5	5	5	5	5	5	5	5	5
	COMMUNICATION	1	2	3	3	4	4	5	5	4	3
	RESPECT	5	5	5	5	5	5	5	5	5	5

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