

Water Cities Soccer Club

NSCAA Player Development Curriculum



Stage 1 Players 3-5 yrs. old

- Dribbling and turning
- Ball Mastery [individual technique]
- 1 v 1 attacking and defending
- Shooting to an unopposed goal

Stage 2 Players 6-8 yrs. old

- More dribbling and turning
- Passing and Receiving
- Attacking and defending as an individual
- Passing over a short distance
- Soccer teaching games for understanding

Stage 3 Players 9-11 yrs. old

- Passing combinations and triangles
- Attacking transition
- Defending in pairs and groups
- Shooting
- Attacking small sided games
- Creating space [individual and small groups]
- Passing combinations in pairs [wall pass, overlaps]

Stage 4 Players 12-14 yrs. old

- Switching the point of attack
- Counter-attacking and finishing breakaways
- Group defending
- Transition
- Attacking combinations close to goal
- Building play from defensive third
- Small group possession
- Medium and long distance passing

Stage 5 Players 15-18 yrs. old

- Group and team defending
- Team possession with a purpose
- Advanced technical and fitness training
- Crossing and finishing
- Positional training
- Defensive organization
- High and Low pressure defending
- Transition to attack