



WHAT SHOULD WE EXPECT AT EACH LEVEL?

U4 – U6's

Emphasis on fun, excitement and play.
The kids are here to play not to play soccer
Introduce players to soccer through fun games.

U7 - U8's

Emphasis on fun, excitement and play.
Introduce players to eye-foot coordination.
Introduce players to small sided-games
Introduce players to soccer through fun games.

U9 - U10's

Emphasize fun, excitement and play.
Players should start feeling comfortable with the ball.
Creative skills development.
Elements of competition.
Teach good sportsmanship.
Teach how to deal with teammates and coaches.
Develop leadership

U11's and U12's

More structured skills development.
Individual tactics.
Defensively: don't dive in. Offensively: recognize 1 vs 1 situations.
Small group tactics. Defensively: cover, ball side and goal side.
Offensively: wall pass, overlap and support.
Team tactics: playing your position. Teach them to deal with winning and losing. Teach them to respect authority.
Teach them to listen and be coachabl



WHAT SHOULD WE EXPECT AT EACH LEVEL?

U13's and U14's

Structured skills development.

Individual tactics.

Defensively: Proper fundamentals, defensive fakes.

Offensively: Aggressive in 1 vs 1, create space for self.

Teach players to recognize and read game situations.

Small group tactics.

Defensively: Pressure-cover-balance, ball side and goal side.

Offensively: Penetration-support-movement.

Team tactics.

Playing your position as part of a team.

Taking over positions during the game.

Create a winner's mentality.

Stimulate initiative and self confidence.

U15's and U16's

Continued structured skills development.

Individual tactics: Understanding your role as part of the team, anticipate/read situations.

Team tactics.

Defensively: High vs low pressure defense, man for man vs zone, making play predictable, off-side trap.

Offensively: Slow build up vs, direct play, movement to create space for teammates.

Fitness.

Results.

Teach players to evaluate own performance.

Set realistic goals.

Show class on and off the field.

U17's to U19's

Refining and sharpening of skills.

Individual tactics: Receiving specific roles from game to game, understanding roles as part of the team concept.

Team tactics: Being able to dictate the pace of the game.

Ability to play the "result".

Show class on and off the field.