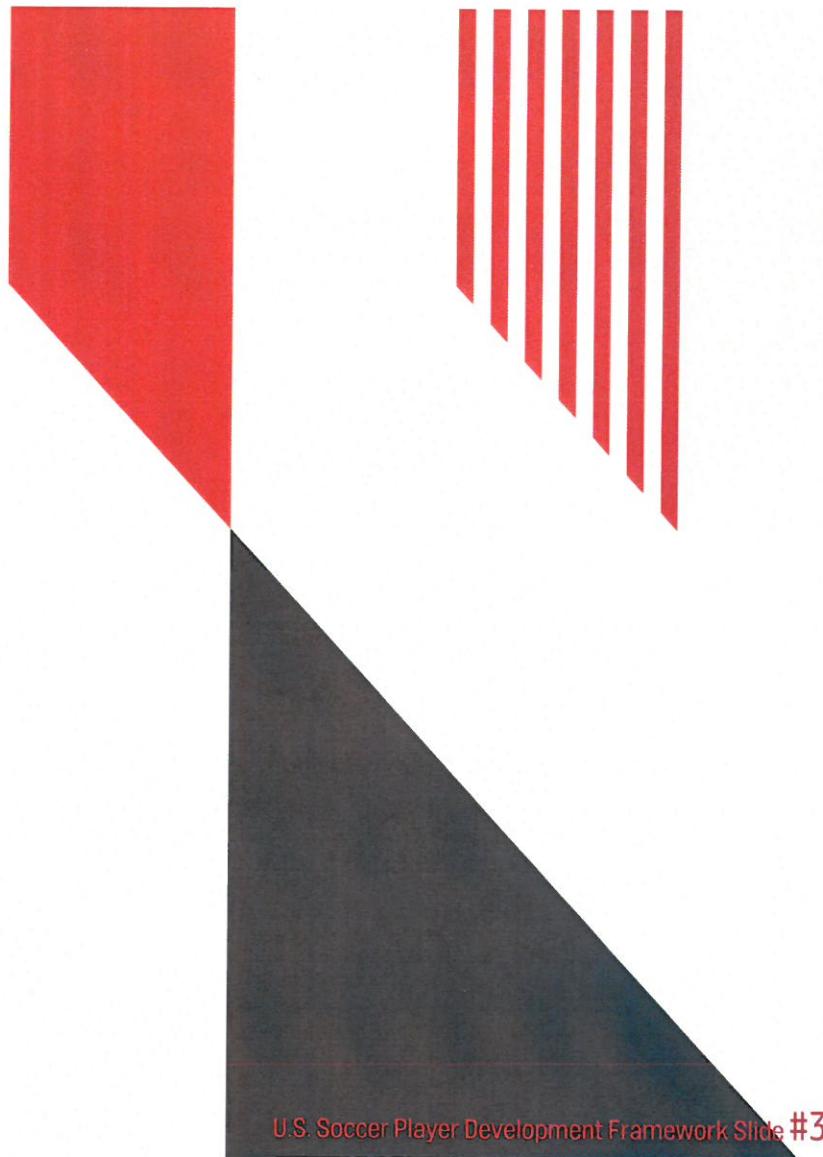


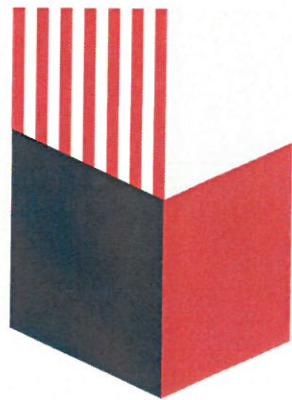


U. S. SOCCER FEDERATION  
**PLAYER DEVELOPMENT  
FRAMEWORK**  
**GAME FORMAT**





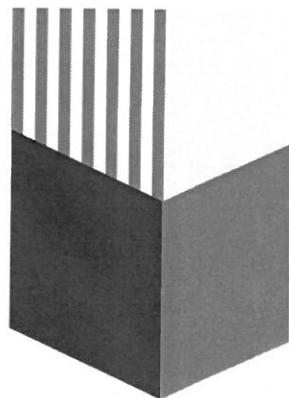
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**THE GAME & DEVELOPMENT**



**WE WANT CHILDREN TO PLAY GAMES IN AN APPROPRIATE ENVIRONMENT**



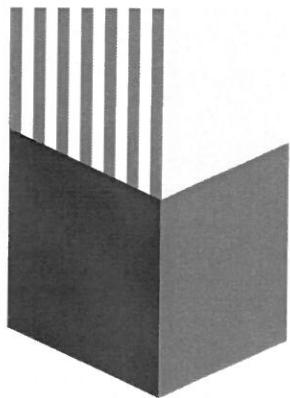
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**THE GAME & DEVELOPMENT**



WE NEED SPECIFIC GAME FORMATS FOR EACH AGE, FORMATS THAT MEET THE NEEDS AND CHALLENGES OF CHILDREN, IN ORDER TO MAXIMIZE ENJOYMENT AND STIMULATE CREATIVITY BASED ON THE AGE CHARACTERISTICS



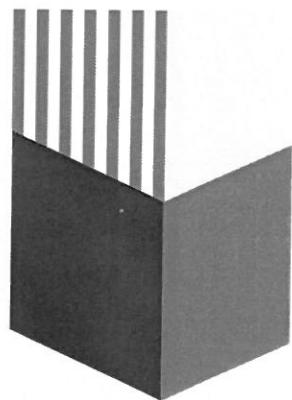
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**GAME FORMAT**



FORMATS MUST ALLOW FOR OPTIMAL DEVELOPMENT AND HAVING FUN WHILE PLAYING



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**GAME FORMAT**

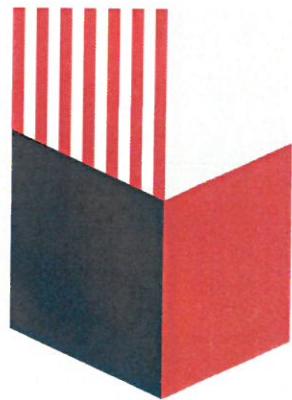


**PUTTING FUN AND THE DEVELOPMENT OF THE PLAYERS FIRST**

ASK CHILDREN WHAT THEY LIKE ABOUT THE GAME  
EMBRACE THE PERSPECTIVE OF THE PLAYER



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**GAME FORMAT**

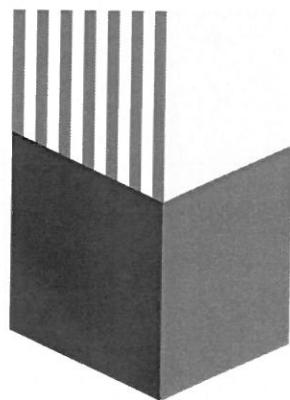


**PUTTING FUN AND THE DEVELOPMENT OF THE PLAYERS FIRST**

**GAMES WITH LESS PLAYERS POSITIVELY IMPACT ENJOYMENT**



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**GAME FORMAT**



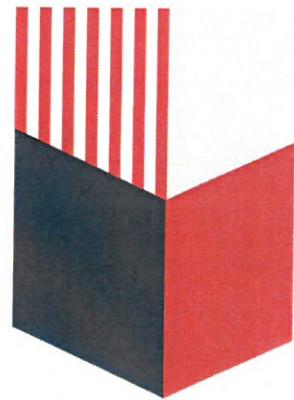
## **APPROPRIATE CHALLENGE**

## **MORE FUN & ENHANCED DEVELOPMENT**

**PARTICIPATION AND SUCCESS AS MOTIVATIONAL FACTORS**



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**GAME FORMAT**



**APPROPRIATE CHALLENGE**  
SMALL SIDE BY SIDE  
**MORE FUN & ENHANCED DEVELOPMENT**

**MORE** ENGAGEMENT

**MORE** PLAYER ACTIONS

**MORE** DECISIONS

**MORE** GOALS

**MORE** SUPPORT

**MORE** SMILES

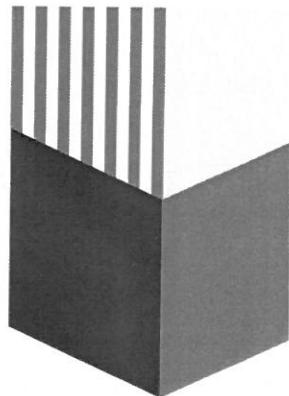


U. S. SOCCER FEDERATION  
**PLAYER DEVELOPMENT  
FRAMEWORK**  
**GAME FORMATION**





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**GAME FORMATION**

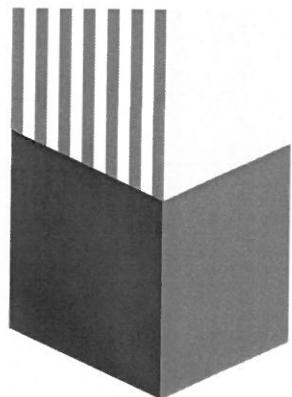


# **WHO IS IN FRONT OF US?**

**A PLAYER-CENTERED APPROACH TO PLAYING THE GAME**  
FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE GAME ENVIRONMENT



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**GAME FORMATION**



WHAT IS IMPORTANT TO DEVELOP AT THIS AGE?  
HOW DOES THE GAME FORMATION IMPACT DEVELOPMENT ?  
HOW DOES THE GAME FORMATION IMPACT FUN?

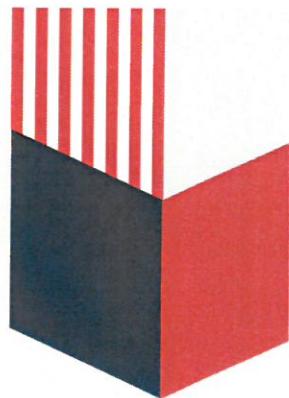
**STRIVE TO CREATE FUN AND MAXIMIZE DEVELOPMENT**

**CHOICES AND IMPACT**



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## GAME FORMATION



**1V1 AS A CENTRAL CONCEPT**

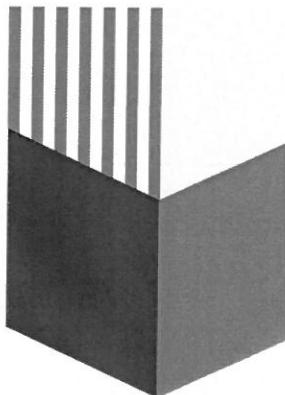
**MORE FOCUS ON INDIVIDUAL DEVELOPMENT**

**PARTICIPATION AND SUCCESS AS MOTIVATIONAL FACTORS**



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# GAME FORMATION

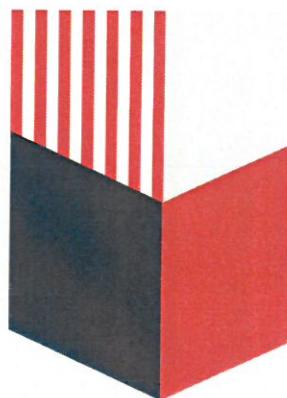


## INTRODUCTION TO FORMATIONS

- The formation is the way we provide a **starting structure** to the team.
- A formation provides how we line up, gives **each player a position**, and **connects players on the field** without the specific context of a game moment or game situation.
- A formation exists of **different lines**.
- Many **different variations** exist.
- *The formation in which a team is playing doesn't necessarily say something about the intentions of the team.*



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**GAME FORMATION**



**4v4**  
U7-U8



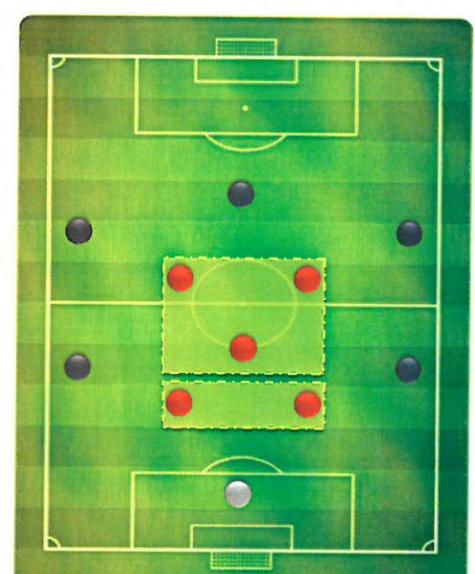
**7v7**  
U9-U10



**9v9**  
U11-U12



**11v11**  
U13+





U . S . S O C C E R F E D E R A T I O N

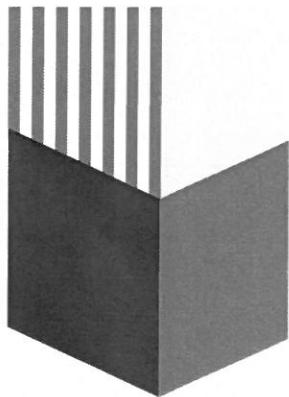
# PLAYER DEVELOPMENT FRAMEWORK

## PLAYER CENTERED





U.S. SOCCER FEDERATION - TECHNICAL PLAN  
**PLAYER-CENTERED**



“SAFETY, BELONGING, FUN, AND DEVELOPMENT  
AS KEY PILLARS  
FOR A STIMULATING SOCCER EXPERIENCE”



# FOCUS ON INDIVIDUAL DEVELOPMENT

CREATE A POSITIVE, SUPPORTIVE AND CHALLENGING LEARNING ENVIRONMENT

FUN

DIGNITY & RESPECT

SAFETY

DEVELOPMENT

ALL PLAYERS:

- PLAY A LOT OF GAMES DURING PRACTICE THAT INVOLVE THE BALL AND SCORING OPPORTUNITIES
- ENJOY THEMSELVES WITH OTHERS AND CELEBRATE SUCCESS

ALL PLAYERS:

- HAVE THE OPPORTUNITY TO EXPRESS THEMSELVES AND ARE LISTENED TO
- ARE TREATED FAIRLY AND ENCOURAGED BY THE COACH
- ARE SUPPORTED BY THE PARENTS
- TAKE ACTIVE PART IN EACH GAME & PLAY AT LEAST 50% OF THE TIME
- LEARN TO RESPECT RULES (LAWS OF THE GAME- FAIRPLAY)
- LEARN TO RESPECT OTHERS (FAIR AND HONEST TREATMENT OF PEOPLE)

ALL PLAYERS:

- PLAY IN PHYSICALLY SAFE CONDITIONS
- ARE FREE FROM INTIMIDATION, HARASSMENT, AND BULLYING
- PLAY WITHOUT BEING UNDER PRESSURE TO GET RESULTS

ALL PLAYERS:

- EXPERIENCE THE APPROPRIATE LEVEL OF CHALLENGE IN TRAINING AND COMPETITION
- ARE CHALLENGED TO MAKE OWN DECISIONS, TAKE INITIATIVE AND BE RESPONSIBLE
- LEARN & IMPROVE THEIR SOCCER SKILLS
- RECEIVE CONSTRUCTIVE FEEDBACK
- EFFORTS ARE VALUED (BUILD SELF-ESTEEM)
- LEARN TO COLLABORATE AS TEAMMATES
- BUILD RELATIONSHIPS

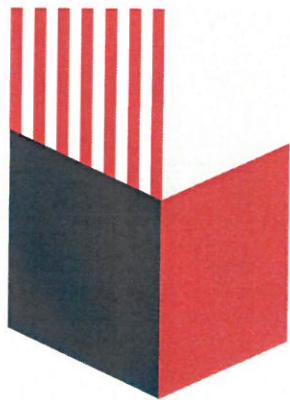
## CREATE A CULTURE OF BELONGING

ALL PLAYERS ARE ENCOURAGED TO PARTICIPATE, GIVE THEIR BEST, AND HAVE FUN



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**PLAYER CENTERED**



## **SOCCER IS A GAME OF EMOTIONS**

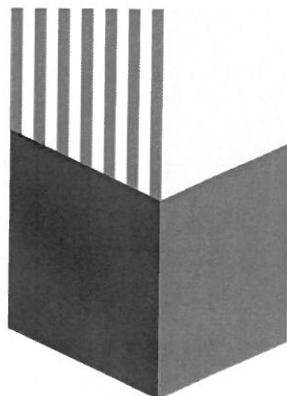
PLAYERS EXPERIENCE MANY EMOTIONS DURING GAMES AND PRACTICE

A GAME IS AN INTENSE EXPERIENCE WITH DIFFERENT KINDS OF QUICKLY CHANGING EMOTIONS

JOY - HAPPINESS - CONFIDENCE - FRUSTRATION - DISAPPOINTMENT - ANXIETY - GUILT - PRIDE



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**PLAYER CENTERED**



### **IMPORTANCE OF EMOTIONS: BEHAVIORAL AWARENESS**

- We acknowledge that everyone has emotions
- We recognize our emotions (and the ones of others) and understand them
- We talk about emotions (check-in)
- We manage our emotions instead of allowing them to control us