



Skills:

- Dribbling to penetrate (big touches, pinkie toe)
- Dribbling to find space (small and big touches, inside/outside/pinkie toe)
- Dribbling to change speed and direction (inside/outside/sole)
- Dribbling moves (scissor, step over, lunge)
- Shielding
- Passing with the inside of the foot (heel down/toe up) - 20+ yards
- Receiving across body with the inside of foot—clean away from pressure
- Receiving bouncing balls with feet and air balls with thigh/chest
- Turning with sole of foot
- Tackle with front foot (defend the correct way and less “stabbing” will occur)
- Shoulder challenge
- Crossing with variety of surfaces and to a variety of locations
- Shooting with the inside of the foot off ground and volley
- Finishing with instep off ground and off volley
- Headers and volleys to score, pass, win balls

Decision Making:

- Reading defensive shape
- Introduce 11v11 systems and numbers—specialization in 2 or 3 roles
- Dribbling to commit an opponent to create space (2v1)
- Finding space (2v1)
- Combination play (2v1)
- Creating space (2v1)
- Shape—width and depth
- Switching the point of attack with efficiency
- Play out of the back efficiently
- Recognition of where to go (where do I take my first touch?)
- Transition, counter attack
- Switching positions and attacking runs
- Speed of thought/play
- Role of third defender (tracking)
- Delay, roles when person up or person down—compactness
- Field player communication
- Set pieces (long and short/quick)
- Half-time analysis and adjustments

Psychology

- Self-Reflection
- Overcoming adversity, emotional management and positive self-talk
- Assertiveness as well as individual and team discipline
- Focus on task for a full match

Fitness

- Strength training can be introduced at onset of puberty (body weight strength training is ideal at this age)
- Power and acceleration
- Anaerobic exercise can be introduced
- Cardio training can be introduced

Training Standards:

- Pool training by ability level
- Realistic and Experiential (game-like)
- 80-100 sessions per year
- 3 times per week
- GK—Separate functional training (25-40 hrs/yr)
- Majority of training 4-8 players per ball
- Few activities with more than 12 per ball
- 1 hour and 30 minutes per session is ideal

Game Standards:

- 11v11 to goals with Goalkeepers
- 5-10 friendlies per year
- 30-35 games per year
- 4-6 tournaments would be ideal, but geography may require more
- TCSL (Cities League) - Top level in age group
- Local league (within an hour drive)
- Jamestown, Grand Forks, Fergus Falls