



Valley United Soccer Club Coaches Curriculum

Adapted from:

**UTAH SOCCER ALLIANCE
COACHING MANUAL
U-8 TO U-18**

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<http://www.utahsocceralliance.com/usacoachingmanual.pdf>

INTRODUCTION

This curriculum guide is intended to provide a unified approach to teaching the game of soccer to our young players. Having done this, it will be much easier for players to move between teams and coaches since everyone is working from the same script. The goal is not to cover every detail of what you must do in practice. Rather, the intent is to provide some guidance and minimum standards that need to be achieved for each age group. There is still plenty of room for your creativity in achieving these standards.

The bulk of the guide is divided into two-year age groups: U-8, U-10, U-12, U-14, U-16 and U-18. You should carefully read the section pertaining to the age group you are currently coaching. It also helps to at least skim over the age groups below and above yours so that you know what the players have been taught before and what they will need to do in the future.

Each age group section is divided into two main parts. The Practice Objectives section covers the technical, tactical, physical and psychological high-level objectives we are trying to achieve in this age group. The Technical-Tactical Standards section lists the minimum specific standards of performance expected in the technical, tactical and communication areas.

Following the age group sections is a chapter detailing a set of skill tests. These tests should be run with your team at least twice per year. They are very handy for quantifying the progress your team has made.

Hopefully you will find this guide useful. If you have any suggestions for additions or improvements please contact the Director of Coaching, or any of the VUSC board members.

CURRICULUM FOR U-8 PLAYERS

For players at this age, soccer is all about having fun with the ball and encouraging the children to want to have the ball at their feet. Players at this age are able to apply past experience to the present situation. At the same time, this ability is not present on a consistent basis. They are not able to imagine consequences. They learn best through experience. The coach needs to allow a lot of playing with the ball in small numbers for relatively short periods of time. A key focus for this age is encouraging players not to fear the ball. Every player needs to have plenty of opportunities to experience the ball at his or her own pace.

PRACTICE OBJECTIVES

1. Technical Objectives

Practices need to encourage the basic skills and give the players a lot of time with the ball. This will build their confidence on the ball. The coach needs to teach technique by offering a picture and then set up fun games where the objective of the game is for players to practice certain ways to control the ball.

1.1. Dribbling

- a. Attacking opponents with change of direction and speed by using feints.
- b. Dribbling to create space to shoot or pass.
- c. Running through space with change of speed and control.
- d. Keeping possession by shielding the ball and using spin turns.

1.2. Receiving and Controlling

- a. Receiving the ball with both feet and thighs to keep possession.
- b. Receiving the ball from different heights and angles.

1.3. Shooting

- a. Low driven strikes with laces after dribbling the ball.
- b. Turning with the ball and shooting with or without pressure.
- c. Shooting the ball under pressure using feints (1v1 or 2v2).

1.4. Passing

- a. Use laces, inside or outside part of both feet. Focus on proper technique.

1.5. Heading

- a. Forehead contact on the ball, eyes open to meet the ball and direct the ball with unopposed service from the front. Some players may be afraid to head the ball at this age. That is OK. Your clue as to when to teach heading is when you see some of the players start to try it on their own. At that time you can use soft balls like playground balls or beach balls to practice. The point is to learn the proper technique in order to minimize pain and injury. You should not expect U-8 players to be expert headers.

2. Tactical Objectives

Specific soccer-related information should be limited to basic ideas on how to best keep the ball from running out of bounds too often, as well as some simple ideas for maneuvering in tight spaces and past opponents. Coaches should forego discussions about positions or other team concepts.

2.1. Tactical Objectives in Attack (1v1, 1v2, 2v1, 2v2)

- a. Encouraging risk taking.
- b. Creating space to receive the ball, and dribble or shoot the ball using different feints, and spins.
- c. Experience playing at least two positions.

2.2. Tactical Objectives in Defense (1v1, 1v2, 2v1, 2v2)

- a. Interception.
- b. Pressure on player with the ball.

2.3. Communication

- a. Watching high-level soccer.

3. Physical Objectives

Fitness exercises should always involve work with the ball (foot skills, Coerver exercises, or other active training). Focus of fitness exercise is on:

- a. Flexibility (more dynamic than static stretching exercises).
- b. Agility (coordination with the ball).
- c. Improving running technique.
- d. Balance.
- e. Speed with and without the ball.

4. Psychological Objectives

Practices need to be designed that promote safe, fun and enjoyable environments where players get maximum repetition of technical skills. Games

are considered as an additional time for player's development and are used to test player's technical skills with the ball and game awareness. During practices and games coaches need to encourage from players:

- a. Decision making.
- b. Imagination and creativity.

TECHNICAL-TACTICAL STANDARDS FOR U-8 PLAYERS

1. Technical Standards

1.1 Dribbling

- a. Running with the ball: While running fast with the ball, use the laces with the toe pointing down to move the ball forward under control (under control means being able to change direction at any given moment). After every push ahead look up. Be able to change speed while running with the ball.
- b. Changing direction while running with the ball: While running with the ball, step on the ball with the bottom of foot (sole of the foot), drag the ball backward and accelerate in opposite direction. Same thing but now using the heel.
- c. Cutting the ball: While dribbling the ball, be able to cut the ball with inside and outside part of foot.

1.2. Receiving and Controlling

- a. Receiving a ground ball: Be able to move behind the ball and receive it with inside and outside part of foot away from pressuring defender. After receiving, the ball is located in front at an angle to one side of the player so he can quickly make his next move with it.
- b. Turns: Turn with the ball while facing away from opposition goal using inside and outside part of foot with body fake.

1.3. Shooting

- a. Shooting with the laces: Be able to demonstrate proper shooting technique using laces on a stationary ball and a ball moving away from you. Keep head steady, contact the middle of the ball and follow through.

1.4. Passing

- a. Passing the ball on the ground: Be able to demonstrate proper passing technique using inside part of foot and laces.

1.5. Heading

- a. Heading the ball: Be able to demonstrate proper heading technique. Using front part of head to contact the ball, keeping the eyes open until head contacts the ball and using the upper body to get more power on the ball. Some players may be afraid to head the ball at this age. That is OK. Your clue as to when to teach heading is when you see some of the players start to try it on their own.

2. Tactical Standards

2.1. Tactical Standards in Attack

- a. Ability to beat defender 1v1 (facing defender): Be able to beat player 1v1 using the following feints: cutting the ball with the inside or outside part of the foot.
- b. Ability to beat defender 1v1 (back to defender): Be able to turn with the ball with back facing defender by using inside and outside part of foot.

2.2 Tactical Standards in Defense

- a. 1v1 defending: Be able to demonstrate appropriate body position while defending 1v1 (body sideways, bending knees, on the toes, forcing player to their weaker foot).
- b. Block tackle: Against partner at three-quarter speed, block the ball with inside part of foot, near the anklebone.

2.3 Communication Standards

- a. To the first attacker: "man on" – an opponent is challenging you from behind.
- b. To the first attacker: "turn" – there is no one behind you, you can turn with the ball.
- c. "I got it" – player who is closer to the ball, call it, so teammates can get into supporting positions.

CURRICULUM FOR U-10 PLAYERS

Players at this age primarily participate in soccer because it is fun and enjoyable. Practices need to be designed so that the main focus of the practice is developing a player's relationship with the ball without standing in a line. Every player needs to have a ball. At this age some players are becoming more physically mature with better eye-hand and eye-foot coordination. These players need to be challenged to solve soccer problems using their skills rather than pure athleticism. Coaches need to allow and encourage players to solve the game's problems themselves and not always give them an answer. At this point players need to be capable of making decisions and movements in relationship to one or, at maximum, two teammates and one or two opponents.

PRACTICE OBJECTIVES

1. Technical Objectives

In general, the majority of practice time should be spent on technical topics with this age group. It is vitally important that every player becomes comfortable with the ball. A lack of technical emphasis at this age group will be very hard to make up later on.

1.1. Dribbling

- a. Attacking opponents with change of direction and speed by using feints.
- b. Dribbling to create space to cross, shoot or pass.
- c. Running through space with change of speed and control.
- d. Keeping possession by shielding the ball and using spin turns.
- e. Practicing with both feet.

1.2. Receiving and Controlling

- a. Receiving the ball with both feet, thighs and chest to keep possession.
- b. Receiving the ball from different heights and angles.
- c. Receiving the ball under pressure (1v1 or 2v2).
- d. Practicing with both feet.

1.3. Shooting

- a. Low driven strikes with both feet with different services (ball rolling away, toward or from the side).
- b. Turning and shooting with or without pressure.
- c. Shooting the ball under pressure using feints (1v1 or 2v2).
- d. Practicing with both feet.

1.4. Passing

- a. Laces, inside or outside part of both feet. Focus on proper technique.
- b. Focus on accuracy, timing, weight and disguise of the pass with and without pressure.
- c. Practicing with both feet.

1.5. Heading

- a. Forehead contact on the ball, eyes open to meet the ball and direct the ball with unopposed service from the front.
- b. Jumping headers.
- c. Partner juggling with the head.

2. Tactical Objectives

In general, players need to be exposed to the basic principles of play in relation to one or two teammates or opponents. Players need to be playing different positions and coaches need to promote attacking soccer.

2.1. Tactical Objectives in Attack (1v1, 1v2, 2v1, 2v2)

- a. Encouraging risk taking.
- b. Creating space to receive the ball, pass, and dribble or shoot the ball using different feints, turns and spins.
- c. Experience playing at least two positions.
- d. Combination play (wall pass, take over, overlap).

2.2. Tactical Objectives in Defense (1v1, 1v2, 2v1, 2v2)

- a. Interception.
- b. Marking (player or space), pressure (in front or behind a player).
- c. Immediate chase, delay.
- d. Channeling player.

2.3. Communication

- a. Communication in attack.
- b. Communication in defense.
- c. Watching high-level soccer.

3. Physical Objectives

Fitness exercises should always involve work with the ball (foot skills, Coerver exercises, or other active training). Focus of fitness exercises is on:

- a. Flexibility (more dynamic than static stretching exercises).
- b. Agility (coordination with the ball).
- c. Improving running technique.
- d. Balance.
- e. Speed with and without the ball.

4. Psychological Objectives

Practices need to be designed that promote safe, fun and enjoyable environments where players get maximum repetition of technical skills. Games are considered as an additional time for player's development and are used to test player's technical skills with the ball and game awareness. During practices and games coaches need to encourage from players:

- a. Decision-making.
- b. Imagination and creativity.
- c. Communication.
- d. Discipline.

TECHNICAL-TACTICAL STANDARDS FOR U-10 PLAYERS

1. Technical Standards

1.1 Dribbling

- a. Running with the ball: While running fast with the ball, use the laces with the toe pointing down to move the ball forward under control (under control means being able to change direction at any given moment). After every push ahead look up. Be able to change speed while running with the ball.
- b. Changing direction while running with the ball: While running with the ball, step on the ball with the bottom of foot (sole of the foot), drag the ball backward and accelerate in opposite direction. Same thing but now using the heel.
- c. Cutting the ball: While dribbling the ball, be able to cut the ball with inside and outside part of foot with body fake.

1.2. Receiving and Controlling

- a. Receiving a ground ball: Be able to move behind the ball and receive it with inside and outside part of foot away from pressuring defender. After receiving, the ball is located in front at an angle to one side of the player so he can quickly make his next move with it.
- b. Thigh control: Be able to control the ball out of the air with the thigh and bring the ball to ground as soon as possible.

- c. Air ball control using top of the foot: Be able to receive the ball out of the air using the top of the foot.
- d. Turns: Turn with the ball while facing away from opposition goal using inside and outside part of foot with body fake.

1.3. Shooting

- a. Shooting with the laces: Be able to demonstrate proper shooting technique using laces on a stationary ball, a ball moving away from you, a ball moving toward you and a ball moving across you. Keep head steady, contact the middle of the ball and follow through.

1.4. Passing

- a. Passing the ball on the ground: Be able to demonstrate proper passing technique using inside part of foot and laces.
- b. Passing the ball in front of runner: Be able to accurately pass the ball into the path of a player who is making a run. Pass must be in front of the runner.

1.5. Heading

- a. Heading the ball: Be able to demonstrate proper heading technique. Using front part of head to contact the ball, keeping the eyes open until head contacts the ball and using the upper body to get more power on the ball.
- b. Juggling the ball using head: Be able to perform 6 juggling headers and catch the ball with your hands.

2. Tactical Standards

2.1. Tactical Standards in Attack

- a. Creating space to receive the ball: Understand how to create space and be able to make space for him/her self to receive the ball by moving away from the ball and then checking in to receive it.
- b. Ability to beat defender 1v1 (facing defender): Be able to beat player 1v1 using the following feints: cutting the ball with the inside or outside part of the foot using a body fake (showing to go to one side than taking the ball to the other).
- c. Ability to beat defender 1v1 (back to defender): Be able to turn with the ball with back facing defender by using inside and outside part of foot with body fake.
- d. Combination plays: Wall Pass – understand and be able to demonstrate with a partner. Accurate inside and outside of foot pass to a teammate and changing running pace to receive the ball in open space. Understand the 2v1 situation: when defender puts pressure on the player with the ball (first

- attacker) then first attacker uses wall pass. When defender does not put pressure on the ball, then first attacker continues penetrating with the ball.
- e. Understanding passing angle: Give support to the first attacker by showing at an appropriate passing angle.

2.2 Tactical Standards in Defense

- a. 1v1 defending: Be able to demonstrate appropriate body position while defending 1v1 (body sideways, bending knees, on the toes, forcing player to their weaker foot).
- b. 2v2 defending: Be able to give support to first defender by taking appropriate position (position to enable second defender to cover in case first defender is beaten as well as cutting off the through pass possibility).
- c. Block tackle: Against partner at three-quarter speed, block the ball with inside part of foot, near the anklebone.
- d. Goal side marking: Track or pick up an attacking player by keeping your body between the attacker and your own goal.

2.3 Communication Standards

- a. To the first attacker: “man on” – an opponent is challenging you from behind.
- b. To the first attacker: “turn” – there is no one behind you, you can turn with the ball.
- c. Keeper: “keeper” – loud call by keeper to let players know that he/she is coming for the ball.
- d. “I got it” – player who is closer to the ball, call it, so teammates can get into supporting positions.

CURRICULUM FOR U-12 PLAYERS

Players at this age are all growing at different rates. Some players at this age have reached puberty (girls reach puberty between 7 to 14 years of age and boys between 9 to 16 years of age). Some players may pick up skills more quickly than others due to the fact that some players are going through growth spurts and awkward phases. It is very important that the coach during practices, keeps all the players engaged, involved, and makes them feel important. At this age, coaches are able to introduce basic tactical situations to the players, because players are developing abstract thinking at this point. Coaches need to encourage problem solving in practices.

PRACTICE OBJECTIVES

1. Technical Objectives

A majority of the practice time should be spent on technical topics under increasing pressure from a defender. Coaches should include problem solving into their practices.

1.1. Dribbling

- a. Emphasis on using different feints and moves.
- b. Attacking opponents with change of direction and speed by using feints.
- c. Dribbling to create space to cross, shoot or pass.
- d. Running with the ball through space with change of speed and direction.
- e. Keeping possession by shielding the ball and using spin turns.
- f. Improving dribbling abilities using both feet.

1.2. Receiving and Controlling

- a. Receiving the ball with both feet, thighs and chest to keep possession.
- b. Receiving the ball from different heights and angles while on the move.
- c. Receiving the ball under pressure (1v1 or 2v2) on the move.
- d. Practicing with both feet.

1.3. Shooting

- a. Low driven strikes with both feet with different services (ball rolling away, toward or from the side, bouncing ball).
- b. Turning and shooting with or without pressure.
- c. Shooting the ball under pressure using feints (1v1 or 2v2).
- d. Practicing with both feet.
- e. Practicing volley kicks.
- f. Accuracy over power.

1.4. Passing

- a. Passing using laces. Bending passes with inside or outside part of both feet.
- b. Lofted pass, chip pass and ground cross.
- c. Focus on accuracy, timing, weight and disguise of the pass with and without pressure.
- d. Practicing with both feet.

1.5. Heading

- a. Forehead contact on the ball, eyes open to meet the ball and direct the ball with unopposed service from the front.
- b. Jumping headers.
- c. Partner juggling with the head.
- d. Practice offensive and defensive headers.
- e. Practice back header and redirecting a ball being served from the side.

2. Tactical Objectives

Continue work on basic principles of play in relation to one or two teammates or opponents with proper communication. Know how and when to switch the point of attack. Explain roles and responsibilities in the 3v3 situation.

2.1. Tactical Objectives in Attack (1v1, 1v2, 2v1, 2v2, 3v3)

- a. Continue encouraging risk taking.
- b. Creating space to receive the ball, pass, and dribble or shoot the ball using different feints, turns and spins.
- c. Keep possession of the ball; support the player on the ball, combination play.
- d. Maintain experience of playing at least two positions.
- e. Combination play (wall pass, take over, overlap).
- f. Switching the point of attack.

2.2. Tactical Objectives in Defense (1v1, 1v2, 2v1, 2v2, 3v3)

- a. Interception.
- b. Marking (player or space), pressure (in front or behind a player).
- c. Cover.
- d. Immediate chase, delay.
- e. Channeling player, double-teaming.

2.3. Communication

- a. Communication in attack.
- b. Communication in defense.
- c. Watching high-level soccer.

3. Physical Objectives

Fitness exercises should always involve work with the ball (foot skills, Coerver exercises, or other active training). Focus of fitness exercises is on:

- a. Flexibility, especially hip flexibility (more dynamic than static stretching exercises).
- b. Improving agility with and without the ball.
- c. Improving running technique.
- d. Balance.
- e. Speed with and without the ball.

4. Psychological Objectives

Because of growth spurts, some players at this point temporarily lose coordination. It is very important that the coach during practices, keeps all the players engaged, involved, and makes them feel important. During practices and games coaches need to encourage from players:

- a. Decision-making.
- b. Imagination and creativity.
- c. Communication.
- d. Discipline.

TECHNICAL-TACTICAL STANDARDS FOR U-12 PLAYERS

1. Technical Standards

1.1 Dribbling

- a. Running with the ball: When running fast with the ball, use laces, inside part of foot or outside part of foot to move the ball forward under control (under control means being able to change direction at any given moment). After every push ahead look up. Be able to change speed while running with the ball.
- b. Changing direction while running with the ball: “Cruyff turn” – Leaning away from the ball, cut the ball behind the plant foot with inside of the opposite foot. “Hook Turn” – Step in front of the ball with left inside part of foot. Move your right foot on the side. Use the inside of your left foot to push the ball in other direction.

- c. Cutting the ball: “Scissors” – Move over and in front of the ball with outside part of the right foot. Then move the ball explosively to the left with the outside of the left foot. Demonstrate move using left foot also. “Step Over” – Step over the ball with your right foot. After you land with your right foot, use inside part of your left foot to push the ball in other direction (or outside part of your right foot). Demonstrate move using left foot also. “Stanley Mathews” – Push the ball with the inside part of your right foot by hopping on your left foot then explode to the right pushing the ball with outside part of your right foot. Demonstrate move using left foot also. “Switch Feet” – While dribbling, push the ball with inside part of your right foot to inside part of your left foot and continue dribbling. Demonstrate move using left foot also.

1.2. Receiving and Controlling

- a. Receiving a ground ball: Be able to move behind the ball and receive it with inside and outside part of foot away from a pressuring defender. After receiving, the ball is located in front at an angle to one side of the player so he can quickly make his next move with it.
- b. Receiving and controlling the ball out of the air: Be able to receive the ball out of the air using top of either foot, sole of either foot, thighs, chest and head. Put the ball on the ground and set it in front of the feet for the next move.
- c. Turns: Turn with the ball while facing away from the opposition goal using inside and outside part of foot with body fake. The ball is served on the ground and in the air.

1.3. Shooting

- a. Shooting with the laces: Be able to demonstrate proper shooting technique using laces on a stationary ball, a ball moving away from you, a ball moving toward you and a ball moving across you. Keep head steady, contact the middle of the ball and follow through. Place the ball in the corner of the goal. Emphasize accuracy over power.
- b. Shooting a bending ball using inside and outside part of foot: Be able to demonstrate proper bending ball shooting technique. Placing ball in the corner. Emphasize accuracy over power looking for far corner.

1.4. Passing

- a. Passing the ball on the ground: Be able to demonstrate proper passing technique with both feet using inside part of foot, outside part of foot, and laces.
- b. Lofted and chip passes: Be able to demonstrate proper technique for lofted and chip passes.

- c. Inside and outside part of foot bent pass: Be able to demonstrate proper technique for inside and outside part of foot bent passes.

1.5. Heading

- a. Heading the ball: Be able to demonstrate proper heading technique. Using the front part of head to contact the ball, keep the eyes open until head contacts the ball and use the upper body to get more power on the ball.
- b. Head juggling the ball: Be able to perform 30 juggling headers and catch the ball with your hands.
- c. Redirecting the ball using heading technique: Redirecting the flight of the ball using proper heading technique after a cross.
- d. Jumping header: Be able to demonstrate proper jump header technique (player is capable of taking off on one or both feet). Player is able to judge flight of the ball and timing of his/her jump.

2. Tactical Standards

2.1. Tactical Standards in Attack

- a. Creating space to receive the ball: Understand how to create space and be able to make space for him/her self to receive the ball by moving away from the ball and then checking in to receive it.
- b. Creating space for teammates: Make a run off the ball to create space for his/her teammate to receive the ball.
- c. Ability to beat defender 1v1 (facing defender): Be able to beat player 1v1 using feints from Standards 1.1.
- d. Ability to beat defender 1v1 (back to defender): Be able to turn with the ball with back to defender by using inside and outside part of foot with body fake from different types of service (ball is played with different angle, height, or spin on the ball).
- e. Combination plays: Wall Pass – understand and be able to demonstrate with a partner. Accurate inside and outside of foot pass to a teammate and changing running pace to receive the ball in open space. Understand the 2v1 situation: when defender puts pressure on the player with the ball (first attacker) then first attacker uses wall pass. When defender does not put pressure on the ball, then first attacker continues penetrating with the ball. “Takeover” – be able to demonstrate takeover combination in the 2v2 situation. “Overlap” – be able to demonstrate overlap combination in the 2v2 situation.
- f. Understanding passing angle: Give support to the first attacker by showing at an appropriate angle.

2.2. Tactical Standards in Defense

- a. 1v1 defending: Able to demonstrate appropriate body position while defending 1v1 (body sideways, bending knees, on the toes, forcing player to their weaker foot).
- b. 2v2 defending: Able to give support to first defender by taking appropriate position (position to enable second defender to cover in case first defender is beaten as well as cutting off the through pass possibility).
- c. 2v1 or 3v2 defending: Understand principles of defending when playing a player down; not over committing, patience, shifting and covering each other in case beaten by first attacker.
- d. Block tackle: Against partner at three-quarter speed, block the ball with inside part of foot, near the anklebone.
- e. Goal side marking: Track or pick up an attacking player by keeping your body between the attacker and your own goal. Understand importance of pressure but do not over commit: "no diving in".
- f. Pushing Up: When defenders are able to "clear ball out" up field, team moves up field as a unit.

2.3. Communication Standards

- a. To the first attacker: "man on" – an opponent is challenging you from behind.
- b. To the first attacker: "turn" – there is no one behind you, you can turn with the ball.
- c. Keeper: "keeper" – loud call by keeper to let players know that he/she is coming for the ball.
- d. To the team: "push up" – when defenders are able to "clear ball out" up field, team moves up field as a unit.
- e. To the team: "drop" – when opposition wins the ball and they have a numerical advantage around the ball, call the team to drop back into defensive third to reorganize defense in front of own goal.

CURRICULUM FOR U-14 PLAYERS

This age is transitional into the adult game. Typical 14 year olds become more outgoing and confident, and love competition. They are better able to plan, think ahead, and imagine options. Practices at this age need to focus more on team issues, such as working together among defending backs, midfield players or attackers, as well as relationships between the different lines of the team. Players at this point need to possess a comfort with the ball and an insight into the game that will allow them to deal with the increased pace of the game. They need pure speed as well as speed of decision-making.

PRACTICE OBJECTIVES

1. Technical Objectives

Practices at this age involve individual ball skills, enjoyment and insight into the game, with a gradual introduction to fitness, and mental toughness. Most exercises and games in the practices are competitive, with winning and losing teams. The players' focus should be on how their decisions and their ball skills help or hinder their team's ability to win the games.

1.1 Dribbling

- a. Further development of feints and moves.
- b. Attacking opponents with change of direction and speed by using feints.
- c. Dribbling to create space to cross, shoot or pass.
- d. Running with the ball through space with change of speed and direction.
- e. Keeping possession by dribbling the ball out of trouble, shielding the ball, and using different spins and turns.

1.2. Receiving and Controlling

- a. Receiving the ball with feints using left and right foot, thighs and chest to keep possession.
- b. Receiving the ball from different heights and angles while on the move.
- c. Receiving the ball with feints away from pressure on the move.

1.3. Shooting

- a. Low driven strikes with both feet with different services (ball rolling away, toward or from the side, bouncing ball) looking for far corner of the goal.
- b. Turning and shooting with pressure of one or more defenders.
- c. Shooting the ball under pressure using feints after passes or crosses (1v1 or 2v2).

- d. Receiving the ball with different parts of the body under pressure and shooting.
- e. Practicing volley kicks.
- f. Accuracy over power.

1.4. Passing

- a. Lofted, chip, driven and bending pass in the air using inside part of foot and/or laces of both feet.
- b. Ground cross and cross or bending cross in the air.
- c. Focus on accuracy, timing, weight and disguise of the pass with and without pressure.

1.5. Heading

- a. Jumping headers after partner throws the ball or crosses it.
- b. Partner juggling with the head.
- c. Practice offensive and defensive headers in a game situation.
- d. Practice back header and redirecting a ball being crossed from the side.

2. Tactical Objectives

Within each game that the coach sets up for the players, players will be successful in these games if their focus is on speed of play and ability to solve the problems in a competitive situation. Players need to feel accountable for their decisions on the ball and skills on the ball in order to help their team to win the game. Practice exercises that involve how and when to keep the ball or when to go forward, as well as how and when to win the ball back will help players improve their accountability.

2.1. Tactical Objectives in Attack (teaching in small sided games: 4v4 or 7v7)

- a. Continue encouraging risk taking with understanding of when and where.
- b. Creating space to receive the ball, pass, and dribble or shoot the ball using different feints, turns and spins.
- c. Keep possession of the ball with support for the player on the ball, combination play, and speed of play (one or two touches on the ball).
- d. Maintain experience of playing at least two positions.
- e. Combination play in the lines of the team (back four, midfield or attack).
- f. Switching the point of attack.
- g. Quick transition to attack involving group of players.
- h. Attacking set plays introduction.

2.2. Tactical Objectives in Defense (teaching in small sided games: 4v4 or 7v7)

- a. Reading the game and interception of the pass.

- b. Group defending (pressure, cover and balance).
- c. Immediate chase, delay.
- d. Channeling player, double-teaming.
- e. Understanding high and low pressure, line of confrontation.
- f. Defending set plays introduction.

2.3. Communication

- a. Communication in attack.
- b. Communication in defense.
- c. Coaching other young players.
- d. Watching high-level soccer.

3. Physical Objectives

Fitness exercises should always involve work with the ball (foot skills, Coerver exercises, or other active training). Focus of fitness exercises is on:

- a. Flexibility, especially hip flexibility (more dynamic than static stretching exercises).
- b. Improving agility with and without the ball.
- c. Improving running technique.
- d. Balance.
- e. Speed with and without the ball.
- f. Strength – non weight-bearing, core strength and stability (plyometric exercises).
- g. Nutrition – proper pre-game, post-game and tournament nutrition.

4. Psychological Objectives

The small side game is the coach's vehicle to teach the game. In these games the coach puts different demands on the players and helps them try to solve the problem. Players are accountable for their decisions during games because based on these decisions the team is going to win the game or lose it. The coach tries to teach players to be able to:

- a. Make decisions.
- b. Be creative and use their imaginations.
- c. Be able to communicate with teammates, coach, parents, opposition and referees.
- d. Be a team player.
- e. Maintain discipline.
- f. Be competitive.

TECHNICAL-TACTICAL STANDARDS FOR U-14 PLAYERS

1. Technical Standards

1.1 Dribbling

- a. Running with the ball: Be able to see open space to penetrate with the ball. Running with the ball to get out of trouble and keep possession.
- b. Changing direction while running with the ball: “Cruyff Turn” – Leaning away from the ball, cut the ball behind the plant foot with inside of the opposite foot. “Hook Turn” – Step in front of the ball with left inside part of foot. Move your right foot on the side. Use the inside of your left foot to push the ball in other direction. “Cut Behind Drag Back” – Drag the ball back with the bottom of the foot and knock it behind the planted foot. Move the ball with the outside part of other foot.
- c. Cutting the ball: “Scissors” – Move over and in front of the ball with outside part of the right foot. Then move the ball explosively to the left with the outside of the left foot. Demonstrate move using left foot also. “Drag Scissors” – This move starts out with a little drag roll to the inside using the sole of the right foot. Then instead of “swerving” out with the outside of the right foot, you do a right footed scissors move, stepping over and around the front of the ball, finally taking it away with the outside of the left foot. “Step Over” – Step over the ball with your right foot. After you land with your right foot, use inside part of your left foot to push the ball in other direction (or outside part of your right foot). Demonstrate move using left foot also. “Stanley Mathews” – Push the ball with the inside part of your right foot by hopping on your left foot then explode to the right pushing the ball with outside part of your right foot. Demonstrate move using left foot also. “Fake Mathews” – This move starts just like the Matthews complete with the all important “little hop” (with both feet) to initially move the ball to the inside. But instead of taking the ball back to the outside you step past the ball with the right foot towards the right in a little lunge motion. Then you take the ball away with the outside of the left foot to the left. “Switch Feet” – While dribbling, push the ball with inside part of your right foot to inside part of your left foot and continue dribbling. Demonstrate move using left foot also.

1.2. Receiving and Controlling

- a. Receiving a ground ball: Be able to move behind the ball and receive it with inside and outside part of foot away from a pressuring defender. After receiving, the ball is located in front at an angle to one side of the player so he can quickly make his next move with it.
- b. Receiving and controlling the ball out of the air: Be able to receive the ball out of the air using top of either foot, sole of either foot, thighs, chest and

head. Put the ball on the ground and set it in front of the feet for the next move.

- c. Turns: Turn with the ball while facing away from the opposition goal using inside and outside part of foot with body fake. The ball is served on the ground and in the air. Shielding Turn: Move toward the oncoming ball and play it with inside or outside of the foot across the body and off to the side. Quickly spin with the ball but making sure the body is shielding the ball from any opponent.

1.3. Shooting

- a. Shooting with the laces: Be able to demonstrate proper shooting technique using laces under defender's pressure. Accuracy over power looking for far corner.
- b. Shooting a bending ball using inside and outside part of foot: Be able to demonstrate proper bending ball shooting technique under defender's pressure. Placing ball in the corner. Emphasize accuracy over power looking for far corner.
- c. Volley kick: Using the laces of the foot, strike a high, crossed ball toward the goal and follow through with the foot and hips, but keep the shoulders steady.

1.4. Passing

- a. Player is able to demonstrate one touch passing. When and why to use first touch passing.
- b. Hitting diagonal passes in the air with accuracy over 30 yards of distance. Ball is lofted or chipped in the air. Pass is played in front of the player or to the feet of the player.
- c. Player is able to demonstrate proper technique for inside and outside part of foot bent pass in the air.

1.5. Heading

- a. Heading the ball: Be able to demonstrate proper heading technique. Using the front part of head to contact the ball, keep the eyes open until head contacts the ball and use the upper body to get more power on the ball.
- b. Redirecting the ball using heading technique: Redirecting the flight of the ball using proper heading technique after a cross.
- c. Jumping header: Be able to demonstrate proper jump header technique (player is capable of taking off on one or both feet). Player is able to judge flight of the ball and timing of his/her jump. Ball is crossed from the side.
- d. Demonstrate an Attacking Header and a Defending Header.

2. Tactical Standards

2.1. Tactical Standards in Attack

- a. Creating space to receive the ball in small sided game (4v4 or 8v8): Understand how to create space in small sided game and be able to make space for him/her self to receive the ball by moving away from the ball and then checking in to receive it.
- b. Creating space for teammates (2nd and 3rd man run) in small sided game (4v4 or 8v8): Make a run off the ball to create space for his/her teammate to receive the ball.
- c. Ability to beat defender 1v1 or 1v2 (facing defender): Be able to beat player 1v1 or 1v2 using feints from Standards 1.1.
- d. Ability to beat defender 1v1 or 1v2 (back to defender): Be able to turn with the ball with back to defender by using inside and outside part of foot with body fake from different types of service (ball is played with different angle, height, or spin on the ball).
- e. Combination plays in small sided game (4v4 or 8v8): Wall Pass, Overlap and Takeover. Be able to demonstrate combination play in conditioned small sided game.
- f. Understanding passing angle and distance of support in small sided game (4v4 or 8v8): Give support to the first attacker by showing at an appropriate angle and distance.
- g. Understanding concepts of width, depth and penetration: Player understands principles of width, depth and penetration in order to keep possession of the ball in any part of the field.
- h. Basic attacking restarts.

2.2. Tactical Standards in Defense

- a. Immediate Chase: Understand first principle of defense and use it in small sided game (4v4 or 8v8). Ball is lost and first defender is putting immediate pressure on the ball. Demonstrate appropriate body position while defending 1v1 (body sideways, bending knees, on the toes, forcing player to their weaker foot).
- b. Cover: Understand job of second defender and use in small sided game (4v4 or 8v8). To step up if first defender is beaten as well as denying penetrating passes.
- c. Recover: First attacker beats first defender and first defender making recovering run behind the ball in small sided game (4v4 or 8v8).
- d. Understanding concept of zonal defending : Player understands when as a group they need to "drop", "hold" or "step". Players need to understand how to maintain good "shape" in small sided games (4v4 or 8v8).
- e. Basic defending restarts.

2.3. Communication Standards

- a. To the team: "Hold": Imaginary line where defense will not drop back toward own goal anymore.
- b. To the team: "Tuck in": Team tries to stay compact and be able to close down any type of penetration toward the goal.
- c. To a teammate: "Yes": In combination play between two players (wall pass or take over) giving timing of the pass to the teammate.
- d. To teammates: "I got near": Communication between players while they are making runs in the box after crosses so first, second post will be covered as well as top of the box for rebound.

CURRICULUM FOR U-16 PLAYERS

At this age we see a lot of players stop playing soccer. Reasons could be different: other interests, shortage of playing opportunities, and lack of success. Players lose self-confidence easily. They are lacking mental toughness as well as competitive spirit. The coach at this age plays a pivotal role. The coach needs to be charismatic, have managerial know-how, be a thoughtful persuader and a disciplinarian. A focus for the coach is on team spirit, leadership and discipline within the team.

PRACTICE OBJECTIVES

1. Technical Objectives

Practices at this age emphasize developing positional play. A variety of small sided games are the coaching tool. Players learn positional play in small groups on both sides of the ball, and how the small group ties into the team concept. Players are taught defending and attacking roles and responsibilities (one in three practices are devoted to defending principles of play). The coach requires from players increasing technical speed and increasing tactical (decision making) speed.

1.1 Dribbling

- a. Players master all elements of dribbling the ball in match conditions. Dribbling the ball is practiced in competitive environments.

1.2 Receiving and Controlling

- a. Players master all elements of receiving and controlling the ball in match conditions. Receiving and controlling the ball is practiced in competitive environments.

1.3 Shooting

- a. Players master all elements of shooting the ball in match conditions. Shooting the ball is practiced in competitive environments.

1.4 Passing

- a. Players master all elements of passing the ball in match conditions. Passing the ball is practiced in competitive environments.

1.5 Heading

- a. Players master heading the ball in match conditions. Heading the ball is practiced in competitive environments.

2. Tactical Objectives

During the practices, the coach creates games where team issues are introduced, experienced and discussed. Beside offensive and defensive principle of play, the coach, during these games, covers team work between different lines in the team (defenders and midfielders or midfielders and attackers). The coach spends a significant amount of time on team shape in defense, in offense, as well as box organization and set plays.

2.1 Tactical Objectives in Attack

- a. Further development of combination play involving different lines of the team.
- b. Work on keeping possession involving different lines of the team.
- c. Rhythm of play introduction.
- d. Different styles of play introduction (direct, indirect...).
- e. Work on box organization for every ball played into the box.
- f. Continue work on set plays.
- g. Dealing with different game situations (goal down 10 minutes to go, player down, must win situation etc...).

2.2 Tactical Objectives in Defense

- a. Group defending (pressure, cover, balance and compactness)
- b. Zonal, man to man or combination of both types of defending.
- c. Improving goalkeeper role as a last defender.
- d. Ways to stop counterattack.
- e. Defending choices based on thirds of the field and different styles of play.
- f. Dealing with different game situations (goal down 10 minutes to go, player down, must win situation etc...).

2.3 Communication

- a. Communication in attack.
- b. Communication in defense.
- c. Coaching other young players.
- d. Watching high-level soccer.

3. Physical Objectives

Fitness exercises including work with the ball and without the ball.

- a. Flexibility – static stretching after practices/games

- dynamic stretching before practices/games.
- b. Understanding importance of quality warm ups/cool downs.
- c. Agility – with the ball and without the ball.
- d. Footwork exercises.
- e. Endurance exercises – aerobic and anaerobic.
- f. Strength exercises – upper body and lower body.
- g. Prevention and care of injuries.
- h. Importance of rest/recovery.

4. Psychological Objectives

- a. Increasing player concentration.
- b. Developing leadership and player responsibilities.
- c. Discipline – individual and team discipline.
- d. Develop goal setting – individual and team goal setting.
- e. Establishing pre-practice and pre-game routine (individual and team).
- f. Dealing with different game situations (goal down 10 minutes to go, player down, must win situation etc...).

TECHNICAL-TACTICAL STANDARDS FOR U-16 PLAYERS

1. Technical Standards

1.1 Dribbling

- a. Player masters dribbling moves learned in previous age group and uses them frequently in game situations.
- b. Player is able to use combinations of different moves learned in previous age group and uses them frequently in game situations.
- c. Player is creative and makes moves on his/her own.

1.2 Receiving and Controlling

- a. Player masters ball receiving skills learned in previous age group and uses them in game situations.
- b. Player uses body fakes frequently while receiving the ball.
- c. Player is comfortable receiving the ball in game situations at any given moment, in any part of the field (in own 18-yard box, in opposition 18-yard box).

1.3 Shooting

- a. Player masters shooting skills learned in previous age group and uses them in game situations.

- b. Player understands when to receive the ball and shoot, and when to shoot with the first touch.
- c. Player is able to use finishing skills with both feet and head in the 18-yard box and uses these skills emphasizing accuracy over power.

1.4 Passing

- a. Player understands importance of, and is able to demonstrate, one touch passing in game situations. Disguised first touch passing is accurate 30 yards in distance on the ground.
- b. Hitting diagonal passes in the air with accuracy over 40 yards of distance in game situations. Ball is lofted or chipped in the air. Ball is played in the front of the player or to the feet of the player.
- c. Player is able to demonstrate bent pass in the air using inside or outside part of better foot over 40 yards of distance.

1.5 Heading

- a. Player is able to demonstrate defensive heading technique in game situations. Clearing the ball using heading technique (out of their own 18-yard box into field, out of the field).
- b. Player is able to demonstrate attacking heading technique in game situations. Attacking the ball after ball is played in the box with good timing of the jump. Heading the ball down. If not able to head the ball to goal directly, pass the ball with the head to a player who is in a good position to shoot on the goal.

2. Tactical Standards

2.1 Tactical Standards in Attack

- a. Players understand each other's specific roles and responsibilities in attack.
- b. Players understand balance between possession and penetration involving different lines of the team. Players understand when to possess and when to penetrate toward opposition goal. Players able to develop rhythm of the game.
- c. Players able to demonstrate different styles of play (direct, indirect, attacking through the middle of the field, attacking using wings, etc.).
- d. Players understand and can demonstrate box organization after ball is served into the opposition box (run to near and far post, covering top of the box for rebound, rest of the players positioned appropriately).
- e. Players able to demonstrate 3 different versions of any type of set play.
- f. Players understand roles and responsibilities in different game situations (goal down or up with 10 minutes to go, player down, must win situation, etc.).

- g. Players understand roles and responsibilities in counterattack situations.

2.2 Tactical Standards in Defense

- a. Players understand each other's specific roles and responsibilities in defense (pressure, cover, balance and compactness).
- b. Players understand roles and responsibilities in different types of defense (zonal, man to man or combination).
- c. Players understand ways to stop opposition counterattack.
- d. Players understand roles and responsibilities in high pressure or delayed high pressure defense.
- e. Players understand roles and responsibilities in defending opposition's set plays.
- f. Players understand roles and responsibilities defending own box.
- g. Players understand roles and responsibilities in different game situations (goal down or up with 10 minutes to go, player down, must win situation).

2.3 Communication Standards

- a. "Help" – used by GK to alert teammates that GK is not able to reach the ball.
- b. "Delay" – tells teammate to delay the attacker until defensive support arrives.
- c. "No foul" – used when opposition has the ball and where we do not want to give up a free kick.
- d. "Switch" – play the ball to far side of the field.
- e. "Corner" – play the ball toward the corner.
- f. "Far and wide" – spreading out.
- g. "Near" or "Far" – asking for cross delivered to first or second post.

CURRICULUM FOR U-18 PLAYERS

At this age, the technical blueprint of who the player will be as an adult soccer player is almost complete. After this is fine-tuning the qualities that the player already possess. Areas that the coach needs to work on to help the player to further improve are: game insight, physical conditioning and attitude.

PRACTICE OBJECTIVES

1. Technical Objectives

Practices at this point should always contain the following elements: competition, critical thinking and technical repetition. The focus in the practices is technical proficiency and technical precision, game insight and the individual's responsibility for improving his or her game. All aspects of practices should involve player accountability. Players will benefit from: 1) generic, non functional exercises that emphasis principles of the game; 2) more specific, functional exercises working together within a "line" of the team or between "lines" of the team toward some soccer objective.

1.1 Dribbling

- a. Player masters dribbling skills leading to artistry. Dribbling the ball is practiced in a competitive environment.

1.2 Receiving and Controlling

- a. Player masters receiving and controlling skills leading to artistry. Receiving and controlling the ball is practiced in a competitive environment.

1.3 Shooting

- a. Player masters shooting skills leading to artistry. Shooting the ball is practiced in a competitive environment.

1.4 Passing

- a. Player masters passing skills leading to artistry. Passing the ball is practiced in a competitive environment.

1.5 Heading

- a. Player masters heading skills leading to artistry. Heading the ball is practiced in a competitive environment.

2. Tactical Objectives

Players need to be challenged every practice to solve soccer problems. They need to be accountable for their decisions and performance. These players are ready for an increased level of problem solving that focuses on their soccer mind and not just their athletic attributes. There are several match related tactical issues on which the coach can now begin to place more focus. For example, playing different systems, preparing for match related tactical issues, a focus on general positional responsibilities as well as specific positional roles, how and when to pressure as a team, game management issues.

2.1 Tactical Objectives in Attack

- a. Work on functional practices for different player's position in the team and his/her roles in different system of play (for example: left back, center mid, center forward, goalkeeper...etc).
- b. Advanced understanding of combination play and how to combine to break down the defense.
- c. Balance of possession and penetration with a purpose to score a goal.
- d. Developing style of play.
- e. Developing speed and rhythm of play.
- f. Creativity and quality of final ball to beat defense.
- g. Understanding how and when to counterattack.
- h. Organizing box with the runners.
- i. Serving runners in the box.

2.2 Tactical Objectives in Defense

- a. Recognition of double-team opportunities.
- b. Defending in groups of three (forwards, midfielders and defenders).
- c. Control of the game's speed and direction due to defending decisions.
- d. Goalkeeper as last defender.
- e. Keeping good compactness.
- f. Team defending (when and where to pressure, channel and dictate defensively, high pressure and delayed high pressure).
- g. Stopping counterattack.

2.3 Communication

- a. Communication in attack.
- b. Communication in defense.
- c. Coaching other young players.
- d. Watching high-level soccer.

3. Physical Objectives

Fitness exercises include working with the ball and without the ball.

- a. Flexibility – static stretching after practices/games
– dynamic stretching before practices/games.
- b. Understanding importance of quality warm ups/cool downs.
- c. Agility – with the ball and without the ball.
- d. Footwork exercises.
- e. Endurance exercises – aerobic and anaerobic.
- f. Strength exercises – upper body and lower body.
- g. Prevention and care of injuries.
- h. Importance of rest/recovery.
- i. Keeping a high level of physical fitness throughout on and off season.

4. Psychological Objectives

- a. Increasing player concentration.
- b. Developing leadership and player responsibilities.
- c. Discipline – individual and team discipline.
- d. Develop goal setting – individual and team goal setting.
- e. Establishing pre-practice and pre-game routine (individual and team).
- f. Dealing with different game situations (goal down 10 minutes to go, player down, must win situation, etc...).
- g. Accountability.

TECHNICAL-TACTICAL STANDARDS FOR U-18 PLAYERS

1. Technical Standards

1.1 Dribbling

- a. Players master all types of dribbling skills learned throughout his/her years of development and specialize in using two or three feints they are most comfortable with. Type and quality of dribbling skills are based on player's position, player's specialization and position's technical requirements.
- b. Central defenders: Specialization in recognizing open space to run with the ball.
- c. Central strikers: Specialization in using dribbling skills and feints in small and congested area to create space for final touch on the ball.
- d. Wide strikers: Specialization in running with the ball at defender and using feints to get behind defender or creating space for shot or cross.
- e. Midfield players: Specialization in recognizing open space to run with the ball. Using feints to beat defender to create space for shot or pass.

1.2 Receiving and Controlling

- a. Players master all types of receiving and controlling skills learned throughout their years of development and specialize in using ones that are position specific based on position's technical requirements.
- b. Central defenders: Specialization in receiving and controlling skills facing opposition goal. Receiving and controlling back passes.
- c. Central Strikers: Specialization in receiving and controlling skills facing own goal under high pressure using feints to create space to shoot or pass. Ball is served on the ground and in the air.
- d. Wing Strikers: Specialization in receiving and controlling the ball in the air or on the ground with one touch and taking it into an effective crossing or shooting position.
- e. Midfield players: Specialization in receiving and controlling the ball while shielding it effectively. Aerial control of the ball and second touch pass or shot.

1.3 Shooting

- a. Players master all types of shooting skills learned throughout their years of development. At this point, players specialize in shooting skills that are based on specific positions.
- b. Central Defenders: Specialization in long range shooting skills and finishing skills on restarts.
- c. Central Strikers: Specialization in quick shot on the goal in congested area. Specialization in finishing after crosses in maximum of two touches with great accuracy.
- d. Wing Strikers: Specialization in shooting on the run with both inside and outside part of feet with great accuracy.
- e. Midfield players: Specialization in shooting with accuracy and power, long range: 25 yards plus or minus.

1.4 Passing

- a. Players master all types of passing skills learned throughout their years of development and specialize in using specific ones. Specialization is based on position players are playing and position's technical requirements.
- b. Central defenders: Specialization in outlet passing to outside defenders or mids, safely and deceptively. Specialization in long range passing down the line or over the top.
- c. Central Strikers: Specialization in laying off a back pass first touch facing own goal. Specialization in giving and taking simple short wall passes in the air or on the ground.
- d. Wing Strikers: Specialization in delivering and setting up simple wall passing. Specialization in delivering long diagonal passes and crosses.

- e. Midfield players: Specialization in laying off first time passes backwards and to the side with accuracy and “touch”. Specialization in deceptive and accurate ground passing through small gaps over 25 yards. Specialization in long aerial and ground passing over 50 yards with accuracy.

1.5 Heading

- a. Players master all types of heading skills learned throughout their years of development. Specialization is based on player’s position and position’s technical requirements.
- b. Central defenders: Specialization in defensive heading skills from the side or behind opponents. Specialization in attacking heading skills after restarts.
- c. Central Strikers: Specialization in how to “work” opponents to gain the advantage to head for goal with great accuracy.
- d. Wing Strikers: Specialization in running to the near or far post and heading the ball with great accuracy.
- e. Midfield Players: Specialization in how to time the moves to defeat opponents in the air with tricks and direct headed strikes when the opponent has significant height and jumping advantages.

2. Tactical Standards

2.1 Tactical Standards in Attack

- a. Players understand each other’s specific roles and responsibilities in attack.
- b. Players understand balance between possession and penetration involving different lines of the team. Players understand when to possess and when to penetrate toward opposition goal. Players able to develop rhythm of the game.
- c. Players able to demonstrate different styles of play (direct, indirect, attacking through the middle of the field, attacking using wings, etc.).
- d. Players understand and can demonstrate box organization after ball is served into the opposition box (run to near and far post, covering top of the box for rebound, rest of the players positioned appropriately).
- e. Players able to demonstrate 3 different versions of any type of set play.
- f. Players understand roles and responsibilities in different game situations (goal down or up with 10 minutes to go, player down, must win situation, etc.).
- g. Players understand roles and responsibilities in counterattack situations.
- h. Player is comfortable in playing position in different systems and styles of play.
- i. Player is preparing himself/herself for matches and employing tactics based on the strength of opponent.

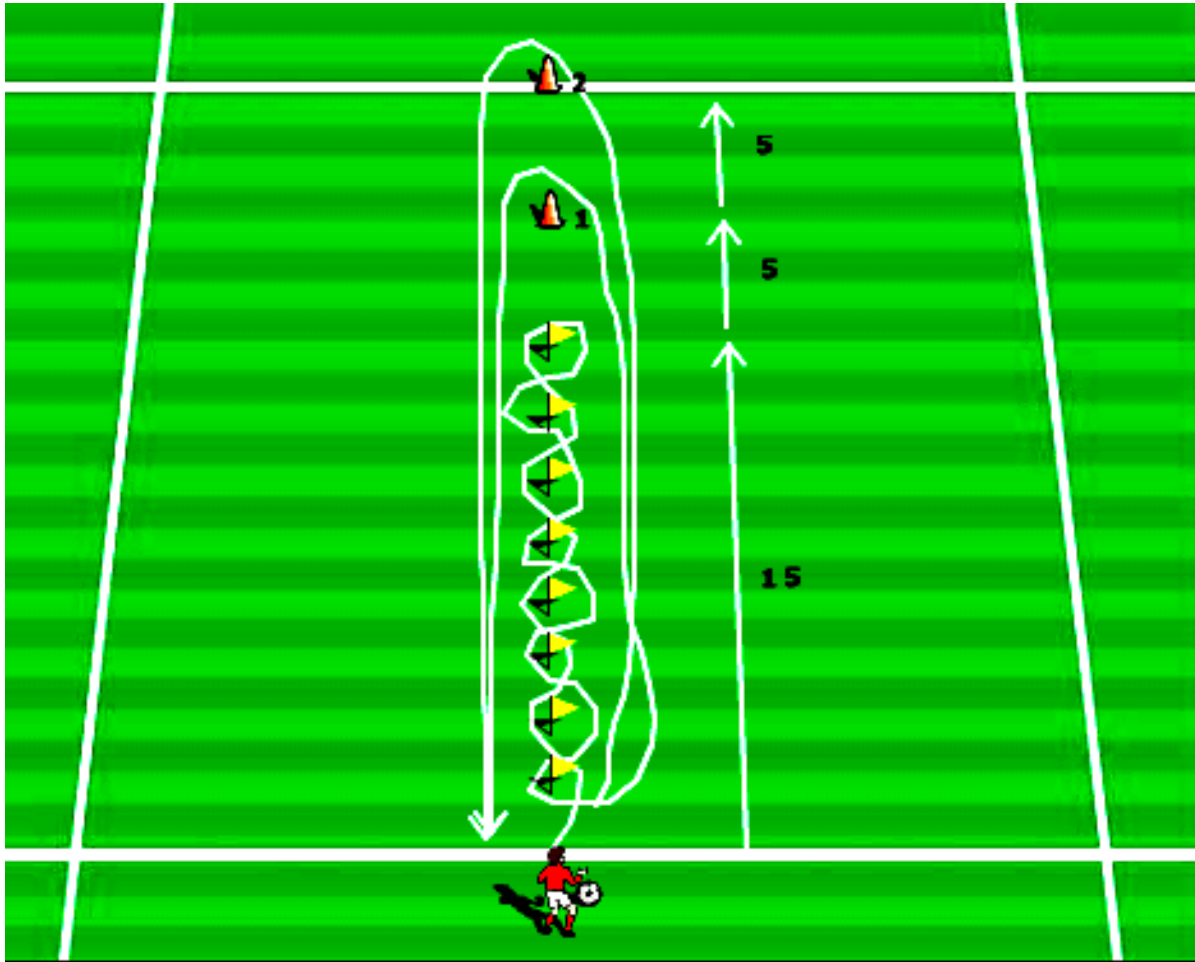
2.2 Tactical Standards in Defense

- a. Players understand each other's specific roles and responsibilities in defense (pressure, cover, balance and compactness).
- b. Players understand roles and responsibilities in different types of defense (zonal, man to man or combination).
- c. Players understand ways to stop opposition counterattack.
- d. Players understand roles and responsibilities in high pressure or delayed high pressure defense.
- e. Players understand roles and responsibilities in defending opposition's set plays.
- f. Players understand roles and responsibilities defending own box.
- g. Players understand roles and responsibilities in different game situations (goal down or up with 10 minutes to go, player down, must win situation).
- h. Player is comfortable in playing position in different systems and styles of play.
- i. Player is preparing himself/herself for matches and employing tactics based on the strength of opponent.

2.3 Communication Standards

On top of all verbal communication skills players develop throughout the years, at this point players are able to establish mutual understanding with the players they are playing with.

DRIBBLING TEST

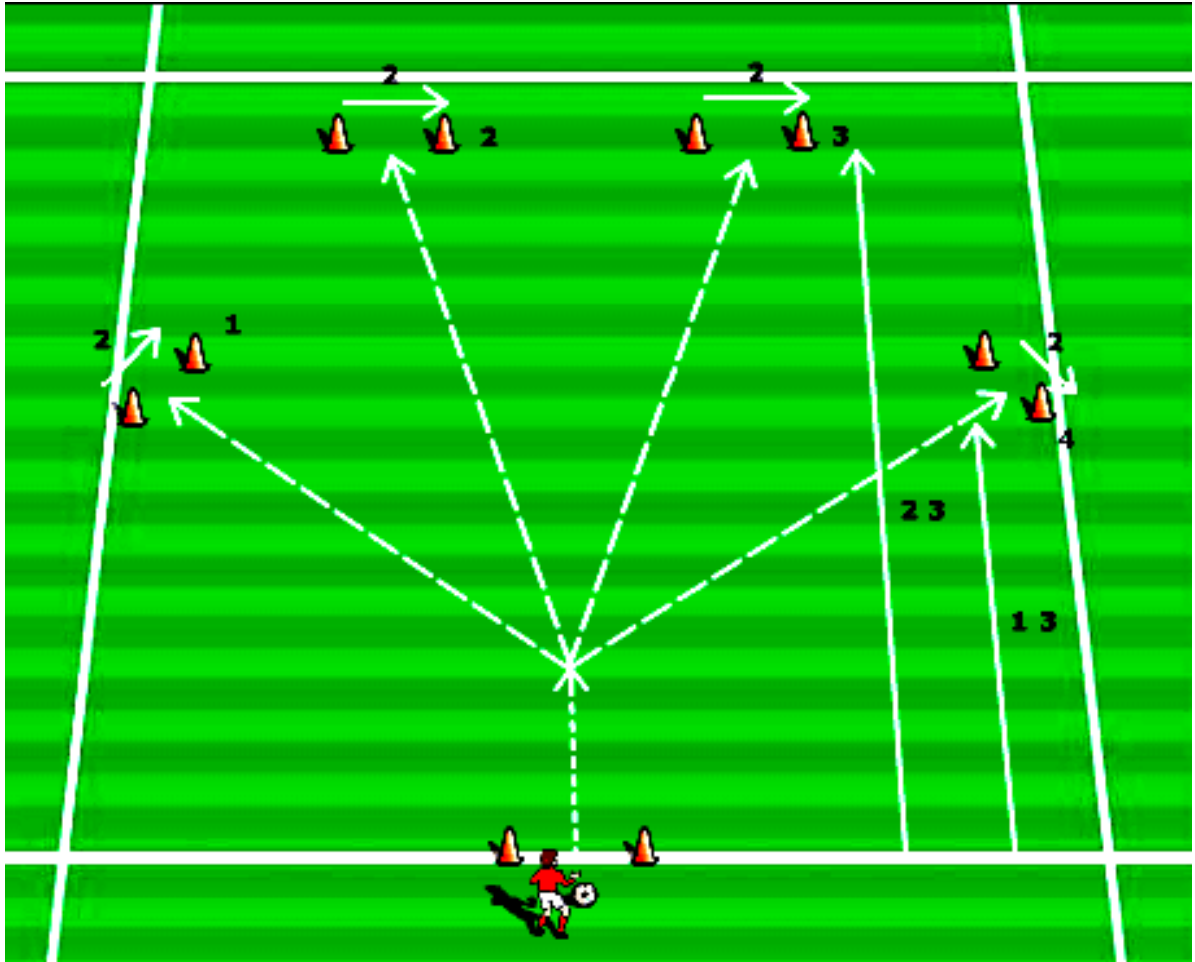


Equipment:

- 12 cones
- ball
- stopwatch

Test is designed to improve close control while dribbling the ball. Eight cones are set out in slalom style and a single cone is placed a set distance away depending on the age of the participant: cone 1 for U13 and younger and cone 2 for U14 and older. The idea is for the participant to run the slalom course up and down, and then run with the ball at his/her feet to the designated cone before returning and stopping the ball dead on the starting line, ensuring that the ball is fully under control. Each participant starts with 200 points, then gains or losses points depending on whether the participant finishes below or above 30 seconds. For every second below 30 seconds, participant gets 10 extra points. In case participant gets a time over 30 seconds, for every second over 30, 10 points will be taken away.

PASSING TEST



Equipment:

- 10 cones
- ball
- stopwatch

Set Up:

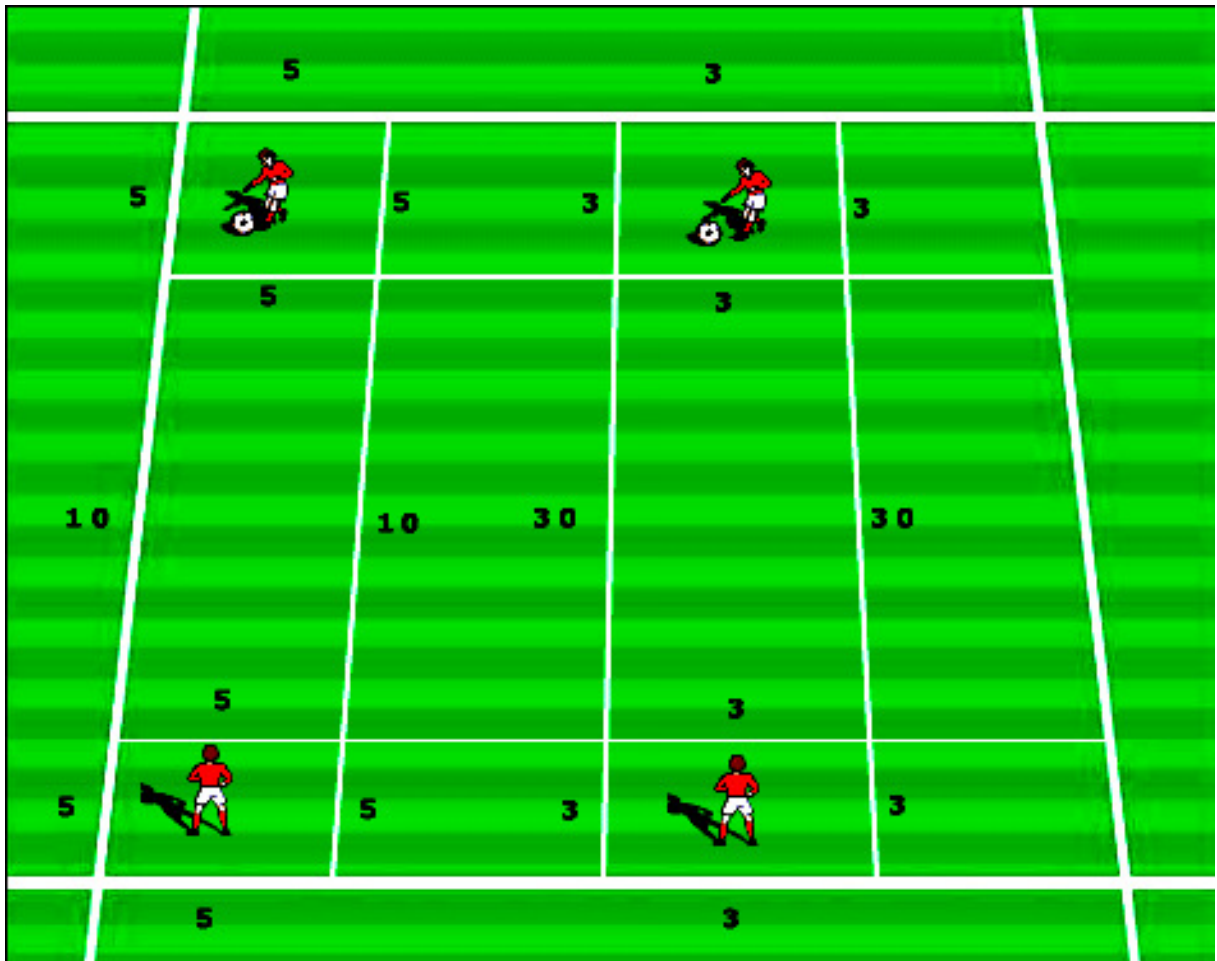
Using 10 cones, set up a start line and 4 gates as per the diagram. Set the distance of the gates from your start line depending on your age. We recommend:

U8-U10	13 Yards	gates 1 and 4	23 Yards	gates 2 and 3
U11-U13	16 Yards	gates 1 and 4	26 Yards	gates 2 and 3
U13-U15	19 Yards	gates 1 and 4	29 Yards	gates 2 and 3
U16-U18	22 Yards	gates 1 and 4	32 Yards	gates 2 and 3

Test:

1. Dribble the ball from the start line to the first gate and pass when you are close enough.
2. Have a teammate stand behind the gate and return the ball to you.
3. Take the ball and dribble back to the start line before turning and heading for gate 2. Continue as before, having your teammate return the ball to you from behind each gate,
4. Test accuracy, not speed.
5. Time is limited to 30 seconds. If a player scores in all 4 gates and completes before 30 seconds he/she will receive 10 bonus points for each second before 30 seconds. Players need to score in all 4 gates to gain bonus points. If player scores on gates 1 or 4 they get 20 points for each gate. If player score on gates 2 or 3 they get 40 points for each gate.

LOFTED PASSING TEST



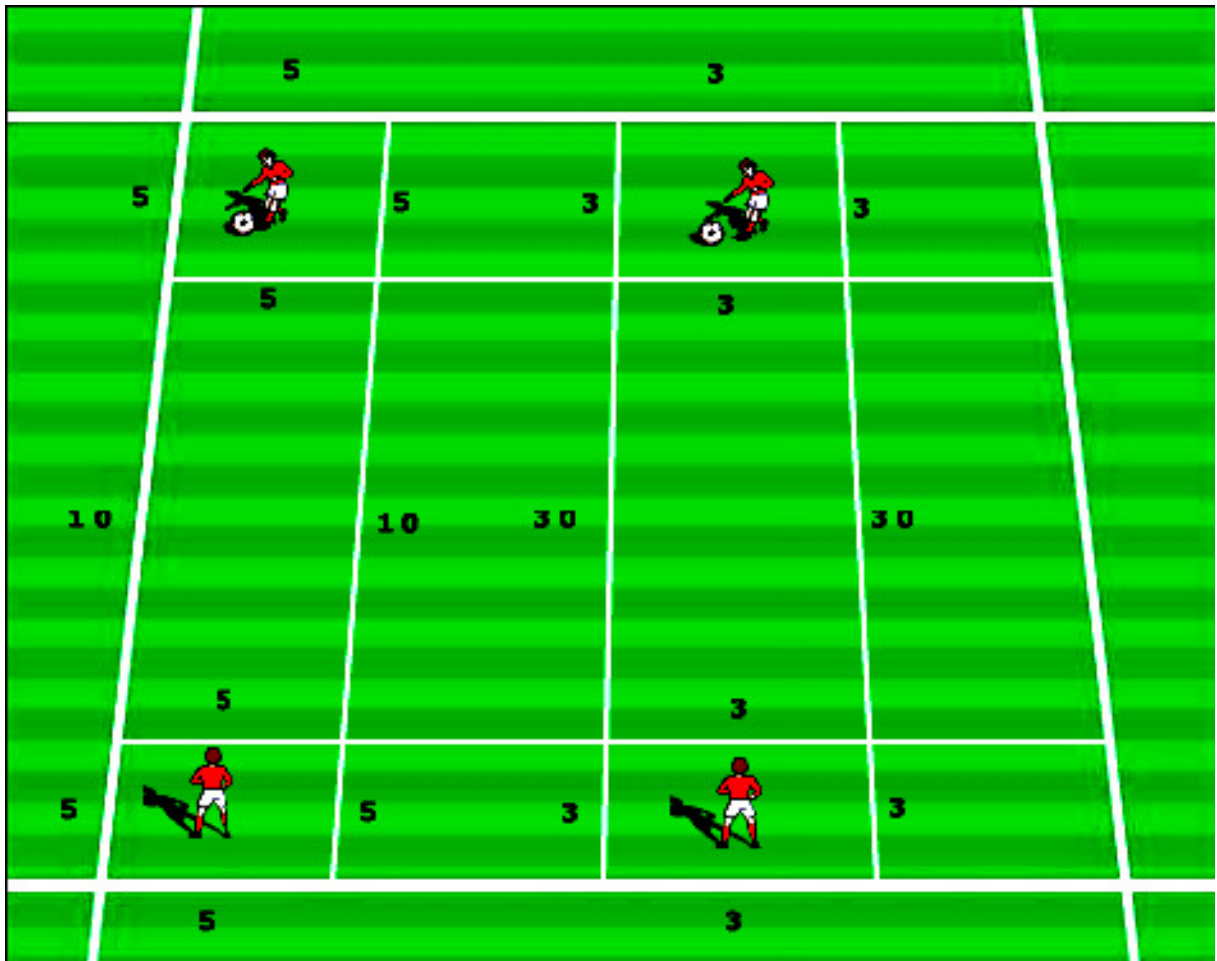
Equipment:

- 8 cones
- ball

Participant gets 4 balls to pass to partner located in the grid on opposite side. Pass needs to be in the air, and the ball needs to land in the grid to get points. For every ball landing in the grid, participant gets 25 points. Dimensions of the grid, and distance between grids depend on the age of the participant.

- U10 GRIDS 10 YARDS APART 5X5 YARDS
- U12 GRIDS 20 YARDS APART 5X5 YARDS
- U14 GRIDS 30 YARDS APART 3X3 YARDS
- U16 GRIDS 40 YARDS APART 3X3 YARDS
- U18 GRIDS 50 YARDS APART 3X3 YARDS

RECEIVING LOFTED PASS TEST



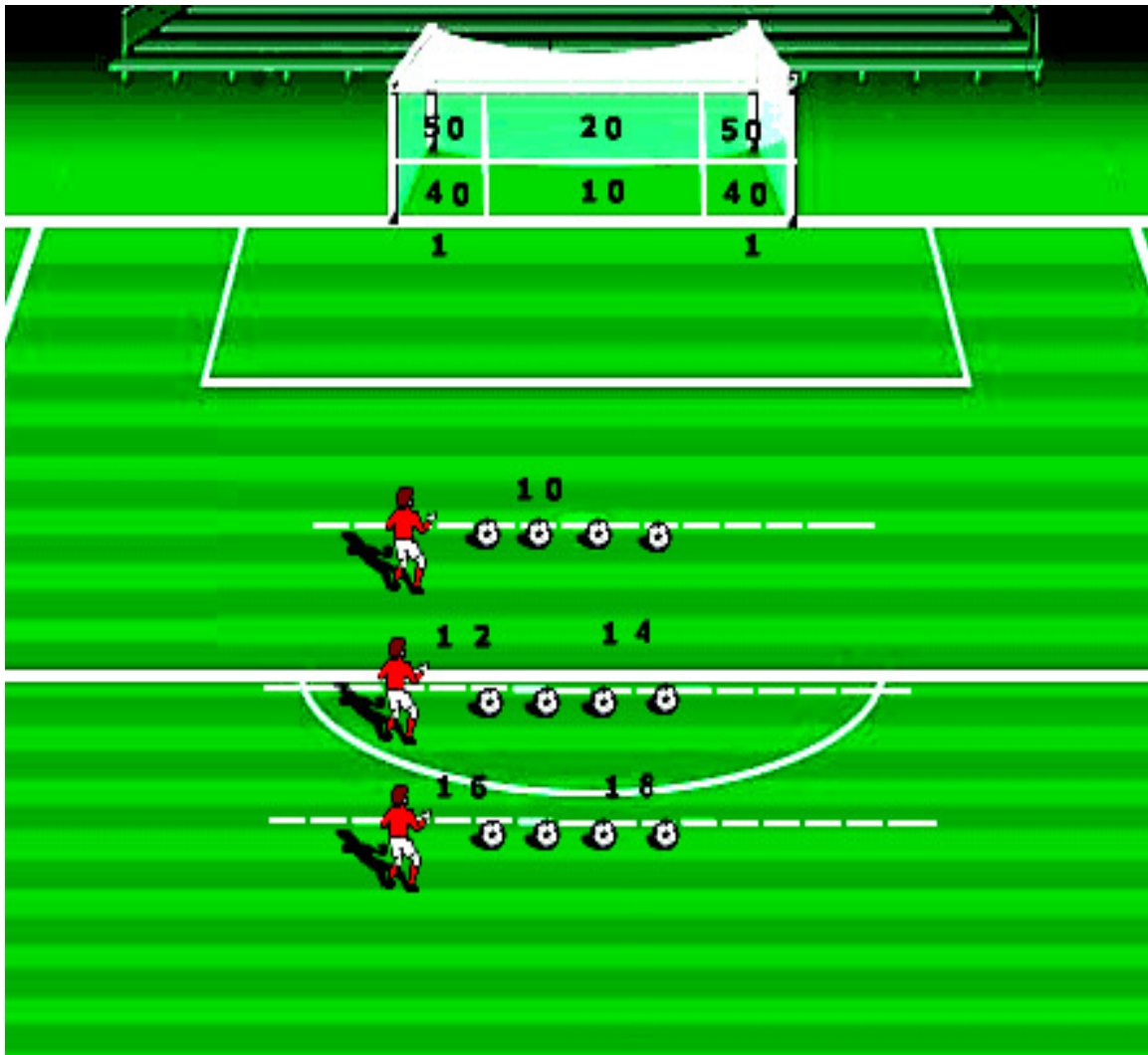
Equipment:

- 8 cones
- ball

Participant gets 4 balls to pass to partner located in the grid on opposite side. Pass needs to be in the air and ball needs to land in the grid. For every ball landing in the grid, and participant receiving the ball in the grid without letting the ball go out of grid, receiving player gets 25 points. Dimensions of the grid, and distance between the grids depend of the age of the participants.

- U10 GRIDS 10 YARDS APART 5X5 YARDS
- U12 GRIDS 20 YARDS APART 5X5 YARDS
- U14 GRIDS 30 YARDS APART 3X3 YARDS
- U16 GRIDS 40 YARDS APART 3X3 YARDS
- U18 GRIDS 50 YARDS APART 3X3 YARDS

SHOOTING TEST

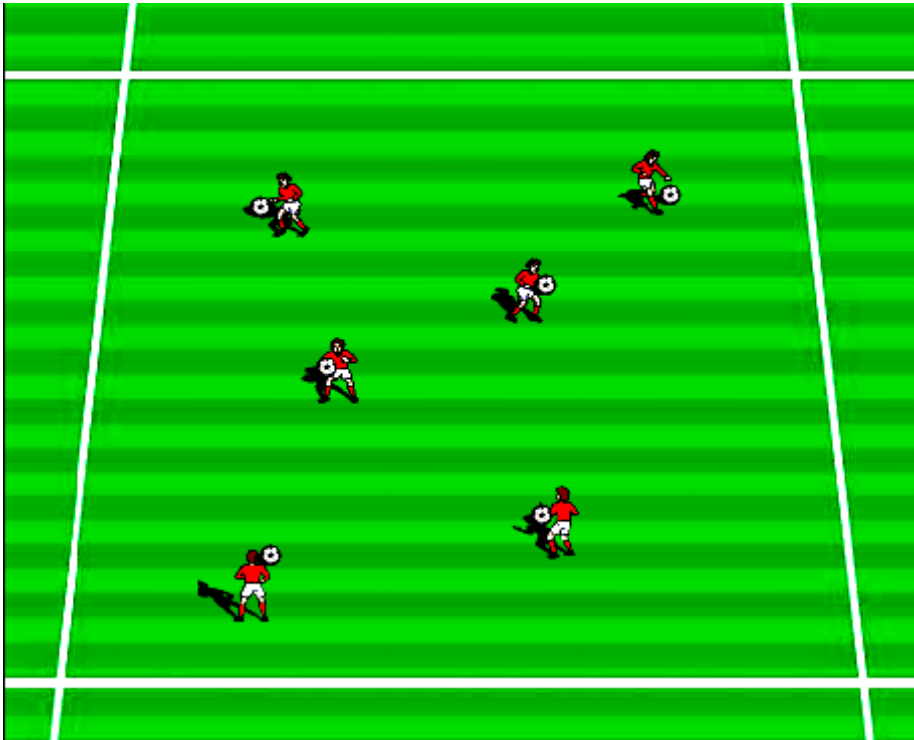


Equipment:

- goal
- 4 balls

This test is design to develop and improve accuracy in shooting. Distance from the goal depends on the age group you are testing (under 10 years of age re penalty area, U12-U14 are 18 yard box and U16-U18 years are 25 yards away from the goal). Participant takes 4 shoots on the goal in 15 seconds using his/her stronger foot. After testing stronger foot participant shoots with weaker foot. Keep the score from both feet and keep them separate

JUGGLING TEST



Participant has three attempts to try as many juggles as possible. While they are juggling, the ball cannot touch the ground. The ball needs to be lifted off the ground using feet only. To juggle the ball, participant can use any part of the body except the hands.

Juggling Test Standard

U10 25; U12 50; U14 100

For every juggle, participant receives a point up to 100 points. After that, no matter how many juggles they are able to do; it is still only 100 points. After the age of 14 every player should be capable of doing over 100 juggles without any problems. At this point they are able to use feet only, and alternating left and right foot while juggling the ball.