



## **Discovery Stage of Player Development** **Players aged 7, 8 or 9**

### **Skill Priorities**

#### **Players need to be able to:**

- Dribble the ball with both feet**
- Turn the ball with both feet**
  - Cryuff, Stepover, Dragback, Outside Hook**
- Execute moves that beat a player with both feet**
  - Scissor, TicTac, Ronaldo,**
- Shield the ball from opponent**
- Receive the ball with inside of their foot**
  - Move towards to the ball**
- Strike the ball with their laces**
- Pass the ball with the inside of each foot**
- Juggle the soccer ball**

### **Tactical Priorities**

#### **You should introduce and have the players experience:**

- Encourage clever creative play**
- Variety of 1v1 opportunities**
  - Attacking and defending**
- 2v1 attacking situations**
- Width and depth to an attack**
- Rotate positions in 4v4 small sided games**

### **Preferred Coaching Methodologies**

- Technical sessions in isolation without pressure**
- Every player has a ball as often as possible**
- Inclusive activities**
- Fun and competition based learning**
- 1v1's and 2v2's Maximum 4v4 SSG**



## **Experimentation Stage of Player Development** **Players aged from 10, 11 or 12**

### **Skill Priorities**

#### **Players need to be able to:**

- Front foot dribble to commit a player**
- Create space by checking to and from the ball at angles**
- Run with the ball and Dribbling**
- Pass with correct accuracy, weight and consistency**
  - Pass from stationary and whilst on the move**
  - Disguise their passes**
- Shoot with both feet**
  - Preparation touch, shoot on sight, choice of shot, composure**
- Receive the ball with all parts of body**
  - Laces, Thigh, Chest**
- Prepare the ball with a quality 1<sup>st</sup> touch into predetermined area**
- Defend to delay or win the ball back**
- Head the soccer ball**

### **Tactical Priorities**

#### **You should introduce and have the players experience:**

- Encourage clever creative play**
- Playing out from the defense**
- Basic Attacking Principles**
  - Width and depth to an attack, movement support off the ball**
- Understand when and where and how to beat players**
- The role of the GK**
- Basic defending concepts**
  - Delay, win, recovery runs, angles of recovery runs?**
- Attacking concepts in 2v2 situations**
  - Give and go, takeover, overlap, cross over, unbalance**
- Roles of 1<sup>st</sup> and 2<sup>nd</sup> defenders**
  - Pressure and cover**
- Restarts and quick restarts**
- Understand the 3 key moments of the game**

### **Preferred Coaching Methodologies**

**Speed, agility and quickness training**

**Technical in Isolation and with passive pressure**

**1v1 competitions**

**Numbers up situations 2v1, 3v2, 4v2, 5v3 (Neutral players)**

**Attacking plays to goal**

**Coaching in the game 4v4 to 6v6**



## **Implementation Stage of Player Development** **Players aged from 13, 14 or 15**

### **Skill Priorities**

#### **Players need to be able to:**

- Receive the ball across their body**
- Play a variety of lofted, driven and bent passes**
- Execute turns and dribbling moves with speed and quality**
- Make 1 touch passes**
- Strike a moving soccer ball**
  - Across body, towards body, bouncing ball, away from body**
- Head the ball for distance and accuracy**
- Finish goal scoring chances through accuracy or power**

### **Tactical Priorities**

- Use width and depth to your attacks**
- Support Positions with and without the ball (formation specific)**
- Reaction to the moment of transition**
- Encourage off the ball movement**
- Receive the ball away from Pressure**
- Speed and execution of Combination Play**
- How and when to switch the point of attack**
- Penetrate or possess**
- When and where to win the ball or containing**
- Perfect roles in 2v1 and 2v2 situations**
- The responsibilities of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> defender**
  - Pressure, cover and balance**
- Advanced set piece instructions**
  - Corners, indirect and direct free kicks, throw-ins.**

### **Preferred Coaching Methodologies**

- Soccer specific fitness**
- Technical focus under increased pressure (area & opposition)**
- Coaching in the game (6v6 to 8v8) with specific focus**
- Use of restrictions to isolate coaching focus**
- Functional practices**
- Shadow play**
- Possession play**
- Attacking play to goals**
- Mutli-directional activities**