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| **4 v 4** | Start to build confidence, motor skills, positive interactions with coaches and teammates, positive experiences, and above all else, love for and desire to play the game. |

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|  | **Psychosocial** | **Technical / IQ** | **Attacking** | **Defending** | **Physical** |
|  | * Introduce a fun learning environment. * Work with players to learn good habits, carry out individual tasks, and set the early foundation for good work ethic. | * Ensure each child gets the maximum amount of touches possible with constant ball work and exercises. * Introduce dribbling and basic ball control, shooting on goal, and the idea of passing to teammates. | * Introduce the goal and directionality of play. * Simple shooting exercises and basic ball striking. | * Introduce the concept of protecting their own goal. | * Develop motor skills and coordination through basic fun exercises. |
|  | * Continue to provide a fun learning environment. * Continue to promote good habits and work ethic. * Allow players to carry out individual tasks and assignments, such as collecting cones, passing out equipment. | * Continue with the maximum amount of touches on the ball. * Focus on ball control and dribbling. * Introduce shooting at targets. * Introduce passing techniques (basic). * Introduce basic rules of the game (touchlines, goal kick, kick off). | * Identify simple phases of the game (in possession = offensive) * Introduce the concept of space (spreading out) * Introduce basic concepts, such as creating space/ separation with simple ball control moves like pull backs, cutting, and maneuvering around players with the ball. | * Identify simple phases of the game (NOT in possession = defensive) * Winning the ball back when not in possession. | * Continue to develop motor skills and coordination through basic fun exercises. |

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| **7 v 7** | Continue to provide fun learning environments to enhance and fuel the love of the game. Start to implement more techniques and build well rounded student athletes. Introduce new concepts (goalkeeper, game officials, etc.) and rules of the game. Indroduce playing formations. Suggested formations: 2-3-1, 3-2-1. |

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|  | **Psychosocial** | **Technical / IQ** | **Attacking** | **Defending** | **Physical** |
|  | * Work with players to develop trust, camaraderie with each other. * Continue to provide individual tasks and responsibility * Introduce the idea of leadership (from players). * Inspire individual confidence * Challenge players to be inquisitive and allow discovery | * Introduce the goalkeeper position and build out lines. * Continue with a lot of touches on the ball, daily. * Develop ball striking techniques. * Introduce passing to feet vs. space. * Individuality and confidence in 1v1 situations. * Introduce positions and assignments. | * Passing into space and creating an attack. * Introduce attacking specific passes (crosses, through ball, etc.) * Introduce spatial awareness and movement off the ball. * Initiate basic concept of creating numerical advantages in possession. | * Introduce defensive assignments and positions. * Develop defensive work ethic when not in possession. * Basic introduction to “Pressure, Cover, Balance” concept. * Develop individual defensive posture. * Make and keep it compact | * Continue to develop coordination and speed using basic exercises and basic equipment (cones, ladders). * Fitness for this age will mostly occur through exercises and scrimmages. |
|  | * Continue to work with players to develop trust and camaraderie with each other. * Continue to discuss leadership. * Provide and enhance confidence and through communication and situations | * Continue with individual ball skills. * Increase focus on 1st touch (directional, aerial ball control, body position, etc.) * Introduce 1-touch passing * Continue to improve ball striking techniques and form * Introduction to Rondo exercises | * Introduce possession-based concepts * Continue to improve spatial awareness. * Introduce specific movements to improve attacking support from defenders. * Initiate overlapping runs and overloads | * Develop more instinctual defensive habits and team defending concepts. * Improve on “Pressure, Cover, Balance” concept at all positions. * Develop confidence in building out from the back | * Increase coordination levels with basic speed and agility exercises. * Fitness for this age will mostly occur through exercises and scrimmages |

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| **9 v 9** | Continue to provide fun learning environments. Increased competition. Technical training becomes a major point of emphasis during this time. Emphasize techniques: ball striking, first touch, combination play, and possession-based tactics and movements. Rotate players to give experience at different positions. Suggested formations: 3-3-2, 3-4-1, 4-3-1 (for U12) |

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|  | **Psychosocial** | **Technical / IQ** | **Attacking** | **Defending** | **Physical** |
|  | * Work with players to develop trust, camaraderie with each other. * Continue to provide individual tasks and responsibility * Introduce the idea of leadership (from players). | * Continue with a lot of touches on the ball, daily. * Continue to develop individual ball skills and confidence in 1v1 situations. * Continue to develop ball striking techniques. * Develop an understanding of ball placement over power when attacking goal. * Emphasize 1st touch importance with different techniques and directional touches. * Introduce correct body shape in specific receiving techniques and proper receiving foot. * Introduce and develop the understanding of passing angles and subtle movements to create passing options. | * Emphasize spatial awareness and movement off the ball to create passing options. * Emphasize overloads and introduce switch of play at all three phases. * Begin communicating runs, and striker rotations. | * Introduce defensive assignments and positions. * Develop defensive work ethic when not in possession. * Improve “Pressure, Cover, Balance” concept. * Continue to develop individual defensive posture * Outnumber the opponent | * Increase coordination levels with speed and agility exercises. * Fitness for this age will mostly occur through exercises and scrimmages. |
|  | * Players begin to adapt to their role on the team * Goal-oriented and focused players * Players should start to become more competitive | * Continue developing an understanding of overloads, switch play, and spatial awareness. * Emphasize goal attacking runs for deeper positions and striker rotation. * Work with strikers and playing with back to goal and pace of play. | * Continue to develop the above. * Introduce the difference and elements of zonal coverage vs. player marking. * In the second half of the season, start to introduce the idea of defending with a backline of 4 players to help prepare for 11v11 | * Continue to improve speed and agility through more complicated exercises and equipment. * Begin to implement strength and conditioning exercises on a somewhat limited basis. |

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| **11 v 11** | Begin to develop more competitive players with set goals and team focused concepts. At U13 (intro level), maintain focus on individual player and technical ability while introducing team concepts. At U14, introduce full team concepts and higher level competitiveness. Formations based on team personnel, strengths, and learning opportunities. Suggested formations: 4-3-3, 4-4-2, 3-4-3 |

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|  | **Psychosocial** | **Technical / IQ** | **Attacking** | **Defending** | **Physical** |
|  | * Learning the alignment of the roles, positions, and designated tasks in the 11v11 team. * Articulates their own learning needs. | * Improving on all techniques from previous years. * Begin mastering all receiving techniques. * Strengthen 1st touch and implement 1-touch passing. * Emphasize the understanding of movement and angles to create passing options. * Introduce “headers”. | * Begin mastering spatial awareness and creating overloads. * Begin to master overlapping runs with focus on subtle details in regards to running across/behind/towards defenders. * Strikers become more accustomed to playing with back to goal and creating options. | * Implementing full team defensive concepts with a 4-player back line. * Introduce defensive rotations. * Establish midfielders roles and responsibilities when defending. * Establish the concept of staying compact on defense, as a team. * Continue to develop well rounded, intelligent individual defenders. | * Increased fitness through conditioning exercises * Start to implement strength training using basic equipment and body weight exercises. |
|  | * Is adaptable and flexible in dealing with challenges and problems. | * Begin to master the above. * Continue to improve on ball striking techniques to develop longer passing options, bending balls, and creativity in passing concepts. * Continue to improve headers and safe | * Continue to develop the above. | * Stay involved | * Fitness becomes a focus. Perform conditioning exercises with regularly planned exercises. * If applicable, start to initiate specific strength training using weight equipment or more difficult bodyweight exercises. |