

	U-6	U-7/8	U-9/10	U-11/12	U-13/16	U-16-18
Field Players						
Body Awareness	Yes	Yes	Transition	No	No	No
ABC's: Agility, Balance, Coordination	Yes	Yes	Yes	Yes	Yes	Yes
Speed Activities	Yes	Yes	Yes	Yes	Yes	Yes
Basic Motor Skills	Yes	Yes	Transition	No	No	No
Basic Sports Skills	Yes	Yes	Transition	No	No	No
Ball Manipulation Activities	Yes	Yes	Yes	Yes	Yes	Yes
Elementary Tactics	Yes	Yes	Transition	No	No	No
Elementary Game Rules	Yes	Yes	Transition	No	No	No
Formal Game Rules	No	Transition	Yes	Yes	Yes	Yes
Development of Spatial Awareness	No	No	Transition	Yes	Yes	Yes
Development of Positional Awareness	No	No	Transition	Yes	Yes	Yes
% Training to % Competition Ratio	100	70/30	70/30	60/40	60/40	50/50
Formal Warm-up	No	No	No	Yes	Yes	Yes
Mastery of Basic Motor Skills	No	No	No	Transition	Yes	Yes
Introduction of Basic Soccer Skills	Yes	Yes	Yes	Yes	Transition	No
Introduction of Advanced Soccer Skills	No	No	Transition	Yes	Yes	Yes
Basic Game Rules	No	Yes	Yes	Yes	No	No
Small Group Tactical Problems	No	No	Yes	Yes	Transition	No
Individual Speed of Play	No	No	Yes	Yes	Yes	Yes
Group Speed of Play	No	No	Transition	Yes	Yes	Yes
Team Speed of Play	No	No	No	No	Transition	Yes
General Fitness	No	No	No	Transition	Yes	Yes
Soccer Specific Fitness	Yes	Yes	Yes	Yes	Yes	Yes
Expanded Tactical Insight	No	No	No	No	Yes	Yes
Aerobic and Strength Development	No	No	No	No	Yes	Yes
Functional Training	No	No	No	Transition	Yes	Yes
Functional Fitness	No	No	No	No	Yes	Yes
Game Tactics	No	No	No	Transition	Yes	Yes
Use of Free weights	No	No	No	No	Transition	Yes
Individual Psychology Training	No	No	No	No	Yes	Yes
Team Psychology Training	No	No	No	Yes	Yes	Yes
Psychology of Teambuilding	No	No	No	No	Transition	Yes
Specific High Intensity Individual Fitness	No	No	No	No	No	Yes
Recovery and Regeneration	No	No	No	No	Transition	Yes

	U-6	U-7/8	U-9/10	U-11/12	U-13/16	U-16-18
<b>Goalkeepers</b>						
<b>Basic Catching Skills</b>	All	All	Yes	Yes	Yes	Yes
<b>Basic Footwork</b>	No	All	Yes	Yes	Yes	Yes
<b>Crossing Situations</b>	No	No	No	Yes	Yes	Yes
<b>GK Specific Fitness</b>	No	No	No	Transition	Yes	Yes
<b>Angles</b>	No	No	Transition	Yes	Yes	Yes
<b>Starting Positions</b>	No	No	No	Transition	Yes	Yes
<b>As a supporting player</b>	No	No	Yes	Yes	Yes	Yes
<b>Communication</b>	No	No	Transition	Yes	Yes	Yes
<b>Organization</b>	No	No	No	No	Transition	Yes
<b>GK Specific Fitness</b>	No	No	No	Transition	Yes	Yes
<b>Game Tactics</b>	No	No	No	No	Transition	Yes
<b>Collapsing</b>	No	No	Transition	Yes	Yes	Yes
<b>Power Diving</b>	No	No	No	Transition	Yes	Yes

### The Phases of Play by Age

All invasion sports, including soccer, have naturally occurring moments that are referred to as the “phases” of play. The following table offers guidelines on when the formal teaching of the phases of play should begin.

	U-6	U-7/8	U-9/10	U-11/12	U-13/16	U-16-18
<b>The Natural Evolution of Phases of Play</b>						
<b>Attacking the Goal</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Defending the Goal</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Counter-attacking</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Defending Against the Counter-attack</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Building up / Circulating the ball in the Defensive</b>	No	No	Transition	Yes	Yes	Yes
<b>Building up / Circulating the ball in the Attacking</b>	No	No	Transition	Yes	Yes	Yes
<b>Attacking Restarts</b>	No	No	No	Transition	Yes	Yes
<b>Defensive Restarts</b>	No	No	No	Transition	Yes	Yes