



Age Group Organization

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AGE GROUP ORGANIZATION

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INTRODUCTION

Organization of player development by age and stage



Children do not learn in the same way as adults, especially when the learning process involves both intellectual *and* physical activity.

Age conditions the way a person perceives and interacts with the world and with others.

In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different. For this reason we must not train 6 year old players the same way as 13 years old players. Training sessions must be adapted to the age of the players. Taking into consideration the characteristics of human and player development, we have structured the curriculum into four age groups. The first two age groups are:

1. INITIAL STAGE – 5 TO 8 YEARS OLD

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

2. BASIC STAGE – 9 TO 12 YEARS OLD

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

3. INTERMEDIATE STAGE – 13 AND 14 YEARS OLD

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

4. ADVANCED STAGE – 15 TO 18 YEARS OLD

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.

These are some of the facts in terms of human development adapted to soccer. In this document these facts are used to develop the most appropriate training methodology for each age group.



PLAYER STAGES

Age groups organized by stage

PLAYER STAGES

1. INITIAL STAGE

- U6
- U7
- U8

2. BASIC STAGE

- U9
- U10
- U11
- U12

3. INTERMEDIATE STAGE

- U13
- U14

4. ADVANCED STAGE

- U15
- U16
- U17
- U18

5. SPECIFIC STAGE

- U19
- U20

6. PERFORMANCE

- Senior



PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
INITIAL	U6	Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
	U7	Players must spend the maximum time possible in contact with the ball and experiment by themselves. For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
	U8	Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
BASIC	U9	Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
	U10	1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
	U11	Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.
	U12	Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
INTERMEDIATE	U13	At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage. Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.
	U14	Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.



PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
ADVANCED	U15	Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
	U16	Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).
	U17	The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
	U18	Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.
SPECIFIC	U19	All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
	U20	The technical and physical work is based on explosive actions.
PERFORMANCE	SENIOR	Training methods will be adapted to the type of players and level of competition.



CONTENT DISTRIBUTION BY AGE: TACTICAL

STAGE AND AGE GROUP																	
TACTICAL	INITIAL			BASIC				INTERMEDIATE			ADVANCED				SPECIFIC		Senior
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20		
ATTACKING	1. Attacking Principles			3	3	4	4	5	5	5	5	5	5	4	4	3	
	2. Possession			2	3	4	5	➔									
	3. Transition			1	2	3	4	5	➔								
	4. Combination Play			2	3	4	5	➔									
	5. Switching Play			1	1	2	3	3	4	➔							
	6. Counter Attacking					1	1	2	3	4	4	5	➔				
	7. Playing out from the back			3	3	4	4	5	➔								
	8. Finishing- Final Third			1	2	3	4	5	➔								
DEFENDING	1. Defending Principles			2	3	4	4	5	5	5	5	4	4	3	3	2	
	2. Zonal Defending			2	2	3	3	4	4	5	5	4	4	3	➔		
	3. Pressing			1	1	2	2	3	3	4	4	5	➔				
	4. Retreat & Recovery			2	2	3	3	4	4	5	5	5	5	4	➔		
	5. Compactness			1	1	1	1	2	2	3	3	4	4	5	➔		

WORKLOAD KEY			1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH
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CONTENT DISTRIBUTION BY AGE: TECHNICAL

STAGE AND AGE GROUP																	
TECHNICAL	INITIAL			BASIC				INTERMEDIATE			ADVANCED				SPECIFIC		Senior
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20		
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
2. Running with the Ball	2	3	3	4	5	4	3	2	1	→							
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	1	→				
4. Turning	1	2	3	4	5	5	4	→									
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5				
6. Ball Control	2	3	4	5	5	5	5	4	3	→							
7. Heading			1	1	2	3	4	4	5	4	3	→					
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	3	3	2	→				
9. Shielding the Ball	1	1	2	2	2	3	3	2	→								
10. Receiving to Turn	1	1	1	2	2	3	3	4	5	5	4	→					
11. Crossing and Finishing			1	2	2	3	3	3	3	4	→						
12. 1v1 Defending				1	2	2	3	4	5	4	4	3	→				

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

4= HIGH

5= VERY HIGH



CONTENT DISTRIBUTION BY AGE: PHYSICAL

STAGE AND AGE GROUP																			
PHYSICAL	INITIAL			BASIC				INTERMEDIATE				ADVANCED				SPECIFIC			Senior
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20				
STRENGTH																			
Strength Endurance												1	2	3	3	3	2	➔	
Explosive Strength				1	1	2	2					3	3	4	4	5			
Maximal Strength												1	1	1	1	2	1	➔	
ENDURANCE				1	2	2	3					3	4	➔					
Aerobic Capacity										1	2	3	4	5	➔				
Aerobic Power												1	2	3	4	5	➔		
Anaerobic Lactic												1	2	3	4	5			
Anaerobic Alactic				1	1	2	2					3	3	2	➔				
SPEED	1	2	3	4	4	4	4					5	5	4	3	2			
Reaction	1	2	3	4	4	5	5					5	5	4	➔				
Acceleration	1	2	3	4	5	5	5					5	5	4	➔				
Maximal speed			1	1	1	2	2					2	2	3	3	2	1	➔	
Speed Endurance				1	2	2	2					3	3	2	1				
Acyclic Speed	1	2	3	4	5	➔													
Flexibility & Mobility	1	1	1	2	2	3	3					4	4	3	➔				
Coordination & Balance	2	3	3	4	5	5	4					3	3	2	➔				
Agility	3	3	4	4	5	5	4					➔							
Basic Motor skills	5	5	5	4	3	2	1												
Perception & Awareness	5	5	5	5	5	5	5					5	5	5	5	5	5	5	

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH
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CONTENT DISTRIBUTION BY AGE: PSYCHOSOCIAL

STAGE AND AGE GROUP																			
PSYCHOSOCIAL		INITIAL			BASIC			INTERMEDIATE			ADVANCED				SPECIFIC			Senior	
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20			
BASIC	Motivation	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Self Confidence	5	5	5	4	4	4	4	3	→									
	Cooperation	1	1	1	2	2	3	3	4	4	5	→							
	Decision/Determination	1	1	1	1	1	2	2	3	3	4	4	4	4	5	→			
ADVANCED	Competitiveness		1	1	2	2	3	3	4	4	4	4	5	5	5	→			
	Concentration								1	2	3	3	4	4	5	→			
	Commitment				1	2	3	4	5	→									
	Self Control				1	1	2	2	3	3	4	4	4	4	5	→			
SOCIAL	Communication				1	2	3	3	4	4	5	5	4	3	→				
	Respect & Discipline	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

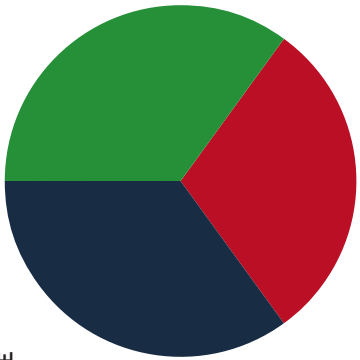
4= HIGH

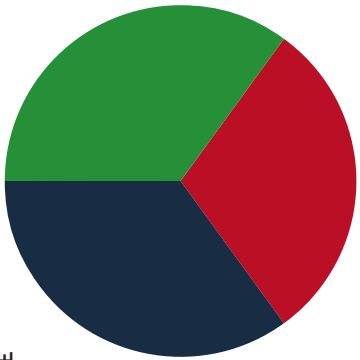
5= VERY HIGH



Season Plan by Age

INITIAL STAGE (U6-U8)

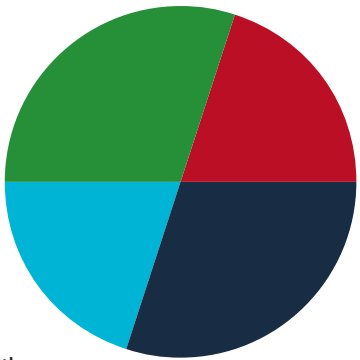
CURRICULUM – U6 – SEASON PLAN									
OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION			
SCRIMMAGE: Take up good positions during the game TECHNICAL: Improve basic individual technique PHYSICAL: Develop coordination and basic motor skills with and without the ball PSYCHOSOCIAL: Feel comfortable and confident with the ball		Sessions per week	2	Session time	60'	INITIAL STAGE 			
		Players per team	12	Game time	30'				
		SESSION STRUCTURE		ASPECTS TO CONSIDER					
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball					
		Physical	15'						
		Technique	20'						
		Scrimmage	20'						
Cool Down & Debrief		5'							
Comments ▶ Individual games are essential for the player at this age to experiment with the ball. ▶ Match: We strongly recommend 3v3 or 4v4 games.									
By the end of the season the player must be capable of: 1. Handling the ball with at least one foot and both hands 2. Occupying the original position during the game once an action is finished 3. Running, jumping and stopping with and without the ball		CONTENT							
		TACTICAL		TECHNICAL		PHYSICAL		PSYCHOSOCIAL	
ATTACKING		1. Attacking Principles		1. Passing and Receiving	5	Strength Endurance		1. Motivation	5
		2. Possession		2. Running With the Ball	2	Explosive Strength		2. Self confidence	5
		3. Transition		3. Dribbling	5	Maximal Strength		3. Cooperation	1
		4. Combination Play		4. Turning	1	Aerobic Capacity		4. Decision/Determination	1
		5. Switching Play		5. Shooting	5	Aerobic Power		5. Competitiveness	
		6. Counter Attacking		6. Ball Control	2	Anaerobic Lactic		6. Concentration	
		7. Playing Out From the Back		7. Heading		Anaerobic Alactic		7. Commitment	
		8. Finishing in the Final Third		8. 1V1 Attacking	2	Reaction	1	8. Self Control	
DEFENDING		1. Defending Principles		9. Shielding the Ball	1	Acceleration	1	9. Communication	
		2. Zonal Defending		10. Receiving to Turn	1	Maximal Speed		10. Respect & Discipline	5
		3. Pressing		11. Crossing and Finishing		Speed Endurance			
		4. Retreat & Recovery		12. 1V1 Defending		Acyclic Speed	1		
		5. Compactness				4. Flexibility & Mobility	1		
						5. Coordination & Balance	2		
						6. Agility	3		
						7. Basic Motor Skills	5		
						8. Perception & Awareness	5		
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CURRICULUM – U7 – SEASON PLAN									
OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION			
SCRIMMAGE: Take up good positions during the game TECHNICAL: Improve basic individual technique PHYSICAL: Develop coordination and basic motor skills with and without the ball PSYCHOSOCIAL: Increase confidence with the ball		Sessions per week	2	Session time	75'	INITIAL STAGE 			
		Players per team	12	Game time	40'				
		SESSION STRUCTURE		ASPECTS TO CONSIDER					
		Warm-up	15'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball					
		Physical	15'						
		Technique	25'						
		Scrimmage	25'						
Cool Down & Debrief	5'								
Comments ▶ Individual and collective games are essential for the player at this age to experiment with the ball. ▶ Match: We strongly recommend 4v4 games.									
						SCRIMMAGE 35%	TACTICS 0%	TECHNIQUE 35%	PHYSICAL 30%
CONTENT									
TACTICAL		TECHNICAL		PHYSICAL		PSYCHOSOCIAL			
ATTACKING	1. Attacking Principles	1. Passing and Receiving	5	Strength Endurance		BASIC	1. Motivation		5
	2. Possession	2. Running With the Ball	3	Explosive Strength			2. Self confidence		5
	3. Transition	3. Dribbling	5	Maximal Strength			3. Cooperation		1
	4. Combination Play	4. Turning	2	Aerobic Capacity		ADVANCED	4. Decision/Determination		1
	5. Switching Play	5. Shooting	5	Aerobic Power			5. Competitiveness		1
	6. Counter Attacking	6. Ball Control	3	Anaerobic Lactic			6. Concentration		
	7. Playing Out From the Back	7. Heading		Anaerobic Alactic			7. Commitment		
	8. Finishing in the Final Third	8. 1V1 Attacking	3	Reaction	2		8. Self Control		
1. Defending Principles	9. Shielding the Ball	1	Acceleration	2	SOCIAL	9. Communication			
2. Zonal Defending	10. Receiving to Turn	1	Maximal Speed			10. Respect & Discipline		5	
3. Pressing	11. Crossing and Finishing		Speed Endurance						
4. Retreat & Recovery	12. 1V1 Defending		Acyclic Speed	2					
5. Compactness			4. Flexibility & Mobility	1					
			5. Coordination & Balance	3					
			6. Agility	3					
			7. Basic Motor Skills	5					
			8. Perception & Awareness	5					
U.S. SOCCER CURRICULUM > Age Group Organization									
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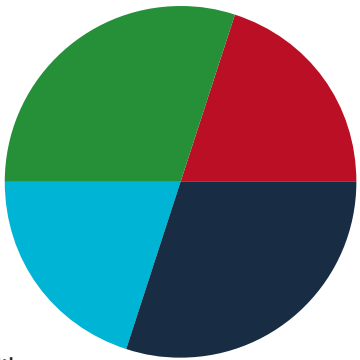
CURRICULUM – U8 – SEASON PLAN									
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION				
SCRIMMAGE: Balance in relation to the ball and teammates during the game TECHNICAL: Individual and collective basic soccer techniques PHYSICAL: Develop speed, coordination and basic motor skills with and without the ball PSYCHOSOCIAL: Interact with teammates during the training session		Sessions per week	2	Session time	INITIAL STAGE				
		Players per team	12	Game time	40'				
		SESSION STRUCTURE		ASPECTS TO CONSIDER					
		Warm-up	15'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball					
		Physical	15'						
		Technique	25'						
Scrimmage	25'								
Cool Down & Debrief		5'							
Comments ▶ Collective games are essential for the player to start interacting with teammates. ▶ Match: We strongly recommend 7v7 games.									
CONTENT									
TACTICAL		TECHNICAL		PHYSICAL			PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	1. Passing and Receiving	5	Strength Endurance		1. Motivation		5	
	2. Possession	2. Running With the Ball	3	Explosive Strength		2. Self confidence		5	
	3. Transition	3. Dribbling	4	Maximal Strength		3. Cooperation		1	
	4. Combination Play	4. Turning	3	Aerobic Capacity		4. Decision/Determination		1	
	5. Switching Play	5. Shooting	5	Aerobic Power		5. Competitiveness		1	
	6. Counter Attacking	6. Ball Control	4	Anaerobic Lactic		6. Concentration			
	7. Playing Out From the Back	7. Heading	1	Anaerobic Alactic		7. Commitment			
	8. Finishing in the Final Third	8. 1V1 Attacking	4	Reaction	3	8. Self Control			
DEFENDING	1. Defending Principles	9. Shielding the Ball	2	Acceleration	3	9. Communication			
	2. Zonal Defending	10. Receiving to Turn	1	Maximal Speed	1	10. Respect & Discipline		5	
	3. Pressing	11. Crossing and Finishing	1	Speed Endurance					
	4. Retreat & Recovery	12. 1V1 Defending		Acyclic Speed	3				
	5. Compactness			4. Flexibility & Mobility	1				
				5. Coordination & Balance	3				
				6. Agility	4				
				7. Basic Motor Skills	5				
			8. Perception & Awareness	5					
U.S. SOCCER CURRICULUM > Age Group Organization									
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Season Plan by Age

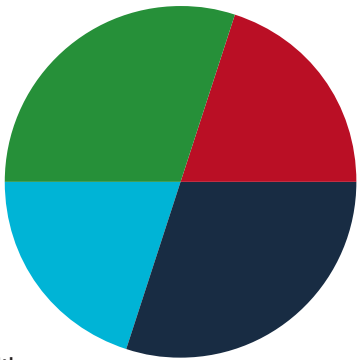
BASIC STAGE (U9-U12)

CURRICULUM – U9 – SEASON PLAN													
OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION							
SCRIMMAGE: Efficiently occupy the spaces on the field. TACTICAL: Creating space to receive the ball and keep possession. TECHNICAL: Improve individual and collective basic soccer techniques PHYSICAL: Develop speed, coordination and balance with and without the ball PSYCHOSOCIAL: Positive interaction with teammates during the game		Sessions per week	3	Session time	90'	BASIC STAGE 							
		Players per team	14	Game time	50'								
		SESSION STRUCTURE		ASPECTS TO CONSIDER									
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition									
		Physical	15'										
		Technique	20'										
		Tactics	15'										
Scrimmage	25'												
Cool Down & Debrief	5'												
By the end of the season the player must be capable of: 1. Basic skills in 1v1 situations. 2. Balance in relation to the ball (forward, backwards and side to side) 3. Basic coordinated movements with and without the ball		Comments ▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices. ▶ Match: We strongly recommend 8v8 and 9v9 games. ▶ Formations: 3-2-3 in 9-a-side.				SCRIMMAGE 30%		TACTICS 20%		TECHNIQUE 30%		PHYSICAL 20%	
		CONTENT											
		TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL				
		ATTACKING		1. Attacking Principles	3	1. Passing and Receiving	5	STRENGTH		Strength Endurance		1. Motivation	5
2. Possession	2			2. Running With the Ball	4	STRENGTH		Explosive Strength	1	2. Self confidence	4		
3. Transition	1			3. Dribbling	4	STRENGTH		Maximal Strength		3. Cooperation	2		
4. Combination Play	2			4. Turning	4	ENDURANCE		Aerobic Capacity	1	4. Decision/Determination	1		
5. Switching Play	1			5. Shooting	5	ENDURANCE		Aerobic Power		5. Competitiveness	2		
6. Counter Attacking				6. Ball Control	5	ENDURANCE		Anaerobic Lactic		6. Concentration			
7. Playing Out From the Back	3			7. Heading	1	ENDURANCE		Anaerobic Alactic	1	7. Commitment	1		
8. Finishing in the Final Third	1			8. 1V1 Attacking	5	SPEED		Reaction	4	8. Self Control	1		
DEFENDING		1. Defending Principles	2	9. Shielding the Ball	2	SPEED		Acceleration	4	9. Communication	1		
		2. Zonal Defending	2	10. Receiving to Turn	2	SPEED		Maximal Speed	1	10. Respect & Discipline	5		
		3. Pressing	1	11. Crossing and Finishing	2	SPEED		Speed Endurance	1				
		4. Retreat & Recovery	2	12. 1V1 Defending	1	SPEED		Acyclic Speed	4				
		5. Compactness	1			SPEED		4. Flexibility & Mobility	2				
						SPEED		5. Coordination & Balance	4				
						SPEED		6. Agility	4				
						SPEED		7. Basic Motor Skills	4				
						8. Perception & Awareness		5					

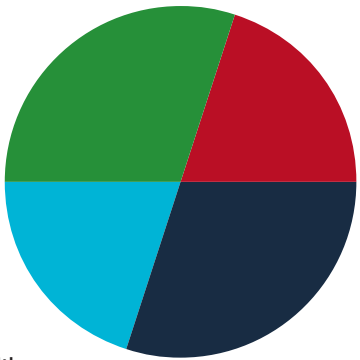
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CURRICULUM – U10 – SEASON PLAN											
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION						
SCRIMMAGE: Efficiently occupy space in relation to the ball and to teammates TACTICAL: Creating space and applying basic principles TECHNICAL: Accuracy in individual soccer techniques PHYSICAL: Develop speed, agility, coordination and balance PSYCHOSOCIAL: Interact positively and feel confident within the group		Sessions per week	3	Session time	90'	BASIC STAGE 					
		Players per team	14	Game time	50'						
		SESSION STRUCTURE		ASPECTS TO CONSIDER			SCRIMMAGE 30% TACTICS 20% TECHNIQUE 30% PHYSICAL 20%				
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition							
		Physical	15'								
		Technique	20'								
		Tactics	15'								
Scrimmage	25'										
Cool Down & Debrief		5'									
Comments ▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices. ▶ Match: We strongly recommend 8v8 and 9v9 games. ▶ Formations: 3-2-3 in 9-a-side.											
CONTENT											
TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL				
ATTACKING	1. Attacking Principles	3	1. Passing and Receiving	5	Strength Endurance		1. Motivation		5		
	2. Possession	3	2. Running With the Ball	5	Explosive Strength	1	2. Self confidence		4		
	3. Transition	2	3. Dribbling	3	Maximal Strength		3. Cooperation		2		
	4. Combination Play	3	4. Turning	5	Aerobic Capacity	2	4. Decision/Determination		1		
	5. Switching Play	1	5. Shooting	5	Aerobic Power		5. Competitiveness		2		
	6. Counter Attacking		6. Ball Control	5	Anaerobic Lactic		6. Concentration				
	7. Playing Out From the Back	3	7. Heading	2	Anaerobic Alactic	1	7. Commitment		2		
	8. Finishing in the Final Third	2	8. 1V1 Attacking	5	Reaction	4	8. Self Control		1		
DEFENDING	1. Defending Principles	3	9. Shielding the Ball	2	Acceleration	5	9. Communication		2		
	2. Zonal Defending	2	10. Receiving to Turn	2	Maximal Speed	1	10. Respect & Discipline		5		
	3. Pressing	1	11. Crossing and Finishing	2	Speed Endurance	2					
	4. Retreat & Recovery	2	12. 1V1 Defending	2	Acyclic Speed	5					
	5. Compactness	1			4. Flexibility & Mobility	2					
					5. Coordination & Balance	5					
					6. Agility	5					
					7. Basic Motor Skills	2					
				8. Perception & Awareness	5						

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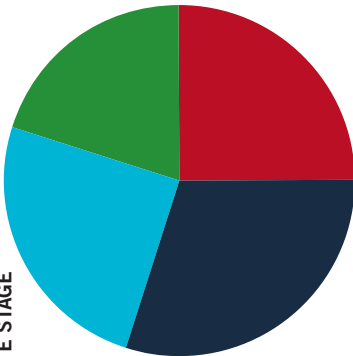
CURRICULUM – U11 – SEASON PLAN											
OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION					
SCRIMMAGE: Match focus is on possession and transition. TACTICAL: Improve attacking principles and basic defending and collective techniques TECHNICAL: Accuracy and speed in individual and collective techniques PHYSICAL: Improve speed, agility, coordination and balance PSYCHOSOCIAL: Cooperate with teammates in collective tasks		Sessions per week	3	Session time	90'	BASIC STAGE 					
		Players per team	14	Game time	60'						
		SESSION STRUCTURE		ASPECTS TO CONSIDER							
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition							
		Physical	15'								
		Technique	20'								
		Tactics	15'								
Scrimmage	25'										
Cool Down & Debrief	5'										
Comments ▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ▶ Match: We strongly recommend 9v9 games. ▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.		SCRIMMAGE 30%				TACTICS 20%		TECHNIQUE 30%		PHYSICAL 20%	
CONTENT											
TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL				
ATTACKING	1. Attacking Principles	4	1. Passing and Receiving	5	Strength Endurance		1. Motivation			5	
	2. Possession	4	2. Running With the Ball	4	Explosive Strength	2	2. Self confidence			4	
	3. Transition	3	3. Dribbling	3	Maximal Strength		3. Cooperation			3	
	4. Combination Play	4	4. Turning	5	Aerobic Capacity	2	4. Decision/Determination			2	
	5. Switching Play	2	5. Shooting	5	Aerobic Power	1	5. Competitiveness			3	
	6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration				
	7. Playing Out From the Back	4	7. Heading	3	Anaerobic Alactic	2	7. Commitment			3	
	8. Finishing in the Final Third	3	8. 1V1 Attacking	4	Reaction	4	8. Self Control			2	
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	3	Acceleration	5	9. Communication			3	
	2. Zonal Defending	3	10. Receiving to Turn	3	Maximal Speed	2	10. Respect & Discipline			5	
	3. Pressing	2	11. Crossing and Finishing	3	Speed Endurance	2					
	4. Retreat & Recovery	3	12. 1V1 Defending	2	Acyclic Speed	5					
	5. Compactness	1			4. Flexibility & Mobility	3					
					5. Coordination & Balance	5					
					6. Agility	5					
					7. Basic Motor Skills	2					
				8. Perception & Awareness	5						

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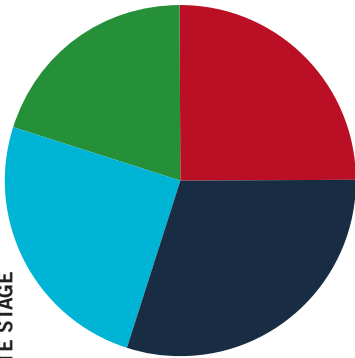
CURRICULUM – U12 – SEASON PLAN											
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION						
SCRIMMAGE: Improve possession and transition as well as collective defending during the match TACTICAL: Develop attacking/defending principles and combination play TECHNICAL: Focus on quality of passing and receiving technique as well as ball control in game situations PHYSICAL: Compete to increase speed, agility, coordination and balance in competitive games PSYCHOSOCIAL: Increase collective self-confidence		Sessions per week	3	Session time	90'	BASIC STAGE 					
		Players per team	14	Game time	60'						
		SESSION STRUCTURE		ASPECTS TO CONSIDER							
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players							
		Physical	15'								
		Technique	20'								
		Tactics	15'								
Scrimmage	25'										
Cool Down & Debrief		5'									
Comments ► Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ► Match: We strongly recommend 9v9 games. ► Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.											
CONTENT											
TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL				
ATTACKING	1. Attacking Principles	4	1. Passing and Receiving	5	Strength Endurance		1. Motivation		5		
	2. Possession	5	2. Running With the Ball	3	Explosive Strength	2	2. Self confidence		4		
	3. Transition	4	3. Dribbling	2	Maximal Strength		3. Cooperation		3		
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	3	4. Decision/Determination		2		
	5. Switching Play	3	5. Shooting	5	Aerobic Power	2	5. Competitiveness		3		
	6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration				
	7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment		4		
	8. Finishing in the Final Third	4	8. 1V1 Attacking	4	Reaction	4	8. Self Control		2		
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	3	Acceleration	5	9. Communication		3		
	2. Zonal Defending	3	10. Receiving to Turn	3	Maximal Speed	2	10. Respect & Discipline		5		
	3. Pressing	2	11. Crossing and Finishing	3	Speed Endurance	2					
	4. Retreat & Recovery	3	12. 1V1 Defending	3	Acyclic Speed	5					
	5. Compactness	1			4. Flexibility & Mobility	3					
					5. Coordination & Balance	4					
					6. Agility	4					
					7. Basic Motor Skills	1					
				8. Perception & Awareness	5						
U.S. SOCCER CURRICULUM > Age Group Organization											

Season Plan by Age

INTERMEDIATE STAGE (U13-U14)

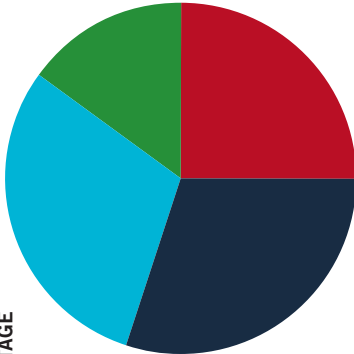
CURRICULUM – U13 – SEASON PLAN											
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION						
SCRIMMAGE: Coordinate possession, transition and finishing TACTICAL: Improve attacking coordinated movements and zonal defending TECHNICAL: Focus on quality of passing and receiving technique and ball control in small spaces PHYSICAL: Basic development of speed, endurance and strength PSYCHOSOCIAL: Commitment to the team and focus in training		Sessions per week	3	Session time	90'	INTERMEDIATE STAGE 					
		Players per team	16	Game time	70'						
		SESSION STRUCTURE		ASPECTS TO CONSIDER							
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players							
		Physical	15'								
		Technique	15'								
Tactics	20'										
Scrimmage	25'										
Cool Down & Debrief	5'										
By the end of the season the player must be capable of: 1. Passing the ball at speed in reduced spaces 2. Combination play and communication with teammates 3. Combine endurance and speed during the game		Comments ► Use the contrast of small spaces for possession practices and bigger spaces for transition practices ► Match: 11v11 games. ► Formations: 4-3-3				SCRIMMAGE 30%		TACTICS 25%	TECHNIQUE 20%	PHYSICAL 25%	
		CONTENT									
		TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL		
		ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	1	1. Motivation		5
2. Possession	5		2. Running With the Ball	2	Explosive Strength	3	2. Self confidence		3		
3. Transition	5		3. Dribbling	2	Maximal Strength	1	3. Cooperation		4		
4. Combination Play	5		4. Turning	4	Aerobic Capacity	3	4. Decision/Determination		3		
5. Switching Play	3		5. Shooting	5	Aerobic Power	3	5. Competitiveness		4		
6. Counter Attacking	2		6. Ball Control	4	Anaerobic Lactic	1	6. Concentration		1		
7. Playing Out From the Back	5		7. Heading	4	Anaerobic Alactic	3	7. Commitment		5		
8. Finishing in the Final Third	5		8. 1V1 Attacking	4	Reaction	5	8. Self Control		3		
DEFENDING	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	5	9. Communication		3		
	2. Zonal Defending	4	10. Receiving to Turn	4	Maximal Speed	2	10. Respect & Discipline		5		
	3. Pressing	3	11. Crossing and Finishing	3	Speed Endurance	3					
	4. Retreat & Recovery	4	12. 1V1 Defending	4	Acyclic Speed	5					
	5. Compactness	2			4. Flexibility & Mobility	4					
					5. Coordination & Balance	3					
					6. Agility	4					
					7. Basic Motor Skills						
				8. Perception & Awareness	5						

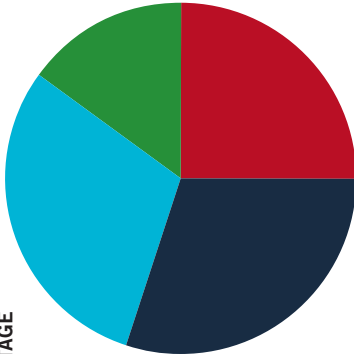
U.S. SOCCER CURRICULUM > Age Group Organization52

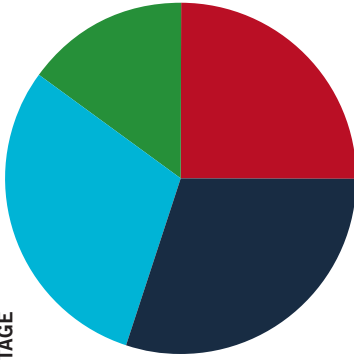
CURRICULUM – U14 – SEASON PLAN									
OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION			
SCRIMMAGE: Coordinate playing out from the back, possession, transition, combination play and finishing during the game TACTICAL: Application of attacking principles to create combination play TECHNICAL: Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces PHYSICAL: General development of endurance, speed and strength PSYCHOSOCIAL: Competition in individual and team situations By the end of the season the player must be capable of: 1. Playing short and long accurate passes in collective practices. 2. Combination play and communication with teammates 3. Combine endurance and speed during the game		Sessions per week	4	Session time	90'	INTERMEDIATE STAGE 			
		Players per team	16	Game time	70'				
		SESSION STRUCTURE		ASPECTS TO CONSIDER					
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players					
		Physical	15'						
		Technique	15'						
		Tactics	20'						
		Scrimmage	25'						
		Cool Down & Debrief	5'						
Comments ► Use the contrast of small spaces for possession practices and bigger spaces for transition practices ► Match: 11v11 games. ► Formations: 4-3-3									
CONTENT									
TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	2	1. Motivation		5
	2. Possession	5	2. Running With the Ball	1	Explosive Strength	3	2. Self confidence		3
	3. Transition	5	3. Dribbling	2	Maximal Strength	1	3. Cooperation		4
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination		3
	5. Switching Play	4	5. Shooting	5	Aerobic Power	4	5. Competitiveness		4
	6. Counter Attacking	3	6. Ball Control	3	Anaerobic Lactic	1	6. Concentration		2
	7. Playing Out From the Back	5	7. Heading	5	Anaerobic Alactic	3	7. Commitment		5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	4	Reaction	5	8. Self Control		3
DEFENDING	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	5	9. Communication		4
	2. Zonal Defending	4	10. Receiving to Turn	5	Maximal Speed	2	10. Respect & Discipline		5
	3. Pressing	3	11. Crossing and Finishing	3	Speed Endurance	3			
	4. Retreat & Recovery	4	12. 1V1 Defending	5	Acyclic Speed	5			
	5. Compactness	2			4. Flexibility & Mobility	4			
					5. Coordination & Balance	3			
					6. Agility	4			
					7. Basic Motor Skills				
					8. Perception & Awareness	5			
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Season Plan by Age

ADVANCED STAGE (U15-U18)

CURRICULUM – U15 – SEASON PLAN										
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION					
SCRIMMAGE: Development of possession of the ball at speed and quick organisation of zonal defending TACTICAL: Application of attacking and defending principles in SSG TECHNICAL: Focus on speed of passing and receiving technique, ball controlling in small spaces PHYSICAL: Basic development of aerobic power, acyclic speed and explosive strength PSYCHOSOCIAL: Commitment to the team		Sessions per week	4	Session time	90'	ADVANCED STAGE 				
		Players per team	18	Game time	80'					
		By the end of the season the player must be capable of: 1. Playing short passes at speed in small spaces. 2. Coordination of tactical principles with teammates. 3. Show good fitness in mid/high demanding aerobic power practices		SESSION STRUCTURE		ASPECTS TO CONSIDER				
				Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players				
				Physical	20'					
				Technique	10'					
Tactics	20'									
Scrimmage	25'									
		Cool Down & Debrief		5'						
		Comments ► Use small spaces to develop technique and big spaces to develop tactical concepts ► Match: 11v11 games. ► Formations: 4-3-3 & 4-4-2								
CONTENT										
TACTICAL		TECHNICAL			PHYSICAL					
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	3	1. Motivation			5
	2. Possession	5	2. Running With the Ball	1	Explosive Strength	4	2. Self confidence			3
	3. Transition	5	3. Dribbling	2	Maximal Strength	1	3. Cooperation			5
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination			4
	5. Switching Play	4	5. Shooting	5	Aerobic Power	5	5. Competitiveness			4
	6. Counter Attacking	4	6. Ball Control	3	Anaerobic Lactic	2	6. Concentration			3
	7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment			5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	3	Reaction	4	8. Self Control			4
DEFENDING	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	4	9. Communication			5
	2. Zonal Defending	5	10. Receiving to Turn	5	Maximal Speed	3	10. Respect & Discipline			5
	3. Pressing	4	11. Crossing and Finishing	4	Speed Endurance	2				
	4. Retreat & Recovery	5	12. 1V1 Defending	4	Acyclic Speed	5				
	5. Compactness	3			4. Flexibility & Mobility	3				
					5. Coordination & Balance	2				
					6. Agility	4				
					7. Basic Motor Skills					
					8. Perception & Awareness	5				
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CURRICULUM – U16 – SEASON PLAN											
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION						
SCRIMMAGE: Development possession and transition of the ball at speed and quick organisation for zonal defending retreat & recovery TACTICAL: Application of attaching and defending principles at speed TECHNICAL: Focus on speed of passing and receiving technique as well as ball control in small and big spaces PHYSICAL: Development of aerobic power, acyclic speed and explosive strength PSYCHOSOCIAL: Commitment to teammates in accomplishing specific tasks		Sessions per week	4	Session time	90'	ADVANCED STAGE 					
		Players per team	18	Game time	80'						
		SESSION STRUCTURE		ASPECTS TO CONSIDER							
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players							
		Physical	20'								
		Technique	10'								
Tactics	20'										
Scrimmage	25'										
Cool Down & Debrief		5'									
Comments ► Use small spaces to develop technique and big spaces to develop tactical concepts ► Match: 11v11 games. ► Formations: 4-3-3 & 4-4-2											
CONTENT											
TACTICAL		TECHNICAL			PHYSICAL			PSYCHOSOCIAL			
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	3	1. Motivation		5		
	2. Possession	5	2. Running With the Ball	1	Explosive Strength	4	2. Self confidence		3		
	3. Transition	5	3. Dribbling	2	Maximal Strength	1	3. Cooperation		5		
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination		4		
	5. Switching Play	4	5. Shooting	5	Aerobic Power	5	5. Competitiveness		4		
	6. Counter Attacking	4	6. Ball Control	3	Anaerobic Lactic	2	6. Concentration		3		
	7. Playing Out From the Back	5	7. Heading	3	Anaerobic Alactic	2	7. Commitment		5		
	8. Finishing in the Final Third	5	8. 1V1 Attacking	3	Reaction	3	8. Self Control		4		
DEFENDING	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	4	9. Communication		5		
	2. Zonal Defending	5	10. Receiving to Turn	4	Maximal Speed	3	10. Respect & Discipline		5		
	3. Pressing	4	11. Crossing and Finishing	4	Speed Endurance	1					
	4. Retreat & Recovery	5	12. 1V1 Defending	4	Acyclic Speed	5					
	5. Compactness	3			4. Flexibility & Mobility	3					
					5. Coordination & Balance	2					
					6. Agility	4					
					7. Basic Motor Skills						
						8. Perception & Awareness	5				
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CURRICULUM – U17 – SEASON PLAN									
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION				
SCRIMMAGE: Develop transition and finishing at speed as well as organization for pressing, retreat & recovery TACTICAL: Improvement of quick transitions, attacking in the final third and pressing TECHNICAL: Focus on perception and quick execution of passing, ball controlling and finishing at speed in the game PHYSICAL: Increase of aerobic power, acyclic speed and explosive strength PSYCHOSOCIAL: Maintaining concentration in training sessions and games		Sessions per week	4/5	Session time	ADVANCED STAGE 				
		Players per team	18	Game time					
		SESSION STRUCTURE		ASPECTS TO CONSIDER					
		Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players					
		Physical	25'						
		Technique	20'						
Tactics	30'								
Scrimmage	30'								
Cool Down & Debrief		5'							
Comments		► Use intense practices using 1 or more of the thirds of the fields ► Match: 11v11 games. ► Formations: 4-3-3 & 4-4-2							
By the end of the season the player must be capable of: 1. Making passes and finishing at speed in SSG. 2. Coordinating with teammates in fast transition and pressing when possession is lost 3. Good technique in high-intensity, aerobic power practices									
CONTENT									
TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	3	1. Motivation		5
	2. Possession	5	2. Running With the Ball	1	Explosive Strength	5	2. Self confidence		3
	3. Transition	5	3. Dribbling	1	Maximal Strength	2	3. Cooperation		5
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination		4
	5. Switching Play	4	5. Shooting	5	Aerobic Power	5	5. Competitiveness		5
	6. Counter Attacking	5	6. Ball Control	3	Anaerobic Lactic	3	6. Concentration		4
	7. Playing Out From the Back	5	7. Heading	3	Anaerobic Alactic	2	7. Commitment		5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	2	Reaction	3	8. Self Control		4
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	2	Acceleration	4	9. Communication		4
	2. Zonal Defending	4	10. Receiving to Turn	4	Maximal Speed	2	10. Respect & Discipline		5
	3. Pressing	5	11. Crossing and Finishing	4	Speed Endurance				
	4. Retreat & Recovery	5	12. 1V1 Defending	3	Acyclic Speed	5			
	5. Compactness	4			4. Flexibility & Mobility	3			
					5. Coordination & Balance	2			
					6. Agility	4			
					7. Basic Motor Skills				
					8. Perception & Awareness	5			

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CURRICULUM – U18 – SEASON PLAN											
OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION						
SCRIMMAGE: Develop speed in the game, focus in counter attacking and pressing TACTICAL: Improvement of quick transitions, counter attacking and positional attacking in the final third as well pressing and zonal defending TECHNICAL: Focus on perception and quick execution of passing, ball controlling, receiving to turn at speed and finishing PHYSICAL: Improvement of high-level aerobic power and specific acyclic speed as well as repetitive explosive strength PSYCHOSOCIAL: Increase concentration and self control		Sessions per week		4/5	Session time		120'				
		Players per team		18	Game time		90'				
		SESSION STRUCTURE		ASPECTS TO CONSIDER							
		Warm-up		15'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players						
		Physical		25'							
		Technique		20'							
		Tactics		30'							
Scrimmage		30'									
Cool Down & Debrief		5'									
Comments		► Use small spaces to develop technique and focus in one or more thirds of the field for tactical aspects of the game ► Match: 11v11 games. ► Formations: 4-3-3 & 4-4-2									
						SCRIMMAGE 30%		TACTICS 30%	TECHNIQUE 15%	PHYSICAL 25%	

CONTENT									
		TECHNICAL			PHYSICAL		PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	3	1. Motivation		5
	2. Possession	5	2. Running With the Ball	1	Explosive Strength	5	2. Self confidence		3
	3. Transition	5	3. Dribbling	1	Maximal Strength	2	3. Cooperation		5
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination		4
	5. Switching Play	4	5. Shooting	5	Aerobic Power	5	5. Competitiveness		5
	6. Counter Attacking	5	6. Ball Control	3	Anaerobic Lactic	3	6. Concentration		4
	7. Playing Out From the Back	5	7. Heading	3	Anaerobic Alactic	2	7. Commitment		5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	2	Reaction	3	8. Self Control		4
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	2	Acceleration	4	9. Communication		3
	2. Zonal Defending	4	10. Receiving to Turn	4	Maximal Speed	1	10. Respect & Discipline		5
	3. Pressing	5	11. Crossing and Finishing	4	Speed Endurance				
	4. Retreat & Recovery	5	12. 1V1 Defending	3	Acyclic Speed	5			
	5. Compactness	4			4. Flexibility & Mobility	3			
					5. Coordination & Balance	2			
					6. Agility	4			
					7. Basic Motor Skills				
					8. Perception & Awareness	5			

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