



MN RUSH U16+ Development Curriculum

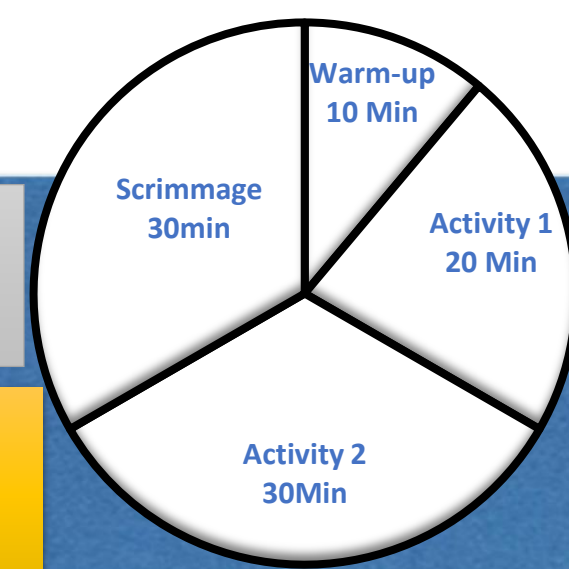
“They won’t care what you know until they know that you care”

OBJECTIVES

Movement Education: 10%
Technical: 10%
Tactical: 80%

ORGANIZATION

- Heading allowed
- Offsides IN EFFECT
- Ball to Player Ratio 1:1 to 1:8
- Size 5 ball
- Session: 90 minutes
- Games: 80/90 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments



BY THE END OF THE SEASON PLAYERS SHOULD...
have a comprehensive understanding of attacking and defending principles of play,
have the ability to recognize various moments in the game.

Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game

TECHNICAL

- Individualized technique(s) based on respective position(s)

GENERAL CHARACTERISTICS*

- May have a lengthened attention span
- Able to better understand moral principles
- Strong identification with admired adults
- Very sensitive to praise and recognition; feelings are easily hurt
- Fear of ridicule and being unpopular
- Friends set the general rules of behavior
- Strong need to conform exists
- Dress and behave like their peers in order to belong
- Experiences physical changes - very concerned with their appearance and very self-conscious about their physical changes
- Often a rapid weight gain at the beginning of adolescence poses an enormous appetite
- Caught between being a child and being an adult

TACTICAL

- Recognize moments in the game (we have the ball, they have the ball, no one has the ball)
- Attacking and defending principles
- Able to transition between formations

**General Characteristics from the US Soccer Player Development Model*