



# U6

1-2 Practices a week

45 - 60 minutes (1 practice - 60 minutes; 2 practice - 45 minutes)

Short activities with quick transitions - no more than 10 minutes on an activity

*95% of Time should be spent on Individual Skills - every kid needs a ball*

**Priorities:**

**Dribbling**

1v1 attacking

Shooting at unopposed Goal

**Ball Manipulation**

1v1 Defending

Receiving a Short pass

## Skills to introduce

### Physical Literacy Skills

Run with stops and starts  
Galloping and Skipping  
Lateral Movement - Side-step

Run and change directions  
Quick Feet and crossovers  
Jump - Stride and bound pattern

Balance - on a line  
Balance - on one foot  
Jump - one foot to another

### Dribbling

Turns - Basic  
Dribbling Basics

Feints and Dribble  
Escaping an opponent

Beating an opponent

### Attacking Principles and Techniques

1v1 attacking

### Defensive Principles and techniques

1v1 defending basics

### Passing

Receiving - foot

### Shooting

Introduce Instep

### Goalkeeping

### Concepts of the Game

Basic Rules  
Fair and Foul Play



# U8

**1-2 Practices a week**

**45 - 60 minutes**

**Short activities with quick transitions - no more than 10 minutes on an activity**

***85% of Time should be spent on Individual Skills - every kid needs a ball***

**Priorities:**

**Reinforce U6 Priorities**

**Basic goalkeeping - handling**

**Passing over a Short Distance**

**Receiving the ball with the feet**

## **Skills to introduce**

### **Physical Literacy Skills**

#### **Dribbling Skills**

Turns - advanced

Running with the ball - Speed

#### **Passing**

Receiving - Thigh

Ground - inside of foot - 5 - 8 yards

#### **Shooting**

#### **Goalkeeping**

#### **Attacking Principles and Techniques**

Attacking in pairs (2v1 & 2v2)

#### **Defensive Principles and Techniques**

Defending as an individual 1v1 - pressure

#### **Concepts of the Game**

Throw Ins  
Goal kicks

Corners  
Free kicks  
Positions

Penaltys  
Restarts



# U10

**1-2 Practices a week**

**50 - 60 minutes**

**Short activities with quick transitions - no more than 10 - 15 minutes on an activity**

*50% of time should be individual skills; 50% focused on small-sided games*

**Priorities:**

**Reinforce U8 Priorities**

**Attacking and defending in pairs**

**Passing and receiving player combinations**

**Shooting**

**Basic Goalkeeping**

**Small Sided games (3v3 & 4v4)**

## Skills to introduce

Speed - Explosive first step

### Physical Literacy Skills

Sprinting Technique

### Dribbling Skills

Receiving - Chest

### Passing

Pass and Receive up to 12 yards

Ground - instep (outside of foot)

### Shooting

Half Volley

Volley

### Goalkeeping

Positioning

Catching Techniques

### Attacking Principles and Techniques

support with and without the ball  
attacking in small groups (3s & 4s)

transition play  
communication

finishing  
Positional Play

### Defensive Principles and Techniques

Pressure and cover (2v1 & 2v2)  
Positional Play

Recovery  
Communication

Transition play

### Concepts of the Game

Set Plays

Advantage

Free kicks - indirect



# U12

**2 practices a week      50 - 60 minutes**

**Short activities with quick transitions - no more than 15 minutes on an activity**

***50% of time should be individual skills; 50% focused on small-sided games***

<b>Priorities:</b>	<b>Reinforce U10 Priorities</b> <b>Passing and Receiving - 3 player combinations</b> <b>Basic Goalkeeping</b>	<b>Attacking and defending in pairs and threes</b> <b>Shooting</b>
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## Skills to introduce

Body Weight Strength Exercise	<b>Physical Conditioning</b> Core Body Strength	Aerobic and Anaerobic
	<b>Dribbling Skills</b> Advanced Dribbling Techniques	
	<b>Passing</b> Pass and Receive up to 20 yards	
	<b>Shooting</b> one-on-one with goal keeping	
Diving	<b>Goalkeeping</b> Distribution	one-on-one
Unit and team	<b>Attacking Principles and Techniques</b> from wide positions crossing balls into penalty box	set plays
small groups 3v3 4v4	<b>Defensive Principles and Techniques</b> Pressure, cover, balance defensive set plays	marking
Set Plays	<b>Concepts of the Game</b> Offside	Free kicks - offside, direct



# Jr High

**2 practices a week      60 - 75 minutes**

**Focused with quick transitions - approximately 5-15 minutes on an activity; possibly longer on application**

***30-40% of time should be individual skills; 60-70% focused on small group/units***

**Priorities:**

**Reinforce U12 Priorities**

**Attacking and defending in small groups and units**

**Attacking possession**

**Phases of play**

**Transition to attack and defend**

## **Skills to introduce**

### **Physical Conditioning**

#### **Dribbling Skills**

Advanced Dribbling Techniques

#### **Passing**

Receiving and Controlling - Head

#### **Shooting**

#### **Goalkeeping**

Advanced Techniques - Crosses, punching, etc.

#### **Attacking Principles and Techniques**

#### **Defensive Principles and Techniques**

Defending as a unit and team

#### **Concepts of the Game**