



Arizona Soccer Club Grassroots Recreational Program

Volunteer Coaches Soccer Goals, by Age Group

Designed by Coach Jarrow under assistance of Lindsey Johnson AZSC Girls DOC

1. Under 4

- a. Dribble a soccer ball with the inside of their foot
- b. Able to know which goal they are heading to without prompting.
- c. Understand "out of bounds"
- d. Kick the ball using the inside or laces of their foot
- e. Understand inside (big toe) and outside (little toe) for dribbling and cutting the ball.

2. Under 5

- a. Receive the ball and immediately dribble the ball towards the goal
- b. Understand distance when kicking the ball
- c. Dribble with the inside and outside of their feet
- d. Be able to dribble and look up at the field
- e. Pass to their teammates
- f. Perform a throw-in
- g. Stop a ball with their hands while playing goalie and throw it to their teammate

3. Under 6

- a. Dribble around cones
- b. Shoot on target from 5 yards out
- c. Passing technique - plant foot facing the direction they want to pass (inside of foot pass)
- d. Pass to teammates with remedial accuracy
- e. Perform Goal kicks and Corner Kicks
- f. Challenge for the ball (1 v 1)
- g. Receive a ball that is thrown-in or kicked to them
- h. Kick/dribble with both feet
- i. Perform a pull back to change direction.

4. Under 7

- a. Know the rules (goal kick, corner kick, throw-in) and not have to be told
- b. Understand forward and defensive positions on the field
- c. Understand breaking down the offensive player when defending (not rushing in)
- d. Passing technique - plant foot facing the direction they want to pass (inside of foot pass)
- e. Learn a fade/fake
- f. Win the ball during one on one situations.
- g. Use both feet during practice and games

5. Under 8

- a. Cone drills with both feet, inside and outside
- b. Kicks solidly with inside of their foot and laces
- c. Understands a leading pass
- d. Understands left/right sides of the field, but also knows how to cover for a teammate
- e. Understands how to layer the defense (back up teammate/not crowd them)



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- f. Be able to shield the ball
- g. Works to get the ball outside and then can cross the ball to the center
- h. Understand protecting the goal as well as challenging an offender (as a goalie)
- i. [Cruyff](#), scissors, chop turns, Matthews – both feet

6. Under 9/10

- a. All of U8 but with more precision
- b. See the field and can pass the ball and move for an offensive gain
- c. Understand off sides
- d. Be quick when making decisions
- e. 2v2, 3v2 type situations ... control, talking, constantly moving.