

a. Skill Development Goals – By the end of the spring season, players should be able to:

Age Group	Type	Skills
7U/8U	Technical	<ul style="list-style-type: none"> <li>Control and pass the ball on the ground</li> <li>Dribble with the ball and change direction</li> <li>Shoot and score</li> <li>Stop opponents from moving forward</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>Identify the limits of the field or game area</li> <li>Understand objective and rules of the game (i.e. no hands, shoot at your goal, out of bounds, etc.)</li> <li>Distinguish between teammates and opponents</li> <li>Identify which goal to attack or defend</li> <li>Want to move toward the goal to attack</li> <li>Recognize they are defenders and “block” the opponents with the ball by placing themselves between the player and their own goal</li> <li>Begin to understand simple 1v1 scenarios</li> </ul>
	Physical	<ul style="list-style-type: none"> <li>Move around within a limited space</li> <li>Control different movements and rhythms</li> <li>Quickly react to a signal (a sound or visual cue)</li> </ul>
	Mental	<ul style="list-style-type: none"> <li>Listen, understand and follow coaches’ instructions</li> <li>Show sportsmanship</li> <li>Not be afraid of the ball and other players</li> <li>Want to win/beat the opponent</li> <li>Have FUN and enjoy the game!</li> </ul>
9U/10U	Technical	<ul style="list-style-type: none"> <li>Try to do 10 juggles</li> <li>Shielding</li> <li>Higher level of dribbling skills (i.e. turning, change in speed, etc.)</li> <li>Control the ball on the ground and link technical actions (e.g., a give and go)</li> <li>Challenge an opponent to try and take possession of the ball</li> <li>Passing/Receiving with both the inside and outside of the foot</li> <li>Finish (shoot) the ball with the inside of the foot and begin timing shots</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>Use the entire field, in depth and width, to find open space</li> <li>Identify and occupy free space (pockets)</li> <li>Attack by going through or around opponents who are defending their goal</li> <li>Support in pairs/triangles</li> <li>Keep possession by working with teammates</li> <li>Reposition behind the ball to protect their own goal</li> <li>Understand positions and the role of the position they are playing (with and without the ball)</li> </ul>
	Physical	<ul style="list-style-type: none"> <li>Stay coordinated to move freely, using motor skills</li> </ul>

		<ul style="list-style-type: none"> <li>Quickly react to a signal, using reaction speed and speed of movement</li> <li>Know how to change pace with and without the ball</li> </ul>
	Mental	<ul style="list-style-type: none"> <li>Begin to have a growth mindset</li> <li>Show teamwork</li> <li>Managing emotions and begin building resiliency</li> <li>Want to “play” with others</li> <li>Listen, understand and follow coaches’ instructions</li> <li>Show sportsmanship</li> <li>Not be afraid of the ball and other players</li> <li>Want to win/beat the opponent</li> <li>Have FUN and enjoy the game!</li> </ul>
11U/12U	Technical	<ul style="list-style-type: none"> <li>Try to do 20 juggles, 10 with alternate feet</li> <li>Understand and implement volleys, crossing, and set pieces.</li> <li>Work on strengthening weaker foot use, control the ball with both feet and link technical actions</li> <li>Dribble forward with both feet without looking down at the ball</li> <li>Strike the ball with both feet, with different parts of the foot</li> <li>Protect the ball by placing the body between the ball and the opponent.</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>Use the entire field in width and depth to find open space</li> <li>Challenge opponents by protecting your goal</li> <li>Retain possession by working with a teammate</li> <li>Understanding role with and without the ball</li> <li>Attack as a team (Pressing)</li> <li>Recognize moments to speed up and slow down the game of the game.</li> <li>Understand how to manage transitions</li> </ul>
	Physical	<ul style="list-style-type: none"> <li>Change pace with or without the ball.</li> <li>Quickly react to a signal, using reaction speed and speed of movement</li> <li>Endurance</li> </ul>
	Mental	<ul style="list-style-type: none"> <li>Have a growth mindset and begin self-analysis followed by the ability to set goals and take initiative.</li> <li>Show teamwork and sportsmanship</li> <li>Managing emotions and build resiliency</li> <li>Listen, understand and follow coaches’ instructions</li> <li>Increasing decision-making skills under pressure</li> <li>Have FUN and enjoy the game!</li> </ul>
13U/14U	Technical	<ul style="list-style-type: none"> <li>Try to do 50 juggles (right foot, left foot and alternate feet).</li> <li>Control the ball with both feet (with the ball on the floor and in the air)</li> <li>Dribble with both feet, while looking at what is happening around them</li> <li>Strike the ball with different parts of the foot</li> <li>Passing and receiving under pressure</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>Use the entire field in width and depth to find open space</li> </ul>

		<ul style="list-style-type: none"> <li>• Challenge opponents while protecting their goal</li> <li>• Know how to use a numerical advantage in 2v1 or 3v2 situations</li> <li>• Understand the concept of switching the field</li> <li>• Retain possession of the ball by working with one or more teammates.</li> <li>• Different defense types</li> <li>• Counterattacks</li> </ul>
	Physical	<ul style="list-style-type: none"> <li>• Quickly react to a signal, using reaction speed and speed of movement</li> <li>• Prepare for and recover from physical effort, with appropriate stretching activities</li> <li>• Correctly make any type of run (forward, backward, sideways, jumping a barrier, etc.) with and without the ball</li> <li>• Endurance</li> </ul>
	Mental	<ul style="list-style-type: none"> <li>• Have a growth mindset and begin self-analysis followed by the ability to set goals and take initiative.</li> <li>• Show teamwork and sportsmanship</li> <li>• Managing emotions and building resiliency</li> <li>• Listen, understand and follow coaches' instructions</li> <li>• Increasing decision-making skills under pressure</li> <li>• Have FUN and enjoy the game!</li> </ul>
15U/16U 17U/18U	Technical	<ul style="list-style-type: none"> <li>• Attempt to complete 50 juggles</li> <li>• Play a long pass</li> <li>• Advanced ball master <ul style="list-style-type: none"> <li>◦ Perform fakes or feints while dribbling</li> <li>◦ Types of passes</li> </ul> </li> <li>• Position-Specific Skills</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>• The ability to combine with 2 or 3 teammates</li> <li>• Recognize how much time and space they have with the ball</li> <li>• Recognize when to play forward quickly</li> <li>• Outnumber the ball carrier defensively (create compactness around the ball)</li> <li>• Recognize when to switch the field</li> <li>• Coordinate movement in the box when attacking (near post, far post, penalty spot)</li> <li>• Intentional scanning to make the best use of space on the field.</li> <li>• Strategies and systems of play</li> </ul>
	Physical	<ul style="list-style-type: none"> <li>• Maintain running speeds over longer distances</li> <li>• Develop flexibility in response to the muscle stiffness</li> <li>• Further develop speed-movements (sprint, agility, power) and aerobic (endurance) capacity</li> </ul>
	Mental	<ul style="list-style-type: none"> <li>• Have a growth mindset and with the ability to set goals and take initiative.</li> <li>• Show ownership and discipline in the game</li> </ul>

		<ul style="list-style-type: none"><li>• Show teamwork and sportsmanship</li><li>• Managing emotions and building resiliency</li><li>• Listen, understand and follow coaches' instructions</li><li>• Have a team first mentality</li><li>• Have FUN and enjoy the game!</li></ul>
--	--	--