

Madison Area Youth Soccer Association Age Groups Curriculum: Developing Players Within the Team Concept

Age Group	Technical/Skill Emphasis	Tactical Considerations	Psychological Emphasis	Physical Considerations
<p>U5/6 – 3v3 no GK, 20x30 field, sz 3 ball, 45-60 min trainings, 30-45 min games</p>	<ul style="list-style-type: none"> ● Dribble with all sides of both feet ● Dribble out of trouble ● Dribble past someone ● Soft first touch <p><u>At practice, ensure that there is one ball (properly inflated) per player</u></p>	<ul style="list-style-type: none"> ● Avoid tactical considerations at this age ● No emphasis on positions ● Limited instruction on rules – just get them going in the right direction 	<ul style="list-style-type: none"> ● <u>FUN! FUN! FUN!</u> ● Exciting & positive intro to the game. Use parents to help ● No emphasis on winning ● Encourage trying over performing 	<ul style="list-style-type: none"> ● Stay active! Any fitness should be as a result of playing the game ● Fun, interactive activities which incorporate a ball will improve balance & agility ● Approx 8-15 games per year
<p>U7/8 – 4v4 no GK, 25x40, sz 3 ball, 45-60 min trainings, 40-50 min games</p>	<ul style="list-style-type: none"> ● Continue with U6 foci ● Shielding ● Introduce proper shooting technique ● Introduce passing ● Encourage players to, on their own, juggle a soccer ball 	<ul style="list-style-type: none"> ● Basic attacking & defending principles ● No emphasis on positions ● Rules of the game should not take over the game ● Take restarts quickly 	<ul style="list-style-type: none"> ● <u>FUN! FUN! FUN!</u> ● No emphasis on winning ● Acknowledgement & respect for coaches, teammates & officials ● Limit travel & <u>no tournies</u> 	<ul style="list-style-type: none"> ● Players in this age group are naturally active – encourage that ● Soccer-related activities which incorporate the element of competition will improve balance & agility ● Approx 15-20 games per year
<p>U9/10 – 6v6 with GK, 45x60 field, sz 4 ball, 60-75 min trainings, 50 min games <u>Coach guided</u></p>	<ul style="list-style-type: none"> ● Continue with foci from U8 ● Passing with inside & outside of both feet ● Shooting with both feet; using laces ● Receiving the ball with all parts of body ● Turning with the ball ● Heading ● Players should have a goal of juggling ball 10-20 touches 	<ul style="list-style-type: none"> ● Basic attacking & defending principles ● Comprehend 1v1, 2v1 & 2v2 concepts ● Comprehend roles of 1st and 2nd defenders ● Comprehend roles of 1st and 2nd attackers 	<ul style="list-style-type: none"> ● Balance <u>competitive</u> with <u>cooperative</u> ● Differentiation between Boys & Girls may become more obvious ● Encourage teamwork ● “Courage” & not being afraid of the ball 	<ul style="list-style-type: none"> ● Changes of direction & pace ● Coordination & balance while running ● Short sprints with & without the ball ● Incorporate dynamic stretching ● Approx 20 games per year ● Soccer festivals are preferred over tournaments <p><u>Encourage sound nutritional choices</u></p>
<p>U11/12 – 8v8 with GK, 50x80 field, sz 4 ball, 75-90 min trainings, 60 min games</p> <p><u>The ‘Golden Age’ of Learning</u></p>	<ul style="list-style-type: none"> ● Continue with all U-10 foci ● Speed Dribbling in Traffic ● Ability to chip the ball ● Accurately play long passes ● Offensive/defensive heading ● Power/accuracy shooting ● Dribbling to beat an opponent ● Intro to GK training ● Encourage experimentation with the ball ● Juggling – 30-50 touches <p><u>Simple techniques must be executed perfectly!</u></p>	<ul style="list-style-type: none"> ● Communication – verbal & visual ● Angeles & distance of support ● Receiving the ball away from pressure ● Combination play ● How and when to switch the point of attack ● Pressure vs containing ● Proper 2v2 roles ● Introduction to on-field roles rather than positions ● Possession with a purpose 	<ul style="list-style-type: none"> ● Encourage players to practice on their own & amongst peers ● Encourage players to see & experience higher-level play (i.e., college or pro) ● Okay to start to instill a sense of discipline & commitment to the game ● Quality of performance should be more important than results 	<ul style="list-style-type: none"> ● Encourage & facilitate stretching ● Anticipate the movement of the ball & reading the flight of a ball while in the air ● Approx 30 games per year ● Tournaments present a risk of burnout. They are okay but emphasize equal play for all players, limit travel distance & look for quality in matches rather than quantity of matches <p><u>At this age, start to allow for a break from “organized” soccer</u></p>
<p>U13/14 – 11v11, 60x105 field, sz 5 ball, 75-90 min trainings, 70 min games <u>Transitioning to the Adult Game</u></p>	<ul style="list-style-type: none"> ● Continue with all U11/12 foci ● Ball mastery at higher speed ● Receiving balls out of the air ● Defensive tackling ● Using deception in dribbling & passing ● Execution of skills in a dynamic manner ● Continuing GK training <p><u>Sound technique enables tactics</u></p>	<ul style="list-style-type: none"> ● Speed of play ● Counter-attacking ● Offensive/defensive transition ● Zonal defending ● Penetrating dribbling & passing ● Systems of play ● Team shape ● Attacking & defending set pieces 	<ul style="list-style-type: none"> ● Self motivation ● Challenge players to solve problems presented within the game ● Encourage healthy lifestyle choices ● Emotional & physical growth may not match 	<ul style="list-style-type: none"> ● Agility and balance under pressure ● Fluid running style ● Application of power and use of leverage ● Approx 30 games per year ● State-wide travel may be considered ● Playing against older players may be an option for more advanced teams/players
<p>U15-18 – 11v11, 65x110 field, sz 5 ball, 75-90 min trainings <u>Thinking & feeling The Game</u></p>	<ul style="list-style-type: none"> ● Overall ball mastery/“fine tuning” of skills ● Dribbling for possession ● Receiving & dealing with balls out of the air under pressure ● Strikers playing with back to goal ● Advanced GK training 	<ul style="list-style-type: none"> ● Speed of play & rhythm of play ● Risk vs reward in 1/3s of the field ● Game management ● Zonal defending ● Thinking ahead more than one or passes 	<ul style="list-style-type: none"> ● Instill competition within training activities ● Avoid social cliques within the team ● Team rules & discipline are important 	<ul style="list-style-type: none"> ● Approx 30 games per year ● State & regional travel may be considered ● Post- event recovery is important ● At tournaments, have a sufficient roster size so that no player is “over played”