

Rush Wisconsin Player Development Standards and Curriculum

The table below illustrates relative workload in a given year for each skill. 0 is the lowest rating and indicates there's no emphasis in training for that age group while 5 is the highest rating and indicate an area of significant emphasis. For example: Heading is a 1 (and unimportant) for U8s and a 5 (very important) for U14s.

Effective Proficiency

Demonstrates competence to execute skill with opposition.

Adequate Proficiency

Demonstrates competence to execute technique but frequent errors occur with opposition.

TECHNICAL SKILLS

	U8	U9	U10	U11	U12	U13	U14	U15 – U18
Passing and Receiving Examples: 1-touch, 2-touch, Stationary, Moving (lateral/fwd and back/diagonal), While dribbling, Inside of foot, Outside of foot, Out of air, Volley, Juggling.	5	5	5	5	5	5	5	5
Receiving to Turn Examples: Inside of foot across body, Outside of foot, Stop and push, Check and let it run, Through legs (inside of foot).	1	2	2	3	3	4	4	4
Dribbling Examples: Technical moves (such as: step over, lunge and push, touch in/push out, Ronaldo chop, Chop and go, Roll and go, Change of pace), Laces forward, Inside/ Outside, Taps, Inside/Outside same foot, Foundation (fwd/backward), Sideways roll.	5	5	4	4	4	4	4	4
Turning Examples: Tap-tap, Cruyff, Pull back, Step over turn, Hook, V-cut (1 and 2 feet), L-turn.	3	4	5	5	4	4	4	4
Ball Manipulation	4	5	5	5	5	4	3	3
Shooting/Striking Examples: 1- and 2-touch, After dribbling, Straight forward, Lateral, Volley, Driving a ball, Chipping, Clearing.	4	4	5	5	5	5	5	5
Heading Examples: At goal, Clearing, Settling.	1	1	2	3	4	4	5	5
1v1 Defending Examples: Anticipation, No turn, Defend/tackle, Chase down, Closing space, Technical stance, Dropping, Tackling.	1	1	2	2	3	4	5	5
1v1 Attacking	4	5	5	5	4	4	4	4
Shielding the Ball	2	2	2	3	3	4	5	5
Crossing and Finishing	1	2	2	3	3	3	4	4

TACTICAL SKILLS

ATTACK – creating space, support, width, depth, overlaps, diagonal runs, playing forward, speed of play, switching positions

	U8	U9	U10	U11	U12	U13	U14	U15 – U18
Attacking Principles	1	2	3	4	4	5	5	5
1v1	u	u	u	u	u	u	u	u
2v1		u	u	u	u	u	u	u
2v2				u	u	u	u	u
3v2			u	u	u	u	u	u
4v2						u	u	u
4v4						u	u	u
6v4						u	u	u
Possession	0	2	3	4	5	5	5	5
Transition	0	1	2	3	4	5	5	5
Combination Play	0	2	3	4	5	5	5	5
Switching Play	0	1	1	2	3	3	4	5
Counter Attacking	0	0	0	1	1	2	3	4
Playing Out from Back	0	3	3	4	4	5	5	5
Finishing - Final Third	0	1	2	3	4	5	5	5

DEFENSE – marking, pressing, cover, balance

	U8	U9	U10	U11	U12	U13	U14	U15 – U18
Defending Principles		2	3	4	4	5	5	5
1 v1		u	u	u	u	u	u	u
1 v 2					u	u	u	u
2 v 2			u	u	u	u	u	u
2 v 3						u	u	u
3 v 3						u	u	u
4 v 4						u	u	u
Zonal Defending	0	2	2	3	3	4	4	4
Pressing	0	1	1	2	2	3	3	4
Retreat and Recovery	0	2	2	3	3	4	4	4
Compactness	0	1	1	1	2	2	3	4

PHYSICAL SKILLS

	U8	U9	U10	U11	U12	U13	U14	U15 – U18
Flexibility and Mobility	1	2	2	3	3	4	4	4
Strength	0	1	1	2	2	3	3	3
Coordination and Balance	5	5	5	5	4	3	3	3
Agility	3	4	5	5	4	4	4	4
Basic Motor Skills	5	4	3	2	2	0	0	0
Perception and Awareness	5	5	5	5	5	5	5	5
Anticipation	1	2	3	3	3	3	3	3
Reaction	3	4	4	4	4	5	5	5
Running Form	3	4	4	5	5	5	5	5
Acceleration	3	4	5	5	5	5	5	5
Maximal Speed	1	1	1	2	2	2	2	2
Endurance	1	1	2	3	3	3	3	3

PSYCHOSOCIAL SKILLS

	U8	U9	U10	U11	U12	U13	U14	U15 – U18
Motivation	5	5	5	5	5	5	5	5
Self-confidence	5	4	4	4	4	3	3	3
Cooperation	2	2	3	3	3	4	4	4
Determination	1	2	2	3	3	4	4	4
Competitiveness	1	2	2	3	3	4	4	4
Concentration	1	1	2	2	3	3	4	4
Commitment	1	1	2	3	4	5	5	5
Self-control	5	5	4	4	3	3	3	3
Communication	1	1	2	3	3	3	4	4
Respect	5	5	5	5	5	5	5	5
Discipline	5	5	5	5	5	5	5	5