



Sol SC Player Development Standards

U10

Fitness

- ✓ Endurance developed in practice and games
- ✓ Flexibility (range of motion), introduction of dynamic warm-up
- ✓ Consistent warm-up

Technique (field players)

- ✓ Running with the ball
- ✓ Dribbling moves to get behind a defender and/or escape pressure
- ✓ Push passes to feet across short & intermediate distances (0-20 yards)
- ✓ Shielding
- ✓ Juggling (feet, thighs and head)
- ✓ Receiving bouncing balls with the instep, sole, outside and inside of feet
- ✓ Receiving air balls with the chest and thigh
- ✓ Full volleys, half volleys, and bouncing balls
- ✓ Instep drive
- ✓ Throw-ins
- ✓ Introduce chipping and crossing
- ✓ Shoulder charge
- ✓ Poke Tackle

Tactics

- ✓ 1 V 1 attacking (change of pace, change of direction, acceleration to penetrate with the ball)
- ✓ 1 V 1 defending (angle and distance of pressure, channeling, restraint: be patient!)
- ✓ 2 V 1 attacking (overlapping runs, takeovers, fakeovers, angle and distance of short support)
- ✓ 2 V 2 defending (pressure and cover)
- ✓ Principles of width and depth on attack and defense
- ✓ Introduce basic systems of play through their roles (learning names of positions and experience in all positions)
- ✓ Introduce set plays (short restarts and direct vs. indirect free kicks)



Psychology

- ✓ Working in groups of 3 or 4
- ✓ Sensitivity (learning about winning and losing gracefully/respectfully)
- ✓ Cooperative competition
- ✓ Sustained focus on task (ability to focus for one entire half of play)

Training

- ✓ 75 mins, practice time
- ✓ Training activities have 2-4 players/ball (no more than 8 players/ball)
- ✓ 6 V 6 with goalkeepers



U12 - Development of Individual Skills, Individual and Small Group Tactics

The effect of the model is very important at this stage of development. Hero worship, identification with successful teams and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have a high arousal level in relation to the training of basic skills. This is the "Golden Age of Learning" and the most important age for skill development. Demonstration is very important and the players learn best by doing. This is also an appropriate time to introduce and teach basic principles of play.

Technique: It is important that these players establish a good strong solid base. Development of Individual Skills under pressure of Time, Space and an Opponent. Increase Technical Speed

Tactics:

* A Great Deal of Teaching within 4v4 Games *

Individual =>1v1

Attacking- Keep Possession

- ✓ Encourage Risk Taking => Take Players on 1v1 in proper areas of the field

Defending- Proper Pressure (In Front and From Behind)

- ✓ Channel Player
- ✓ Immediate Chase Small Group =>2v2, 3v3

Attacking- Keep Possession

- ✓ Combination Play => Support, Wall Pass, Takeover Defending - Pressure/Cover

Physical:

- ✓ Agility/ Coordination on the Ball
- ✓ Flexibility

Psychological:

- ✓ Imagination/Creativity
- ✓ Decision Making
- ✓ Discipline
- ✓ Encourage to Women's Soccer



U14 - Development of Individual Skills, Individual and Small Group Tactics

Adult standards and formal rules become the focal point during this period. The pace of development quickens at this level due to the acceleration of physical and mental maturation. The demands of skill training as well as training loads should increase thus provoking improvement in Mental Toughness, Concentration and Diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical, rebellious but have a strong commitment to the team.

Technique: Build on the Base

- ✓ Development of Individual Skills under the pressure of Time, Space and an Opponent
- ✓ Increase Technical Speed

Tactics: Increase Tactical Speed (Decision Making)

A Great Deal of Teaching within 4v4 Games

Individual => lvl

Attacking - Keep Possession

- ✓ Encourage Risk Taking => Take Players on lvl in proper areas of the field

Defending - Proper Pressure (In Front and From Behind)

- ✓ Channel Player
- ✓ Immediate Chase

Small Group => 2v2, 3v3

Attacking

- ✓ Keep Possession
- ✓ Combination Play => Support, 1-2 Pass, Takeover, Overlap, Double Pass
- ✓ Penetration
- ✓ Crossing with Proper Runs in the Box

Defending

- ✓ Pressure
- ✓ Cover
- ✓ Balance
- ✓ Delay
- ✓ Tracking Back



Physical:

- ✓ Agility
- ✓ Flexibility

Psychological:

- ✓ Imagination/Creativity
- ✓ Increase Demands
- ✓ Establish Training Targets
- ✓ Discipline
- ✓ Encourage to Watch Women's Soccer



U16 - Development of Skill and Group Tactics

This is a critical time in a player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership and other reasons. Players tend to be mentally tough and self-confident, but with a need for attention, positive/constructive feedback, and security. There is a place for building team spirit and positive team culture, leadership, and *discipline* within the team.

Technique: Skills should be mastered leading to creativity → All under match conditions (at speed and under pressure).

- ✓ Individual skill covered during warm-up
- ✓ Increase technical speed
- ✓ Strike balls cleanly over distance under pressure

Tactics: Increase tactical speed (decision making)

Group → 3V3, 4V4, 5V5

* A great deal of teaching within 7v7 games *

Attacking

- ✓ Keep passion with a purpose
- ✓ Combination play → wall pass, takeover, overlap, double pass, 3rd player running.
- ✓ Penetration
- ✓ Crossing with proper runs in the box

Defending

- ✓ Pressure, cover, balance (loose marking)
- ✓ Delay
- ✓ Tracking back
- ✓ Compactness
- ✓ communication (who, what, when)

Physical:

- ✓ Should receive sufficient work in training session

Psychological:

- ✓ Increased concentration
- ✓ Leadership
- ✓ Responsibilities
- ✓ *Discipline*



U18 - Development of Positional and Team Play

Fulfillment of a player's potential depends on his or her own efforts, the support of his or her teammates and the unselfish guidance of his or her coach. She must be exposed to a playing and training environment which extends his/her mental, physical, technical and tactical capabilities to the limit. She must have a sound understanding of the game's principles and concepts. Players should show emotional stability when confronted with pressure situations. Demanding and challenging training sessions and matches are a must!

Technique: Mastered Skills leading to Artistry => At Speed under Match
Conditions/Demanding Excellence

- ✓ Individual Skill Covered during the Warm-Up
- ✓ Increase Technical Speed
- ✓ Strike Balls Cleanly over Distance under Pressure

Tactics: Increase Tactical Speed (Decision Making)

* A Great Deal of Teaching within 8v8 => 11v11 Games *

Team/Functional

Attacking - Possession with a Purpose

- ✓ Combination Play with Tactical Implications
- ✓ Penetration with Creativity
- ✓ Counter Attack

Wide Play

- ✓ Target Play and Creating Chances
- ✓ Crossing with proper Runs in the Box
- ✓ Set Plays

Defending - Man to Man Marking

- ✓ Zonal Marking
- ✓ Sweeper Behind and in Front
- ✓ Pressing (winning possession of the ball as an attacking concept)
- ✓ Set Plays

Physical:

- ✓ Should Receive Sufficient Work in the Training Session



Psychological:

- ✓ Increased Concentration
- ✓ Leadership
- ✓ Increased Responsibilities
- ✓ Self Confidence/Self-Motivation
- ✓ Goal setting
- ✓ Respect for the Game
- ✓ Will to Win
- ✓ Discipline
- ✓ Encourage to Watch High Level Women's Soccer