

Montclair United Player Development Standards

Background

Montclair United believes fostering a structured, developmental environment requires common standards and benchmarks that can be followed by trainers and understood by players and parents. Montclair United standards focus on developing smart, complete soccer players, while preparing boys and girls to play high school soccer.

Categories

Technical - The ability to execute individual skills critical to game play. As players mature and settle into positions, skill emphasis may differ by position. For example: a central midfield player will need different techniques and expertise as compared to an outside back.

Tactical - Montclair United aims to create clever players, capable of adapting to the constantly changing circumstances of the game. Tactical skills are when a player takes action or makes a decision to gain an advantage on the field.

Physical - Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

Psychosocial - A human being is often affected by his/her emotions. Players will learn to use these emotions to their advantage and turn them into strengths.

Workload

The table below illustrates relative workload in a given year for each skill; 5 being highest and indicating an area of emphasis, 0 being lowest and indicating no emphasis in training for that age group. 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.

	U8	U9	U10	U11	U12	U13	U14
TECHNICAL SKILLS							
Passing and Receiving	5	5	5	5	5	5	5
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.							
Receiving to Turn	1	2	2	3	3	4	4
Examples: Inside of foot across body, Outside of foot, Stop and push, Check and let it run, Through legs (inside of foot).							
Dribbling	5	5	4	4	4	4	4
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.							
Turning	3	4	5	5	4	4	4
Examples: Tap-tap, Cruyff, Pull back, Step over turn, Hook, V-cut (1 and 2 feet), L-turn.							
Ball Manipulation	4	5	5	5	5	4	3
Shooting/Striking	4	4	5	5	5	5	5

	U8	U9	U10	U11	U12	U13	U14
Examples: 1- and 2-touch, After dribbling, Straight forward, Lateral, Volley, Driving a ball, Chipping, Clearing.							
Heading	1	1	2	3	4	4	5
Examples: At goal, Clearing, Settling.							
1v1 Defending	1	1	2	2	3	4	5
Examples: Anticipation, No turn, Defend/tackle, Chase down, Closing space, Technical stance, Dropping, Tackling.							
1v1 Attacking	4	5	5	5	4	4	4
Shielding the Ball	2	2	2	3	3	4	5
Crossing and Finishing	1	2	2	3	3	3	4
TACTICAL SKILLS							
Attack creating space, support, width, depth, overlaps, diagonal runs, playing forward, speed of play, switching positions							
Attacking Principles	1	2	3	4	4	5	5
1v1	◆	◆	◆	◆	◆	◆	◆
2v1		◆	◆	◆	◆	◆	◆
2v2				◆	◆	◆	◆
3v2			◆	◆	◆	◆	◆
4v2						◆	◆
4v4						◆	◆

	U8	U9	U10	U11	U12	U13	U14
6v4							◆
Possession	0	2	3	4	5	5	5
Transition	0	1	2	3	4	5	5
Combination Play	0	2	3	4	5	5	5
Switching Play	0	1	1	2	3	3	4
Counter Attacking	0	0	0	1	1	2	3
Playing Out from Back	0	3	3	4	4	5	5
Finishing - Final Third	0	1	2	3	4	5	5
Defense marking, pressing, cover, balance							
Defending Principles		2	3	4	4	5	5
1v1		◆	◆	◆	◆	◆	◆
1v2					◆	◆	◆
2v2			◆	◆	◆	◆	◆
2v3						◆	◆
3v3						◆	◆
4v4						◆	◆
Zonal Defending	0	2	2	3	3	4	4
Pressing	0	1	1	2	2	3	3
Retreat & Recovery	0	2	2	3	3	4	4
Compactness	0	1	1	1	2	2	3
PHYSICAL SKILLS							

	U8	U9	U10	U11	U12	U13	U14
Flexibility and Mobility	1	2	2	3	3	4	4
Strength	0	1	1	2	2	3	3
Coordination and Balance	5	5	5	5	4	3	3
Agility	3	4	5	5	4	4	4
Basic Motor Skills	5	4	3	2	2	0	0
Perception and Awareness	5	5	5	5	5	5	5
Anticipation	1	2	3	3	3	3	3
Reaction	3	4	4	4	4	5	5
Running Form	3	4	4	5	5	5	5
Acceleration	3	4	5	5	5	5	5
Maximal Speed	1	1	1	2	2	2	2
Endurance	1	1	2	3	3	3	3
PSYCHOSOCIAL SKILLS							
Motivation	5	5	5	5	5	5	5
Self-confidence	5	4	4	4	4	3	3
Cooperation	2	2	3	3	3	4	4
Determination	1	2	2	3	3	4	4
Competitiveness	1	2	2	3	3	4	4
Concentration	1	1	2	2	3	3	4
Commitment	1	1	2	3	4	5	5
Self-control	5	5	4	4	3	3	3

	U8	U9	U10	U11	U12	U13	U14
Communication	1	1	2	3	3	3	4
Respect	5	5	5	5	5	5	5
Discipline	5	5	5	5	5	5	5