



International Elite Program

TRAIN, COMPETE, ELITE

INTRODUCTION:

The following player development curriculum is intended to create a structured system for teaching children how to play the “beautiful game” of soccer. This curriculum will provide the coaches of U5-U18 teams (boys or girls) with a list of technical and tactical objectives to work on with their players each year.

There are two philosophical concepts that make using this curriculum so important to player development. *First concept:* In terms of development, practices are more important than games. Children practice so they can develop as soccer players. Games are played for fun and serve as a test to see how much the players have learned in practice. This curriculum will give each coach a clear set of technical and tactical objectives to teach during practices and to evaluate during games. *Second concept:* The process for developing youth soccer players takes time and patience. This curriculum creates a timeline to gradually teach every technical skill, and tactical concept, appropriate for a U18 player, over the course of 13 years. It is designed to give players ample time to explore new technical and tactical objectives before they progress to more complex training topics.

The difficulty with any curriculum, is that individuals learn and develop at different rates. One rigid curriculum will not be appropriate for every team. Training at the appropriate developmental level and then gradually progressing each year, is essential for maintaining player motivation and enjoyment. When possible, teams will start at the curriculum level that correlates to their age group. Teams can drop down to a lower curriculum level if they are having difficulty with the technical skills and tactics at the curriculum level associated with their age group. The Director of Coaching will be able to assist you in finding the most appropriate curriculum level for your team.

This curriculum provides players with new technical and tactical objectives each year. It is not expected that every player will be able to completely master each of the techniques and tactics, for a particular curriculum level, in one year. Ultimately, we’d like to see players demonstrate learned techniques and tactics during games, but this can take time. As players mature, they continue to refine the technical skills and tactics learned in previous years. Players will develop at different rates, but we can expect that each will follow the following progression for learning techniques and tactics: learn during practice -THEN- demonstrate ability during practice -THEN- utilize during games.

Included are sections that explain the technical and tactical terms used in the curriculum. Although the curriculum outlines *when* specific objectives will be taught, it does not cover *how* these teachings should be executed. The design of training sessions is dependent on the individual coach’s preferences and experience level. Coaches with questions about curriculum terminology or practice plans should contact their Director of Coaching for assistance.

U5/6 Curriculum

U7/8 Curriculum

U9 Curriculum

Technical

Dribbling

- Sole of the foot
- Running with the ball
- Turning with the inside of the foot
- Intro to IEP Skill Set (see Appendix)

Passing

- Inside of the foot – 10 yards

Receiving

- Inside of the foot – on the ground with a forward first touch

Finishing

- Inside of the foot – 6-8 yards on breakaway vs. GK

Tactical

Training Games

- Technical-Functional Training Environment – 1v1
- Scrimmage – 3v3 or 4v4

Physical: Introduction of agility exercises

U10 Curriculum

Technical

Dribbling

- Turning with the outside of the foot
- Turning with the sole of the foot
- Changing Speed
- Development of IEP Skill Sets

Passing

- Inside of the foot – 15 yards

Receiving

- Inside of the foot – on the ground with a lateral first touch
- Out of the air with the laces – soft first touch

Finishing

- Inside of the foot – 8-12 yards

Defending

- Body shape when faced up with attacker
- Poke Tackle

Juggling (Starting from hands)

- Thigh – Single
- Foot - Single

Tactical

Defending

- Pressure (Role of the 1st Defender)

Attacking

- Role of the 1st Attacker
- Shape – Width

Training Games

- Technical – Functional Training Environment – 1v1
- Scrimmage – 4v4 (5v5 with GK's)

Physical: Mastery of simple agility exercises, introduction of next set of complex exercises

U11 Curriculum

Technical

Dribbling

- Shielding
- Change of Direction and Speed

Passing

- One touch passing, on the ground, with inside of the foot – 10 yards
- Instep – 20 yards

Receiving

- Across the body
- Out of the air with the inside of the foot – lateral first touch

Finishing

- Shooting with the instep 12-15 yards

Defending

- Body shape when faced up with attacker
- Block Tackle

Juggling (Starting from hands)

- Thigh – Multiple (5 Reps)
- Foot – Multiple (5 reps)

Tactical

Defending

- Role of the 1st Defender and 2nd defender
- Pressure/Cover/Recover
- Compactness

Attacking

- Role of the 1st Attacker
- Penetration – passing on the ground
- Combination – Wall Pass
- Shape – Height and Depth

Training Games

- Technical – Functional Training Environment – 2v1
- Scrimmage – 4v4 (5v5 with GK'S)

Physical: Motor Skills, Awareness, Agility, introducing next set of more complex agility exercises

Psychological: Attention Span of 5 – 7 mins, effort, confidence, dedication

U12 Curriculum

Technical

Dribbling

- Mastery of IEP Skill Sets
- Feints

Passing

- One touch, on the ground, with inside of the foot – 15 yards
- Instep – 25 yards
- Outside of the foot – 10 yards

Receiving

- Across body while turning
- Out of the air with the chest – forward first touch
- Out of the air with the thigh – lateral first touch
- Outside of the foot, on the ground, forward first touch

Heading

- Basic Technique

Finishing

- Shoot with the instep – 15-20 yards
- One time shot – inside of the foot – 8-12 yards

Juggling (Starting from hands)

- Thigh – Alternating (10 reps)
- Feet – Alternating (10 reps)

Tactical

Defending

- 3rd Defender (Pressure/Cover/Balance)
- Delay/Absorb
- Compactness/Using Offside

Attacking

- Roles of 3rd Attacker
- Possession
- Playing out of the back
- Mobility – Creation of space for teammates
- Combinations – Overlaps and take overs
- Shape – Linking Player
- Flank Play
- 3rd Man involvement
- Changing point of attack

Training Games

- Technical-Functional Training Environment – 2v2, 3v2, 4v3
- Scrimmage – 7v7, 8v8, use 6v4 and 6v5

Physical: Motor Skills, Awareness, Agility, Final set of agility exercises

Psychological: Continued awareness of short attention spans Introduce Challenges, Sensitive to failure and shortcomings

U13 Curriculum

Technical

Passing

- Outside of the foot – 15 yards
- Instep – 30 yards
- Chipping
- Outside of the air with the inside of the foot – 10 yards

Receiving

- Outside of the foot – on the ground with a lateral first touch
- Turning with back to goal

Heading

- Defensive heading

Finishing

- Front Volley
- Side Volley
- Long Range – 18-25 yards

Defending

- Shoulder challenge
- Body positioning to prevent the attacker from turning

Juggling (Starting from the ground)

- Feet – Alternating (25 reps)

Tactical

Defending

- Back 4 principles (zonal)
- Shape
- Recovery Runs
- Transition to Defense

Attacking

- Possession vs. Penetration Decisions
- Changing the Point of Attack
- Combination – Double Pass
- Flank Play
 - Crossing to the Near Post
 - Near Post Runs to Receive
 - Timing of the Runs

Training Games

- Technical-Functional Training Environment – 5v4
- Scrimmage – All numbers up to 11v11

Physical: Endurance, explosive movements

Psychological: Cooperation, Competitiveness, focus

U14 Curriculum

Technical

Passing

- Inside of the foot – bending passes 20-30 yards
- Outside of the foot – 20 yards
- Instep – 30+ yards
- Out of the air with laces – 30 yards

Receiving

- Turning with back to goal

Heading

- Attacking Heading
- Protecting Oneself

Finishing

- Half Volley
- Bending Shots

Juggling (Starting from the ground)

- Feet – Alternation (50 reps)

Tactical

Defending

- Tracking
- Zonal Defending
- High/Low Pressure Defending
- Screening out players

Attacking

- Role of the 3rd Attacker
- Penetration – Passing through the Air
- Playing in the final third
- Counter Attack
- Mobility – Creation of Space for Oneself
- Combination – 3 Player Combinations
- Flank Play
 - Crossing to Far Post
 - Far Post Runs to Receive
 - Timing of Runs
 - Recycling Runs

Training Games

- Technical-Functional Training Environment – 4v3 and 6v4
- Scrimmage – 8v8 (9v9 with GK'S)

Physical: Flexibility, mobility

Psychological: Emphasis on fair vs equal playing time, decision-making, leadership

U15/16 Curriculum

Technical

Finishing

- Both feet
- Inside/Outside/Laces

Speed of play

- Mentally & Physically

Passing

- Shaping of balls
- Weight of passing

Crossing

- Near Post
- Far Post
- On the ground and in air

Tactical

Attacking

- Idea of breaking down a defense
- Set Pieces
- When and why to change the point of attack
- Understanding of risk/reward relative to areas of the field

Defending

- Defensive team shape and roles
- Set pieces
- Understanding of risk/reward relative to areas of field
- Zonal defending

Physical: Speed/Strength, Manage Recovery Time to avoid injury

Psychological: Creativity/Concentration, enforcement of team rules relative to accountability and maturity

U17/18 Curriculum

Technical

- Ability to have wide range of ball striking abilities including: curled, clipped, instead, driven, floated
- Proficient with both feet
- Ability to head properly in both attacking and defensive situations
- Dictates play with first touch
- Shows ability to finish from distance and close range

Tactical

- Ability of individual players to “take over” games
- Managing a game relative to rhythm of attacking and defending
- Pressing
- Counter-attacking,
- Set piece

Physical: Speed/Strength, manage recovery time to avoid injury

Psychological: Self Control, Courage

Technical Foot Skills

Foot skills: (Two cones 10 yards apart, 3 times each, down and back is 1)

1. Inside the Feet
2. Right Foot Inside/Outside
3. Left Foot Inside/Outside
4. Right Foot Inside/Inside/Outside/Outside
5. Left Foot Inside/Inside/Outside/Outside
6. Inside Right/Inside Left/ Stop Right (Both Feet)
7. Right Foot Inside/Stop/Outside/Stop
8. Left Foot Inside/Stop/Outside/Stop
9. Right Foot Inside/Outside/Stop (inside/outside one motion)
10. Left Foot Inside/Outside/Stop (inside/outside one motion)
11. SidewaysRolls(downwithRight/back with left,face same way)
12. InsideLeft/OutsideRight/InsideRight/Outside Left
13. Inside Left/Outside Right/Stop with Right
14. Roll Outside Stop–Roll with Right Foot to Left/Outside Left/Stop Switch
15. Scissors (Step over ball with Right/Push outside left/Stop) Switch

Stationary Foot Skills: (30 seconds each)

1. Pull Push Inside Foot-Right Foot Pull Towards Body/Push Forward Inside Right/Switch
2. Pull Push Outside Foot-Right Foot Pull Towards Body/Push Forward Outside Right/Switch
3. The Triangle–Inside Right/Push Forward Inside Left/Pull Back Right/Switch Directions
4. The “U” - Right Foot Pull Towards Body/Inside Right to Inside Left/Push Forward Inside Left/Pull Back Left/Reverse
5. The“V” – Right Foot Pull Across your Body/Right Foot Push Outside Foot Away making a V shape/Switch
6. Inside Right/ Inside Left/ Inside Right/ Outside Left/ Repeat Opposite Way
7. Inside Right/ Inside Left / Roll with Right Across Body/ Repeat Opposite Way

Inside = Inside of the foot where your arch would be

Outside = Outside of the foot between the bottom of pinky toe and ankle bone Stop = Bottom of foot towards your toes

PLAYER DEVELOPMENT CURRICULUM

Stand in place foot-skills	Description
Toe touches	Touching the top of the ball with the toe, alternating left and right foot; in place, moving forward, backward, to the left, to the right.
Pendulum	Passing the ball between left and right feet, using only instep; in place, moving forward, backward, to the left, to the right.
Triangle pull-back	First pendulum, second pass up to starting foot, third pull back to starting position; repeat, then switch starting foot.
Triangle pull-back behind	Triangle where the pullback goes past support foot before being passed to support foot. Small movement backwards resulting from the pull back behind.
Flip flop	Sliding the ball from the outside surface to the inside surface of one foot, always touching the ball, and hopping with the support foot while moving the ball from outside to inside. One foot at a time.
Around the world	Start with three quick pendulums, then stop the ball and do a around the world with the foot encircling the ball where it lies. Repeat so the other foot does the encircling.
Moving foot skills	Description
Inside/outside w/ 1 foot	Every step a touch; switch foot after a while.
Outside/inside w/ both feet	Basically the same as above, only the player switches from one foot to the other after doing the Inside part.

PLAYER DEVELOPMENT CURRICULUM

Tornado turns (outside/inside)	A 360 turn with the ball, going back to original direction of movement; small touches for a tight turning radius. Can be done with instep out outside of foot.
Cruyff	Sharp cutback with the instep, taking the ball behind support foot, and changing direction of movement, heading post-skill in opposite direction.
Pull back	Another 180o turn, this time with a pull back--using the sole of the foot-- rather than a cutback--with the instep of the foot.
Pull back behind	A pullback behind, taking the ball behind the support foot with the instep of the foot pulling the ball back.
Sole-V	A pull back followed by a touch to the outside with the instep of the foot, creating a V pattern on the ground.
Step over	Player feints a big kick but steps over the ball and then directs it to the outside with the outside of the foot.
Scissors	Player feints taking the ball with the outside of a foot going one way, encircles the ball with that foot, and takes it the other direction with the outside of the opposite foot.
Cross the body ball roll	Player moves to the left/right while rolling the ball with the sole of the trailing foot across the body.
Tunnel	A cross the body ball roll followed by a step over.

PLAYER DEVELOPMENT CURRICULUM

Matthews	Player feints taking the ball one way with the instep of a foot, but changes direction and tightly encircles the ball with that foot and switches to going to the outside in the opposite direction.
Elastico/Ronaldinho/snake	Opposite of Matthews: player feints going outside with the outside of foot, wraps foot tightly around ball and quickly takes it to the inside with instep.
Christiano	A quick hop over the moving ball followed by a touch with the instep of one foot behind the other foot before landing, changing the ball's path.
Maradona	A pull back with one foot, followed by a tight pivot around the pullback foot--once it lands on the ground-- immediately followed by another pullback by the other foot. The resulting change of direction should look like a V on the ground.
Rainbow	Player grips ball with both feet and lifts ball off the ground, over his head and defending player, and retakes control behind defender. No change of direction.
Moving Combos	Description
Double scissors	Back-to-back scissors
Half-Matthews/scissors	Start a Matthews, but rather than taking the ball outside, executes a scissors feinting the outside move and takes it back inside.
Sole-V/Matthews	Player executes a Sole-V, then immediately does a Matthews. Should result in nearly a 180o turn in the same direction of the initial pullback of the Sole-V.
Sole-V/Elastico	Player executes a Sole-V, then immediately does an elastico. Should result in the player returning to the opposite direction of the initial pullback of the Sole-V.
Scissors/Elastico	Player executes a scissors, then immediately does an elastico. Should result in the player moving back towards the direction of the feint executed during scissors.

