



Rio Rapids Durango Soccer Club U15-U17 Player Standards

Characteristics of the U15-U17 Player

- Players have completed most of their physical and mental development
- Players still adjusting to the changing body and where they lie in spectrum of “normalcy”
- Players able to think abstractly
- Players involved at looking more into their “future plans”
- Opinions of peers are enormously important
- Desire to be deeply independent and may distance themselves from parents

Focus of U15-U17 Years

Reinforce all previous skills and tactics (refer to u13/14 player standards). Continue growth in understanding balance in defense, compactness, 3rd defender role, recovery runs, attacking and defending in the different 1/3's, checking runs, takeovers, and switching positions during play. Push concept of rest and recovery going hand in hand. Combine all components of soccer to increase players' soccer knowledge

U15-U17 STANDARDS

(REFER TO U13/14 PLAYER STANDARDS FOR PREVIOUS SKILLS)

By **end of the U15 Year**, players should **ALSO** be able to:

- 1) Demonstrate development of possession of the ball at speed
- 2) Demonstrate quick organization of zonal defending
- 3) Play short passes at speed in small spaces
- 4) Coordinate tactical principles with teammates
- 5) Show good fitness in Mid to HIGH demanding aerobic power practices

By **end of the U16 Year**, players should **ALSO** be able to:

- 1) Show good fitness in HIGH demanding aerobic power practices
- 2) Demonstrate development of transition of the ball at speed
- 3) Demonstrate proper defending retreat and recovery

By **end of the U17 Year**, players should **ALSO** be able to:

- 1) Making passes and finishing at speed in small-sided games

- 2) Coordinating with teammates in fast transition and pressing when possession is lost
- 3) Good technique in high-intensity, aerobic power practices

TECHNICAL:

- Player focus should be on Speed and Accuracy.
- Passing and Finishing should be emphasized.
- Position Specific technique (Defender: Passing, Center Mids: Receiving to Turn, Strikers: Finishing)

TACTICAL:

- Attacking and Defending principles must be a part of all practices and games
- Player focus should be on speed of play, quick transition, counter attacking, and finishing in final 1/3 as well as pressing

PHYSICAL:

- A player's weekly training routine should include training for endurance, strength, and speed
- Players should display increases of aerobic power, speed, and strength

MENTAL:

- Players should show commitment to team in accomplishing specific tasks
- Players should demonstrate competitiveness during game play
- Players should be able to maintain concentration in training sessions and games



**“CORE 16” AVERAGE 25th% STANDARDS
U15 Year**

	BOYS	GIRLS
FOOT SPEED	54	58
QUICK TOUCH	60	64
JUGGLING-strong foot	9	8
JUGGLING-weak foot	5	4
JUGGLING-head	5	3
MASTER DRIBBLING-strong foot	11	12
MASTER DRIBBLING-weak foot	10	11
SHARP TURNS	13	11
ATTACK DRIBBLING	9	9
CONTROL PASSING-strong foot	9	8
CONTROL PASSING-weak foot	7	7
PERFECT PASSING-strong foot	10	9
PERFECT PASSING-weak foot	9	7
TOTAL CONTROL	6	7

POWER SPRINT	28	25
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PURE STRIKE	4	4
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**“CORE 16” AVERAGE 50th% STANDARDS
U15 Year**

	BOYS	GIRLS
FOOT SPEED	60	63
QUICK TOUCH	68	73
JUGGLING-strong foot	19	16
JUGGLING-weak foot	11	9
JUGGLING-head	10	6
MASTER DRIBBLING-strong foot	13	13
MASTER DRIBBLING-weak foot	12	12
SHARP TURNS	15	15
ATTACK DRIBBLING	11	10
CONTROL PASSING-strong foot	11	10
CONTROL PASSING-weak foot	10	9
PERFECT PASSING-strong foot	14	12
PERFECT PASSING-weak foot	12	10
TOTAL CONTROL	8	9

POWER SPRINT	30	28
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PURE STRIKE	6	5
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**“CORE 16” AVERAGE 75th% STANDARDS
U15 Year**

	BOYS	GIRLS
FOOT SPEED	66	67
QUICK TOUCH	76	81
JUGGLING-strong foot	28	23
JUGGLING-weak foot	16	14
JUGGLING-head	13	8
MASTER DRIBBLING-strong foot	15	15
MASTER DRIBBLING-weak foot	14	14
SHARP TURNS	18	17
ATTACK DRIBBLING	12	12
CONTROL PASSING-strong foot	13	12
CONTROL PASSING-weak foot	12	11
PERFECT PASSING-strong foot	18	15
PERFECT PASSING-weak foot	16	13
TOTAL CONTROL	11	12

POWER SPRINT	32	30
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PURE STRIKE	7	6
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**“CORE 16” AVERAGE 95th% STANDARDS
U15 Year**

	BOYS	GIRLS
FOOT SPEED	75	75
QUICK TOUCH	90	95
JUGGLING-strong foot	43	34
JUGGLING-weak foot	25	23
JUGGLING-head	21	12
MASTER DRIBBLING-strong foot	18	18
MASTER DRIBBLING-weak foot	16	17
SHARP TURNS	21	20
ATTACK DRIBBLING	15	14
CONTROL PASSING-strong foot	17	16
CONTROL PASSING-weak foot	15	15
PERFECT PASSING-strong foot	23	19
PERFECT PASSING-weak foot	21	17
TOTAL CONTROL	14	15

POWER SPRINT	35	33
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PURE STRIKE	9	7
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**“CORE 16” AVERAGE 25th% STANDARDS
U16 Year**

	BOYS	GIRLS
FOOT SPEED	57	57
QUICK TOUCH	63	65
JUGGLING-strong foot	15	8
JUGGLING-weak foot	7	4
JUGGLING-head	7	4
MASTER DRIBBLING-strong foot	13	12
MASTER DRIBBLING-weak foot	12	11
SHARP TURNS	14	14
ATTACK DRIBBLING	10	9
CONTROL PASSING-strong foot	10	8
CONTROL PASSING-weak foot	9	7
PERFECT PASSING-strong foot	12	9
PERFECT PASSING-weak foot	10	8
TOTAL CONTROL	6	7

POWER SPRINT	28	26
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PURE STRIKE	5	5
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**“CORE 16” AVERAGE 50th% STANDARDS
U16 Year**

	BOYS	GIRLS
FOOT SPEED	63	62
QUICK TOUCH	72	74
JUGGLING-strong foot	25	16
JUGGLING-weak foot	14	9
JUGGLING-head	12	7
MASTER DRIBBLING-strong foot	13	14
MASTER DRIBBLING-weak foot	12	13
SHARP TURNS	17	16
ATTACK DRIBBLING	11	11
CONTROL PASSING-strong foot	12	10
CONTROL PASSING-weak foot	11	9
PERFECT PASSING-strong foot	15	12
PERFECT PASSING-weak foot	13	11
TOTAL CONTROL	8	10

POWER SPRINT	30	28
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PURE STRIKE	6	6
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**“CORE 16” AVERAGE 75th% STANDARDS
U16 Year**

	BOYS	GIRLS
FOOT SPEED	70	67
QUICK TOUCH	81	82
JUGGLING-strong foot	36	24
JUGGLING-weak foot	19	14
JUGGLING-head	17	10
MASTER DRIBBLING-strong foot	15	15
MASTER DRIBBLING-weak foot	15	15
SHARP TURNS	19	17
ATTACK DRIBBLING	13	12
CONTROL PASSING-strong foot	14	12
CONTROL PASSING-weak foot	12	11
PERFECT PASSING-strong foot	18	14
PERFECT PASSING-weak foot	17	13
TOTAL CONTROL	11	12

POWER SPRINT	32	30
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PURE STRIKE	7	6
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**“CORE 16” AVERAGE 95th% STANDARDS
U16 Year**

	BOYS	GIRLS
FOOT SPEED	79	75
QUICK TOUCH	96	96
JUGGLING-strong foot	51	35
JUGGLING-weak foot	30	21
JUGGLING-head	26	15
MASTER DRIBBLING-strong foot	18	18
MASTER DRIBBLING-weak foot	17	17
SHARP TURNS	22	20
ATTACK DRIBBLING	15	14
CONTROL PASSING-strong foot	17	15
CONTROL PASSING-weak foot	15	14
PERFECT PASSING-strong foot	23	18
PERFECT PASSING-weak foot	21	18
TOTAL CONTROL	14	15

POWER SPRINT	35	33
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PURE STRIKE	9	7
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**“CORE 16” AVERAGE 25th% STANDARDS
U17 Year**

	BOYS	GIRLS
FOOT SPEED	55	59
QUICK TOUCH	62	68
JUGGLING-strong foot	15	8
JUGGLING-weak foot	6	4
JUGGLING-head	6	4
MASTER DRIBBLING-strong foot	14	13
MASTER DRIBBLING-weak foot	13	12
SHARP TURNS	16	14
ATTACK DRIBBLING	11	9
CONTROL PASSING-strong foot	11	8
CONTROL PASSING-weak foot	9	7
PERFECT PASSING-strong foot	11	9
PERFECT PASSING-weak foot	9	8
TOTAL CONTROL	7	8

POWER SPRINT	30	27
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PURE STRIKE	5	5
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**“CORE 16” AVERAGE 50th% STANDARDS
U17 Year**

	BOYS	GIRLS
FOOT SPEED	62	63
QUICK TOUCH	70	75
JUGGLING-strong foot	26	17
JUGGLING-weak foot	13	10
JUGGLING-head	11	6
MASTER DRIBBLING-strong foot	15	14
MASTER DRIBBLING-weak foot	14	13
SHARP TURNS	18	16
ATTACK DRIBBLING	12	11
CONTROL PASSING-strong foot	13	10
CONTROL PASSING-weak foot	10	9
PERFECT PASSING-strong foot	14	12
PERFECT PASSING-weak foot	12	11
TOTAL CONTROL	9	10

POWER SPRINT	31	29
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PURE STRIKE	6	6
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**“CORE 16” AVERAGE 75th% STANDARDS
U17 Year**

	BOYS	GIRLS
FOOT SPEED	67	67
QUICK TOUCH	78	82
JUGGLING-strong foot	36	25
JUGGLING-weak foot	20	15
JUGGLING-head	16	8
MASTER DRIBBLING-strong foot	16	15
MASTER DRIBBLING-weak foot	15	15
SHARP TURNS	19	18
ATTACK DRIBBLING	13	12
CONTROL PASSING-strong foot	15	12
CONTROL PASSING-weak foot	12	11
PERFECT PASSING-strong foot	17	15
PERFECT PASSING-weak foot	15	14
TOTAL CONTROL	12	12

POWER SPRINT	33	30
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PURE STRIKE	7	6
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**“CORE 16” AVERAGE 95th% STANDARDS
U17 Year**

	BOYS	GIRLS
FOOT SPEED	77	73
QUICK TOUCH	90	95
JUGGLING-strong foot	52	37
JUGGLING-weak foot	30	22
JUGGLING-head	24	11
MASTER DRIBBLING-strong foot	18	18
MASTER DRIBBLING-weak foot	17	17
SHARP TURNS	21	21
ATTACK DRIBBLING	15	14
CONTROL PASSING-strong foot	18	16
CONTROL PASSING-weak foot	15	14
PERFECT PASSING-strong foot	22	20
PERFECT PASSING-weak foot	20	18
TOTAL CONTROL	16	15

POWER SPRINT

34

34

PURE STRIKE

9

7