

## PLAYER DEVELOPMENT NEEDS OF PLAYERS AGED 6 - 10

### Physical

- To refine motor patterns and neuromuscular coordination
- To be challenged with the specific requirements of playing soccer
- To gain sufficient muscular strength and endurance needed to play soccer
- To be placed in games

### Psychological

- To enhance self-esteem
- To develop an understanding of the basic skills and rules of soccer
- To gain an understanding of the dynamics of team sports

### Social

- To enjoy themselves
- To learn the value of cooperation and working with others towards a common goal
- To build friendships
- To develop sportsmanship

### Recommended Games Structure

- Mini soccer field: Width of 35 - 45 meters  
Length of 50 - 6- meters
- Mini soccer goals
- No more than 6 players aside ⇒ - 5,6,7 yrs old : 3v3, 4v4 + goalie
- Size 3 ball (6 - 9 years) - 8,9 " " : 4,5 v 5 + Goalie
- Unlimited substitution - 10,11 " " : 7v7
- No more that 60 minutes in length for 6 - 9 years
- No more that 70 minutes in length for 7 - 10 years
- No offside rule
- No advantage rule

### *Recommended Game Philosophy*

- Fun over competition
- Participation for all
- Avoid labeling players position

### *Recommended Practice Structure*

- Continuous fun activities related to skill development
- Variety of fun games related to skill development
- Avoid use of line drills and inactivity
- Avoid detailed technical coaching
- Avoid tactical explanations
- Aim for as many touches on the ball per player as possible
- No more than 60 minutes in length
- Variety of fun games related to neuromuscular coordination

### *Technical Needs*

- Kicking: shooting and passing
- Dribbling
- Receiving the ball
- Introduction to heading (after age 8)
- Introduction to goal keeping

### *Individual Tactical Needs*

- Recognition of when to pass and who to pass to (8-10 yrs old)
- Recognition of when to dribble (8-10 yrs)
- Recognition of when to shoot (same)
- Getting goalside once possession is lost (9-10 yrs old)
- Understanding of basic support play (9-10 yrs old)
- Understanding when to challenge for the ball and when to support (10 yrs old)
- Significance of specific areas of the field (e.g. defending 1/3) (10 yrs old)

### *Team Play*

- 9-10 yrs old {
- Support
  - Passing
  - Space
  - Supporting defender play (10 yrs old)
  - Compactness

## *PLAYER DEVELOPMENT NEEDS OF PLAYERS AGED 11 - 14*

### *Physical*

- To continue to develop motor patterns and neuromuscular coordination
- To continue to develop sufficient muscular strength and coordination necessary to play soccer
- To begin to develop cardiovascular endurance
- To be placed in challenging and "fun" games

### *Psychological*

- To enjoy themselves
- To be sufficiently physically and mentally challenged
- To enhance self-esteem
- To continue to appreciate the dynamics of team play
- To be able to handle the success and failure associated with sport

### *Social*

- To enjoy themselves
- To understand the concept of cooperation and working towards a common goal
- To develop friendships
- To understand the concept of sportsmanship
- To interact with peers in group activities

### *Recommended Game Structure*

- 8 v 8 up to 11 v 11 ; 7 v 7 : 11 yrs old
- 70 - 90 minutes in length
- size 4 ball for 11 - 12 years
- size 5 ball for 12 - 14 years
- house and rep leagues

### *Recommended Practice Structure*

- Warm-up
- Technique/skill Practice
- Games related to skill development (This should still be the top priority of your session)
- Warm down
- Avoid line drills
- Encourage as many ball touches/player as possible

### *Technical Needs*

- Continued emphasis on fundamental skills
- Introduction to advanced techniques
- Increased emphasis on heading
- Increased emphasis on tackling

### *Individual Tactical Needs*

- Decision making with the ball
- Relaxing while in possession of the ball
- Off the ball running

# COACHING DEVELOPMENT NEEDS

## *Coaches of Players Aged 6 - 10*

- Understanding of responsibilities and role of the coach
- Understanding of the rules of the game
- Recognition of the rules of the game
- Ability to organize practices for players by placing them into small-sided games related to skill development
- Ability to make soccer an enjoyable and fun experience for children

### *Recommended coaching courses*

- Introduction to Soccer - A Games Approach
- Level 1 Technical Course
- Level 1 Theory Course
- Level 2 Technical Course
- Level 2 Theory Course

### *Recommended Coaching Resources: Books*

- The Mini-Soccer Manual
- Level 1 Coaching Manual
- Parent-Coach Guide
- Coaching Young Players
- Coaching 6, 7 and 8 Year Olds
- Coaching 9, 10 and 11 Year Olds
- Coaching to Win: Soccer For the Young Player
- The Coach's Collection of Soccer Drills
- Soccer for Youth
- Fun Games for Soccer Training
- The Soccer Games Book
- Level 2 Coaching Manual
- Schools Soccer Manual

### *Recommended Coaching Resources: Videos*

- S.F.A. Early Touches
- Micro - Soccer Coaching 6, 7, 9 Year Olds
- Let the Game be the Coach
- Mini - Soccer Manual
- Coerver Coaching Method

• 4v4 "the Dutchvision"

## *Coaches of Players Aged 11-14*

- Understanding of basic coaching methodology
- Understanding of group tactics: attacking principles  
defending principles
- Ability to run effective practical coaching sessions Technical  
Tactical  
Functional
- Understanding of the seasonal plan
- Understanding of mental aspects of the game
- Ability to make soccer fun and challenging for the players
- Understanding of physical and psychological challenges of puberty

### *Recommended Coaching Courses*

- Level 2 Technical Course
- Level 2 Theory Course
- Level 3 Technical Course

### *Recommended Coaching Resources: Books*

- Level 2 Coaching Manual
- Level 3 Coaching Manual
- Games for Soccer Practice
- Schools Soccer Manual
- Coaching 9, 10 and 11 Year Olds
- Coaching the Team
- Soccer Fundamentals for Players & Coaches
- Coaching to Win: Soccer for the Young Player
- Soccer Tactics and Skills
- The Winning Formula
- The Coaches Collection of Soccer Drills
- Soccer: The International Training Guide
- Soccer Training: Advanced Drills for Techniques, Game Strategies and Physical Preparation
- Soccer Drills and Games: Techniques, Strategies, and Physical Preparation
- So Now You Are a Goalkeeper

### *Recommended Coaching Videos*

- Goal 1 - 2 - 3
- Coerver Coaching
- Early Touches S.F.A.
- Individual Tactics
- Youth Soccer U.S.Y.S.A.

• 4 v 4: ~~the~~ Dutch vision