

U6: Basic skills, fun games involving basic agility, engaging players to discover soccer on their own terms. Trainings will be fun, guided discovery, and engage players in basic coordination and movement. At these ages, players vary in size and physical ability. Each player will be guided accordingly to his/her physical stage of development.

- **Skill Set Focus:**

1. Using the inside and outside of the foot to dribble
2. Using the sole of the foot
3. Using the lace
4. Stopping the ball with the sole/inside of foot
5. Pull back with sole
6. Forward push with lace

- **Game Time:**

1. 3v3 or 4v4 small sided games
2. No Goalkeepers
3. Playing area 15x20
4. Game Length - 4 - 8 minute games with 3 minute breaks
5. Rotate teams every 8 minutes

U8: Players are physically/mentally capable to take on more skill sets. Players will now use foundational agility and ball skills to guide discovery to the next level. Players will be expected to know the below mentioned skills sets which will be practiced in great repetition. Players will be instructed to practice skills sets daily at home for a minimum of 15 minutes.

- **Training Breakdown:**

1. 15 minutes – Open Dribbling, agility based tag games, exploring all surfaces of the feet
2. 15 minutes – Introduction to Basic Ball Skills – Introduction to First Touch
3. 15 minutes – 1v1 Competitions: Coerver based agility and change of direction games

- **Skill Set Focus**

1. Boxes
 2. Toe Taps
 3. Swipes
 4. Outside Swipes
 5. Rips
 6. Scissors
 7. Step Overs
 8. L Turns
 9. Push Pull
 10. Outside/Inside Bells
 11. Inside Twist
 12. Outside Twist
 13. U Turn
 14. Inside/Outside Cuts
- **Additional Technical Components**
 1. Receiving with far foot
 2. Turning chest into new space
 3. Shielding the ball
 4. Basic Turning with the ball
 - **Game Time:**
 1. 5v5 small sided games
 2. Goalkeepers introduced
 3. Playing area 20x30
 4. Game Length - 3 - 12 minute games with 3 minute breaks
 5. Rotate teams every 12 minutes

U10: Players now have a foundational skill set that will guide them for their entire developmental ladder. These skills sets will be further challenged and advanced. Confidence on the ball is greater. First touch is consistently taken with inside of the back foot.

- **Training Breakdown:**

1. 15 minutes – Open Dribbling, agility based tag games, exploring all surfaces of the feet
2. 15 minutes –Advancement of Technical Ball Skills – Incorporating the First Touch
3. 15 minutes – 1v1 Competitions: Coerver based agility and change of direction games

- **Skill Set Focus**

1. Boxes
2. Toe Taps
3. Swipes
4. Outside Swipes
5. Rips
6. Scissors
7. Step Overs
8. L Turns
9. Push Pull
10. Outside/Inside Bells
11. Ronaldo Chops
12. Zidane
13. Maradona
14. Inside Twist
15. Outside Twist
16. Stop and Go Moves
17. U Turn
18. Inside/Outside Cuts

- **Additional Technical Components:**

1. Receiving with far foot
2. Turning chest into new space
3. Shielding the ball
4. Turning in 2 touches
5. Enhanced vision
6. Change of direction with all surfaces of the feet

- **Tactical Components:**

1. Spatial Awareness
2. Basic Shape: Understanding the Triangle
3. Understanding the diamond

- **Game Time:**

1. 7v7 small sided games
2. Goalkeepers
3. Playing area 30x47
4. 14 yd playout line - No goalie punting

Game Length - 2 - 25minute halves with 5 minute break