



Development- By Age

Dribbling

3	4	5	6
Basic Turn	Feints	Beat an opponent 1v1	Running with a ball
Dribbling basics		Escape pressure	Adv. Turns

Receiving

5	6	7	8
Control with foot		Control with thigh	Control chest

Passing

6	7	8	9
Ground-Inside of foot 5 yds	Ground-Inside of foot 10 yds	Ground-Inside of foot 20 yds	Chip
		Ground-Instep	Bend inside of foot
		Long Pass	Bend outside of foot

Shooting

5	6	7	8	9	10
Instep			Volley		1v1 with Gk
			Half-Volley		



Competency- By Age

Dribbling

7	8	9	10	11	12
Basic Turns		Adv. Turns	Feints		
Basic Dribbling		Running with the ball	Beat an opponent 1v1	Escape pressure	

Receiving

12	13	14
Foot	Thigh	Chest
		Head

Passing

10	11	12	13	14
Ground-inside of the foot 5-10 yds.	Ground-inside of the foot 10-15 yds.	Ground-instep	Ground-inside of the foot 20yds	Long Pass
				Chip
				Bend inside
				Bend outside
				Crossing

Shooting

11	12	13	14	15
Instep	Half-Volley			1v1 with Gk
	Volley			



Attacking Principles

14	15	16	17	18
Attack 1v1	Support with and without the ball	Attack in groups of 3-4	Crossing balls-driven, bended, ground, air	Attack as a team
Attack 2v1		Attack from wide positions		Transition
				Counter
				Finishing
				Attacking set plays
				Communication
				Positional play

Defending Principles

12	13	14	15	16	17	18
Defend 1v1	Defend 2v1 and 2v2	Recovery	Marking	Defend in groups of 3-4		Defend as a team
			Def- set plays	Communication		Transition
						Positional play