






GREATER CHESTER VALLEY SOCCER ASSOCIATION

Youth Development Plan

Ages	Technical	Tactical	Physical	Psychological	System of Play / Training
3-5 	<p>FUN games - Can be with and without a ball</p> <p>Tag games very good for movement.</p>	None	Develop motor skills Jumping, Skipping, rolling, hopping, running	REC programs Short attention span Plenty of encouragement FUN – Develop love of the game	3v3/ 4 v 4 NO Keepers Size 3 ball Practice length 45 – 60 min
6 – 7 	Ball orientated skills 1. Running with the ball 2. Striking the ball Basic Moves: Pullback https://www.youtube.com/watch?v=6UfDKfeL-64 Cutback – inside/outside https://www.youtube.com/watch?v=GmsOBBPdGiY	1 v 1 Attacking 4 v 4 training games	Coordination, balance, throwing, etc. Everything done with a ball.	Basic awareness of surrounding – players think mainly of me and the ball. FUN / Development	REC Clinic 6 & 7 5 v 5 / 6 v 6 With Keepers Size 3 ball Training 60 - 75 min
8 - 10 	Ball orientated skills 1. Running with the ball 2. Striking the ball 3. Ball control -1 st touch - Juggling 4. Heading (introduction) 5. Passing Basic Moves: Pullback Cutback – inside /outside	1 v 1 / 1 v 2 / 2 v 2 Attacking / Defending Intro- Wall pass (U-10), over lapping 4 v 4 training games	Coordination, balance, throwing, etc. All fitness done with a ball	Basic awareness of surrounding – players think mainly of me and the ball. Intro secondary players FUN / Development	Travel teams U9 & U10 Format 7 v 7 System: 3-2-1, or 2-3-1 Travel leagues & tournaments Size 4 ball Training time 90 min Futsal training during winter




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	<p>V – move https://www.youtube.com/watch?v=tVTi54D71Ls</p> <p>L-move https://www.youtube.com/watch?v=6bHFqvJfzVI</p>				
<p>11 – 12</p> 	<p>Ball orientated skills</p> <ol style="list-style-type: none"> 1. Same as above 2. Two-footed players = all skill work should be geared towards developing both feet <p>Advance Moves: Maradona, Cryuff, etc.</p>	<p>1 v 1 / 2 v 2 Attacking / Defending</p> <p>Working in small groups 3 v 1 / 4 v 2 / 4 v 4 / 5 v 2</p> <p>Intro- patterns of play</p> <ol style="list-style-type: none"> 1. short, short, long 2. third man running 	<p>Introduction – to running without a ball (12) / conditioning. Speed, flexibility, agility</p> <p>Introduction to diet & nutrition</p>	<p>Golden Age of Learning</p> <p>Whatever players learn now they keep for life.</p> <p>Practice be 50/50 technical / tactical.</p> <p>FUN / Development</p>	<p>Travel team U11 & U12 Format 9 v 9 System: 3-3-2, or 4-3-1</p> <p>Size 4 ball</p> <p>Training time 90 min</p> <p>Futsal training during winter</p>
Ages	Technical	Tactical	Physical	Psychological	System of Play / Training
<p>13 – 14</p> 	<p>Ball orientated skills</p> <ol style="list-style-type: none"> 1. Same as above 2. Playing to the correct foot 3. Functional training in your position. 	<p>Defending 1st 2nd and 3rd defenders.</p> <p>Positional awareness – working as a unit / defense / midfield / attackers</p> <p>Possession games</p>	<p>High Level of fitness</p> <p>Many players at different levels of puberty</p> <p>Warm Up & cool down in all sessions</p>	<p>Becoming more competitive</p> <p>How to deal with winning and losing</p> <p>Feedback and evaluations</p> <p>Middle school soccer Fun / Development / Win</p>	<p>Format 11 v 11 full field System: 4-3-3/ 3-4-3</p> <p>Size 5 ball</p> <p>Training 90 – 120 min</p> <p>Futsal training during winter</p>



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<p>15 – 18</p> 	<p>Ball orientated skills 1. Same as above 2. Touch restrictions – 1&2 touch play 3. Advance training with limited time, space and increase pressure.</p>	<p>Possession games Switching point of attack Players should have a soccer IQ.</p>	<p>Higher level of fitness Introduce weight training Management of injuries Management of diet & nutrition Warm up & cool down in all sessions</p>	<p>Ready for competition / winning is a priority Mental preparation – goal setting, self-confidence, personal responsibility. High school soccer / college showcase</p>	<p>11 v 11 full field Players must know how to play / 4-3-3/ 4-4-2/ 3-4-3 Size 5 ball Training 90 – 120 min Season – Nov - July</p>
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