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General Age Group Coaching Philosophy

These are the areas of major focus. Tactics that are introduced are not a major focus for that particular age but is preparing them for the following age.

Under 9

Technical

General Technical skill development/ comfort

* Passing with the inside of foot

Intro: Technique of Shooting

Tactical

Composure/ confidence on the ball and willingness to use skill to solve problems

“Encourage individual skills/expression”

Intro: basic tactical shape

Under 10

Technical

Technical skill development- progress from U9

*Passing with the inside of foot (left/right)

* Shooting technique

Intro: 1 v 1 moves

Tactical

Composure- solving problems with skill

Basic tactical shape – width and depth

Under 11

Technical

Technical skill development- progress from U10

*Perfect inside of foot passing

Shooting technique with left and right

Intro: instep drives

Intro: surface trapping

Intro: heading

Tactical

Composure- solving problems with skill

Progression of composure- defensively winning the ball – not just destroying

*Concepts of team shape – developed from the introduction of at U10

*Basic tactical decision making – decision of 1 v 1 choice vs. team choices – tactics of 2 players – 2v 1 situations –



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Intro: the thirds of the field- tactics involved in each

Intro: speed of play – speed of thought

Under 12

Technical

Technical skill development- progress from U11

*Instep drives – left and right

*Shooting – left and right

Surface trapping

Intro: heading

Tactical

Composure- solving problems with skill

Tactics of penetration both individually and through combination play – within the ideas of team shape (use of space correctly)

Speed of Play and thought emphasized and developed more from the introduction at U11

Intro: Positional Play

Under 13

Technical

Technical skill development – progress from U12

Instep drives

Perfecting of shooting technique

Intro: Heading

Intro: Tackling

Tactical

Possession [2 touch speed of play]

Changing the point of Attack

Tactics of penetration

Intro: Zonal Defending

Intro: Pressure/ Cover

Intro: Phase of Play sessions:

Coaching thirds of the field sessions

Under 14

Technical

Technical skill development – progress from U13

* Instep drives

Heading

Tackling (1 v 1 defending)



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Shooting/ Finishing

Intro: crossing

Tactical

Possession

Zonal Defending

 Pressure-cover-balance

 Team compactness

Intro: Penetration through mid-forward combination play

Intro: Phase of play

 Functional training for Defenders, midfielders, and forwards

Intro: low pressure defense

Intro: team transition

 [offensive shape----defensive shape---offensive shape]