

PLAYER DEVELOPMENT MODEL

Technique	U6-U8 Basic Technique Stationary Unopposed (Fundamental)	U6-U8 Basic Technique Movement Unopposed (Match Related)	U6-U10 Basic Technique Movement Opposed (Match Condition)	U10-U12 Basic Technique Speed Opposed (Match Condition)	U12-U14 Advanced Technique Movement Unopposed (Fundamental)	U12-U16 Advanced Technique Movement Opposed (Match Related)	U14-U18 Advanced Technique Speed Opposed (Match Condition)	
Tactics	U11-U15 Individual Tactics (skills) technique on demand support individual defending creating space for oneself initiative			U12-U16 Small Group Tactics wall pass cross over overlap support third man running defensive cover creating space for others		U14-U18 Team Tactics width, shape switching play interchanging positions (versatility, adaptability) set plays (restarts) systems rhythm		
Fitness	U6-U18 Agility		U12-U18 Endurance (with ball)			U14-U18 Strength	U15-U18 Speed	
Psychology	U6-U18 Fun		U6-U10 Foster Love of the game		U10-U12 Commitment (soccer is main sport)	U12-U16 Pursuit of excellence (set standards wants to improve practice on his/her own)	U16-U18 Commitment to winning (mentally tough, disciplined, strong desire to win)	
Basic Technique short passing receiving dribbling heading		Advanced Technique dribbling past players shielding, shooting, volleying					crossing, long range passing tackling, curling passes, chipping	

Age	Practice Allocation		
	Technique	Tactics	Fitness
U6-U10	95%	5%	---
U11-U14	75%	25%	---
U15-U18	50%	35%	15%