

NORTH STAR FC

U9 Development Curriculum

OBJECTIVES

Movement Education: 15%
Technical: 75%
Tactical: 10%

ORGANIZATION

- NO Heading
- No Punting
- Ball to Player Ratio 1:1 to 1:4
- Size 4 ball
- Session: 60 minutes
- Games: 50 Minutes [7 v 7]
- 2:1 practice to game ratio
- Limited Offsides in Effect

BY THE END OF THE SEASON PLAYERS SHOULD...

be able to complete turns at game speed, be able to complete passes with the correct technique, have the ability to control the ball with a correct technique to pass, dribble, shoot, be knowledgeable of attacking principles (width, depth, length).

GENERAL CHARACTERISTICS*

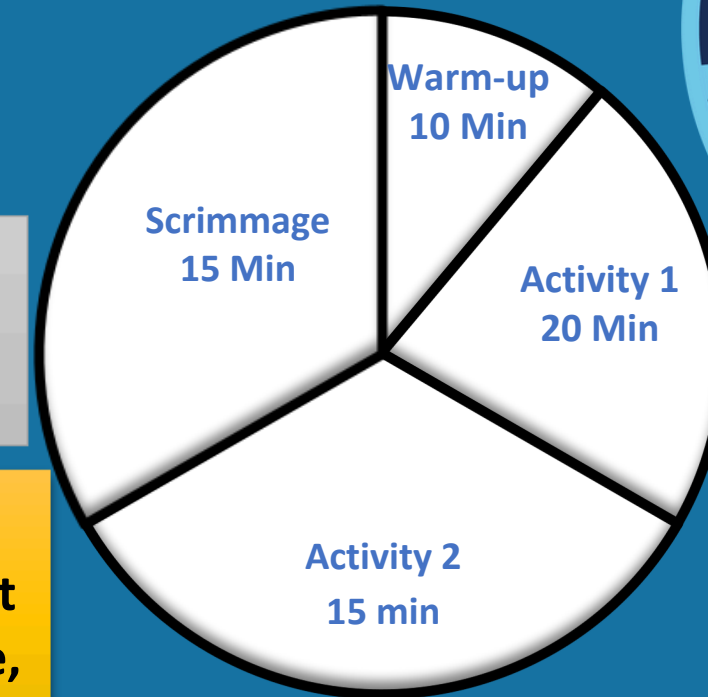
- Like to show skills –need approval
- Beginning to develop some physical confidence (most can ride a bicycle)
- Lack sense of pace –go flat out, chasing the ball until they drop
- Still in motion –twitching, jerking, scratching and blink-ingare all second nature physical movements
- Still into running, jumping, climbing and rolling
- Boys and girls are still quite similar in physical and psy-chological development
- Attention span is a bit longer than the U-6 age group
- Developing playmates, More into imitation of the big guys (sports heroes be-coming important)
- Still very sensitive –Dislikes personal failure in front of peers, making ridicule from the coach in front of the group very destructive
- Still do not believe in the intensity of the team at all Costs, Inclined more toward small group activities

TECHNICAL

- Receiving with both feet
- Passing with both feet
- Dribbling
 - Inside-Outside
 - Roll
 - Swivel hips
- Turning
 - Cruyff
 - Step over
 - Drag push
- Shooting

TACTICAL

- Communication
- Attacking team shape
- Individual attacking
- Playing out of the back



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



**General Characteristics from the US Soccer Player Development Model*

NORTH STAR FC

U10 Development Curriculum

OBJECTIVES

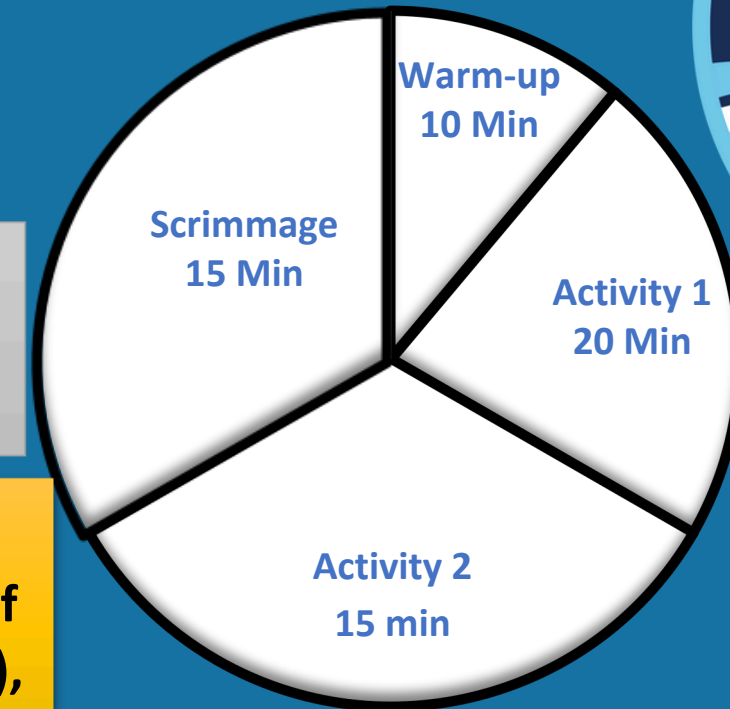
Movement Education: 15%
Technical: 75%
Tactical: 10%

ORGANIZATION

- NO Heading
- No Punting
- Ball to Player Ratio 1:1 to 1:4
- Size 4 ball
- Session: 60 minutes
- Games: 50 Minutes [7 v 7]
- 2:1 practice to game ratio
- Limited Offsides in Effect

BY THE END OF THE SEASON PLAYERS SHOULD...

be able to complete dribbling moves at game speed, be able to recognize moments of the game (when our team has the ball, opponent has the ball, nobody has the ball), have a basic understanding of individual defending (get between the ball and goal).



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



TECHNICAL

- Juggling
- Running with the ball
- Dribbling
 - Scissors
 - Maradonna
- Basic individual defending

GENERAL CHARACTERISTICS*

- Lengthened attention span -they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented –prefer team type balls and equipment. Enjoy the uniforms and team association.
- Boys and girls beginning to develop separately
- Developing the pace factor –thinking ahead
- Gross and small motor skills becoming much more refined

TACTICAL

- Individual defending
- Second attacker (support)
- Possession

**General Characteristics from the US Soccer Player Development Model*

NORTH STAR FC

U11 Development Curriculum

OBJECTIVES

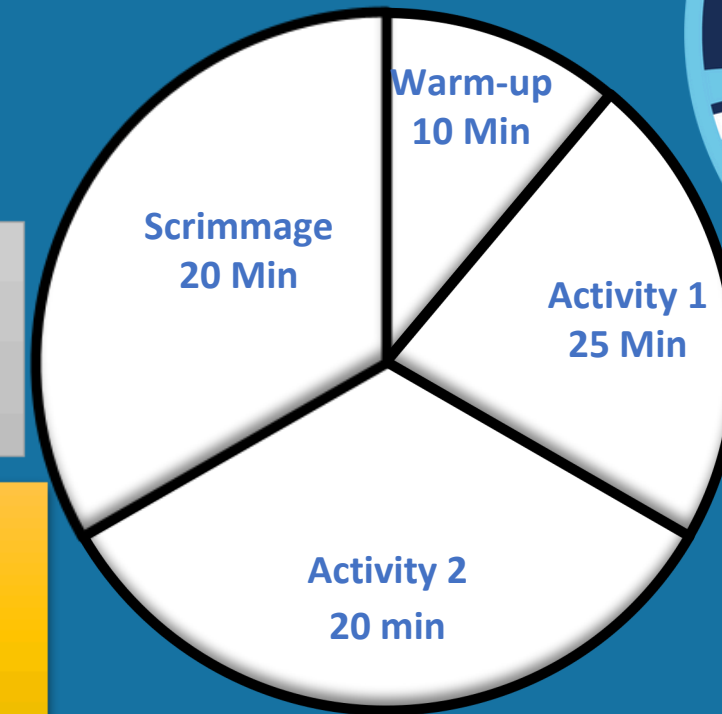
Movement Education: 15%
Technical: 60%
Tactical: 25%

ORGANIZATION

- NO Heading
- Offsides in effect
- Ball to Player Ratio 1:1 to 1:6
- Size 4 ball
- Session: 75 minutes
- Games: 60 Minutes [9 v 9]
- 2:1 practice to game ratio
- Tournaments and jamborees

BY THE END OF THE SEASON PLAYERS SHOULD...

be comfortable receiving the ball under pressure, be capable of scoring from a served ball (finishing), recognize combination opportunities (mobility, support, penetration), have an understanding the role of the second defender in relationship to the first (pressure, cover).



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



TECHNICAL

- Receiving with - Thigh
- Chest • Shielding •
- Receiving with Back to Pressure • Individual defending (advanced) •
- Second defender •
- Crossing • Finishing

GENERAL CHARACTERISTICS*

- Lengthened attention span -they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented –prefer team type balls and equipment. Enjoy the uniforms and team association.
- Boys and girls beginning to develop separately
- Developing the pace factor –thinking ahead
- Gross an

TACTICAL

- Second defender
- Combination play
- Give and go
- Overlap
- Introduction to flank play
- Third attacker (unbalance)
- Transition and counter attack
- Marking
- Relationship along the line

**General Characteristics from the US Soccer Player Development Model*

NORTH STAR FC

U12 Development Curriculum

OBJECTIVES

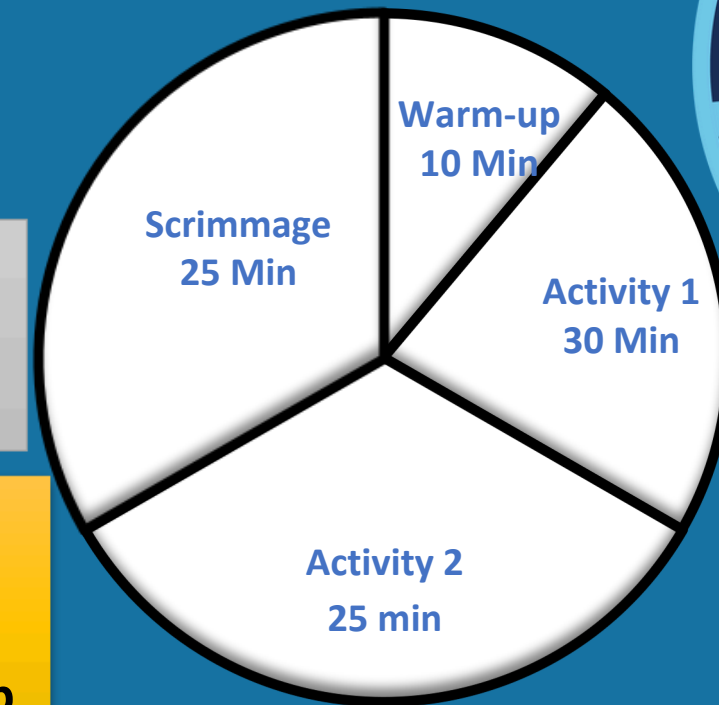
Movement Education: 10%
Technical: 60%
Tactical: 30%

ORGANIZATION

- Heading allowed
- Limited heading practice
- Ball to Player Ratio 1:1 to 1:6
- Size 4 ball
- Session: 75-90 minutes
- Games: 60 Minutes [9 v 9]
- 2:1 practice to game ratio
- Offsides in EFFECT

BY THE END OF THE SEASON PLAYERS SHOULD...

be comfortable heading the ball offensively and defensively, be able to play a lofted pass with minimal pressure, understand the relationship between the lines (multi directional support passes), understand the role of the third defender in relationship to the first and second (pressure, cover, balance).



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



TECHNICAL

- Heading
- Attacking
- Defending
- Lofted pass
- Third defender
- Finishing
- From Cross
- With Instep

GENERAL CHARACTERISTICS*

- Better able to deal with flighted balls
- Can sequence thoughts and actions to perform more complex tasks
- Can use abstract thought to meet the demands of the game
- Should be able to simultaneously run, strike the ball and think
- Fertile period to learn –full of eagerness
- Important psychosocial implications for a child entering puberty
- Popularity influences self-esteem
- Improved coordination
- Significant physical differences exist between the genders now
- Strength and power becoming factors in performance

TACTICAL

- Positional play
- Recovery runs
- Third defender
- Introduction to set plays
- Relationship between the lines
- Combination plays
- Take over
- Double pass

**General Characteristics from the US Soccer Player Development Model*

U13 Development Curriculum



OBJECTIVES

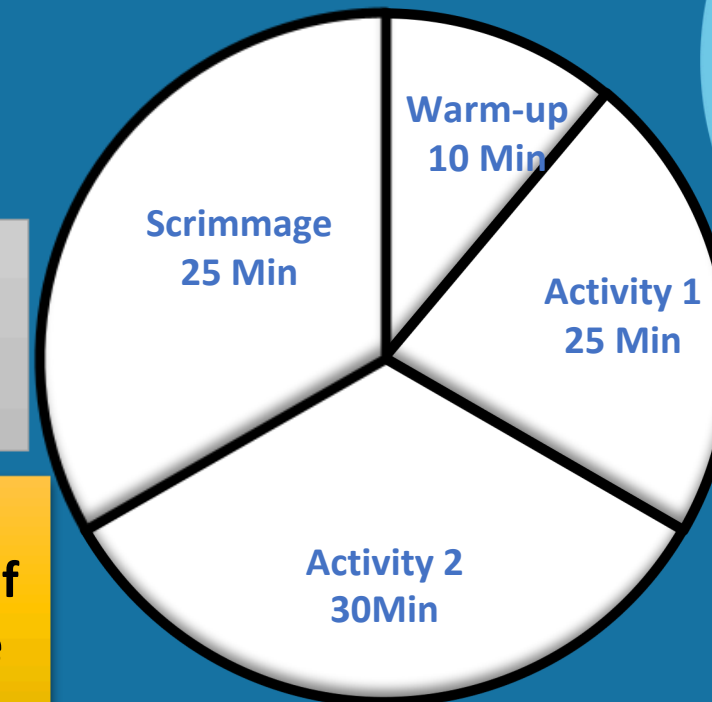
Movement Education: 10%
Technical: 50%
Tactical: 40%

ORGANIZATION

- Heading allowed
- Limited heading practice
- Ball to Player Ratio 1:1 to 1:7
- Size 5 ball
- Session: 90 minutes
- Games: 70 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments

BY THE END OF THE SEASON PLAYERS SHOULD...

be competent in all aspects of shooting and finishing, be able to receive the ball out of the air under minimal pressure, be able to play with limited touches, be aware of the roles and responsibilities of various positions.



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game

TECHNICAL

- Half volley
- Passing outside of the foot
- Finishing -breakaway
- Shooting-distance
- Aspects of goalkeeping
- Receiving ball out of air

GENERAL CHARACTERISTICS*

- Better able to deal with flighted balls
- Can sequence thoughts and actions to perform more complex tasks
 - Can use abstract thought to meet the demands of the game
 - Should be able to simultaneously run, strike the ball and think
 - Fertile period to learn –full of eagerness
 - Important psychosocial implications for a child entering puberty
 - Popularity influences self-esteem
 - Improved coordination
 - Significant physical differences exist between the genders now
 - Strength and power becoming factors in performance

TACTICAL

- Zonal defending
- Combination play
- Underlap
- Functional play -GK, defense, mid, fwds
- Aspects of goalkeeping
- changing the point of attack
- Speed of play
- Spatial awareness

**General Characteristics from the US Soccer Player Development Model*

NORTH STAR FC

U14 Development Curriculum

OBJECTIVES

Movement Education: 10%
Technical: 40%
Tactical: 50%

ORGANIZATION

- Heading allowed
- Limited heading practice
- Ball to Player Ratio 1:1 to 1:8
- Size 5 ball
- Session: 90 minutes
- Games: 60 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments

BY THE END OF THE SEASON PLAYERS SHOULD...
be competent in all aspects of individual defending (clearing, tackling),
be able to pass through or over an opposition's line (ie. Midfield line),
be able to recognize when to possess vs. when to penetrate,

GENERAL CHARACTERISTICS*

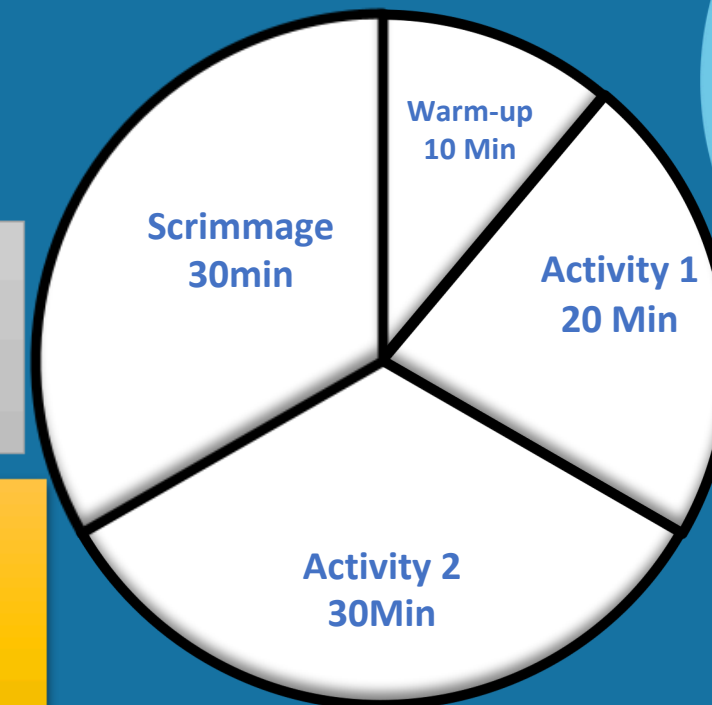
- The more advanced U-14 players are able to execute the range of skills, but most others are still developing previously taught skills and are now being exposed to these additional skills
- Important psychosocial implications for a child entering puberty –early or late
- Popularity influences self-esteem
- Tests limits -a know-it-all attitude
- Fertile period to learn –full of eagerness
- Tend to be quite self-critical and may need regular positive reinforcement
- Bodies are going through physical changes that affect personal appearance
- There will be significant differences in physical maturation rates between individuals
- Rapid growth spurts of the skeleton

TECHNICAL

- Defensive clearing
- Tackling
- Block
- Slide
- Volleys
- Passing over distance

TACTICAL

- Possession vs. penetration
- Retreat and recovery
- Defining the numbering system (ie, a number 6 getting the ball off 4,5 to start the attack)



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



**General Characteristics from the US Soccer Player Development Model*

NORTH STAR FC

U15 Development Curriculum

OBJECTIVES

Movement Education: 10%
Technical: 30%
Tactical: 60%

ORGANIZATION

- Heading allowed
- Offsides IN EFFECT
- Ball to Player Ratio 1:1 to 1:8
- Size 5 ball
- Session: 90 minutes
- Games: 80 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments

BY THE END OF THE SEASON PLAYERS SHOULD...
be able to bend the ball, recognize when to implement high vs. low pressure, be able to understand situational play (goal up/goal down).

GENERAL CHARACTERISTICS*

- The more advanced U-14 players are able to execute the range of skills, but most others are still developing previously taught skills and are now being exposed to these additional skills
- Important psychosocial implications for a child entering puberty –early or late
- Popularity influences self-esteem
- Tests limits -a know-it-all attitude
- Fertile period to learn –full of eagerness
- Tend to be quite self-critical and may need regular positive reinforcement
- Bodies are going through physical changes that affect personal appearance
- There will be significant differences in physical maturation rates between individuals
- Rapid growth spurts of the skeleton

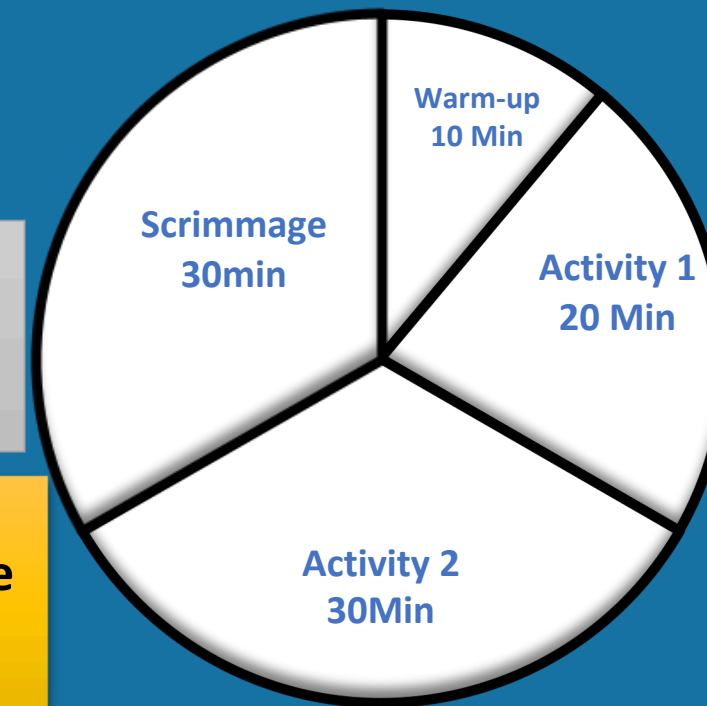
TECHNICAL

- Bending Balls
- Passing
- Shooting

TACTICAL

- High pressure
- Low pressure (line of confrontation)
- Patterns of play / shadow play
- Situational play-goal up/goal down, etc.

**General Characteristics from the US Soccer Player Development Model*



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



NORTH STAR FC

U16+ Development Curriculum



OBJECTIVES

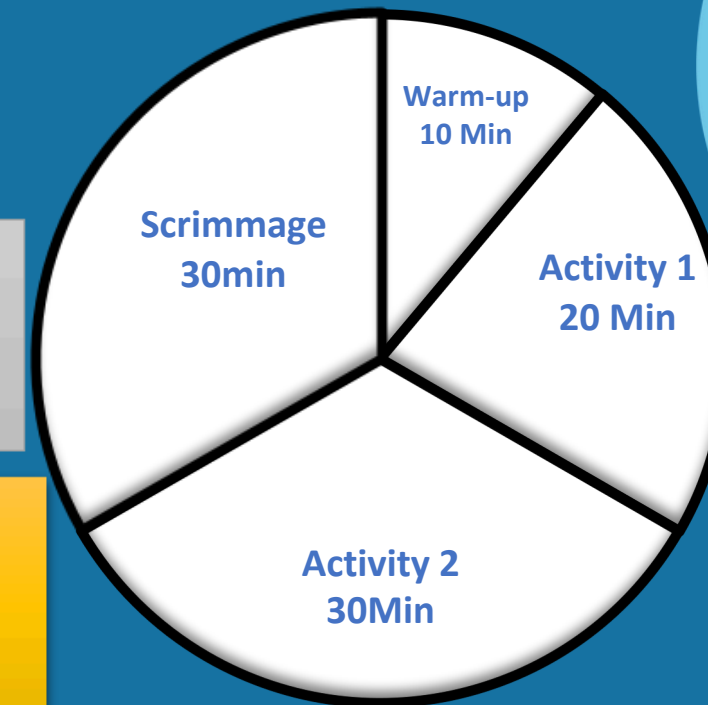
Movement Education: 10%
Technical: 10%
Tactical: 80%

ORGANIZATION

- Heading allowed
- Offsides IN EFFECT
- Ball to Player Ratio 1:1 to 1:8
- Size 5 ball
- Session: 90 minutes
- Games: 80/90 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments

BY THE END OF THE SEASON PLAYERS SHOULD...

have a comprehensive understanding of attacking and defending principles of play,
have the ability to recognize various moments in the game.



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game

GENERAL CHARACTERISTICS*

- May have a lengthened attention span
- Able to better understand moral principles
- Strong identification with admired adults
- Very sensitive to praise and recognition; feelings are easily hurt
- Fear of ridicule and being unpopular
- Friends set the general rules of behavior
- Strong need to conform exists
- Dress and behave like their peers in order to belong
- Experiences physical changes -very concerned with their appearance and very self-conscious about their physical changes
- Often a rapid weight gain at the beginning of adolescence poses an enormous appetite
- Caught between being a child and being an adult

TECHNICAL

- Individualized technique(s) based on respective position(s)

TACTICAL

- Recognize moments in the game (we have the ball, they have the ball, no one has the ball)
- Attacking and defending principles
- Able to transition between formations

**General Characteristics from the US Soccer Player Development Model*