

NORTH STAR FC

U15 Development Curriculum

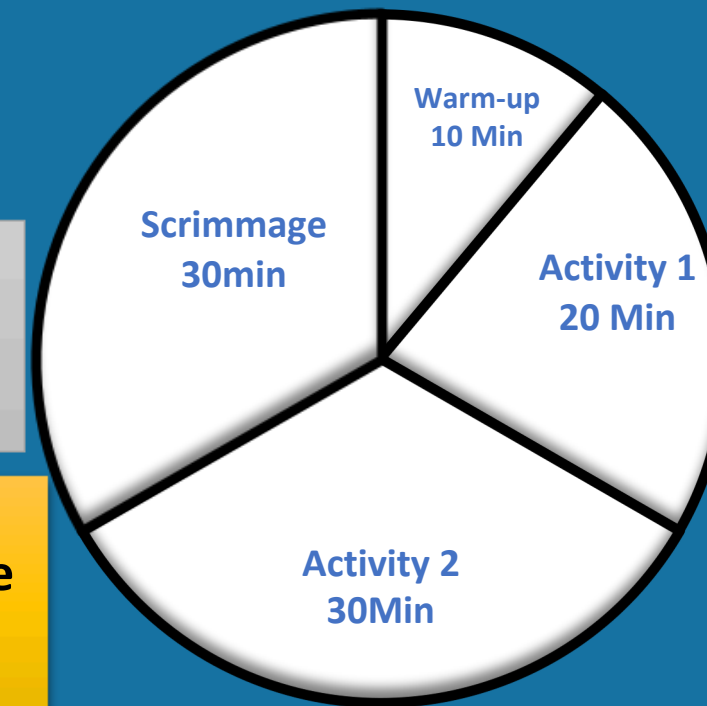
OBJECTIVES

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).



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



TECHNICAL

- Bending Balls
- Passing
- Shooting

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

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*