

# NORTH STAR FC

## U16+ Development Curriculum



### OBJECTIVES

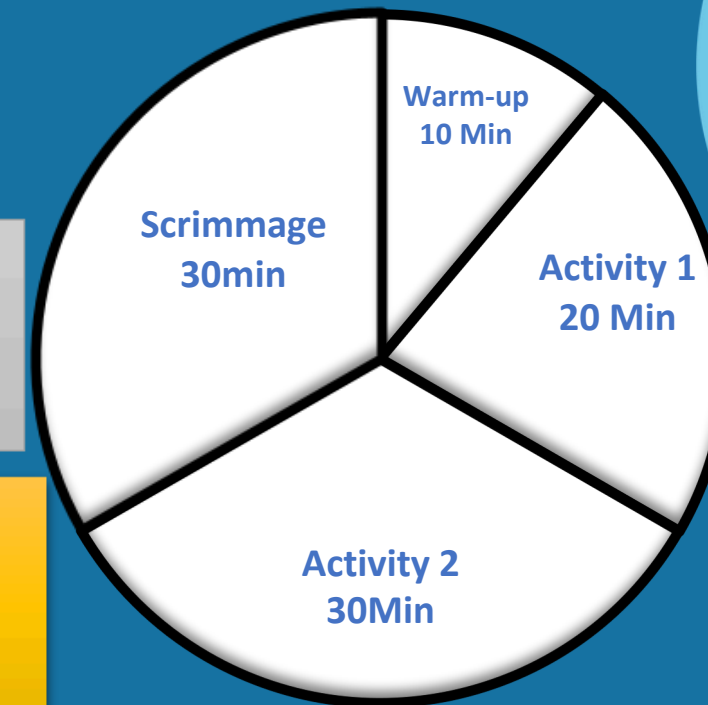
Movement Education: 10%  
Technical: 10%  
Tactical: 80%

### 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*