

# San Francisco Viking Soccer Club Player Development Curriculum

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**The following developmental skills, tactics, psychological growth aspects and physical considerations must be emphasized by each SFVSC coach at age specific stages and/or mastered by the players:**

## **U5/6:**

### **Technical/Skill Emphasis:**

- Dribble with all sides of both feet
- Dribble away from defender and out of trouble
- Dribble around/past a defender
- Soft first touch
- Allow players to experiment with the ball

### **Tactical Considerations:**

- Avoid tactical considerations at this age
- No emphasis on positions
- Limited instructions on rules – just get them going in the right direction

### **Psychological Emphasis:**

- FUN! FUN! FUN!
- Exciting and positive intro to the game. Use parents to help
- No emphasis on winning
- Encourage trying over performing

### **Physical Considerations:**

- Stay active. Any fitness should be as a result of playing the game
- Fun interactive activities which incorporate a ball will improve balance and agility.

## **U7:**

### **Technical/Skill Emphasis:**

- Dribble with all sides of both feet- start talking about keeping the ball close, head up
- Dribble away from defender and out of trouble
- Dribble around/past a defender
- Soft first touch
- Introduce passing technique - inside of foot, keeping ankle locked
- Introduce proper shooting technique
- Introduce shielding
- Encourage players to, on their own, juggle a ball
- Continue to allow players to experiment with the ball

### **Tactical Considerations:**

- Basic attacking and defending principles
- No emphasis on positions

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- Rules of the game should not take over the game
- Take restarts quickly

## **Psychological Emphasis:**

- FUN! FUN! FUN!
- No emphasis on winning
- Acknowledgements and respect for coaches, teammates and officials
- Limit travel, recommend no tournaments

## **Physical Considerations:**

- Players in this age group are naturally active – encourage this
- Soccer related activities which incorporate the element of competition will improve balance and agility

## **U8:**

### **Technical/Skill Emphasis:**

- Dribble with all sides of both feet- start talking about keeping the ball close, head up
- Dribble away from defender and out of trouble
- Dribble around/past a defender - Encourage trying a move to beat the defender
- Soft first touch
- Introduce passing technique - inside of foot, keeping ankle locked
- Introduce proper shooting technique - ankle locked, toe down, use laces
- Introduce shielding
- Encourage juggling on own (driveway, backyard, park, before practice)
- Continue to allow players to experiment with the ball in both defined and undefined space

### **Tactical Considerations:**

- Basic attacking and defending principles
- No emphasis on positions
- Rules of the game should not take over the game
- Take restarts quickly

### **Psychological Emphasis:**

- FUN! FUN! FUN!
- No emphasis on winning
- Acknowledgements and respect for coaches, teammates and officials
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### **Physical Considerations:**

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## **U9:**

### **Technical/Skill Emphasis:**

- Dribble with both feet - emphasize keeping the ball close, head up
- Dribble away from defender
- Introduce shielding
- Dribble around/past a defender - encourage trying a move to beat the defender
- Encourage passing with both feet - inside and outside of both feet, keeping ankle locked
- Encourage shooting with both feet - ankle locked, toe down, use laces
- Encourage juggling on own (driveway, backyard, park, before practice) with a goal of 10 – 20 touches
- Introduce receiving ball with all parts of body
- Introduce turning with a ball
- Introduce proper heading technique
- Allow players to experiment with the ball in both defined and undefined space

### **Tactical Considerations:**

- Basic attacking and defending principles
- Comprehend 1v1, 2v1, and 2v2 concepts in defined and undefined space
- Comprehend roles of 1<sup>st</sup> and 2<sup>nd</sup> defenders
- Comprehend roles of 1<sup>st</sup> and 2<sup>nd</sup> attackers

### **Psychological Emphasis:**

- Balance competitive with cooperative
- Differentiation between girls and boys may become more obvious
- Encourage teamwork
- Teach “courage” and not being afraid of the ball

### **Physical Considerations:**

- Changing of direction and pace
- Coordination and balance while running
- Short sprints with and without the ball which also emphasize change of direction
- Incorporate dynamic stretching
- Encourage sound nutritional choices

## **U10:**

### **Technical/Skill Emphasis:**

- Introduce 1st touch, including playing touch and receiving side on
- Introduce dribbling with speed with both feet - emphasize keeping the ball close, head up
- Introduce shielding
- Dribble around/past a defender - encourage and emphasize trying a move to beat the defender
- Emphasize passing with both feet - inside and outside of both feet, keeping ankle locked

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- Emphasize shooting with both feet - ankle locked, toe down, use laces
- Encourage juggling on own -) Encourage juggling on own (driveway, backyard, park, before practice) should be able to juggle with some consistency. 10-20 touches is an appropriate goal
- Encourage receiving ball with all parts of body
- Introduce turning with the ball
- Introduce proper heading technique
- Allow players to experiment with the ball at practice in both defined and undefined space and encourage them to do so as much as possible on their own time as well. Consider having the players keep a soccer journal to record non-practice soccer activity.

## **Tactical Considerations:**

- Basic attacking and defending principles
- Comprehend 1v1, 2v1, and 2v2 concepts in defined and undefined space
- Comprehend roles of 1<sup>st</sup> and 2<sup>nd</sup> defenders
- Comprehend roles of 1<sup>st</sup> and 2<sup>nd</sup> attackers

## **Psychological Emphasis:**

- Balance competitive with cooperative
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- Incorporate dynamic stretching
- Encourage sound nutritional choices

## **U11:**

### **Technical Skill Emphasis:**

**It is vital at this age that simple techniques are executed consistently and perfectly**

- Emphasize 1st touch, including a playing touch, receiving side on and with front foot
- Encourage dribbling with speed with both feet - emphasize keeping the ball close, head up and change of speed in traffic
- Continue to emphasize and encourage shielding
- Dribble around/past a defender - encourage and emphasize trying a move to beat the opponent
- Encourage and emphasize passing with both feet - inside and outside of both feet, keeping ankle locked
- Introduce long passes both on the ground and in the air
- Emphasize shooting with both feet - ankle locked, toe down, use laces, accuracy and a

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finish landing on shooting foot

- Encourage juggling on own - should be able to juggle with some consistency (30 -50 times is an appropriate goal)
- Encourage receiving ball with all parts of body
- Emphasize turning with the ball in both defined, undefined space and under pressure
- Emphasize both proper offensive and defensive heading techniques (clearing and finishing)
- Intro to goalkeeper training
- Allow players to experiment with the ball and encourage them to do so as much as possible on their own time as well to continue their development. Consider having the players keep a soccer journal to record non-practice soccer activity.

## Tactical Considerations:

- Emphasis on both verbal and visual communication
- Both offensive and defensive angles and distance of support
- Receiving the ball with the front foot and away from pressure
- Combination play
- How and when to switch the point of attack
- Pressure vs. containing on defense
- Introduction to on the field roles rather than positions
- Proper 2v2 roles in both attack and defense
- Possession with a purpose

## Psychological Emphasis:

- Encourage players to practice on their own and amongst peers
- Encourage players to see and experience higher level play (i.e., college or pro)
- Appropriate to start to instill a sense of discipline and commitment to the game
- Quality of performance should be emphasized more than results

## Physical Considerations:

- Encourage and facilitate dynamic warm-ups and stretches for both pre and post training
- Anticipate the movement of the ball and reading the flight of the ball while in the air
- Be advised that tournaments present a risk of burnout. They are ok but coaches should emphasize equal play for all players. Limit travel distance and look for quality in matches rather than quantity of matches.
- **It is important that at this age that we start to allow for a break from “organized” soccer. Summer might be the best time to do this.**

## U12:

### Technical Skill Emphasis:

**It is vital at this age that simple techniques are executed consistently and perfectly**

- Emphasize 1st touch, including a soft and playing touch, receiving side on and with front foot

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- Encourage dribbling with speed with both feet - emphasize keeping the ball close, head up and change of speed in traffic
- Continue to emphasize and encourage shielding and using their body
- Dribble around/past a defender - encourage and emphasize trying a move to beat the opponent
- Encourage and emphasize passing with both feet - inside and outside of both feet, keeping ankle locked
- Introduce long passes both on the ground and in the air
- Emphasize shooting with both feet - ankle locked, toe down, use laces, accuracy and a finish landing on shooting foot
- Encourage juggling on own - should be able to juggle with some consistency (30 -50 times is an appropriate goal)
- Encourage receiving ball with all parts of body
- Emphasize turning with the ball in both defined, undefined space and under pressure
- Emphasize both proper offensive and defensive heading techniques (clearing and finishing)
- Continue to introduce goalkeeper training
- Allow players to experiment with the ball and encourage them to do so as much as possible on their own time as well to continue their development. Consider having the players keep a soccer journal to record non-practice soccer activity.

## **Tactical Considerations:**

- Emphasis on both verbal and visual communication
- Both offensive and defensive angles and distance of support
- Receiving the ball with the front foot and away from pressure
- Combination play
- How and when to switch the point of attack
- Pressure vs. containing on defense
- Introduction to on the field roles rather than positions
- Proper 2v2 roles in both attack and defense
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## **Psychological Emphasis:**

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- Encourage players to see and experience higher level play (i.e., college or pro)
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- Quality of performance should be emphasized more than results

## **Physical Considerations:**

- Encourage and facilitate dynamic warm-ups and stretches for both pre and post training
- Anticipate the movement of the ball and reading the flight of the ball while in the air
- Be advised that tournaments present a risk of burnout. They are ok but coaches should emphasize equal play for all players. Limit travel distance and look for quality in matches rather than quantity of matches.

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## **U13:**

### **Technical/Skill Emphasis:**

**Simple proper technique should be executed perfectly and consistently so that team training can transition to tactical training.**

- Emphasize ball mastery at a higher speed which includes; a 1st touch which should be soft and stay close, an emphasis on dribbling with speed with both feet and keeping the ball close with their head up
- Emphasize shielding and using their body in both offensive and defensive situations
- Dribble around/past a defender - Encourage and emphasize making a move to beat the defender
- Emphasize and encourage passing with both feet - inside and outside of both feet, keeping ankle locked
- Emphasize and encourage long passes - with accuracy
- Introduce deception in both passing and dribbling
- Emphasize shooting with both feet - ankle locked, toe down, use laces, and finishing landing on shooting foot
- Emphasize shooting with accuracy and power
- Emphasize receiving balls out of the air with all parts of body
- Encourage and emphasize turning with the ball
- Emphasize proper heading technique with power in both offensive and defensive situations
- Emphasize proper 1 v 1 defending technique (angle and speed of approach including proper foot technique)
- Emphasize defensive tackling
- Encourage juggling on own - should be able to juggle with consistency (40 + times is a good goal)
- Allow players to experiment with the ball in defined and undefined and encourage them to do so as much as possible on their own time as well. Have the players keep a soccer journal to record non-practice soccer activity.

### **Tactical Considerations:**

- Continue to emphasize how and when to switch the point of attack
- Speed of play
- Counter-attacking
- Offensive/defensive transition
- Zonal defending and team defense
- Penetrating dribbling and passing
- Attacking and defending set pieces
- Team shape
- Systems of play

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## **Psychological Emphasis:**

- Self discipline and motivation
- Challenge players to solve problems presented within the game
- Encourage healthy lifestyle choices
- Emotional and physical growth may not match

## **Physical Considerations:**

- Agility and balance under pressure
- Fluid and proper running style
- Application of power and use of leverage
- Northern Cal travel may be considered
- Playing against older players may be an option for more advanced teams/players

## **U14:**

### **Technical/Skill Emphasis:**

**Simple proper technique should be executed perfectly and consistently so that team training can transition to tactical training.**

- Emphasize ball mastery at a higher speed which includes; a 1st touch which should be soft and stay close, an emphasis on dribbling with speed with both feet and keeping the ball close with their head up
- Emphasize shielding and using their body in both offensive and defensive situations
- Dribble around/past a defender - Encourage and emphasize making a move to beat the defender
- Emphasize and encourage passing with both feet - inside and outside of both feet, keeping ankle locked
- Emphasize and encourage long passes - with accuracy
- Introduce deception in both passing and dribbling
- Emphasize shooting with both feet - ankle locked, toe down, use laces, and finishing landing on shooting foot
- Emphasize shooting with accuracy and power
- Emphasize receiving balls out of the air with all parts of body
- Encourage and emphasize turning with the ball
- Emphasize proper heading technique with power in both offensive and defensive situations
- Emphasize proper 1 v 1 defending technique (angle and speed of approach including proper side on foot technique)
- Emphasize defensive tackling
- Encourage juggling on own - should be able to juggle with consistency (40 + times is a good goal)
- Allow players to experiment with the ball in defined and undefined and encourage them to do so as much as possible on their own time as well. Have the players keep a soccer journal to record non-practice soccer activity.

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## **Tactical Considerations:**

- Continue to emphasize how and when to switch the point of attack
- Speed of play
- Counter-attacking
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- Zonal defending and team defense
- Penetrating dribbling and passing
- Attacking and defending set pieces
- Team shape
- Systems of play

## **Psychological Emphasis:**

- Self discipline and motivation
- Challenge players to solve problems presented within the game
- Encourage healthy lifestyle choices
- Emotional and physical growth may not match

## **Physical Considerations:**

- Agility and balance under pressure
- Fluid and proper running style
- Application of power and use of leverage
- Northern cal travel may be considered
- Playing against older players may be an option for more advanced teams/players

## **U15-18:**

### **Technical/Skill Emphasis:**

Continued inclusion of all previous technical skill including:

- Overall ball mastery/"fine tuning" of skills
- Dribbling and passing for possession
- Receiving and dealing with balls out of the air under pressure
- Strikers playing with their back to the goal
- Advanced goalkeeper training

### **Tactical Considerations:**

- Speed and rhythm of play
- Risk vs. reward in 1/3rds of the field
- Game management
- Zonal defending in all blocks
- Thinking ahead more than one pass in advance

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## **Psychological Emphasis:**

- Instill competition within all training activities
- Avoid social cliques within the team
- Team rules and discipline must be firmly establish and are vital

## **Physical Considerations:**

- Post event recovery is important and must be emphasized
- State and regional travel may be considered
- At tournament, especially those that have multiple games in one day which is discouraged, have a sufficient roster size so that no player is “over-played”