

ALITHSA - Developmental Pathway

Below is an overview of the ALITHSA Soccer Curriculum, and what players of specific age groups will be focusing on during the season. ALITHSA coaches will place an emphasis on all 4 pillars of the game – **Technical, Tactical, Physical** and **Psychological**. The technical side will play a large part in our training sessions; ‘Ball Mastery’ is key and sadly lacking in most youth soccer players in the U.S. All training sessions will be coached in a fun, exciting atmosphere, where players will be encouraged to express themselves and gain confidence through creative, free flowing soccer.

Age Group	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
U5–U7 (Stage 1)	<i>Rolling & stopping ball; turning and juggling; maximum ball contact through <u>fun</u> activities</i>	<i>Explore; call for ball; involvement; (players this age are ego-centric, we expect bunching)</i>	<i>Basic motor skills – jumping; running with ball; co-ordination</i>	<i>Positive reinforcement and enjoyment through fun activities; introducing cartoons characters and cartoon shows in practice sessions</i>
U8– U9 (Stage 2)	<i>Individual skills: moves; body fakes; basic tackling; juggling with all body parts; intro to heading passing; striking ball with the instep; (maximum ball contact)</i>	<i>Combination play, i.e. give & go and takeovers; Individual attack & def; finding space; anticipation; progression to attack and def in small groups</i>	<i>Motor skills – jumping; balance and coordination; sprinting; (all activities with a ball)</i>	<i>Encouraged creativity to build confidence; positive feedback; goal setting, i.e. can you beat a def with a move in today’s session or today’s game? Grasp laws of the game</i>
U10-U11 (Stage 3)	<i>Individual Excellence: moves to beat players; poke, block & slide tackle; shielding, passing over short & long distances; heading receiving ball; (maximum ball contact)</i>	<i>Combination play; speed of play; attacking & def in 1v1, 2v2, 2v1, 1v2, etc, Awareness – where’s my next pass going; transitions from def to attack & attack to def</i>	<i>Running with ball and without ball; jumping; sprinting; turning; stop-start speed; strength on the ball (all activities with a ball)</i>	<i>Building self esteem through goal setting and positive reinforcement; competitive edge; attitude to training, team and club (Practices – fun, yet challenging)</i>
U12-U14 (Stage 4)	<i>Individual Excellence: receiving ball from different angles and height; passing with all parts of both feet; headers & volley technique; Individual defending</i>	<i>Combination play with real purpose; vision and awareness; attack & def as a unit; creating space individually & for teammates; reading visual cues</i>	<i>Running with and without ball; speed over short distances; strength on the ball; endurance (most- if not all should be done with ball)</i>	<i>Competitive edge – winning personal battles, positive feedback; constructive criticism; attitude to teammates and environment</i>
U15-U18 (Stage 5)	<i>Individual Excellence: efficient 1st touch; receiving ball into space; striking accurately over a longer distance; curling ball with I/S and O/S of foot</i>	<i>Concept & execution of group def: high pressure & low pressure; attacking directly (with a purpose) & indirectly – possession based, reading visual cues</i>	<i>Speed & endurance; strength on the ball; in tackles; leap for headers, agility; balance and coordination (Guidance on refueling)</i>	<i>Good attitude in training and games; competitive edge; leadership skills, goal setting from coach; encouragement for players to set own goals</i>