

DIRECTIVES FOR U-8

Dribbling, passing, receiving and shooting should be taught through the use of appropriate fun activities. The players should learn because we place them in the correct environment, allow them to play (discover), and give correct guidance.

DIRECTIVES FOR U-10

Dribbling, passing, receiving, shooting should be taught with an emphasis on individual skill/technique (it is OK to lose the ball on the dribble if they are trying to do it correctly or experimenting). Fun activities should still be used.

DIRECTIVES FOR U-12

Dribbling, passing, receiving, shooting should be taught with a continued emphasis on individual skill and ball control. We should encourage flair, deception and the ability to keep possession on the dribble. We should also emphasize team shape, support, problem solving, mobility and 1v1 defense. Heading may also be introduced.

DIRECTIVES FOR U-13

We should continue to emphasize individual development and technical mastery of the topics mentioned above. The players should also begin to develop the ability to find safe targets to pass to as soon as possible (this is in conjunction with dribbling). Different types of dribbling moves (shielding/escape, 1v1 penetration) should be emphasized. Teaching "shape" should continue. Defensive pressure and cover should be encouraged.

DIRECTIVES FOR U-14

Individual moves (shielding/escape, 1v1 penetration), 1v1, 2v2, 3v3 defending (closing down, containing, channeling, cover, balance), possessional exercises (shape, quick play, quick decisions, dribbling, passing two-touch), group directional play to goal (with 4v4 the shape should be a 3-1, with 5v5 the shape should be a 3-1-1), shape of the team and roles of the players, and playing to targets should be emphasized.