



United States Soccer Federation Recommended Training Priorities for youth U11 to U18

All activities should be challenging, motivating, and involve TRANSITION!!!

U11 & U12: Development of individual skills, individual and small group tactics

High Priority

Development of individual skill

All practices must challenge the player in competition

Understanding of cooperation with teammates

a. Support

b. Triangles, Diamonds

Individual and small group defending

One session in three devoted to 1v1's, 2v2's

Develop an understanding of:

a. Delay

b. Tracking back

c. Depth

d. Balance

Lower Emphasis:

- Positional Play
- Team Play
- Set Plays

U13 & U14: Development of individual skills, individual and small group tactics

High Priority

The importance of Possession: DO NOT GIVE THE BALL AWAY!!!

Development of individual skill

All practices must challenge the player in competition

· Understanding of combination play

a. Support

b. Takeovers

c. Wall Pass

· Individual and small group defending

One session in three devoted to 1v1's, 2v2's, 3v3's

· Develop an understanding of:

a. Delay

b. Tracking back

c. Depth

d. Balance

Lower Emphasis:

- Positional Play
- Team Play
- Set Plays

U15 & U16: Development of group skills and tactics

High Priority

DO NOT GIVE THE BALL AWAY!!!!

Development of individual skill should be covered in the warm-up

Understanding of combination play

a. Support

b. Takeovers

c. Wall Pass

- d. Third man running
 - e. Overlap
- Defending - One session in three devoted to 3v3's, 4v4's, 5v5's
- Develop an understanding of:
- a. Depth - role of strong side defenders
 - b. Balance - role of weak side defenders
 - c. Concentration
 - d. Communication - who, what, when

Lower Emphasis:

- Positional Play
- Team Play
- Set Plays

U17: Development of positional play

Individual and group skill should be covered in the warm-up

Functional play

- a. Attacking roles and responsibilities
- b. Defending roles and responsibilities

One in three practices devoted to defensive aspects of the game

Match-related practice: Offense vs. defense

Crossing - Develop a complete understanding of:

- a. Crossing Angle
- b. Overlaps
- c. Near and far post runs

Set Plays - Develop a complete understanding of:

- a. Attacking and defending responsibilities on corner kicks, free kicks
- b. Importance of possession from throw-ins in defensive and midfield third of field versus possession and creativity in the final third.

U18: Development of team play

Individual and group skill should be covered in the warm-up

Functional Play

Team Play

- a. Match-related practice: offense vs. defense
- b. Match conditioned

One in three practices devoted to defensive aspects of the game

Players should have a complete understanding of the principles of team play