

Randolph Soccer Club's Player Development Goals

Age	Movement and Ball Mastery Phase	1 v 1 Skill Phase	Partner Phase	Small Sided Games (SSG)
U-8	<p>Ind. Movements Running, Stopping, Balance, Jumping, Hopping, Skipping, Leaping, and Landing.</p> <p>Manipulative Skills Throwing, catching, rolling, and bouncing balls</p> <p>Dribbling 1v0 Dribble with inside, outside, top, toe, bottom and heel. Inside and outside cut, drag-back, L-turns.</p> <p>Passing and receiving with inside of foot, shooting. <u>No heading.</u></p>	<p>Dribbling 1v1 Fake, Change Direction, Change Speed!</p> <p>Scoring over lines, to active targets, to 4' -6' goals, through randomly placed gates, etc.</p>	<p>2v0, 2v1 Cooperative and Competitive activities where two players work together to manipulate the ball through gates, to goal, away from sharks, etc.</p>	<p>2v2 – 4v4 The majority of all play at the end of training should be based on SSG's. Keep games to 2v2 – 4v4. This will ensure more touches and experience against opponents with the ball.</p>
U-10	<p>Ind. Movements and Manipulative Skills Running Backwards and Laterally, Agility, Shuffling, Stretching, Landing and changing direction.</p> <p>Dribbling Adding Scissors, Step-over, V-turn, inside-outside, Ronaldo chop, Cruyff</p> <p>Shooting (instep), receiving, passing (10-25 yards ground and air), juggling. <u>No Heading.</u></p>	<p>Dribbling 1v1 Attacking Skills: Dribbling while facing opponent. Shielding and turning when sideways on and back to defender. (Encourage players to fake away from where they want to go.)</p> <p>Defending Skills: Approach, stance, recognizing when to tackle. Marking, block tackle and toe poke.</p>	<p>2v1, 2v2, 3v3 Attacking Skills: Support (can the player see the ball and where s/he wants to go?)</p> <p>Wall pass, slanted run, and overlap.</p> <p>Defending skills: Pressure/cover defending. Intercepting passes (reading cues of how and where ball is going)</p>	<p>4v4 – 7v7 Two-Line Interaction (supporting and combining in attack and defense through 2 lines). Players will experience higher repetition on the ball and success during 4v4 or 7v7 versus playing 8 aside regularly at the end of training.</p>

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Age	Movement and Ball Mastery Phase	1 v 1 Skill Phase	Partner Phase	SSG and Team Phase
U-12	<p>Ind. Movements and Manipulative Skills Increase complexity, speed and utilize agility equipment.</p> <p>Dribbling Increase speed of moves (forward, back, left, right).</p> <p>Shooting/Passing (instep, inside and outside 10-40 yards)</p> <p>Chipping, Receiving (with deception on ground and flighted balls), Volleying, Crossing, Juggling.</p> <p>Heading – See Guidelines in link below:</p> <p>http://usclubsoccer.org/2016/03/14/implementation-guidelines-for-u-s-soccers-player-safety-campaign-concussion-initiatives-heading-for-youth-players/</p>	<p>Dribbling 1v1</p> <p>Attacking Skills: Dribbling while facing opponent. Shielding and turning when sideways on and back to defender. (Encourage players to fake away from where they want to go.)</p> <p>Defending Skills: Marking, block tackle and toe poke. Approach, stance, recognizing when to tackle.</p>	<p>2v1, 2v2, 3v3</p> <p>Attacking Skills: Support (can player see the ball and where s/he wants to go?) Wall pass, slanted run, and overlap.</p> <p>Defending skills: Introduce Zonal Defending in 3's. Pressure/cover defending. Intercepting passes (reading cues of how and where ball is going)</p>	<p>4v4 - 6v6</p> <p>Two-Line Interaction (supporting and combining in attack and defense through 2 lines). Players will experience higher repetition on the ball and success during 4v4 or 6v6 versus playing 11 aside regularly at the end of training.</p>

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<p>U-14</p>	<p>Ind. Movements and Manipulative Skills Increase complexity, speed and utilize agility equipment.</p> <p>Dribbling Increase speed of moves (forward, back, left, right).</p> <p>Shooting/Passing (instep, inside and outside 10-40 yards)</p> <p>Chipping, Receiving (with deception on ground and flighted balls), Volleying, Crossing, Juggling.</p> <p>Heading – See Guidelines in link below:</p> <p>http://usclubsoccer.org/2016/03/14/implementation-guidelines-for-u-s-soccers-player-safety-campaign-concussion-initiatives-heading-for-youth-players/</p>	<p>Dribbling 1v1, 1v2 Attacking Skills: Dribbling while facing opponent. Shielding and turning from sideways on and back to defender. (Identify where cover is in 1v2. Encourage players to fake away from where they want to go.)</p> <p>Defending Skills: Marking, block tackle and toe poke. Approach, stance, recognizing when to tackle.</p>	<p>2v1, 2v2, 3v3 Attacking Skills: Support (can player see the ball and where s/he wants to go?) Add 2 and 3 player combinations.</p> <p>Defending skills: Zonal Defending. Pressure, cover, balance. Intercepting passes (reading cues of how and where ball is going)</p>	<p>4v4 - 8v8 2 and 3 Line Interaction (supporting and combining in attack and defense through 2 and lines). Attacking: Building out of back, midfield shape, entering final 1/3 (combinations and runs). Defending: Zonal Defending, compressing space and reading service as a unit.</p>
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