

## U5-U6 PLAYERS TRAINING OVERVIEW

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	Penetration	Instep Kick	What is in and out of play
Prevent Scoring	Delay	Dribbling	Do not kick or trip others
		Throw-Ins	No handling of the ball

## U7-U8 PLAYERS TRAINING OVERVIEW

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	(Attacking) Penetration	Instep Kick	Start of Play / Kick off
Maintain Possession	Width, Depth	Dribbling	Ball in and out
Prevent scoring	(Defending) Delay, Depth	Throw-Ins	Some Fouls / Misconduct
Concentration (moving attacker into best space for defending)	Concentration	Push pass, inside of foot ball control	Goal Kicks / Corner Kicks

## U10 PLAYERS TRAINING OVERVIEW

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	(Attacking) Penetration	Instep Kick	Start of Play, Restarts
Maintain Possession	Depth	Dribbling	Ball In and Out
Advance the Ball	Width	Throw-Ins	Fouls and Misconduct
Prevent Scoring	Mobility	Goalkeeping	Corner Kick
Regain Possession	(Defending) Delay	Inside Foot (push pass)	Goal Kick
Delay Opponents	Depth, Balance	Inside Foot (ball control)	Penalty Kick
	Concentration	Front Block Tackling	

## U12 PLAYERS TRAINING OVERVIEW

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	(Attacking) Penetration	Dribbling	Start of Play, Restarts
Maintaining Possession	Depth	Inside of foot ball control	Ball in and out
Advance the Ball	Width	Sole of foot ball control	Fouls and Misconduct
Prevent Scoring	Mobility	Top of thigh ball control	Corner Kicks
Regain Possession	Creativity	Instep kick	Goal Kicks
Delay Opponents	(Defending) Delay	Inside of foot push pass	Penalty Kicks
	Depth	Heading	Offside
	Concentration	Tackling	
	Balance	Goalkeeping	
	Composure	Technical "Cleansing"	

### BALL SIZES

U5 = Size 3 Ball	U8 = Size 3 Ball	U14 = Size 5 Ball
U6 = Size 3 Ball	U10 = Size 4 Ball	U16 = Size 5 Ball
U7 = Size 3 Ball	U12 = Size 4 Ball	U19 = Size 5 Ball

EVERYONE PLAYS ♦ BALANCED TEAMS ♦ OPEN REGISTRATION  
 POSITIVE COACHING ♦ GOOD SPORTSMANSHIP ♦ PLAYER DEVELOPMENT