

FOUNDATION PHASE

UNDER 6 TO UNDER 9

MASTER YOUR BODY, MASTER THE BALL

Children should be challenged physically and be given plenty of opportunities to connect with ball and stay with the ball

‘KEEP THE BALL, STAY ON THE BALL’

PRACTICE DESIGN

Lots of 1v1s
‘ABCs’ games (agility, balance, coordination & speed)
3v3 preferred game format

FOUNDATION PHASE

UNDER 10 TO UNDER 13

MASTER YOUR OPPONENT

Coach children individual skill and tactics ‘on and around the ball’. Introduce basic tactical concepts (with & without ball, transition)

PRACTICE DESIGN

As previous plus 2v1, 1v2, 2v2, 3v2, 2v3
3v3 to 6v6 Small Sided Games

YOUTH DEVELOPMENT

PHASE U14-U15

MAKE CONNECTIONS WITH TEAM MATES

More focus on tactical concepts around creating & denying space, disconnecting from opponents, connecting with other team mates.

‘STAY ON THE BALL ... FOR THE RIGHT AMOUNT OF TIME’

PRACTICE DESIGN

Group practices to challenge key concepts in specific parts of the pitch, to include phases of play. SSGs (4v4 upwards) with constraints.
Don’t neglect the fundamental individual tactics and skills that all good players need. 1v1s still very important

YOUTH DEVELOPMENT

PHASE U16-U18

CONNECTIONS WITH AND BETWEEN THE LINES

Increased focus on team tactics and between positional units
Start to work on ‘finding to win’ in games



AGE-APPROPRIATE COACHING: TECHNICAL AND TACTICAL