

Age Appropriate Topics

U10 – U14

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Age Levels

What should be taught?

- U10 – Introduction of Basic Principles of Play
Important Age for Skill Development
- U12 – Emphasize Principles of Play
Most Important Age for Skill Development
- U14 – Tactical & Skill Development



U10 Age Group

Basic Principles of Play

Attacking

Penetration

Support

Improvisation

Defending

Recovery

Pressure

Cover



U10

“Skill Competencies”

- Running with the ball at speed & under pressure
- Passing with outside of the foot (U8 only inside)
- Introduction of Basic Heading
- Receiving Balls away from opponent
- Basic Tackling Skills (Block Tackle)
- Basic Dribbling Moves (Rolls, Scissors, Step Over)
- **Goalkeeping:** Basic skills & proper hand technique of stopping shots at various shot heights.



U12 Age Group

Emphasize Principles of Play

Attacking

Width

Depth

Mobility

Defending

Balance

Compactness

Counter Attack



U12

“Skill Competencies”

- Dribbling to beat an opponent – penetration
- Receiving Air Balls with feet, thigh, chest
- Heading for Direction – Scoring & Clearing
- Various types of finishing: chip, bend, toe
- Passing – using different surfaces for deception
- Crossing Balls – Near, Far, Driven
- Introduce Slide Tackle

Goalkeeping

- Introduction of proper diving technique. Emphasis on diving low.
- Introduction of proper technique for crosses.
- Introduction of distribution with hands.



U14 Age Group

Tactical Development

Attacking

Group Tactics

Role of 2nd and 3rd support player - specifics

Switching point of attacking

Increase speed of play

Defending

Group defending

When to apply pressure as group

Improve speed of transition game

Transition Game

Improve Speed of Transition

Speed of Thought (tactical) & Play (technical)



U14

“Skill Competencies”

- Increased body control
- Accurate outside of the foot passing
- Heading for power and accuracy
- Increase distance of driven balls
- Improve accuracy of chipped and bent passes
- Shooting Accuracy
- First touch passing and receiving

Goalkeeping:

- Emphasize diving - high and low shots
- Continue to work on catching crosses
- Emphasize better throwing distribution technique.



Session

Possession to Penetration

- 1) Warm Up – Colors Passing
- 2) 2v2+2 - (Small Sided Activity)
- 3) 4v4+1 to Endzones (Expanded Small Sided Activity)
- 4) Free Scrimmage (8v8 to 11v11)
- 5) Cool Down



