The FUNdamental Phase

STAGE I- U6 TO U8 (ACADEMY)

IGNITING THE PASSION

SAMPLE

adidas

Player Development Model

Development Focus	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Age Group	U6 to U8 (Academy)	U9 & U10	U11 & U12	U13 to U15	U16 to U19
Seasons Available	Fall, Winter & Spring No games for U6-U7	Fall, Indoor & Spring	Fall, Winter & Spring	Fall, Winter & Spring	Fall, Winter & Spring
Weeks Per Season	10 weeks	10 – 13 weeks	10 – 13 weeks	10 – 13 weeks	10 – 13 weeks
Development Focus	1. Social 2. Physical 3. Technical 4. Psychological 5. Tactical	1. Technical 2. Social 3. Physical 4.Psychological 5. Tactical	1. Technical 2. Physical 3. Tactical 4. Social 5. Psychological	1. Technical 2. Tactical 3. Physical 4. Psychological 5. Social	1. Tactical 2. Technical 3. Physical 4. Psychological 5. Social
Program Focus	Individual Technical Training	Individual Technical & Small Group Technical Training	Individual, Small Group, Functional / Position Specific Training	Small Group, Position Specific, Functional and Relationship between 1 & 2 Units (Def, Mid, Fwd.)	Small Group, Functional, Relationship between 2 & 3 Units (Def, Mid, Fwd.) & Whole Team
Game Format	4 v 4 to 7 v 7	7 v 7	9 v 9	11 v 11	11 v 11
GK's in Games	No @ 4 v 4 Yes @ 7 v 7	Yes	Yes	Yes	Yes
Length of Session	60 - 75 min	90 min	90 min	90 min	90 min
Players Per Session	8 – 12	10 - 12	12 - 14	14 - 16	16 - 18
Positions	4 v 4 no positions to All areas of the field at 7 v 7	All areas of the field where possible	Players will start to play in areas of the field where they feel more comfortable	Rotation across units of play & specific Positions	Specific Positions
Playing Time	Equal	Balanced across season	Earned	Earned	Earned
Coaching Staff	Community & Professional Coaches	Professional Coaches	Professional Coaches	Professional Coaches	Professional Coaches
Coach Certification	USSF A – E or equivalent	USSF C – D or equivalent	USSF C - D or equivalent	USSF A - C or equivalent	USSF A – C or equivalent

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Key Learning Outcomes (SAMPLE)

Technical Topic	Learning Outcome
Ball Mastery & Manipulation	Ability to move the ball with a variety of surfaces.
Dribbling & Running with Ball	Use of touches of various sizes to take space.

Tactical Attacking Principles	Learning Outcome
Understand Surroundings (U6-U7)	Where is the field, Concept of boundary lines, Which goal to shoot?
Possession (U6-U8)	Players to be confident in moving the ball around the field.

Tactical Defending Principles	Learning Outcome
Immediate Chase & Recovery (U8)	If ball is lost ensure individual & team take responsibility to work back.
Pressure (U8)	Understanding the role of the 1st defender to challenge or delay.

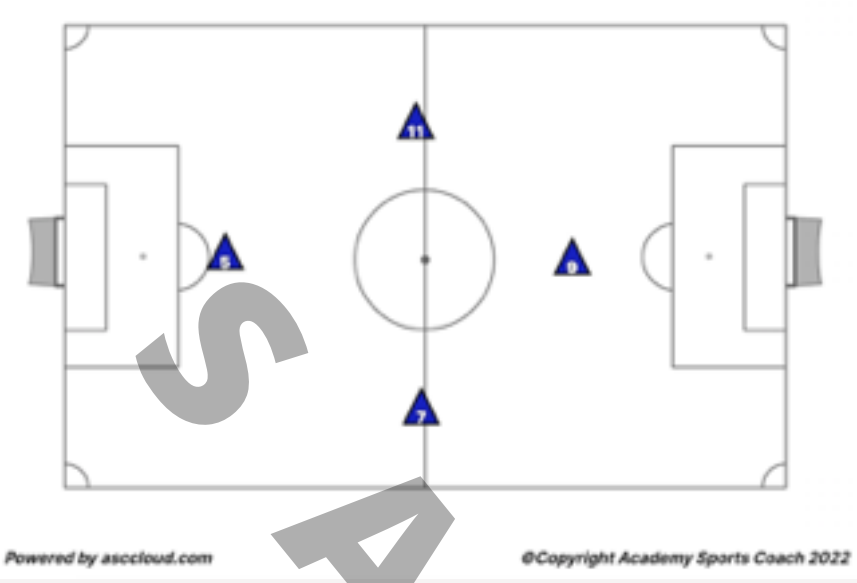
Physical Component	Learning Outcome
Agility & Balance	Development of motor skills: Balance, leaping, bounding, tumbling, catching, throwing, pulling, pushing.
Ability to Change Direction	Explosive movements to Change Direction.

Psycho-Social Component	Learning Outcome
Enjoyment of the Game (U6)	Dynamic activities with emphasis on FUN to help keep interest high.
Enjoyment of the game (U8)	A balance between fun and enjoyment as some players will engage more through competition.

SAMPLE

Key Formations

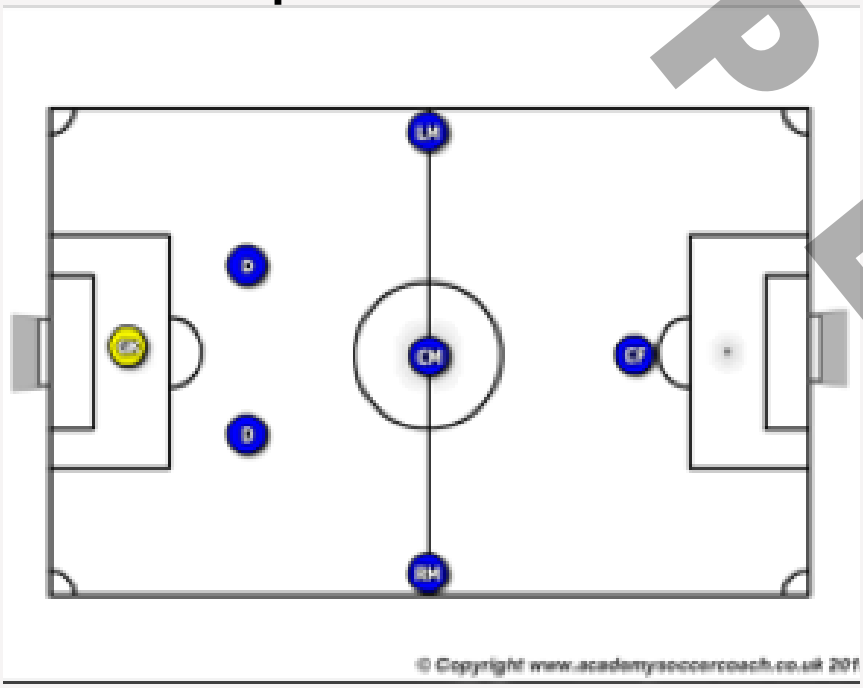
Formation for 4 v 4



Formations for 7 v 7

****Coaching staff will develop the system to the needs and ability level of each team.****

Option: 1-2-3-1



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Sample of Development Plan: U6-U7

Week	Practice Topic
1	**Ball Mastery** *Using different surfaces of the foot for building confidence with the ball.*
2	**Dribbling** *To maintain possession of the ball and create time and space.*
3	**Changing Direction** *Use of inside/outside of the foot to change direction.*
4	**Ball Striking: Passing** *Using the inside of the foot (heel down/toe up) over short distances.*

Sample of Development Plan (U8)

Week	Practice Topic
1	**Individual Attacking** *Using various moves to beat a defender coming from in front of you.*
2	Passing & Receiving Techniques Emphasis on short distance passes & receiving across the body to play away from pressure
3	**Finishing** *Goal scoring techniques from close range. Emphasis on passing into bottom corners with accuracy*

SAMPLE