

RARYS Player Development Matrix

Age Group	Technical/Skill Emphasis	Tactical Considerations	Psychological Emphasis	Physical Considerations
Div. 1 (U7/8) 4v4 & no GK 20x30 field Size 3 ball 60 min. practice 48 min. games	<ul style="list-style-type: none"> • Dribble with all sides of both feet • Dribble out of trouble • Dribble past someone • Soft first touch • Shielding • Introduce proper shooting technique • Introduce passing • Encourage players to, on their own, juggle a soccer ball <p>At practice, ensure that there is one ball (properly inflated) per player</p>	<ul style="list-style-type: none"> • Basic attacking & defending principles • No emphasis on positions • Rules of the game should not take over the game • Take restarts quickly 	<ul style="list-style-type: none"> • FUN! FUN! FUN! • No emphasis on winning • Acknowledgement & respect for coaches, teammates & officials • Limit travel & no tournies 	<ul style="list-style-type: none"> • Players in this age group are naturally active – encourage that • Soccer-related activities which incorporate the element of competition will improve balance & agility • Approx 15-20 games per year
Div. 2 (U9/U10) 7v7 with GK 30x47 field Size 4 ball 75 min. practice 50 min. games	<ul style="list-style-type: none"> • Continue with foci from U8 • Passing with inside & outside of both feet • Shooting with both feet; using laces • Receiving the ball with all parts of body • Turning with the ball • Heading • Players should have a goal of juggling ball 10-20 touches 	<ul style="list-style-type: none"> • Basic attacking & defending principles • Comprehend 1v1, 2v1 & 2v2 concepts • Comprehend roles of 1st and 2nd defenders • Comprehend roles of 1st and 2nd attackers 	<ul style="list-style-type: none"> • Balance competitive with cooperative • Differentiation between Boys & Girls may become more obvious • Encourage teamwork • “Courage” & not being afraid of the ball 	<ul style="list-style-type: none"> • Changes of direction & pace • Coordination & balance while running • Short sprints with & without the ball • Incorporate dynamic stretching • Approx 20 games per year • Soccer festivals are preferred over tournaments <p>Encourage sound nutritional choices</p>
Div. 3 (U11/12) 9v9 with GK 47x75 field Size 4 ball 75 min. practice 60 min. games The ‘Golden Age’ of Learning	<ul style="list-style-type: none"> • Continue with all U-10 foci • Speed Dribbling in Traffic • Ability to chip the ball • Accurately play long passes • Offensive/defensive heading • Power/accuracy shooting • Dribbling to beat an opponent • Intro to GK training • Encourage experimentation with the ball • Juggling – 30-50 touches <p><u>Simple techniques must be executed perfectly!</u></p>	<ul style="list-style-type: none"> • Communication – verbal & visual • Angles & distance of support • Receiving the ball away from pressure • Combination play • How and when to switch the point of attack • Pressure vs containing • Proper 2v2 roles • Introduction to on-field roles rather than positions • Possession with a purpose 	<ul style="list-style-type: none"> • Encourage players to practice on their own & amongst peers • Encourage players to see & experience higher-level play (i.e., college or pro) • Okay to start to instill a sense of discipline & commitment to the game • Quality of performance should be more important than results 	<ul style="list-style-type: none"> • Encourage & facilitate stretching • Anticipate the movement of the ball & reading the flight of a ball while in the air • Approx 30 games per year • Tournaments present a risk of burnout. They are okay but emphasize equal play for all players, limit travel distance & look for quality in matches rather than quantity of matches <p>At this age, start to allow for a break from “organized” soccer</p>
Div. 4 (U13/14) 11v11 75x112 field Size 5 ball 75-90 min. practice 70 min. games Transitioning to the Adult Game	<ul style="list-style-type: none"> • Continue with all U11/12 foci • Ball mastery at higher speed • Receiving balls out of the air • Defensive tackling • Using deception in dribbling & passing • Execution of skills in a dynamic manner • Continuing GK training <p>Sound technique enables tactics</p>	<ul style="list-style-type: none"> • Speed of play • Counter-attacking • Offensive/defensive transition • Zonal defending • Penetrating dribbling & passing • Systems of play • Team shape • Attacking & defending set pieces 	<ul style="list-style-type: none"> • Self motivation • Challenge players to solve problems presented within the game • Encourage healthy lifestyle choices • Emotional & physical growth may not match 	<ul style="list-style-type: none"> • Agility and balance under pressure • Fluid running style • Application of power and use of leverage • Approx 30 games per year • State-wide travel may be considered • Playing against older players may be an option for more advanced teams/players

Curriculum adapted from United States Soccer Federation's "Best Practices for Coaching Soccer in the United States" and with assistance from WYSA Directors of Coaching