



CSC Recreational Team Development Plan

Age Group: U6

Technical Focus: Dribbling, Ball Mastery, Passing, Shooting

Tactical Focus: Spatial Awareness, Club style of play

Physical Focus: Coordination, Agility

New Rules: "Build out line", Stoppages (goals kicks, corners, throw-ins, kickoffs)

Technical Breakdown

Dribbling - Using both feet, inside and outside of the foot, keeping the ball close (not big kicks and chasing), changing directions with your feet.

Ball Mastery - Stopping the ball with the sole of the foot or inside of the foot, toe taps, Tick Tocks, ball rolls

Passing - Using a locked ankle and inside of the foot for short accurate passes, aiming with your body facing your target

Shooting - Using inside of the foot ("Hard pass"), using laces with a locked ankle, toe is ok but don't work on it as it's hurtful to them as they get older, aiming to the goal or target

Tactical Breakdown

Spatial Awareness - Don't run into other players, staying engaged in the game

Club style of play - NO GOALKEEPERS, "defend as a team" everyone gets back behind the ball when your team loses it, "attack as a team" every spreads out from the ball carrier to be open and ready for the ball

Physical Breakdown

Coordination - Running with the ball at their feet

Agility - Basic changes of speed and direction



CSC Recreational Team Development Plan

Age Group: U8

Technical Focus: Dribbling, passing, shooting, ball control, defending

Tactical Focus: Spatial awareness, Club Style of play

Physical Focus: Agility, acceleration/deceleration

New Rules: Same as U6

Technical Breakdown

Dribbling - Using both feet, inside and outside of the foot, keeping the ball close (not big kicks and chasing), changing directions with your feet and using skills to change direction (Pullbacks, basic step over, ball rolls)

Tactical Breakdown

Spatial Awareness - Teach positioning and movement off the ball, encourage players to look up when they are dribbling to find teammates. Introduce concept of spreading out to create space.

Physical Breakdown

Agility - Improve their ability to change directions quickly and control body movements

Club style of play - NO

GOALKEEPERS, "defend as a

Ball control - develop a soft touch using the inside of the foot to cushion the ball. Keeping the ball close when dribbling with acceleration/deceleration

team" everyone gets back behind the ball when your team loses it, "attack as a team" every spreads out from the ball carrier to be open and ready for the ball.

Acceleration/Deceleration -

Knowing when to speed up and slow down, with and without the ball.

Passing - Short, accurate passes using the inside of the foot. Introduce receiving the ball with a soft first touch, not just trying to kick the ball right away. Emphasize accuracy over power

Shooting - Improve aim and technique by striking the ball with your laces. Ankle locked, toes pointing to the ground, and leaning your chest slightly over the ball.

Defending - Introduce defending 1v1. Teach proper defensive stance (side-on, low center of gravity) Focus on staying goal-side and tracking the attacker



CSC Recreational Team Development Plan

Age Group: U10

Technical Focus:

Dribbling, ball control, passing and receiving, shooting, defending, goalkeeping

Tactical Focus:

Positioning, Club style of play,

Physical Focus:

Agility, acceleration/deceleration, endurance

Technical Breakdown

Dribbling - Improve use of all parts of feet (inside, outside, sole) Change of direction and speed with the ball. Use of simple feints and turns (Body feint, scissors, step-overs, pull backs) build confidence attacking players 1v1

Ball control - Keeping the ball close in tight spaces when dribbling and changing directions. Introduction of juggling, drop the ball with hands to feet, progress to starting with feet if necessary

Tactical Breakdown

Positioning - Intro to team shape on the field based on the 4 lines of positioning (goalkeeper, defenders, midfielders, forwards)

Club style of play - DO NOT have defenders just sit back by the 18 yard box to "defend", keep them involved in the game by moving up and down the field with the ball to take away space from the other team. Rotate players positions (it is important that every player experiences every position on the field to develop all around skills and understanding of the game) Prioritize skill-building over winning games

Physical Breakdown

Agility - Improve their ability to change directions quickly and control body movements

Acceleration/Deceleration - Improve on Knowing when to speed up and slow down, with and without the ball.

New Rules: Offside based on the build out line. Use of keepers (all keeper rules), no punting!!

Passing and Relieving- Short passes with the inside of the foot. Introduction of driven passes with the laces. Emphasis on accuracy and proper weight of the pass. Controlling the ball with the inside, outside, and sole of the foot. Trapping bouncing balls/balls in the air

Shooting - Improving on striking with the laces. Using the inside of the foot for accuracy. Shooting from different distances and angles

Defending - Emphasizing proper defensive technique. Understanding 1st and 2nd defender concepts (pressure and cover), Intro proper tackling technique (poke tackle, NOT just trying to run through someone)

Goalkeeper - Introduction to goalkeeping, understanding their area, rolling/throwing the ball to teammates when in possession. Allow the other team to get behind the build out line before distributing the ball after a save.

Endurance - Build stamina using intense games like 3v3 or 4v4 or by creating competition like scrimmages and races



CSC Recreational Team Development Plan

Age Group: U11-12

Technical Focus:

Dribbling and ball control, passing and receiving, crossing, heading, combination play, shooting, defending, goalkeeping

Tactical Focus:

Positioning, Decision making, Club style of play

Technical Breakdown

Dribbling and ball control - improve tight control in small spaces, feints and advanced moves (scissors, stepovers, Cryuff turn, roulette) Using change of speed and direction to beat defenders. Juggling to improve touch and control. Rolling and shielding the ball

Passing and receiving - Accurate short and long passes, work on weighted passes to match game situations. Cushion the ball with various surfaces of the body (foot, thigh, chest) preparing your next action with your first touch, turning under pressure

Tactical Breakdown

Positioning - recognizing where you need to be based on your role and teammates.

Decision making - recognizing when to dribble, pass, or shoot. Reading the game to anticipate the opponents actions. Switching play to exploit open spaces

Physical Breakdown

Agility - beginning to master changing direction quickly even under pressure

Physical Focus:

Agility, acceleration/deceleration, endurance

Acceleration/Deceleration - beginning to master decision to accelerate/decelerate with the ball and when defending

New Rules:

No more build out line, offside is based on midfield. Introduction to headers(U12 only) and punting

Crossing - Delivering accurate crosses from the wings, learning low and high crosses for different scenarios

Club style of play - continue to rotate players into at least 2 positions to continue developing their skills and understanding of the game

Endurance - Build stamina using intense games like 3v3 or 4v4 or by creating competition like scrimmages and races

Heading - U12 ONLY, intro to heading. Using the flat part of the head, attack the ball don't let the ball just hit you, don't close your eyes. Time your jumps to win aerial duels, heading for clearing or aiming at the goal (defensive vs attacking headers)

Combination play - intro to combination plays (1-2s, triangle passing and movement, overlaps

Shooting - Power shots with laces, using the inside of the foot for accurate finishing, finishing from crosses or rebounds

Defending - Work on various tackling techniques (Poke tackle, block tackle) Body positioning to block passing lanes, pressure attackers effectively. Improve on 1st, 2nd, and 3rd defender concept (Pressure, Cover, Balance)

Goalkeeping - Introduction of punting: Use opposite hand of kicking foot or two hands if straight punting, drop (Do NOT throw) the ball down to your swinging foot,



CSC Recreational Team Development Plan

Age Group: U13+

Technical Focus: Advanced dribbling, passing, shooting, crossing, defending, heading, combination play, set pieces

Tactical Focus: Reading the game, communication, Club style of play

Physical Focus: Endurance, strength, injury prevention

New Rules: N/A

Technical Breakdown

Advanced dribbling - Mastering skills and keeping the ball in tight spaces. Combining dribbling with speed and agility

Passing - Mastering passing with variety, one-touch and two-touch passing under pressure

Shooting - Mastering shooting with different techniques (power, curve, inside of the foot) volleys and half-volleys

Crossing - Mastering crossing accuracy and variety

Defending - Mastering 1st, 2nd, 3rd defender concept, effective tackling with variety (slide, poke, block), intercepting passing

Heading - Mastering accurate heading with different techniques

Combination plays - Mastering one-two passing, quick transitions in tight spaces

Set pieces - Freekick techniques for shooting and crossing, corners, penalty kicks

Tactical Breakdown

Reading the game - Mastering anticipating opponents movements, recognizing patterns to exploits space, occupying space effectively, understanding roles in different formations

Communication - Using verbal and non-verbal signals to coordinate movements, giving clear instructions to teammates

Club style of play - Building up from the back to the width to switch the point of attack

Physical Breakdown

Endurance - Maintaining high performance for the full game

Strength - Able to hold opponents off when shielding and battling for the ball when defending

Injury prevention - Developing a proper warm up and stretching routine to reduce muscle strains