



Age Group Competencies

U-10

Field Players

Dribbling at speed and under pressure, use of sole of the foot, scissors, step over
Passing with inside and outside of both feet
Shooting with both feet
Receiving the ball with all parts of body having 1st touch away from pressure
Proper 1 vs 1 and 2 vs 1 defending and attacking
Intro to 2 vs 2

Goalkeepers

Basic catching and throwing techniques
Diving to both sides

U-12

Field Players

Continue with all U-10 competencies
Dribbling to beat an opponent, or to possess (shield), creative feints
Basic combination play
Proper 2 vs. 2 defending and attacking
Increased technical speed of play
Ability to chip the ball
Accurately play long passes
Basic understanding of roles of 3rd defenders and attackers

Goalkeepers

Proper positioning
Breakaway and tipping high balls
Punting, goal kicks, and pass backs

U-14

Field Players

Continue with all U-12 competencies
Increased technical speed of play
Ability to play accurate, driven crosses
Introduction to transition play
First touch finishing
Full understanding of roles of 3rd defenders and attackers

Goalkeepers

Accurate advanced distribution- punts, drop kicks, overhead throw, baseball throw
Collapse diving to both sides
Receiving and playing ball with feet
Communication in organizing defenders