



LEGACY

DEVELOPMENTAL CHARACTERISTICS

Player Focus | Timeline | The Swarm

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Under 5/6 Characteristics

- Short attention span
- Individually oriented (me, my, mine)
- Constantly in motion
- Psychologically easily bruised
- Little or no concern for team activities
- Eye hand/foot coordination immature
- Love to run, jump, and roll
- No sense of pace, go flat out!

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Under 5/6 Developmental FOCUS



With the Ball

- Focus on positive first touch into space.
- Running with the ball/overall agility.
- Beating defenders by going around them.
- Simple changes of direction.
- Finding space-head going up and seeing where to dribble.

Improvisation, Creativity

- Individual ball mastery is critical.
 - shielding, ball manipulation.
- Change of speed and direction
- Introduction of simple 1v1 moves to beat a defender.
- Try different moves. Be creative and don't be afraid to fail.

Mobility

Recognition that standing will not help you. Players should always be mobile, and moving during games and practice to help themselves and their teammates.

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THE SWARM!

*-Sometimes we don't fight it
-Sometimes we limit their ability to do it!*

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Training Examples



- Three Ls-- No lines, laps, lectures
 - *Every player with a ball; constant movement
- Game/Activity approach
 - *Crab Soccer, Freeze Tag, Ice Monster (Games that allow the player to just focus on themselves)
- Very Small Sided games, limit the swarm and maximize every player's touches

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U7/8 Characteristics

- Lack of complete motor functions
- Concrete learners, have a hard time understanding complex and abstract thought or questioning
- Limited ability to complete anything more than one task at a time
- Just starting to understand relationship / awareness of space and time
- Bodies in-efficient at cooling themselves
- Beginning to understand how to change their “pace” – not all go anymore
- Still need high amount of praise, criticism will greatly bruise confidence
- Just starting to understand space and time on the field
- Need for individual attention

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U7/8 Developmental Timeline

Dribbling

- On the dribble or with a pass
- Focus on positive first touch into space.
- Running with the ball/overall agility.
- Beating defenders by going around them.
- Simple changes of direction.
- Finding space-head going up and seeing where to dribble.
- Recognition of when to dribble and when to pass

Improvisation, Creativity

- Individual ball mastery is critical.
- shielding, ball manipulation.
- Change of speed and direction
- 1v1 moves to beat a defender at a higher tempo
- Try different moves. Be creative and don't be afraid to fail.

Mobility

- Recognition that standing will not help you. Players should always be mobile, and moving during games and practice to help themselves and their teammates.

Support

- Recognition of needing to help teammates. Important to help a teammate that has the ball.

Width

- Recognition of needing to help teammates by using the whole space available.

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U9/10 Characteristics

- Larger diversity in Technical ability / physical ability
- Ability to sustain longer periods of physical activity
- Motor skills begin to be refined
- Longer attention span
- This age group will demonstrate the largest leaps in learning – Higher level of understanding complex questions
- Intrinsically motivated – more competitive
- Can begin to think ahead
- Can become more responsible / disciplined (easy tasks)
- Team Oriented
- Will begin to take things more seriously

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U9/10 Characteristics

On the Ball

- Focus on positive first touch out of pressure and into space.
- Running with the ball.
- With the pass and shooting.
- Ball striking technique through repetition (passing and shooting).

Improvisation, Creativity

- Individual ball mastery is critical.
- shielding, receiving, ball manipulation
- 1v1 moves to beat a defender at a higher tempo.

Mobility

- Individual possession of the ball through shielding, ball mastery, and running into space.
- Introduction of overlaps, give and go's, in 2v1, 2v2 situations and other attacking priorities.

Support

- Immediate options to the sides of the player in possession

Width

- Players using the space in the designated field

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