



### U-8 PLAYER DEVELOPMENT

#### Age Group Character Traits

- Players need to have fun. As soon as you lose sight of the fact that children play to have fun, you will lose sight of what coaching this age group is all about.
- Players need to feel accepted in the group and therefore will be happy. If they do not feel accepted, they feel rejected but without comprehension as to why. Keep them happy with your tone of voice and enthusiasm.
- Players need to be totally involved in activities and be part of the action. Being left out due to elimination activities can have a negative connotation over time and lead to feelings of rejection.
- Coaches should be developing the mind and body of Juniors players. Players at this age are easily influenced; make their time with you a positive experience and you will foster a life-long love for the game.
- Players should be free to enjoy the experience of playing the game. Avoid unrealistic, static exercises such as dribbling in and out of cones one by one.

#### Age Group Coaching Characteristics and Philosophy

Winning is not the reason young players participate in soccer. We must understand that soccer provides the following opportunities for players:

- Experimentation to try new things.
- Have fun playing with friends and achieving goals.
- Learn new skills.
- Make friends and develop social skills.
- Gain acceptance from friends and family.
- Meet challenges and experience competition.
- Physical and cognitive development.
- Define expectations and behavior habits.

Therefore we must focus on the player and individual development rather than a desire to win.

Development of sportsmanship and respect for coaches, teammates, opponents, officials and parents is the goal.

Coaches should possess the following qualities:

#### Personality

- Must be fun and enthusiastic.
- Ability to relate to young players and keep players' interest levels high.
- Possess the patience to organize multiple individuals.

#### Technical Components

- Understand all technical components of dribbling, passing and receiving, shooting, tackling and heading.
- Ability to demonstrate skills.
- Teach through age appropriate 'guided discovery'.
- Ability to adapt training session quickly.



# SOCCKER ASSOCIATION OF COLUMBIA

## U-8 Player Development

### Tactical Components

- Understand rules of the game
- Ability to organize multiple small sided games with concepts of 3v3/4v4/5v5
- Ability to teach concept of triangle and diamond shape in small sided games
- Understand the principles of attacking and defending and how to implement with young players

### Age Group Coaching Goals

- Groups should have two training sessions per week.
- Training sessions should be 60 minutes in duration.
- Players may participate in external leagues.
- Positions should not be stressed at this age, players should experience all positions.
- Parents should be educated on the the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Players should be comfortable with the ball.
- Ability to maintain sole possession through dribbling at varying speeds with multiple surfaces of each foot.
- Ability to change direction using feints and tricks to solve the problem of pressure.
- Ability to look for other teammates and find them with passes.
- Ability to juggle the ball with or without bounces between touches.

### Tactical

- Ability to recognize simple team shapes such as triangles and diamonds.
- Ability to identify opponents and take the ball away without kicking the ball for power.
- Ability to understand simple components of attacking a goal and defending a goal.

### Physical

- Players should understand that they will improve their physical abilities by participating in training activities involving the ball.

### Psychological

- Players should feel like they will be given every opportunity to reach their soccer potential regardless of what ability group they find themselves in.
- Players should feel comfortable that they will be able to progress as a soccer player at a controlled.



### U-10 PLAYER DEVELOPMENT

#### Age Group Character Traits

- Players continue to play soccer to have fun, however competition now becomes a factor. Therefore, ensure that competition is healthy and a means to enhance development rather than the ultimate indicator of development.
- Players have a better comprehension of problem solving and can understand concepts of teammates, time, space and boundaries to help find solutions.
- Players are extremely self motivated, so coaches should continue to challenge each player individually.
- Players seek honesty and fair treatment and do not understand favoritism within a group – coaches should avoid showing favoritism or compromise of ideals for the ‘more developed’ player and treat all players the same.
- Players attention span remains relatively short – therefore avoid detailed technical descriptions or debriefs.

#### Age Group Coaching Characteristics and Philosophy

- Players begin to mature physically and athleticism often dominates over skill development. Therefore, we must continue to focus on the player and their development rather than a desire to win.
- Continue to address ball skills and problem solving through creativity.
- Begin to introduce the concept of decision making within a small group as it relates to movement with and without the ball.
- Challenge players through a variety of technical activities to directions and small goals with opposition: e.g. ideas on possession, dribbling, and combination play.
- Final practice activities should be free play to goals, allowing the players time to experiment.
- Players should develop sportsmanship and respect for coaches, teammates, opponents, officials and parents.

Coaches should possess the following qualities:

#### Personality

- Must be organized, fun and enthusiastic, keeping the session player centered.
- Ability to relate to young players and keep players interest levels high.
- Possess the patience to organize multiple individuals.

#### Technical Components

- Understand all technical components of dribbling, passing and receiving, shooting, tackling, heading and combination play.
- Ability to demonstrate skills and how they relate to small sided situations.
- Introduce simple ideas for restarts and set plays.
- Teach through age appropriate ‘guided discovery’ rather than ‘coach directed’ methods.
- Ability to adapt training session quickly.



# SOCCER ASSOCIATION OF COLUMBIA

## U-10 Player Development

### Tactical Components

- Understand rules of the game
- Ability to organize multiple small sided games with concepts of 3v3/4v4/5v5
- Ability to teach concept of triangle and diamond shape in small sided games
- Understand the principles of attacking and defending and how to implement with young players
- Understand the basic group positional roles of defense, midfield and forward

### Age Group Coaching Goals

- Groups should have two training sessions per week.
- Training sessions should be 75 minutes in duration.
- Players may participate in external leagues.
- Players may participate in local tournaments (3v3, 4v4, 6v6, 9v9)
- Positions should not be stressed at this age but players should experience all positions.
- Parents should be educated the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Players should be comfortable with the ball on both feet.
- Ability to maintain sole possession through dribbling at varying speeds with multiple surfaces of each foot.
- Ability to change direction using feints and tricks to solve the problem of pressure.
- Ability to look for other teammates and find them with passes to keep possession.
- Ability to identify opponents and take the ball away without kicking the ball for power.
- Ability to strike the ball with power rather than accuracy.
- Ability to juggle the ball with or without bounces between touches.
- Ability to perform set plays and restarts technically, such as a kick-off, corners, throw-ins, free kicks, etc.

### Tactical

- Ability to recognize simple team shapes such as triangles and diamonds.
- Ability to understand simple components of attacking a goal and defending a goal.
- Ability to recognize numbers up situations such as 2v1 and 3v2.
- Ability to loosely understand 'bigger team' concepts such as small group defending/attacking.
- Ability to perform set plays and restarts tactically, such as a kick-off, corners, throw-ins, free kicks, etc.



# **SOCCER ASSOCIATION OF COLUMBIA**

## **U-10 Player Development**

### Physical

- Players should understand that they will improve their physical abilities by participating in training activities involving the ball.
- Players should have the physical ability to play for a minimum of 50% of whatever time is allotted for the match.

### Psychological

- Players should understand the ability levels on the team can be uneven and they should not feel frustrated by their lack of success or a fellow teammate's lack of success.
- Players should strive to maintain their focus and discipline throughout the training session.



### Age Group Coaching Goals

- Goalkeepers should have one training session per week.
- Training sessions should be 60 minutes in duration.
- Positional play is loosely introduced but players should experience multiple positions and be taught the game based on principles of attacking and defending.
- Players should strive to play on SAC Premier and Pre Academy teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Set Position – shape, balance.
- Handling – dealing with ground balls, bouncing balls, waist height balls, and head height balls using the appropriate technique.
- Diving – hands lead the dive. Work on bringing the body in behind the ball as a second barrier.
- Dealing with crossed balls: footwork, take off, catch, punch, deflect the ball.
- 1v1 situations – setting lower, staying big and on their feet as long as possible. Goalkeepers must learn the correct technique when going to ground at an opponent's feet in order to win the ball while also protecting themselves and their opponent.
- Distribution – goal kicks, volleys and side winder.

### Tactical

- Basic communication and organization skills are introduced.
- 1v1 principals.
- 1v1 with the defense.
- Beginnings of supporting the defense with their starting position.
- Dealing with crosses – starting position, judging, decision making.
- Angles – principals of into line, down the line.

### Physical

- Players should understand that they will improve their physical abilities by participating in training activities involving the ball.
- Goalkeeper specific stretching and flexibility.
- Goalkeeper agility.
- Increase reaction speed over short distances.

### Psychological

- Have fun.
- Encourage focus, effort and determination.
- Develop mental recovery skills.
- Developing muscle memory.



### U-12 SELECT PLAYER DEVELOPMENT

#### Age Group Character Traits

- Players continue to play the game to have fun and are competitive with each other in trying to learn new skills.
- Players have an increased ability to stay focused for longer periods of time.
- Players have an increased enthusiasm toward solving individual, group, and team challenges.
- Players will start to take responsibility for decisions they make.
- Players are beginning to change physically and some players will temporarily lose agility, balance and coordination during growth spurts.
- Players will gain proficiency rapidly in many technical areas and should be encouraged to experiment these new techniques during play. Helping players understand when and where to apply a certain skill without having them fear the outcome is imperative.

#### Age Group Coaching Characteristics and Philosophy

- High emphasis should be placed on individual technical development and small group decision making.
- Small sided games are recommended in training to maximize opportunities on the ball as the first attacker or first defender.
- Players should be encouraged to try new things and experiment with the ball while working together with teammates in small groups to solve problems (up to 8v8).
- Coaches will need to work with players on developing good training habits and setting the foundation for players to play thoughtful, attacking soccer.
- Trial and error is an important aspect of discovery of new techniques and should be encouraged.
- Players will need to be introduced to the SAC methodology as it applies to style of play and individual skill development.
- Development of physical components (agility and coordination).
- Development of sportsmanship and respect for coaches, teammates, opponents, officials, and parents.

Coaches should possess the following qualities:

#### Personality

- Sensitive teacher.
- Enthusiastic and encouraging.
- Ability to communicate with parents and players.
- Possess the patience to deal with players/parents who are involved with multiple activities.
- Possess the patience to organize multiple individuals.
- Must place long term player development as a priority over short term team success.

#### Technical Components

- Understand all the technical components.
- Ability to demonstrate.
- Understands demands for U-14 giving younger players a technical head start.
- Ability to adapt training session quickly.
- Focus should be placed on quality of performance and not result-driven.



# SOCCKER ASSOCIATION OF COLUMBIA

## U-12 Player Development

### Tactical Components

- Understands the connection between individual skill and small group insight.
- Encouragement of all players regardless of position to attack and defend.
- Has a thorough understanding of defending principles (pressure, cover, balance) and can teach them in 1v1, 2v2, 3v3 and games.
- Has a thorough understanding of attacking principles (width, depth, mobility, penetration, improvisation) and can teach them in 1v1, 2v2, 3v3 and games.

### Age Group Coaching Goals

- Groups should have two training sessions per week.
- Training sessions should be 90 minutes in duration.
- Positional play is loosely introduced but players should experience multiple positions and be taught the game based on principles of attacking and defending.
- Parents should be educated on the process of age-appropriate training.
- Players should be encouraged to attend SAC Travel games.
- Players should strive to play on SAC Premier teams

Coaches should ensure that young players possess the following:

### Technical

- Players should be encouraged to try new skills and techniques without fear of failure.
- Players should be comfortable with the ball.
- Players should have an increased technical proficiency in general ball handling, dribbling, passing, receiving, shooting, crossing, heading, tackling and defending.

### Tactical

- Players should be able to solve problems during the game.
- Players should see their movements as being related to teammates and opponents.
- Players should be able to understand individual and small group attacking and defending principles (up to 7v7 or 8v8).
- Players should recognize numbers up, even numbers and numbers down situations in order to make appropriate decisions.

### Physical

- Players should understand that they will improve their physical abilities by participating in training activities involving the ball

### Psychological

- Players need to believe that the “smaller” skillful player will be given the same opportunity to succeed as the “bigger” more physically mature player.





### Age Group Coaching Goals

- Goalkeepers should have one training session per week.
- Training sessions should be 60 minutes in duration.
- Positional play is loosely introduced but players should experience multiple positions and be taught the game based on principles of attacking and defending.
- Players should strive to play on SAC Premier and Pre Academy teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Set Position – shape, balance.
- Handling – dealing with ground balls, bouncing balls, waist height balls, and head height balls using the appropriate technique.
- Diving – hands lead the dive. Work on bringing the body in behind the ball as a second barrier.
- Dealing with crossed balls: footwork, take off, catch, punch, deflect the ball.
- 1v1 situations – setting lower, staying big and on their feet as long as possible. Goalkeepers must learn the correct technique when going to ground at an opponent's feet in order to win the ball while also protecting themselves and their opponent.
- Distribution – goal kicks, volleys and side winder.

### Tactical

- Basic communication and organization skills are introduced.
- 1v1 principals.
- 1v1 with the defense.
- Beginnings of supporting the defense with their starting position.
- Dealing with crosses – starting position, judging, decision making.
- Angles – principals of into line, down the line.

### Physical

- Players should understand that they will improve their physical abilities by participating in training activities involving the ball.
- Goalkeeper specific stretching and flexibility.
- Goalkeeper agility.
- Increase reaction speed over short distances.

### Psychological

- Have fun.
- Encourage focus, effort and determination.
- Develop mental recovery skills.
- Developing muscle memory.



### U-14 PLAYER DEVELOPMENT

#### Age Group Character Traits

- Players are more outgoing and confident and they love competition.
- Players need to feel accepted in the group. They begin to focus more on their friends and begin to view themselves as separate from their parents.
- Players are developing physically and technically at different times during this age group, so there is a need for coaches to constantly evaluate and re-evaluate the player's soccer ability.
- An important theme for this age group is developing player accountability-taking responsibility for his or her decisions with and without the ball. Encourage risk taking and creativity, but players need to understand the impact of their decisions in helping their team win games.
- Encourage players in this age group to develop the right attitude regarding competition and training habits as player development is the ultimate goal.

#### Age Group Coaching Characteristics and Philosophy

- Development of individual skills – emphasis on players becoming comfortable with the ball.
- Develop a thorough understanding of individual and small group tactics.
- The importance of possession – we want to keep the ball.
  - Possession with purpose and direction.
  - Speed of possession.
- Competition sets the demands and the players respond (Here is the problem – Find the solution and try to solve it).
- Final activities should be challenging, motivating and involve transition
- Functional training (technical and tactical)
- Players should develop sportsmanship and respect for coaches, teammates, opponents, officials and parents.
- Development of physical components (flexibility, agility, speed, strength, endurance).

Coaches should possess the following qualities:

#### Personality

- Must be passionate about competition, player development and SAC.
- Ability to relate to young players and keep players interest levels high.
- Possess the patience to organize multiple individuals.

#### Technical Components

- Understand all the technical components.
- Ability to demonstrate.
- Ability to communicate group and team themes to the players.
- Ability to adapt training session quickly.



# SOCCKER ASSOCIATION OF COLUMBIA

## U-14 Player Development

### Tactical Components

- Knowledge of individual and small group defending (1v1, 2v2, 3v3)
- Understanding of combination play (support, wall, pass, takeovers)
- Understanding of defending principles (pressure, cover, compactness, balance, control and restraint)
- Understanding of attacking principles (penetration, support, width, mobility and improvisation)

### Age Group Coaching Goals

- Groups should have two or three training sessions per week.
- Training sessions should be 90 minutes in duration.
- Players should strive to play on SAC Premier Teams.
- Positional play is encouraged, but each player should be comfortable in several positions.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Be comfortable with the ball.
- Players should know when and how to get the ball out of pressure with the goal of getting forward
- Players should know how to win the ball back, both as an individual and as a group.
- Players should develop the ability to solve problems during the game
- Players should feel comfortable in experimenting in the game situations –it should not be a place where they play scared or safe
- Players should be comfortable playing through the thirds of the field
- Players should understand that competing is a priority and that they are encouraged to figure out ways to compete within training and matches

### Tactical

- Know when and how to get the ball out of pressure with the goal of getting forward.
- Know how to win the ball back, both as an individual and as a group.
- Develop the ability to solve problems during the game.
- Feel comfortable experimenting in game situations – it should not be a place where they play scared or safe.
- Comfortable playing through the thirds of the field.

### Physical

- Understand that they will improve their physical abilities by participating in training activities involving the ball.
- Begin to develop an understanding of the importance of strength, speed and endurance.

### Psychological

- Understand that competing is a priority and that they are encouraged to figure out ways to compete within training and matches.
- Feel comfortable with the knowledge that whether they may or may not have matured physically they will be given every opportunity to be successful.



# SOCCKER ASSOCIATION OF COLUMBIA

## U-14 Goalkeeping

### Age Group Coaching Goals

- Groups should have 1 training session per week.
- Training sessions should be 75 minutes in duration.
- Players should strive to play on SAC Premier teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Handling, footwork, and diving technique should be consistent
- Handling – should be able to hold a ball struck with pace.
- Footwork – controlled, explosive movements
- Diving – power step and save, reaction save, and recovery save.
- Angles – into line, down the line.
- Crossing – dealing with chipped serve, flighted serve, and driven serve. Unopposed and opposed.
- Distribution – throws – under arm, side arm, and overhead.
- Kicking – dealing with back passes. Increase control and range with both feet.

### Tactical

- Communication for each 1/3
- 1v1 Principals
- 1v1 with the defense
- Distance/angles/availability to support the defense

### Physical

- Warm ups and cool downs
- Plyometric Exercises
- Goalkeeping specific stretching, flexibility, and mobility exercises
- Footwork – explosive first step, planting of feet for lateral direction

### Psychological

- Match and training preparation
- Dealing with positive and negative assessments
- Mental toughness
- Self belief



### U-16 SELECT PLAYER DEVELOPMENT

#### Age Group Character Traits

- Players at this age still learn by experiencing the game.
- Players tend to be mentally tough and self confident, but with a need for attention, security and further nurturing.
- Players begin to develop a need for team spirit, leadership and discipline within the team structure.
- Players at this age begin to have other interests and could be looking for an excuse such as lack of playing time, poor coaching or lack of success to walk away from the sport.
- The player's urge for competition continues to grow as does their desire to win

#### Age Group Coaching Characteristics and Philosophy

- Skills continued to be mastered leading to artistry-this develops with play under match conditions
- Thorough Understanding of Individual, Group and Team Tactics
- Understands the job descriptions for all positions in/out of possession and through the thirds of the field:
  - Forwards
  - Midfielders
  - Defenders
  - Goalkeepers
- Functional Training (Technical and Tactical)
- Ability to continue player development in all physical components
- Final activities should be challenging, motivating, and involve Transition

Coaches should possess the following qualities:

#### Personality

- Charismatic, articulate, and a thoughtful communicator
- Possess the ability to be a thoughtful persuader
- Possess the patience to deal with players/parents who are involved with multiple activities
- Understands the importance of individual and team discipline on/off the field

#### Technical Components

- Understand all technical components with emphasis on developing the quality of the first touch-choosing the right surface and taking the ball away from pressure
- Ability to demonstrate
- Ability to include technical development during the warm-up phase of training
- Ability to adapt training session quickly



# SOCCER ASSOCIATION OF COLUMBIA

## U-16 Player Development

### Age Group Coaching Goals

- Groups should have 2 or 3 training sessions per week.
- Training sessions should be 90 minutes in duration.
- Players should develop a respect for the game and their opponents
- Players should possess the ability to recognize themes covered in training and apply that knowledge during a match.
- Understanding of the three lines of the team and how each works as a separate unit as well as part of a team
- Players should strive to play on SAC Premier Teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

- Players should be comfortable with the ball under variable match conditions-crossing balls under pressure, striking balls cleanly over distance and accurately for example
- Understanding the importance of proper nutrition and rest in their player development
- Understanding positional responsibilities and how, as a team they are interconnected
- Ability to transfer knowledge of small group activities into team concepts
- Ability to accept accountability for their execution and decision making with the ball
- Ability to keep possession with a purpose/direction
- Understanding of Level 1, Level 2 and Level 3 team defending
- Understanding of the physical demands placed upon a player during a 90 minute match



# SOCCKER ASSOCIATION OF COLUMBIA

## U-16 Goalkeeping

### Age Group Coaching Goals

- Groups should have 2 or 3 training sessions per week.
- Training sessions should be 75 minutes in duration.
- Players should strive to play on SAC Premier teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Footwork/Handling/Diving techniques should be consistent
- Shot stopping – catch or deflect/ recovery saves
- Power step and diving – extending the range
- Narrowing the angle
- Crosses – served from all areas/ angles. Unopposed and opposed.
- Distribution – improved range and power. Dealing with back passes under pressure – control and first touch.

### Tactical

- Starting position and support – angles/ distance.
- Communication – working with the defensive unit – recognizing pressure on and off the ball.
- Presence
- Making adjustments to stay in line with the ball (footwork)
- Team concepts – organization in defending set plays
- Understanding of Level 1, Level 2 and Level 3 team defending

### Physical

- Warm ups/ cool downs
- Plyometric/ recovery/ agility exercises
- Footwork – all directions – all goalkeeping movements
- Speed over 20 yards

### Psychological

- Dealing with pressure – internal/ external
- Dealing with success and failure
- Dealing with competition
- Training and match preparation
- Lifestyles/ discipline



### U-18 SELECT PLAYER DEVELOPMENT

#### Age Group Character Traits

- Players should be able to demonstrate emotional stability when confronted with pressure situations
- Most of the growth is fine-tuning the qualities that already exist. Areas that can still be influenced are game insight, physical conditioning and attitude.
- Players at this age continue to have outside distractions, with the addition of the player's future as a collegiate/professional player (college recruiting process/youth national teams)
- Player goal setting becomes critical at this age-achievement of these goals will have either a positive or negative impact on player development

#### Age Group Coaching Characteristics and Philosophy

- Continue to place training emphasis on player's technical proficiency and precision, game insight and the developing a player's desire for improving their game
- Development of training sessions based on the results of the most recent match
- Developing a competitive but attractive style of play:
- Competitive, result oriented training exercises
- Developing player fitness with/without ball
- Understanding that older players should be better soccer players not just better athletes
- Practices should contain the following elements-competition, critical thinking, and technical repetition
- Training exercises that are generic, non-functional exercises that emphasize principles of the game-conditions and rules of these games can be manipulated for player development

Coaches should possess the following qualities:

#### Personality

- Charismatic, knowledgeable, articulate, disciplinarian
- Experienced, well informed
- Possess the patience to organize multiple individuals

#### Technical Components

- Ability to fine tune player's existing technical abilities
- Ability to include technical training during the warm-up phase of the training session
- Ability to identify technical deficiencies of players as they play various positions and correct these deficiencies through technical functional training.





# SOCCER ASSOCIATION OF COLUMBIA

## U-18 Player Development

### Technical

- Ability to fine tune player's existing technical abilities
- Ability to include technical training during the warm-up phase of the training session
- Ability to identify technical deficiencies of players as they play various positions and correct these deficiencies through technical functional training.

### Tactical

- Complete understanding of the principles of play
- Complete understanding of defending and attacking responsibilities during restart situations
- Understand that one in three training sessions should be devoted to the defensive aspects of the game
- Understanding the importance of possession from throw-ins in defensive and midfield thirds of the field
- versus possession and creativity in the attacking third
- Ability to manage games-recognizing strength of opponents, system adjustments, use of substitutions.

### Age Group Coaching Goals

- Groups should have 2 or 3 training sessions per week.
- Training sessions should be from 90 minutes in duration.
- All aspects of training should involve player accountability
- Expose players to a playing and training environment that extends their mental, physical and technical abilities
- Players should strive to play on SAC Premier Teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

- Players should be comfortable with the ball
- Players should be able to recognize the needs of the game and how to make the appropriate adjustments:
  - Ability to recognize the effect that pressure is having on both teams
  - Ability to recognize our style and how well we are able to play "our" game
  - Ability to recognize the effect that fatigue has on both teams in the final 15 minutes of each half in a game
  - Ability to recognize the style of the opponent
  - Ability to recognize which team is dominating the game, and in what manner is either team finding success
- Players must understand that proper pressure on an opponent is three feet or less-close enough to win the ball
- Ability to win in a manner that will lead to success at higher levels



# SOCCKER ASSOCIATION OF COLUMBIA

## U-18 Goalkeeping

### Age Group Coaching Goals

- Groups should have 2 or 3 training sessions per week.
- Training sessions should be 75 minutes in duration.
- Players should strive to play on SAC Premier teams.
- Parents should be educated on the process of age appropriate training.
- Players should be encouraged to attend all SAC Travel games.

Coaches should ensure that young players possess the following:

### Technical

- Set position/ footwork/ handling/ diving
- Advanced reaction saves
- Narrowing the angle
- Crosses – working with the defensive unit
- Distribution – throws/ kicking using all techniques

### Tactical

- Playing off your line – distance of support. Recognizing pressure on and off the ball
- Decision making – last line of defense, first line of attack.
- Presence
- Setting the tempo
- Organization of the defensive unit for transition

### Physical

- Footwork/ recovery/ agility exercises
- Weight training
- Speed/ vertical jump

### Psychological

- Application/ attitude
- Following a coach's game plan
- Composure/ temperament/ dealing with pressure
- Concentration
- Courage
- Consistency
- Confidence
- Criticism – internal/ external
- Desire / Determination/ Winning mentality
- Personal goal setting – imagery