



Skill Acquisition in a Play – Practice – Play Training Session



TECHNIQUE WHAT'S THAT?

What skills do Children need to acquire to Play Soccer Effectively?

The 6 Skills of a Soccer Player:

Shoot

Dribble

Pass

Receive

Steal the Ball

Heading



State Association

What Player Actions are needed for this age group? (4 v 4)

Developmental Goals 6U: The Ball is playing with me and I am playing with the Ball.

Attacking Player Actions

Shoot: From distance or from close range
Under-pressure of an opponent or unopposed

Dribble: To beat an opponent. For Speed
(Running with the Ball). To Protect the Ball

Developmental Goals 8U: Playing with my Friends

Pass: Short and Long range. Low (Through) and
High (Over)

Receive: To collect the ball. to prepare the ball

Defending Player Actions

Steal the Ball: Poking, Blocking or Intercepting

Steal the Ball: Poking, Blocking or Intercepting



What Player Actions are needed for this age group? (7 v 7)

Developmental Goals 10U: Playing as a Team

Attacking Player Actions

Shoot: Can I shoot? Yes – Do it!
No – Get it to someone who can

Dribble: How can I create a shot: For myself or for my team mate?

Pass: Move the ball forward to a team mate if possible. Keep the ball within the team if not.

Receive: To keep the ball for myself or to share with my team mate.

Defending Player Actions

Steal the Ball: Poking, Blocking or Intercepting

Pressure, Cover, Balance: Angle, Speed and Distance to **Make it Compact** and **Keep it Compact.**



What Player Actions are needed for this age group? (9 v 9)

Developmental Goals 12U: Playing my role and position for the Team

Attacking Player Actions

Shoot: Take a chance or Create a chance

Dribble: Beat the defender, draw the defender in, get behind the defensive line

Pass: To Change the Pace and Rhythm, to go through over or around the defense

Receive: To prepare the next action (small touch or Big Touch)

Defending Player Actions

Steal the Ball: Poking, Blocking or Intercepting

Pressure, Cover, Balance: Together with a team mate or with the team (**Compact** – Make it and Keep it)



What Player Actions are needed for this age group? (11 v 11)

Developmental Goals 13+: Being the Best Player I can be for my role and position on the Team

Attacking Player Actions

Shoot: Surfaces of the foot and surfaces of the ball to strike

Dribble: Deliberate use of feints and moves to beat the defender

Pass: Deliberately move the ball to move the opponent

Receive: Surface selection of the Body and Ball to prepare the next action

Heading: To Score or to Pass to a team-mate

Defending Player Actions

Steal the Ball: Poking, Blocking, Intercepting or Baiting

Pressure, Cover, Balance: Deliberately: (**Protect the Goal**) Collectively : (**Make it Compact** and **Keep it Compact**)
Effectively: (Regain the Ball to restart the attack)

Heading: To clear the ball or Pass to a team - mate



Thank You for taking the time 😊

Questions?

Comments?

Witticisms?

Criticisms?

Feedback in General?



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