

U.S. SOCCER GRASSROOTS PLAYER DEVELOPMENT FRAMEWORK



GAME MODEL: 9v9

AGES: 11 - 12

(Framework- a basic structure underlying a system)

U.S. SOCCER GRASSROOTS PLAYER DEVELOPMENT PHILOSOPHY

At the grassroots level, children learn and develop to their full potential through game-like experiences in an enjoyable environment that supports individual growth.

U.S. SOCCER COACHING EDUCATION PHILOSOPHY

Reality Based: The game is what drives changes in behavior, reflection and decision making for the player/the team and the coach

Holistic Approach: Input and consideration for all interconnected aspects of the game, the athlete and the desired outcome

Experiential Learning: The evaluation, analysis and reflection of experiences to develop competencies and improve behavior

KEY QUALITIES OF A U.S. SOCCER PLAYER

1. Read and understand the game and make decisions
2. Take initiative, be pro-active
3. Demonstrate focus
4. Execute with optimal technical abilities
5. Execute with optimal physical abilities
6. Take responsibility and accountability for their own development and performance

The U.S. Soccer Grassroots Player Development Framework is a simplified overview of the development pathway of U-6 to U-13+ grassroots players related to the four game models and player ages, based on goals, needs, key qualities, and player/coach behavior.

We define player development as a series of progressive changes leading to a higher level of differentiation and functioning. Two characteristics of development are change and progress. Differentiation is the developmental process when the qualities of a player are getting more advanced and refined. The combination of growth, maturation and learning lead to a higher level of functioning. When maturing, it is about physical growth. Learning is the process by which experience results in a change in behavior. Children of different ages will process and reason information in different ways.

The stages of player development see development as a regular succession of stages, in a process of continuous progress. This development is a combination of cognitive, psychosocial and motor development.

- Cognitive development is the development of intelligence, conscious thought, and problem-solving ability.
- Motor development refers to the development of a child's bones, muscles and ability to move around and manipulate his or her environment.
- Psychosocial development is the development of the personality, including the acquisition of social attitudes and skills.

There will be a holistic approach when looking at these different aspects of development. This means, input and consideration for all interconnected aspects of the game, the player and the desired outcome.

U.S. SOCCER GRASSROOTS PLAYER DEVELOPMENT FRAMEWORK



9v9

AGES 11-12	DEVELOPMENTAL GOALS	DEVELOPMENTAL NEEDS	KEY QUALITIES	ATTACKING PLAYER ACTIONS	DEFENDING PLAYER ACTIONS	PLAYER BEHAVIORS	COACH BEHAVIORS
	<p>"Playing my role and position for the team."</p> <p>Learning the fundamentals given his/ her role, position, and tasks in the 9v9 team.</p>	<p>Gaining fundamental understanding of the meaning of role, position and task in a team</p> <p>Experiences in game-like situations for the task specific Key Qualities of attacking and defending</p> <p>Experiences of position specific task execution during defending and attacking</p>	<ul style="list-style-type: none"> Remains calm and composed Is technically proficient to be effective Is coordinated in their movement Is adaptable and flexible in dealing with (unexpected) challenges and problems Articulates their own learning needs Plus all key qualities of a 4v4 and 7v7 player 	<p>U6</p> <ul style="list-style-type: none"> Shoot Pass or dribble forward <p>U7/U8</p> <ul style="list-style-type: none"> Spread out Create passing options Support the attack <p>U9/U10</p> <ul style="list-style-type: none"> Create a 2v1 or 1v1 Change the point of attack <p>U11/U12</p> <ul style="list-style-type: none"> Change the pace/ rhythm Switch positions 	<p>U6</p> <ul style="list-style-type: none"> Protect the goal Steal the ball <p>U7/U8</p> <ul style="list-style-type: none"> Make it compact Keep it compact <p>U9/U10</p> <ul style="list-style-type: none"> Pressure, cover, balance Outnumber the opponent <p>U11/U12</p> <ul style="list-style-type: none"> Stay involved Mark the player/ mark the area 	<p>Ready and eager to learn</p> <p>Will try more complex tasks</p> <p>Notice indifferences and unfair treatment</p> <p>Players will develop at different rates (gender differences in maturation)</p> <p>Like to organize themselves without the coach</p>	<p>Come to training prepared with ideas to guide your players</p> <p>Encourage players to be creative and try new things</p> <p>Be consistent in what you say and how you treat individuals/ the team</p> <p>Organize groups to guarantee fun and challenge for every player</p> <p>Support their being independent and self-responsible</p>

Key Qualities of a 4v4 player

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|---|---|
| <ul style="list-style-type: none"> Reads and analyzes situations regarding the structure of soccer attacking/ defending/transition Takes initiative-creates opportunities instead of reacting Wants to score Shows comfort with the ball Is involved and engaged throughout every game/ training session | <ul style="list-style-type: none"> Applies (basic) knowledge of the cues Understands where and when to move themselves and the ball Confronts situations Demonstrates bravery Delivers on agreements and promises Evaluates and reflects on their own performance |
|---|---|

A>D Defend as quickly as possible (transition is always a part of attacking and defending but is not a focus for the Grassroots Coach)

D>A Attack as quickly as possible (transition is always a part of attacking and defending but is not a focus for the Grassroots Coach).

Key Qualities of a 7v7 player

- Aligns own actions with the other players, positions
- Challenges opponents
- Deals with adversity
- Is proficient in 1v1 situations to create or to steal/regain the ball
- Plus all key qualities of a 4v4 player