



Petoskey Youth Soccer Association

U-10 Player Development Curriculum Overview

Technical Skills – PYSA Players Should Be Able To

- ⚽ Become "friends with the ball": maximum ball touches and repetitions in footwork activities.
- ⚽ Differentiate the three types of dribbling.
 - Dribbling for Possession (Shielding)
 - Speed Dribbling
 - 1 v 1
- ⚽ Turn ball 180 deg. with inside, outside, and sole of foot (Hook turn, Cryuff turn, Step-over turn, etc.. Emphasize balance.
- ⚽ Start and stop with the ball; change direction with the insides and outsides of both feet.
- ⚽ Execute accurate passes 10 to 15 yards with the inside of the foot (toe up and heel down) while considering the "weight" of passes.
- ⚽ Understand that the best weighted pass is one which the receiver can successfully one touch to a teammate.
- ⚽ Make stronger and more accurate inside of the foot kicks up to 20 yards.
- ⚽ Perform instep kicks
- ⚽ Control rolling balls (passes) with the inside and outside of the foot utilizing toe up, heel down technique.
- ⚽ Begin to develop good "first touch" with ground balls.
- ⚽ Shoot accurately keeping the ball in the frame of the goal with the insides of the feet.
- ⚽ Perform block and poke tackles.
- ⚽ Understand the concept of immediate pressure.

Tactical Skills – PYSA Players Should Be Able To

- ⚽ Understand the role of the first attacker (Must try and achieve penetration through passing, dribbling, or shooting).
- ⚽ Play away from pressure when you receive a ball - and move it at a new angle.

Practice Environment

- ⚽ Reliance on the idea that "The game is the greatest teacher": virtually no coaching.
- ⚽ Letting the kids play! Perhaps a 20 second comment every four or five minutes.
- ⚽ High tolerance for mistakes and trial and error.
- ⚽ No specializing by position.
- ⚽ Practice is "Play Time".
- ⚽ These years are all about coordinating the nervous system and the muscles.
- ⚽ There should be a great deal of teaching within 3 v 3 games (playing in triangles).
- ⚽ Practice Duration: 45-60 minutes



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U-12 Player Development Curriculum Overview

Technical Skills – PYSA Players Should Be Able To

- ⊗ Change speed and direction with the ball.
- ⊗ Guide the ball at a 45 degree angle off a straight line with the inside and outside of the foot: the technical rudiments of beating an opponent with a dribble.
- ⊗ Unbalance the defender using disguise in dribbling with body feints, change of pace, and/or direction.
- ⊗ Speed dribble with toe down using the instep or outside of the foot.
- ⊗ Shield the ball effectively, "sideways on" to the defender.
- ⊗ Perform accurate instep kicks over 20 yards.
- ⊗ Execute a pass with the outside of the foot.
- ⊗ Execute lofted and driven passes
- ⊗ Continue to master receiving ground balls with the insides and outsides of the feet. Should be comfortable with the insides and outsides of both feet.
- ⊗ Consciously set up their second touch with their first touch by not stopping the ball, but preparing the ball towards next target.
- ⊗ Receiving balls across their body on furthest foot while keeping hips open.
- ⊗ Begin to receive balls out of the air using thigh and chest.
- ⊗ Shoot for power with the instep utilizing maximum ankle tension
- ⊗ For maximum power and accuracy work on the following:
 - Being round and compact over the ball.
 - Support foot, hips, and shooting knee cap aiming at target when going through the ball.
 - Staying down on the ball with a steady head.

- Striking through the center of the ball.
- Landing on shooting foot
- ⊗ Practice heading using proper technique to avoid injury:
 - Eyes open
 - Mouth closed
 - Hit ball with hairline
 - Power generated with torso not neck.
- ⊗ Make arced runs to channel attacker.
- ⊗ Delaying and contain the attacker. Make the attacker make the first mistake and then win the ball.
- ⊗ Not dive or stab in.

Tactical Skills – PYSA Players Should Be Able To

- ⊗ Understand the role of the second attacker (Player in immediate support of the ball).
- ⊗ Get free of markers: "checking off" and creating space for yourself.
- ⊗ COMBINATIONS: Overlap, wall pass and takeover. Beginning to build up options for the two attackers in a two versus one situation.
- ⊗ Understand when the receiver is standing or running toward the passer the ball should be played to his/her foot.
- ⊗ Understand when the receiver is running laterally the ball should be played into space
- ⊗ Understand the role of the second defender (cover).
- ⊗ Understand the idea of “channeling” the first attacker to your defensive cover.
- ⊗ Differentiate the roles of outside defenders and central defenders.
- ⊗ Have numerous 2 v 2 and 2 v 1 confrontations to perfect timing in attack and defense.

- ⚽ Understand the elemental idea of support: helping the player with the ball. "Form a pair" with the player on the ball; other players should stay away and make the field big.
- ⚽ Switch the direction of play or the point of attack.
- ⚽ Be aware of the different "climates" in the three thirds of the field: attack, midfield and defense.
- ⚽ Able to use the vocabulary of soccer (square, time, turn, etc.)
- ⚽ Begin to understand the idea of team shape.
- ⚽ Understand the roles of the different players on the field.
 - Forwards
 - Midfielders
 - Defenders
 - Goalkeeper

Practice Environment

- ⚽ This is the "golden age of learning" and the most important age for skill development.
- ⚽ No specializing by position
- ⚽ The game is the teacher.
- ⚽ Demonstration is very important and the players learn best by doing.
- ⚽ Coach should be enthusiastic and possess soccer awareness. Ability to demonstrate or utilize someone who can paint a good picture (older player, assistant coach) is important.
- ⚽ There should be a great deal of teaching within 4 v 4 games (diamond formation).
- ⚽ Practice Duration: 75 minutes



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U-14 Player Development Curriculum Overview

Technical Skills – PYSA Players Should Be Able To

- ⚽ Identify a defenders front foot and attacking it with the dribble to unbalance.
- ⚽ Develop and refine two to three 1v1 dribble moves (scissors, inside/inside/outside, etc.).
- ⚽ Perform fluid turns under pressure.
- ⚽ Make passes on the ground and in the air that are accurate over 20 to 30 yards, delivered with the correct weight and to the proper side of the receiver.
- ⚽ Differentiate between lofted chips and driven balls. In both cases:
 - Ball must be “out” of feet.
 - Player approaches from angle
 - “Hop” on to support foot” which in slightly behind the ball
 - Toe pointed down
- ⚽ In a lofted chip the player leans back and kicks down at ball hitting the bottom half. A driven ball is hit in the middle.
- ⚽ Receive balls out of the air with chest, thigh, and foot.
 - Get in the line of flight of the ball
 - Decide which body part to use
 - Present body part to the ball
 - Relax body part at impact.
- ⚽ Look to see where the pressure is before receiving with back to goal. Player should take two looks. The first while checking, and the second while the pass is in route.
- ⚽ Receive balls “side-on” using a self-pass to create space.
- ⚽ Master shooting for power and accuracy with the instep.

- ⚽ Shoot bouncing balls (half-volleys).
- ⚽ Shoot crosses (full volleys)
- ⚽ Develop a goal scoring mentality and stay composed when finishing.
- ⚽ Become comfortable using correct technique to head ball.
- ⚽ Differentiate between defensive heading (head through bottom half of ball) and heading to goal (head through top half of the ball)
- ⚽ Perform a slide tackle.
- ⚽ Maintain possession after making tackle.
- ⚽ Master delaying and containing the attacker.

Tactical Skills – PYSA Players Should Be Able To

- ⚽ COMBINATIONS: Mastery of the: Overlap, wall pass, takeover, and double pass.
- ⚽ Understand the role third attacker (Stretches the defense and disturbs its' balance)
- ⚽ Have a secure tactical sense about shooting: generally to the far post as opposed to the near post, low rather than high, etc.
- ⚽ Use deception when passing, receiving, and dribbling.
- ⚽ Limit touches to improve speed of play.
- ⚽ Understand the role of the third defender (balance)
- ⚽ Understand the difference between man marking and zonal defending.
- ⚽ Make good choices about trying to penetrate or protect the ball, based on whether or not there is pressure when you receive the ball (Possession vs. Penetration).
- ⚽ Develop good verbal and non-verbal communication.

Practice Environment

- ⚽ The pace of development quickens at this time due to the acceleration of physical and mental maturation.

- ⚽ The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence.
- ⚽ Awareness of tactics within the game becomes an important facet of the learning process.
- ⚽ Players tend to be self-critical, rebellious but have a strong commitment to the team.
- ⚽ The game is the best teacher.
- ⚽ There should be a great deal of teaching within 4v4 or 5v5 games.
- ⚽ Coach should be patient but demanding.
- ⚽ Practice Duration: 90 minutes



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U-16 Player Development Curriculum Overview

Technical Skills – PYSA Players Should Be Able To

- ⊗ Continue to refine 1v1 dribble moves.
- ⊗ Master dribble moves and turns with both feet.
- ⊗ Develop improvisational dribbling skills in tight spaces.
- ⊗ Shape passes into the path of teammates run using inside and outside of foot.
 - Kicking “across” ball
 - Toe pointed down at impact when slicing with outside of foot.
 - Toe pointed up at impact when hooking with inside of foot.
- ⊗ Master weight and accuracy with both feet.
- ⊗ Master receiving balls out of the air with chest, thigh, and foot.
- ⊗ Master receiving in tight space using the “side-on” technique.
- ⊗ Continue to work on taking two looks before receiving with back to pressure.
- ⊗ Master finishing half and full volleys.
- ⊗ Strike bent or clipped balls in free kick situations around a wall.
- ⊗ Master defensive and attacking heading.
- ⊗ Master the concept of flick and possession headers.
- ⊗ Execute a diving header.
- ⊗ Master tackling technique.

Tactical Skills – PYSA Players Should Be Able To

- ⊗ Organize runs in the box (Near post, Slot, Far Post).
- ⊗ Understand the importance of capturing the end line and slotting the ball back across the face of the goal.
- ⊗ Use deception in their game and play quickly.
- ⊗ Make consistently intelligent first touches upon receiving.
- ⊗ Fully understand defensive pressure, cover and balance.
- ⊗ Effectively communicate and organize defensively in all thirds of the field.
- ⊗ Be aware of the situation during a game and the possible adjustments: ahead, behind, time remaining, field conditions, etc.
- ⊗ Master the concept of stretching the field vertically and horizontally (width and depth) when in possession of the ball, and being as compact as possible in defense.
- ⊗ Be exposed to various systems: 4-3-3, 4-4-2, 3-4-3, etc.

Practice Environment

- ⊗ This is a critical time in the player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons.
- ⊗ Players tend lack mental toughness and self confidence. They tend to be self critical and struggle with their desire to be competitive which is not always accepted by their peers. There is a need for attention and security.
- ⊗ There is a need for team spirit, leadership and discipline within the team.
- ⊗ Coach should be charismatic, knowledgeable, and articulate.
- ⊗ The game is the best teacher.
- ⊗ There should be a great deal of teaching within 6v6 or 7v7 games.
- ⊗ Practice Duration: 90 minutes



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U-18 Player Development Curriculum Overview

Technical Skills – PYSA Players Should Be Able To

- ⊗ Polish improvisational skills.
- ⊗ Master weight and accuracy with both feet.
- ⊗ Drive a ball 40+ yards accurately.
- ⊗ Stay composed in receiving as a result of proper body shape, perfect first touch, and understand where pressure is.
- ⊗ Emphasize mentality and composure when finishing.
- ⊗ Master flick, possession, and diving headers.

Tactical Skills – PYSA Players Should Be Able To

- ⊗ Master the use of deception and quick play.
- ⊗ Master defensive communication and organization.
- ⊗ Make adjustments to the opponents style of play to be more successful.
- ⊗ Understand different styles of play: Direct play, possession attack, slow build-up, flank play, counterattacking organization, etc.
- ⊗ Understand the roles of the reserves vs. roles of the starters

Practice Environment

- ⊗ Players must be exposed to a playing and training environment, which extends their mental, physical, and technical capabilities to the limit.
- ⊗ Demanding and challenging training sessions and matches are a must.
- ⊗ Practice Duration: 120 minutes

