



## Midland Soccer Club- Developmental Blocks

### Building blocks and competency

As a club focused on player development we have adopted a competency based models of teaching the game to allow for a set of benchmarks coaches at MSC should strive to reach at all age levels from age 3 to age 19. The foundation of this education model is rooted in the idea that performance improves through the acquisition of skills or knowledge in a progressive way from simple to complex. To put it another way, basic skills or knowledge must be achieved before progressing to more complex skills or knowledge.

Midland Soccer Club has adopted age appropriate developmental goals and competencies based on the latest information found in the soccer world using resources from US Soccer, the NSCAA (National Soccer Coaches Association of America) and UEFA along with the research carried out by those in child education.

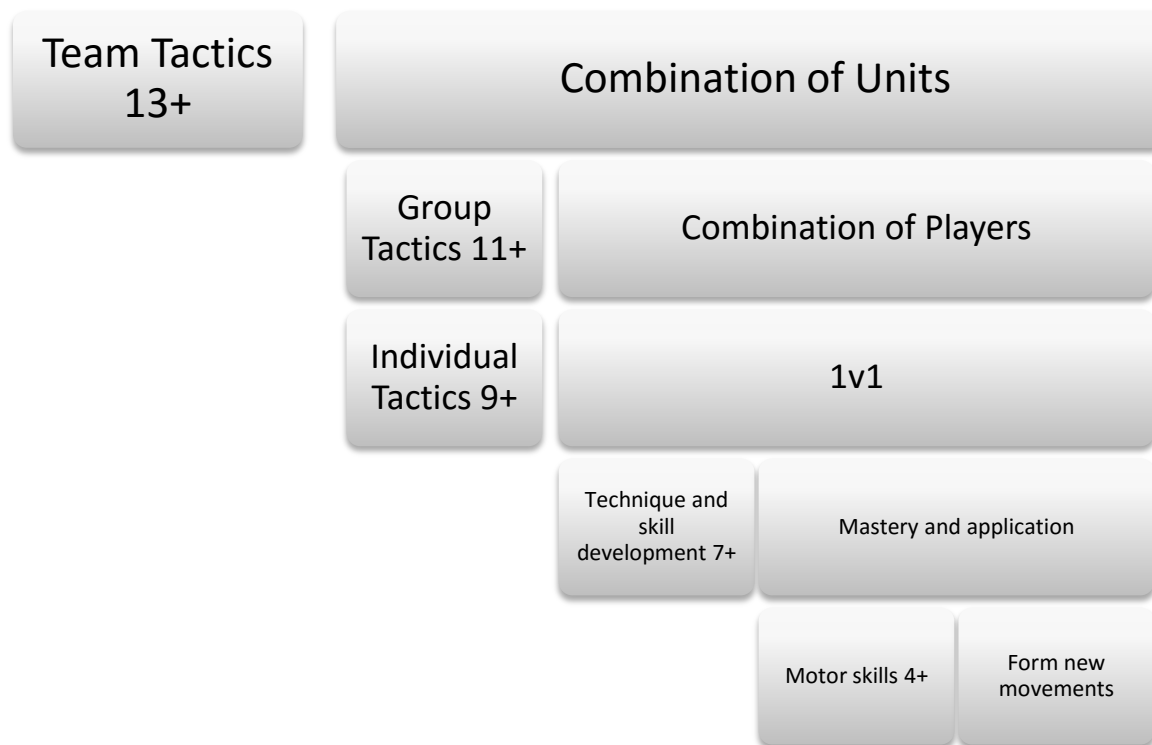
What is listed below, with each age, is a set of skills in various areas which should be introduced to the players at this age. There is also a list of skills which players should now be competent in demonstrating.

**\*\*Remember, as with all things in life, every child is different. Some may pick up certain skills faster than listed in the matrix while some may be slower. Success or failure to achieve the listed competency in a given time frame IS NOT the measure of the player and should not be used to determine which players are “good” and which are “bad”. According to research and the NSCAA, this model correlates to +/- 2 years.**

At the conclusion of each block, a chart summarizing the developmental and competency goals will be placed.



## Midland Soccer Club- Developmental Blocks



Age	Building Block	
4-6	Motor Skill Development	<p><b>Why:</b> At the age where development of motor skills begins to take shape. Inspire players to love and grow within the game.</p> <p><b>Activities: Fun based.</b> Short, fast paced games with the ball.</p>
7+	Technique and Skill Development	<p><b>Why:</b> Building on motor skill development enables the introduction of soccer specific techniques.</p> <p><b>Activities: Technical based.</b> Maximize ball touches and repetition.</p>
9+	Individual Tactics	<p><b>Why:</b> Technical development allows for the ground work toward individual tactics as the brain matures.</p> <p><b>Activities: 1v1 attacking and defending.</b> Introduction to decision making skills through games requiring problems to be solved in 1v1 situations.</p>
11+	Group Tactics	<p><b>Why:</b> Forcing players to increase their problem solving capabilities and developing the understanding of working together to attack and defend.</p> <p><b>Activities: Games focused on even (2v2, 3v3) and uneven (1v2, 2v1, 2v3, 3v2) numbered situations.</b> Small sided.</p>
13+	Team Tactics	<p><b>Why:</b> Multiple groups now work together as the idea of competition, reading the opposition and playing for results takes shape.</p> <p><b>Activities:</b> Teaching tactics in <b>phase play, 7v7 to 11v11 and/or situational scenarios which connect at least 2 lines</b> (defense, midfield, attack).</p>



## Midland Soccer Club- Developmental Blocks

### Development- Age 3

The chart below details physical, technical and cognitive skills which should be introduced at age 3.

#### Physical Skills

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- Running with stops and starts, change direction, gallup, skip
- Lateral movements (side to side), rolling/bending
- Balance on a line, balance on one foot
- Throwing with strong or weak hand
- Jumping on one foot, from one foot to another, making shapes in air, over hurdles

#### Technical Skills

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- Basic turns, inside of foot, bottom of foot
- Dribbling basics with inside of foot

#### Cognitive Development

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- Build concentration
- Develop confidence with positives and energy



## Midland Soccer Club- Developmental Blocks

### Development- Age 4

#### Physical

- Quick feet and crossover
- Running (technique with arms and legs)

#### Technical

- Dribbling with feints
- Attack as an individual 1v1



## Midland Soccer Club- Developmental Blocks

### Development- Age 5

#### Technical

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- 1v1 to beat an opponent
- Escaping pressure on the dribble
- Receiving ball with the foot
- Striking a ball with the instep

### Competencies- Age 5

#### Physical

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- Jumping from one foot to another, making shapes in air



## Midland Soccer Club- Developmental Blocks

<b>U4-U6</b>	
<b>Developmental Focus</b>	Social Physical Technical Psychological Tactical
<b>Specialized Training</b>	No positions
<b>Optimal Length of Training</b>	35-50 min.
<b>Optimal Training Ratio</b>	1/week
<b>Training Format</b>	1v1 to 3v3
<b>Game Format</b>	4v4

## Developmental Schedule

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
<b>Recreation</b>	Jr. Academy*	Recreation	Jr. Academy*

\*Jr. Academy is a MSC program dedicated to providing age appropriate developmental opportunities for those who want to develop not only their technical skills but more importantly, social, physical, psychological and tactical skills.



## Midland Soccer Club- Developmental Blocks

### Development- Age 6

#### Technical

- Advanced turns and running with a ball
- Passing on the ground (5-10 yards)

#### Principles

- Attacking in pairs (2v1, 2v2)
- Defending individually (1v1)

#### Set Pieces

- All restarts to include, throw in, goal kicks (link a pass), corners, etc...

### Competencies-Age 6

#### Physical

- Running, starts/stops, skip, side steps
- Balance on one foot and on a line, rolling, bending



## Midland Soccer Club- Developmental Blocks

### Development- Age 7

#### Physical

- Speed, pumping arms and legs

#### Technical

- Passing with inside of foot (10-20 yards)
- Control ball with thigh

### Competencies- Age 7

#### Physical

- Quick feet, crossovers

#### Technical

- Basic dribbling and balance with ball at the foot
- Basic turns with bottom of foot, outside foot, inside foot





## Midland Soccer Club- Developmental Blocks

### Development- Age 8

#### Physical

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- Explosive first step off a cut without the ball

#### Technical

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- Control with chest
- Passing on ground with inside foot (20 yards) and instep (10-20 yards)
- Long flighted pass with instep
- Shooting- Volley/half volley
- Finishing

#### Principles

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- Support with ball/without ball
- Defending in pairs (pressure/cover) 2v1, 2v2

#### Conditioning

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- Dynamic warm-up with/without ball



## Midland Soccer Club- Developmental Blocks

<b>U7-U9</b>	
<b>Developmental Focus</b>	Technical Social Physical Tactical Psychological
<b>Specialized Training</b>	Attack and Defend in 1's and 2's
<b>Optimal Length of Training</b>	60 min.
<b>Optimal Training Ratio</b>	1-2/week
<b>Training Format</b>	1v1 to 5v5
<b>Game Format</b>	4v4 (U7-8), 7v7 (U9)

## Developmental Schedule

	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
<b>U7-U9 Recreation</b>	Recreation	Jr. Acad/Acad	Recreation	Jr. Acad/Acad
<b>U9 Fusion</b>	Fusion	Futsal	Fusion	Academy I

\*Jr. Academy is a MSC program dedicated to providing age appropriate developmental opportunities for those who want to develop not only their technical skills but more importantly, social, physical, psychological and tactical skills. (ages 3-5, 6-8)

# Academy I is offered all year round and is designed to increase technical proficiency to reach the age appropriate competencies outlined (ages 9-12)



## Midland Soccer Club- Developmental Blocks

### Development- Age 9

#### Technical

- Lofted pass
- Swerve with inside and outside of the foot
- Serving/crossing balls on ground, swerve, driven

#### Conditioning

- Emphasis on flexibility

#### Mental

- Commitment and composure

#### Principles

- Attack in groups 3's+
- Positional play
- Transition/recovery
- Transition to attack
- Communication



## Midland Soccer Club- Developmental Blocks

### Competencies- Age 9

#### Physical

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- Striding and jumping

#### Technical

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- Advanced turns (Cryuff, step over, sole roll, negative touch/self pass, etc)
- Running with the ball at speed



## Midland Soccer Club- Developmental Blocks

### Development- Age 10

#### Technical

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- Finishing 1v1 vs goalkeeper

#### Conditioning

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- Own body weight and emphasis on core

#### Principles

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- Attacking in groups as a team
- Attacking from wide positions and crosses into the box
- Marking
- Defending set pieces

### Competencies- Age 10

#### Technical

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- Feints
- Dribbling to beat an opponent 1v1
- Dribbling to escape pressure
- Passing on the ground with inside of the foot (5-10 yards) with pace and accuracy

#### Restarts

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- Throw in



## Midland Soccer Club- Developmental Blocks

### Development- Age 11

#### Physical

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- Endurance training (anaerobic and aerobic)
- Speed training

#### Principles

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- Attacking set plays
- Defending in 3's+. Pressure, cover, balance
- Defensive pressing and squeezing space

### Competencies

#### Technical

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- Passing on the ground with inside of the foot with pace and accuracy (10-20 yards)
- Shooting with the instep



## Midland Soccer Club- Developmental Blocks

U10-U12 Recreation	
<b>Developmental Focus</b>	Technical Social Tactical Physical Psychological
<b>Specialized Training</b>	Specialist Positions
<b>Length of Training</b>	60
<b>Optimal Training Ratio</b>	1-2 (recreation)
<b>Training Format</b>	1v1 to 9v9
<b>Game Format</b>	7v7 (U10), 9v9 (U11-12)
<b>Psychosocial</b>	
<b>Respect</b>	Learn to interact in a positive manner with teammates, coaches and referees.
<b>Discipline</b>	Learn the importance of discipline and that details matter.
<b>Competitiveness</b>	Learn that adversity is present in sport and and that what is valued most is the effort to overcome that adversity.
<b>FUN</b>	The fun is in the organization of practice and games.
<b>Playing Time</b>	Approximately 50% of the year's games

## Developmental Schedule

	Fall	Winter	Spring	Summer
<b>U10-12 Recreation</b>	Recreation	Academy I	Recreation	Academy I
<b>U10-12 Fusion</b>	Fusion	Futsal	Fusion	Academy I

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## Midland Soccer Club- Developmental Blocks

### Development- Age 12

#### Principles

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- Defending in groups as a team

### Competencies

#### Physical

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- Sprinting, explosive first step, technique

#### Technical

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- Control balls on the ground with foot
- Passing on the ground with instep

#### Principles

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- Defending individually 1v1 (pressure)





## Midland Soccer Club- Developmental Blocks

### Competencies- Age 13

#### Technical

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- Control with thigh
- Pass with inside of foot on ground with pace and accuracy (20+ yards)
- Half Volley and volley

### Competencies- Age 14

#### Technical

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- Control with chest and head
- Driven/long pass, swerve inside and outside foot, lofted/chip

#### Principles

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- Attacking 1v1
- Attacking and Defending in pairs (2v1, 2v2)
- Defensive transition (recovery)



## Midland Soccer Club- Developmental Blocks

U13-U15 Recreation	
<b>Developmental Focus</b>	Technical Tactical Physical Psychological Social
<b>Specialized Training</b>	Tactics in Groups and Units
<b>Length of Training</b>	60 min.
<b>Optimal Training Ratio</b>	1-2 recreation
<b>Training Format</b>	4v4 to 11v11
<b>Game Format</b>	11v11
<b>Psychosocial</b>	
<b>Respect</b>	Process of how to effectively communicate even through adversity.
<b>Discipline</b>	Develop a connection between continued development and training discipline.
<b>Competitiveness</b>	Players continue to learn ways to attack adversity and develop strategies to overcome it.
<b>FUN</b>	The fun is in the organization of practice and the process of relating it to games.
<b>Playing Time</b>	Approximately 50% of the year's games.

## Developmental Schedule

	Fall	Winter	Spring	Summer
<b>U13-15 Recreation</b>	Recreation	Academy/Indoor	Recreation	Academy
<b>U13-15 Fusion</b>	Fusion	Futsal/Indoor	Fusion	Academy I

# Academy I is offered all year round and is designed to increase technical proficiency to reach the age appropriate competencies outlined (ages 9-12)



## Midland Soccer Club- Developmental Blocks

### Competencies- Age 15

#### Technical

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- Finishing 1v1 vs a goalkeeper

#### Mental

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- Concentration and confidence based on technical proficiency

#### Principles

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- Support with and without the ball
- Marking
- Defensive set pieces



## Midland Soccer Club- Developmental Blocks

### Competencies- Age 16/17

#### Principles

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- Attacking in groups (3's/4's)
- Attacking from wide positions and crosses into the box
- Defending in groups (3's/4's- pressure, cover, balance)
- Verbal communication

### Competencies- Age 18

#### Physical

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- Body weight exercise and core
- Dynamic warm-up focused on strength and flexibility
- Aerobic and anerobic conditioning/speed, sprint/recovery

#### Mental

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- Commitment and composure

#### Principles

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- Attacking as a team
- Counters/transitions to attack
- Attacking set pieces
- Positional play and communication
- Defending as a team



## Midland Soccer Club- Developmental Blocks

U16-U19 Recreation	
<b>Developmental Focus</b>	Tactical Psychological Technical Physical Social
<b>Specialized Training</b>	Whole Team Tactics
<b>Optimal Length of Training</b>	60 min.
<b>Optimal Training Ratio</b>	1-2 (recreation)
<b>Training Format</b>	4v4 to 11v11
<b>Game Format</b>	11v11
<b>Psychosocial</b>	
<b>Respect</b>	Players apply their ability to communicate to push their teammates.
<b>Discipline</b>	Players understand the training process and what it takes to reach their peak.
<b>Competitiveness</b>	Understanding that adversity is a part of all sport and looking forward to the challenges it presents.
<b>FUN</b>	The fun is in the journey and all the challenges met together as a team.
<b>Playing Time</b>	50% of the games

## Developmental Schedule

	Fall	Winter	Spring	Summer
<b>U16-19 Recreation</b>	Recreation	Academy/Indoor	Recreation	Academy
<b>U16-19 Fusion</b>	Fusion	Futsal/Indoor	Fusion	Academy I

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