

Age Group Training Emphasis...

- U6: 100% Technical (Ball @ feet & movement w/ ball)
- U8: 75% Technical
25% Tactical/Scrimmaging
- U10/12: 50% Technical
50% Tactical
- U15/19: 75% Tactical
25% Technical

Age Group Training Tempo:

- U6: Light, non-competitive vs. others.
Shorter activities with frequent change
Build confidence...non-challenging
- U8: Moderate, variably competitive with self & others
10-15 minute activities with rapid transitions
Challenge individual, but not vs. others
- U10/12: Normal, with more competition with others
15-20 minute activities with rapid transitions
Challenge individual as part of team
- U15/19: High intensity with full competition with self and others
15-20 minute activities demanding speed of play and
problem solving skill development
Challenge individual as part of team and self-improvement