

Soccer Pathway – Statement of Player Capacities

FUNDamental Males 6-9/Females 6-8 years	LEARNING TO TRAIN Males 9-12/Females 8-11 years	TRAINING TO TRAIN Males 12-16/Females 11-15 years	TRAINING TO COMPETE Males 16-18/Females 15-17 years	TRAINING TO WIN Males ≥18 years/Females ≥17 years	RETIREMENT/ RETAINMENT
<p>AIM : Learn all fundamental <i>movement skills</i> using a well-structured, positive and fun approach</p>	<p>AIM: Learn all fundamental <i>sports skills</i></p>	<p>AIM: Consolidate basic soccer skills, introduce basic elements of tactics and build aerobic base and strength</p>	<p>AIM: Optimise fitness preparation and soccer-, individual- and position-specific skills as well as performance.</p>	<p>AIM : Maximise fitness preparation and soccer-, individual- and position-specific skills as well as performance</p>	<p>AIM: Enjoy a healthy, active lifestyle and retain players for coaching, sport administration, officiating or any other sport-related career</p>
<p style="text-align: center;"><u>TECHNICAL</u></p> <ul style="list-style-type: none"> ▪ Basic motor skills: proper running, jumping and throwing technique ▪ Modified skills of different sports ▪ Knowledge of the basics of equipment ▪ Use of appropriate footwear and clothing ▪ Introduction to basic soccer skills with the ball. 	<p style="text-align: center;"><u>TECHNICAL</u></p> <ul style="list-style-type: none"> ▪ Fundamental skills progressively refined, combined & elaborated upon to more sport specific skills ▪ Willingness and knowledge of how to practise skills ▪ Soccer specific skills: dribbling, shooting, passing, controlling ▪ Combination of skills in game related activities 	<p style="text-align: center;"><u>TECHNICAL</u></p> <ul style="list-style-type: none"> ▪ Individualisation of skills training to address strengths and weaknesses ▪ Consistency in performing skills/techniques: passing, dribbling, controlling ▪ Perform skills under competitive conditions ▪ Develop techniques through tactical links ▪ Positional awareness in relation to ball and opposition ▪ Passing/Possession, higher levels of ball control ▪ 1v1 dribbling technique 	<p style="text-align: center;"><u>TECHNICAL</u></p> <ul style="list-style-type: none"> ▪ Proficiency in basic soccer skills ▪ Soccer-specific technical and playing skills under competitive conditions and at high intensity ▪ Individualisation of skills: 'personal style' ▪ Consistency and control ▪ Competition-simulation training 	<p style="text-align: center;"><u>TECHNICAL</u></p> <ul style="list-style-type: none"> ▪ Complete refinement of soccer specific skills ▪ Event-/competition-specific training skills are automatic/second nature ▪ Ability to improvise with skills ▪ Further development and refinement of soccer specific skills ▪ 'Automatic' and consistent performance of soccer specific skills 	<p style="text-align: center;"><u>TECHNICAL</u></p> <ul style="list-style-type: none"> ▪ Retain skills and apply in a recreational context
<p style="text-align: center;"><u>TACTICAL</u></p> <ul style="list-style-type: none"> ▪ Know the basic rules and ethics of the sport ▪ Display basic game and movement concepts ▪ Play in Small Sided Games (SSG) – Basic 3v3; 5v5 in a defined area ▪ Implement basic attack and defence principles 	<p style="text-align: center;"><u>TACTICAL</u></p> <ul style="list-style-type: none"> ▪ Play modified and small-sided games ▪ Implement key game principles ▪ Play SSG: 9v9, 7v7, 5v5, 3v3 etc (spatial awareness: pass and move) ▪ Implement defence and attack principles in SSG ▪ Introduction to positional awareness in a variety of positions ▪ Perform basic set pieces e.g. foul throw, free kicks ▪ Know rules in relation to free kicks and offside 	<p style="text-align: center;"><u>TACTICAL</u></p> <ul style="list-style-type: none"> ▪ Undergo the early stages of tactical preparation ▪ Implement basic team principles and positions: team shape ▪ Support, showing for the ball, movement off the ball, timing of runs and angles of receiving: 'Show-Pass-Control' ▪ Play effectively in SSG: 4v4, 5v5, 6v6, 7v7 games (in training) ▪ Play the full 11v11 game ▪ Implement more advanced concepts of attack/defence ▪ Play in different positions ▪ Understand the rules of the game ▪ Use of space/run into space effectively ▪ Read and understand the game ▪ Display an awareness of opposition ▪ Implement concepts of width and depth 	<p style="text-align: center;"><u>TACTICAL</u></p> <ul style="list-style-type: none"> ▪ More advanced team play and principles in the full game ▪ Carry out effective set-piece play ▪ Implement different attacking styles ▪ Individual specific role within team ▪ Awareness of new styles/systems/plays ▪ Develop a winning mentality and implement 'winning tactics' ▪ Ability to link to players/units of team movement on/off the ball ▪ Play in 11v11 format ▪ Develop individual strengths within confines of team style ▪ Ability to read the game ▪ Awareness of opponent's tactics, strengths and weaknesses ▪ Event- and position-specific tactical preparation ▪ Principles of attack and defence ▪ Ability to plan and assess competition ▪ Adaptation to different situations ▪ Observe and adapt to opponents ▪ Detailed systems of play: strategies ▪ Clarity of team shape and role within the team ▪ Ability to deal with tactical problems 	<p style="text-align: center;"><u>TACTICAL</u></p> <ul style="list-style-type: none"> ▪ Develop effective competition strategies ▪ Adapt strategies to situation ▪ Model all possible aspects of performance in training ▪ Play to strengths, exploit weaknesses of opponents ▪ Clarity of team shape and roles within ▪ Varying trends in the modern international tournaments ▪ Maximise on National and European competition opportunities ▪ Adapting to climatic conditions e.g. extreme heat or cold, in both training and playing ▪ SWOT analysis (individual and team) ▪ Successful tactics and strategies and necessary variation needed to winning ways ▪ The importance/variation/options of set pices in attack/defence – organisation within 	<p style="text-align: center;"><u>TACTICAL</u></p> <ul style="list-style-type: none"> ▪ Retain recreational involvement ▪ Tactics to enjoy the game

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			<ul style="list-style-type: none"> ▪ Awareness of variations in systems/styles ▪ Reading the game (SWOT analysis) ▪ Plan and assess competition and prioritise ▪ Playing training game: working in SSG up to 11v11 		
<p style="text-align: center;"><u>PHYSICAL</u></p> <ul style="list-style-type: none"> ▪ General overall development and mobility ▪ Running, jumping, throwing ▪ Agility, Balance, Co-ordination, Speed (ABCs) ▪ Develop speed, power and endurance through FUN games ▪ Develop linear, lateral and multi-directional speed ▪ Medicine ball, swiss ball and own-body exercises for strength ▪ Basic body awareness – Stage 1 ▪ Flexibility/Mobility 	<p style="text-align: center;"><u>PHYSICAL</u></p> <ul style="list-style-type: none"> ▪ Continue to develop ABCs ▪ Continue to develop speed, power and endurance through fun games ▪ Medicine ball, swiss ball and own-body exercises for strength as well as hopping-bounding exercises ▪ Basic flexibility exercises ▪ Warm-up and stretching ▪ Basic body awareness – Stage 2 ▪ Shoulder, elbow, core, spine and ankle stability 	<p style="text-align: center;"><u>PHYSICAL</u></p> <ul style="list-style-type: none"> ▪ Emphasis on general and balanced physical conditioning ▪ Aerobic training prioritised after the onset of Peak Height Velocity (PHV) ▪ Strength training prioritised in females after PHV and with the onset of menarche ▪ Strength training prioritised in males 12-18 months after PHV ▪ Shoulder, elbow, core, spine and ankle stability ▪ Flexibility training ▪ Frequent musculoskeletal evaluations during PHV ▪ Good body posture ▪ Soccer specific physical conditioning e.g. stamina, speed, strength, suppleness, skill ▪ Knows how to train different components of fitness 	<p style="text-align: center;"><u>PHYSICAL</u></p> <ul style="list-style-type: none"> ▪ Soccer-, position- and individual-specific intensive physical conditioning ▪ Shoulder, elbow, core, spine and ankle stability ▪ Optimum preparation: tapering and peaking ▪ Individualisation of physical capacities to address strengths and weaknesses ▪ Dealing with environmental influence 	<p style="text-align: center;"><u>PHYSICAL</u></p> <ul style="list-style-type: none"> ▪ Maintenance and possible improvement of physical capacities with a view to maximising performance ▪ Shoulder, elbow, core, spine and ankle stability ▪ All physical fitness aspects individualised ▪ Frequent prophylactic (preventative) breaks ▪ Maintenance and possible improvement of physical capacities 	<p style="text-align: center;"><u>PHYSICAL</u></p> <ul style="list-style-type: none"> ▪ Keep active through soccer participation ▪ Endurance training ▪ Strength training ▪ Flexibility training
<p style="text-align: center;"><u>MENTAL</u></p> <ul style="list-style-type: none"> ▪ Positive attitude to sport ▪ Confidence ▪ Concentration ▪ Achieve success and receive positive reinforcement ▪ Enjoy the game ▪ Be part of the group 	<p style="text-align: center;"><u>MENTAL</u></p> <ul style="list-style-type: none"> ▪ Introduction to mental preparation ▪ Understanding of the role of practice ▪ Perseverance ▪ Confidence ▪ Concentration ▪ Achieve success and receive positive reinforcement ▪ Goal setting (short term) 	<p style="text-align: center;"><u>MENTAL</u></p> <ul style="list-style-type: none"> ▪ Goal setting (short and medium term) ▪ Imagery (practicing and improving technique and self-confidence) ▪ Relaxation (deep breathing) ▪ Patience and control ▪ Concentration ▪ Continued positive reinforcement ▪ Basic anxiety control ▪ Focusing, self-talk and verbal cues ▪ Balanced and winning mentality 	<p style="text-align: center;"><u>MENTAL</u></p> <ul style="list-style-type: none"> ▪ Personal responsibility and involvement in decision-making ▪ Focus and thought control – self-talk/verbal cues (dealing with distractions and negative thoughts) ▪ Goal setting (long term) ▪ Performance routines and pre-competition preparation ▪ Imagery (competition, different situations/problems, practising strategies) ▪ Anxiety control and relaxation (Progressive Muscle Relaxation, hypnosis) ▪ Performance routines and pre-competition preparation ▪ Basic re-focusing 	<p style="text-align: center;"><u>MENTAL</u></p> <ul style="list-style-type: none"> ▪ Independent decision-making ▪ Capable of teamwork and taking advice ▪ Well-developed, refined and individualised mental skills and routines ▪ Refocusing plans/coping strategies ▪ Will to win/drive ▪ Concentration/focus ▪ Full range of mental skills (4 C's) 	<p style="text-align: center;"><u>MENTAL</u></p> <ul style="list-style-type: none"> ▪ Relaxation ▪ Readjustment to non-competitive environment ▪ Ability to handle pressure/stress

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<p><u>LIFESTYLE</u></p> <ul style="list-style-type: none"> ▪ Involvement in multi-sports ▪ Learn aspects of safety in relation to the game 	<p><u>LIFESTYLE</u></p> <ul style="list-style-type: none"> ▪ Involvement in multi-sports ▪ Inclusion of sport in lifestyle ▪ Participation in complementary sports 	<p><u>LIFESTYLE</u></p> <ul style="list-style-type: none"> ▪ Employ correct nutrition/hydration practices ▪ Training and performance diary/log ▪ Time management ▪ Introduction to planning and periodisation ▪ Rest and recovery ▪ Balance playing with social and school ▪ Dealing with social problems e.g. alcohol culture, peer pressure, school, jobs etc ▪ Prepare for transition if going to UK 	<p><u>LIFESTYLE</u></p> <ul style="list-style-type: none"> ▪ Individualisation of ancillary supports ▪ Refined self-monitoring ▪ Plan career/sport options ▪ Increased knowledge on hydration and nutrition ▪ Preparation for different environments e.g. heat/cold/rain/altitude ▪ Injury prevention and recovery ▪ Understand planning and periodisation ▪ Develop a support network ▪ Awareness of scholarships and compensation schemes 	<p><u>LIFESTYLE</u></p> <ul style="list-style-type: none"> ▪ Increased knowledge on all areas ▪ Rest and relaxation. Frequent breaks ▪ Well developed self-monitoring ▪ Well developed and integrated support network/structure ▪ Career/sport planning sustained 	<p><u>LIFESTYLE</u></p> <ul style="list-style-type: none"> ▪ Pursue personal and family goals more strongly ▪ Pursue further education/career development ▪ Possible engagement in administration, coaching, media/PR ▪ Seek transition support, if required
<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> ▪ Enjoyment/Fun ▪ Fair Play ▪ Positive Attitude ▪ Teamwork/Interaction skills ▪ Self esteem/confidence 	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> • Understand the changes puberty will bring • Accept discipline and structure • Understand the relationship between effort and outcome • Teamwork/interaction skills • Parental support • Motivation to participate 	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> ▪ Interpersonal skills and learning to work in team environment ▪ Positive communication ▪ Discipline and personal responsibility ▪ Awareness of Peak Height Velocity and windows of trainability ▪ Creative thinking ▪ Commitment to improve/achieve goals ▪ Personal responsibility 	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> ▪ Continued personal development ▪ Integration of soccer, career and life goals ▪ Economic and independence issues addressed 	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> ▪ Full integration of soccer, career and life goals 	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> ▪ Reset goals