

U.S. SOCCER GRASSROOTS PLAYER DEVELOPMENT FRAMEWORK



GAME MODEL: 7v7

AGES: 9 - 10

(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 U6 to U13+ 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



GAME MODEL: 7v7

AGES: 9 - 10

7v7

| DEVELOPMENTAL GOALS | DEVELOPMENTAL NEEDS | KEY QUALITIES | ATTACKING PLAYER ACTIONS | DEFENDING PLAYER ACTIONS | PLAYER BEHAVIORS | COACH BEHAVIORS |
|--|--|---|---|--|--|--|
| <p>"Playing as team."</p> <p>Learning the basic understanding of attacking, defending, and transition by playing as a 7v7 team.</p> | <p>Developing relationships with the other players, how decisions and movement affect others (teammates and opponents)</p> <p>Experiences in game-like situations for key qualities related to attacking and defending</p> <p>Experiences of attacking and defending as a team</p> | <ul style="list-style-type: none"> 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 | <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"> <i>Create a 2v1 or 1v1</i> <i>Change the point of attack</i> | <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"> <i>Pressure, cover, balance</i> <i>Outnumber the opponent</i> | <p>Participate enthusiastically in competitive activities</p> <p>Practice repeatedly to get better</p> <p>Take losing hard, in practice and games</p> <p>Want to know "why"</p> <p>Need lots of positive reinforcement</p> | <p>Encourage them to try to win, but always be fair</p> <p>Recognize their effort, give them things to practice on at home</p> <p>Focus on how they play and improve, not the results</p> <p>Guide them toward finding the answers themselves</p> <p>Give plenty of praise</p> |

Key Qualities of a 4v4 player

- 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
- 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).