



PROGRESSION

MICRO DIVISION EXPECTATIONS

A. Ball Control (Reference A)

EXPECTATIONS		%
1	Juggling & Tricks: The players should be able to do the juggling expectations up to and for the U8 age group. See chart pg. 23; 310 96 – JUGGLING & TRICKS . Players are expected to begin developing comfort with the ball. Encourage players to have fun and enjoy juggling this will influence them to work on this at home.	25%
3	Footwork: The player should be able to do the foot work program up to and for the U8 age group. See chart pg. 21; 310 95 – FOOTWORK . Encourage players to be creative.	25%

B. Dribbling (Reference B)

EXPECTATIONS		%
1	Shielding: The players should begin to understand how to hold the ball. Players at this age are taught the decision whether to "hold the ball" or get it off of their foot. Be patient, this skill is going to take many years of trial and error.	25%
2	Avoiding: Players begin to avoid oncoming defenders. Players are shown how to turn away from pressure.	25%
3	Carrying: Players start learning how to carry the ball with efficiency. Players are shown the way to penetrate via passing, shooting or carrying the ball. Players work on running with the ball and releasing it with a shot or pass.	25%
4	Attacking: The players are instructed on and shown 1v1s. The attacker works on changing speed, changing direction, and deception (move). It is important to be positive with your coaching, encourage players who get stopped to go again and again. Explain that the best players in the world get stop 7-8 times out of 10 times; it is the one time they beat the player that they are great.	15%

C. Finishing (Reference C)

EXPECTATIONS		%
1	Instep: Players should begin to be able to drive low balls on goal with both feet. Players should begin to strike flighted/lofted balls in the air with both feet.	25%
2	Side Foot: Players should begin to be able to pass the ball into corners with the inside and outside of both feet.	25%
3	Volley: N/A	0%
4	Toe Poke: N/A. At this time this is confusing for young players. However, this is very effective at the older and higher levels, which they will learn at the appropriate time.	0%
5	Full Volley: N/A	0%
6	Half Volley: N/A	0%
7	Bent Ball: N/A	0%
8	Side Volley: N/A	0%
9	Side Bike: N/A	0%
10	Bicycle: N/A	0%
11	Knuckle: N/A	0%
12	Three Toed: N/A	0%
13	Over Spin: N/A	0%

D. Passing (Reference D)

EXPECTATIONS		%
1	Side Foot: Players are shown and instructed on the side foot pass: toe is up, ankle is locked, plant foot is pointed at target, and the rest of the body is relaxed. The importance of accuracy, timing, and the weight of the pass are shown and taught. Players begin running with the ball and passing.	25%
2	Chip: N/A	0%
3	Instep: Players are shown and instructed on how to drive the ball low and high. It is explain that driving the ball creates power.	25%
4	Volley: N/A	0%
5	Toe Poke: N/A. For this age of players this is confusing because they are learning the above.	0%
6	Full Volley: N/A	0%
7	Half Volley: N/A	0%
8	Bent Ball: N/A	0%
9	Side Volley: N/A	0%
10	Three Toed: N/A	0%

E. Receiving (Reference E)

EXPECTATIONS		%
1	Players are instructed on the importance of their first touch. Players can control the ball on the ground with the inside and outside of both feet. Players have the basic ability to control bouncing balls with the thigh and chest. Players are introduced to receiving the ball with their back foot to allow them to play forward and see the entire field. Players begin to receive the ball away from pressure.	25%

F. Challenging (Reference F)

EXPECTATIONS		%
1	Players are shown and taught how to block tackle and poke tackle and when to use the appropriate tackle. Encourage players to be fearless, explain the importance of tackling, blocking passes, and blocking shots.	25%



PROGRESSION

G. Heading (Reference G)

EXPECTATIONS		%
1	Player is in the beginning stages of heading. Players should be able to head ball out of own hands (self serve) and head a ball a partner serves from 5 yards away.	20%

H. Attacking (Reference H)

EXPECTATIONS		%
1	Backs: N/A	0%
2	Central Midfielders: N/A	0%
3	Outside Midfielders: N/A	0%
4	Forwards: N/A	0%
5	Individual Tactics: Player should begin to understand when to shoot, dribble, or pass and why.	25%
6	Small Group Tactics: Players should begin to understand small group tactics and when and where to apply them such as support, width, and depth. Players should be introduced to a wall pass, take-over, and overlap.	25%
7	Large Group Tactics: N/A	0%
8	Attacking Set Pieces (ASP): N/A	0%
9	Principals of Attacking: Players should begin to know width, depth, penetration, and improvisation.	10%
10	General: Players should understand the diamond formation of width and depth. Players should begin to understand when to shoot, dribble, or pass. Players should have an understanding of when they lose the ball they must win it back. Every player must defend. Every player must attack. No goalkeepers.	25%
11	Testing: Player has completed the testing portion with in the age groups of its respective division.	100%

I. Defending (Reference 17I)

EXPECTATIONS		%
1	Backs: N/A	0%
2	Central Midfielders: N/A	0%
3	Outside Midfielders: N/A	0%
4	Forwards: N/A	0%
5	Individual Tactics: Pressure, or first defender, on ball is immediate and under control. Begin to understand marking and specifically goal side marking. Players are able to block shots and passes. Players have an introduction to 1v1 defending. They are tenacious and patient.	25%
6	Small Group Tactics: All players must defend. Players begin to understand goal side and marking concepts.	25%
7	Large Group Tactics: N/A	0%
8	Defensive Set Pieces (DSP): N/A	0%
9	Principals of Defending: Players know pressure.	25%
10	General: Players understand when they lose the ball they must win it back and win they win it they must attack.	25%
11	Testing: Player has completed the testing portion with in the age groups of its respective division.	100%

Players at this age should spend a large majority of their time working on technical ability and a very small portion of their time with tactical awareness. Physiology and psychological aspects of the game are not important at this age and very, very little time should be dedicated to these aspects.

Physiology (Fitness or Physical)		%
1	Stamina is not important at this age. The game allows for unlimited substitution on the fly.	0%
2	Quickness and Agility: N/A. Physical traits at this age are natural and cannot be improved.	0%
3	Power/Explosiveness: N/A	0%
4	Speed Pure Speed: N/A	0%
5	Flexibility: N/A	0%
	Player has the 999.99 – PHYSICAL FITNESS TEST : N/A	0%
6	P.E.P. Program: N/A	0%
7	Nutrition: Players should be encouraged to bring water or Gatorade to each practice or game and educated about the importance of hydration.	100%

Psychological		%
1	Players find the game fun and enjoyable, they are not concerned with winning or losing, and enjoy playing with friends.	100%
2	Goals: N/A	0%
3	530 13 – PERSONALITY PROFILE : N/A	0%
4	Sociological: The player has a healthy approach to the game. He/she is competitive, but enjoys the game. He/she is intense, but smiles. He/she plays to win but honors sportsmanship above all else.	100%
5	Players acknowledge when a coach has addressed them. N/A	0%
6	Passion: The player must begin to develop a passion for the game. He/she attends training and games.	25%
7	Sportsmanship: The player begins to understand that winning and losing is not important.	25%
8	Fear: The player is not afraid of playing soccer. Players enjoy training and games.	100%
9	Tenacious: N/A	0%



PROGRESSION

General Game Knowledge and Rush Philosophies		%
1	Which direction team is going.	100%
2	Quiet at half time while coach is talking.	100%
3	An understanding of the rules of the game.	100%
4	Participation in training and games.	100%
5	Equipment: Players and parents should be informed of the proper training attire and, as best they can, try only to wear soccer related equipment.	50%