KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time
Honoring Technical Skills/Fundamental Tactical Skills

Goals for this stage of development - What we are trying to achieve
To reinforce technical skills while learning and practicing tactical application in a progressive system. Getting as many touches with the ball as possible.

Player-centered environment - what it should look like
Fun, inclusive, accepting, engaging and positive. Focus on improvement and effort rather than outcome. Reinforce new and existing skills while learning to apply to tactics through small-sided and engaging play and enjoyable practice. Opportunities to try new things. Growth mindset.

Cognitive Development
Increases in processing speed; learning encoding strategies for long term memory; still may find it hard to tune out or self-identify what’s important; understand winning and losing, may still need help coping.

TRAINING

Ratio of Training (Technical and Tactical Skill Development) to Competition + Competition Specific Preparation
70:30 Boys/60:40 Girls

Primary Objective of Training
To reinforce basic technical skills and introduce tactical components of the game through progressions and small-sided play practice/teaching games for understanding. Include free play.

Max Recommended Ratio (coach:player)
12:1

Length of Sessions
60-75 minutes

Frequency
Up to 3x a week during an 8-12 week season

Multi-Sport Participation/Sport and physical activity diversification/Other sports and activities
Sport-specific training up to 3x a week (for one specific season), participate in other physical activity or sport 4-5 times a week. Ensure time period in the year when there is a several week rest from all organized sport.

COMPETITION

Competition Structure
Girls: 9v9 field players plus goalies, transitioning to 11v11 plus goalies; Boys: 6v6 plus goalies

Field Size
Modified field

Developmental Purpose of Competition
FUN, honing technical skills in game situations, exploring and applying new tactical skills.