## Key Objectives for Success

<table>
<thead>
<tr>
<th>General chronological age</th>
<th>4-6 years old</th>
<th>6-8 years old</th>
<th>7-10 years old</th>
<th>9-11 years old</th>
<th>12-14 years old</th>
<th>15-18 years old</th>
<th>18+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus Areas are spent most of their time on</td>
<td>Fundamental Movement Skills</td>
<td>Fundamental Athletic Skills</td>
<td>Fundamental Technical Skills</td>
<td>Fundamental Physical Literacy</td>
<td>Technical and Tactical Development</td>
<td>Competitive and Mental Development</td>
<td>Competitive and Mental Development</td>
</tr>
<tr>
<td><strong>Stage 1</strong></td>
<td><strong>Development</strong></td>
<td><strong>Fundamentals</strong></td>
<td><strong>Foundations</strong></td>
<td><strong>Fundamentals</strong></td>
<td><strong>Foundations</strong></td>
<td><strong>Emerging</strong></td>
<td><strong>Emerging</strong></td>
</tr>
<tr>
<td><strong>Stage 2</strong></td>
<td>30-45 minutes</td>
<td>90 minutes</td>
<td>Up to 120 minutes</td>
<td>12-14 years old</td>
<td>Full Field</td>
<td>1x a week, 8-10 weeks</td>
<td>2x a week during 8-12 week season.</td>
</tr>
</tbody>
</table>

### Player Development

#### Athletic Development
- Planning, jumping, throwing, catching, running, dribbling, hitting, batting, catching, dealing with the ball in practice.
- Agility, dynamic balance, coordination, throwing, catching, hitting, running, dealing with the ball in practice.
- Agility, footwork, dynamic balance, throwing, catching, hitting, running, dealing with the ball in practice.
- Agility, footwork, dynamic balance, coordination, throwing, catching, hitting, running, dealing with the ball in practice.
- Agility, footwork, dynamic balance, coordination, throwing, catching, hitting, running, dealing with the ball in practice.

#### Technical (Skills) Development
- Introduction to the ball and its movement in the 1st year; development of proper technique and understanding of the basic rules of the game.
- Introduction to the ball and its movement in the 1st year; development of proper technique and understanding of the basic rules of the game.
- Introduction to the ball and its movement in the 1st year; development of proper technique and understanding of the basic rules of the game.
- Introduction to the ball and its movement in the 1st year; development of proper technique and understanding of the basic rules of the game.
- Introduction to the ball and its movement in the 1st year; development of proper technique and understanding of the basic rules of the game.

#### Tactical (Strategy) Development
- Development of body awareness and knowledge of the rules in the 1st year.
- Development of body awareness and knowledge of the rules in the 1st year.
- Development of body awareness and knowledge of the rules in the 1st year.
- Development of body awareness and knowledge of the rules in the 1st year.
- Development of body awareness and knowledge of the rules in the 1st year.

#### Psychological Development:
- Weathering the storms of life in the 1st year; gaining an appreciation for personal ability.
- Weathering the storms of life in the 1st year; gaining an appreciation for personal ability.
- Weathering the storms of life in the 1st year; gaining an appreciation for personal ability.
- Weathering the storms of life in the 1st year; gaining an appreciation for personal ability.
- Weathering the storms of life in the 1st year; gaining an appreciation for personal ability.

### Technical and Tactical Development

1. **Incorporate physical literacy and technical skills** into the overall scheme of instruction. Athletes who have mastered physical literacy and technical skills are then ready for more advanced tactical development. This development should be done at an accelerated pace, looking to optimize fitness preparation and the various tactical and technical skills that are essential for competitive play.

2. **Develop tactical concepts**. Athletes should have a solid understanding of tactical concepts before moving on to more advanced technical skills.

3. **Teach tactical concepts** to athletes in small-sided games and drills.

4. **Teach tactical concepts** to athletes in small-sided games and drills.

5. **Teach tactical concepts** to athletes in small-sided games and drills.

### Psychological Development

1. **Weathering the storms of life** in the 1st year; gaining an appreciation for personal ability.

2. **Weathering the storms of life** in the 1st year; gaining an appreciation for personal ability.

3. **Weathering the storms of life** in the 1st year; gaining an appreciation for personal ability.

4. **Weathering the storms of life** in the 1st year; gaining an appreciation for personal ability.

5. **Weathering the storms of life** in the 1st year; gaining an appreciation for personal ability.

### Competition Structure

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full Field</strong></td>
<td>Girls 7-9</td>
<td>Girls 10-11</td>
<td>Boys 7-9</td>
<td>Boys 10-11</td>
<td>Girls 12-14</td>
<td>Boys 12-14</td>
<td>Girls 15-17</td>
<td>Boys 15-17</td>
</tr>
</tbody>
</table>

### Development of Competitive Participation

- **Girls**: Keep the following simple rules in mind.
  - Full Field: teaching basic concepts through small-sided games, focusing on individual and team skills.
  - Girls 7-9: field players also play in Limited Field Games.

- **Boys**: Keep the following simple rules in mind.
  - Full Field: teaching basic concepts through small-sided games, focusing on individual and team skills.
  - Boys 7-9: field players also play in Limited Field Games.

### General Coaching Tips

- **Girls**: Keep the following simple rules in mind.
  - Full Field: teaching basic concepts through small-sided games, focusing on individual and team skills.
  - Girls 7-9: field players also play in Limited Field Games.

- **Boys**: Keep the following simple rules in mind.
  - Full Field: teaching basic concepts through small-sided games, focusing on individual and team skills.
  - Boys 7-9: field players also play in Limited Field Games.