

# **Geneva Soccer Club**

## **Skill and Tactical Progressions**

### **6-8 years of age**

1. Training should be fun and in “games form” as much as possible
2. Game format is 4v4 with no goalkeepers
3. In 4v4, use kick-ins as opposed to throw-ins
4. One coach per 4v4 team
5. Avoid overcoaching
6. Use lots of soccer tag related games which encourage dodging, change of speed, etc.

#### **Points of emphasis:**

##### **Skills**

Quick, lively feet  
Touch – “one touch to every step”  
Receiving skills  
Instep passing  
Instep shooting  
Two-footedness

##### **Tactics**

Develop awareness of space – opposites principle –defense/offensive shape  
Develop vision

### **9-10 years of age**

1. Training should be fun and in “games form” as much as possible
2. Small-sided games training, as in 4v4, is still important
3. Game structure is 6+gk
4. Provide outside scrimmage situations as much as possible

#### **Points of emphasis:**

##### **Skills**

Continue with skills of 6-8's  
Inside foot pass  
Crossing  
Defending and Attacking 1v1  
Throw ins  
Two-footedness  
Shooting

##### **Tactics**

Develop concept of team shape, both attacking and defending  
Principals of play are introduced  
Continue development of vision and spatial awareness  
Support play concepts

### **12 years and Under**

1. Small sided games are critical to continue development of sharp skills and minds
2. Full-sided games for competition; promote use of scaled down field and goals
3. Include “fun” type training as opposed to just drills

#### **Points of emphasis:**

##### **Skills**

Reinforce skills above  
Heading with discretion  
Flighted balls and long distance shooting  
Channeling

##### **Tactics**

Continue all of the above  
Restarts  
Positional awareness (shadow play)  
Principals of Play and Team Shape continue

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**15 years and under**

1. Sharpen and refine skills and tactics listed above
2. Incorporate skillful play with enhanced understanding of where, when and why
3. Spend more time with functional development (by position)
4. Lots of work in tight spaces – encourage sharper skills – decision making
5. Team possession
6. Team defending
7. Team attacking

**18 years and under**

1. All of 15 and under as above
2. Increased physical challenges
3. Problem solving by players – diagnose and prescribe, freedom to create

\*\*\*\*\*Note that this outline takes into consideration the rather limited exposure in terms of time and coaching of so many of our Geneva area children. Children in more soccer-intensive areas could potentially be exposed earlier to more in-depth training.