

Basic Progression of Skills by Age

Progressive Breakdown

Individual Skills:

Comfort-Dribbling-Turns-Moves-Control

Partner Skills:

Passing-Receiving-Heading-Shooting

Small Group Concepts:

Attacking-Defending-Combinations

Team Concepts:

Tactics-Set Pieces

U6

For most, this is their first introduction to the game of soccer. Creating a joyful environment is mandatory. Winkler Minor Soccer wants to provide an environment where players gain a brief introduction to the Individual Skills, but focus more on fun games where every player interacts with the ball and develops a love for playing.

U7

Soccer at this age is still all about having fun with the ball and encouraging the children to want to have the ball at their feet. The numbers should still be one and two players to a ball. At this stage players focus on a majority of the Individual Skills, basic Partner Skills, and a brief introduction to Small Group Concepts.

U8

Players of this age group look forward to a consistent environment where they can learn new skills while applying the ones that they have already learned in a fun environment. A key feature is still developing more comfort with the ball and having the ability for each player to have plenty of opportunities to experience the ball at their own pace. Throughout this year, players will still work on a majority of the Individual Skills, begin to develop more Partner Skills, and learn the basics of Small Group Concepts.

U9

At this age, continuing to build comfort with the ball will provide the players with a variety of crucial tools they will need as they become older and the level of ball skill and athleticism rises. During this year, players will have been exposed to and should be competent in all Individual Skills, a majority of the Partner Skills, and half of the Small Group Concepts.

U10

At this stage competition begins to become a prominent theme among teams. Competition is a central element in a player's development. However, a competitive environment should not be all about result-oriented or an environment without fun.

The approach at this age and beyond is to focus on the process and performance rather than the outcome. This ultimately leads to proper long-term development and participation, rather than achieving short-term results. During this year players continue to develop upon all Individual Skills and Partner Skills, learn a majority of the Small Group Concepts, and begin to develop Team Concepts.

U11

At this stage it is imperative for players to begin to learn Small Group Concepts in small-sided environments that allow for the fun and feel of a real soccer game. Players at this age begin to listen and understand concepts more than previously and are now more able to apply the skills they have learned in games. Throughout the course of this year players learn to combine their Individual Skills in creative ways to make new ones, practice all Partner Skills, focus a majority of their time understanding Small Group Concepts, and develop half of the Team Concepts.

U12+

As soccer players, this age group is still young. Although there are some areas of the game where the players are beginning to make progress, this is an age where ball skill and soccer instincts must be encouraged above results. Players are more focused at this age and should be encouraged to compete in a positive manner. A typical session is geared toward players fully understanding Team Concepts. This is the age when players should master all of the Skills and Concepts and regularly perform them during competition.