

Charleston United

Age Appropriate Teaching

- **8-10 year old program**

The U8-U10 program is the foundation from which a soccer player will develop during their time at Charleston United. The curriculum is used for skill and technique development as the most prevalent aspect of their training. The vast majority of the training should emphasize working with the ball and small group activities (playing – lots of playing). After every 10-15 minutes of technical work there should be playing. As players progress through their 8 seasons in this stage they will begin to be introduced to concepts and tactics of the game - principles of play. The time spent on understanding the basic principles of the game prepares them to move to the next age bracket with a strong technical background combined with the preparation to understand the concepts of group and team play that they will encounter at the older age groups.

- **11-14 year old program**

For the **U11-12** part of this program a significant emphasis remains on the development of **individual technique** with more structure provided during practice sessions to help young players to execute the fundamental skills of soccer under game conditions. Players should be urged to play in a **variety of positions** at the outset to avoid limiting their developmental potential, as they move through this age group, their positional strengths will be identified and incorporated into the work they do at 13 and 14 years old. During the final 2-3 seasons in this age group the soccer training should begin to incorporate more tactical elements through larger group work, up through 11 V's 11 practices and scrimmages. Important concepts such as role responsibility within the team, team shape, transition play and teamwork should be stressed to help prepare players for the more competitive environment of the game as the move toward the senior playing years, U15-19.

- **15-19 year old program**

The emphasis here should be on player development - ensuring that there is improvement in players overall competence in soccer. A major goal of this program is to help players with an interest in playing at a higher level, whether that be high school or college soccer. Players will be provided with an opportunity to continue their development in a structured environment. Through quality coaching, league play and the selection of appropriate tournaments, players should be given a quality soccer experience. Training for players selected for this program should be geared toward preparation for participation in college soccer. Players who opt for this program will need to be prepared to.....continued

make a significant time commitment to soccer training and competition to participate as a member of Charleston United.

The curriculum focuses on individual and team development so players will be able to perform at the highest possible level of soccer. Coaches work with players to identify strengths and weaknesses and design a program to showcase and enhance strengths and improve upon any areas required. Team training will be developed with a tactical emphasis so that players will have a thorough understanding of advanced soccer concepts. Practices should emphasize a competitive environment while competitions will be selected to challenge teams and players to perform at very high levels. Planning should be also done to ensure that the players are showcased in the proper environments for college recruiting purposes.

