


U.S. SOCCER "D" COURSE
METHODS I- ATHLETE DEVELOPMENT MODEL



METHODS OF COACHING I

Athlete Development Model

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U.S. SOCCER "D" COURSE
ATHLETE DEVELOPMENT



ARE YOU FOCUSED ON AGE-APPROPRIATE TARGETS?



- TECHNICAL
- TACTICAL
- PHYSICAL
- PSYCHO-SOCIAL

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ATHLETE DEVELOPMENT




- U6-U8 • INITIAL STAGE (FUNdamentals)
- U9-U12 • BASIC STAGE (Learning to Train)
- U13-U14 • **INTERMEDIATE STAGE** (Training to Train)
- U15-U18 • ADVANCED STAGE (Training to Compete)
- U19-U20 • SPECIFIC STAGE (Training to Win)
- SENIOR • PERFORMANCE STAGE (Active for Life)


U.S. SOCCER DEVELOPMENT STAGES (Sport4Life, Canada)

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12
TECHNIQUE
TACTICS
PHYSICAL
PSYCHO-SOCIAL




15
TECHNIQUE
TACTICS
PHYSICAL
PSYCHO-SOCIAL

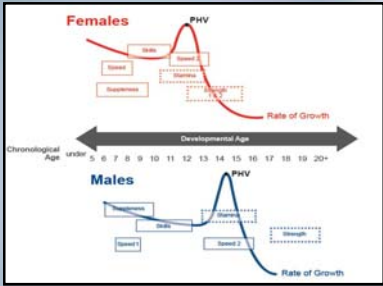
TRANSITION: Who/What are we teaching?

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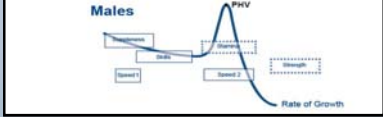
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Females



Males



A PERIOD OF RAPID TRANSITION...

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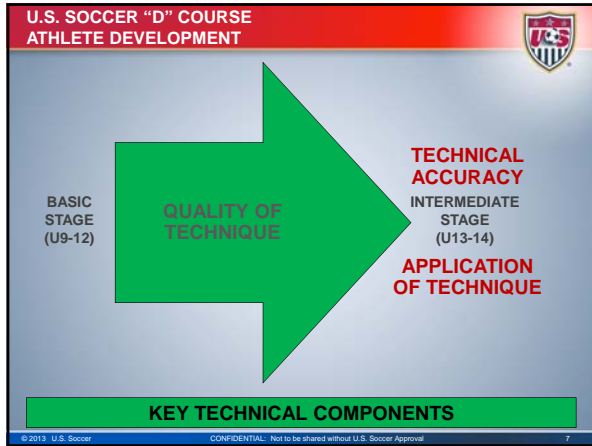


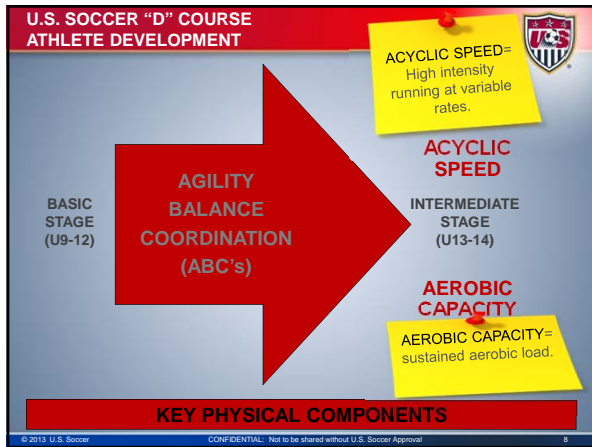
TEAMMATES?

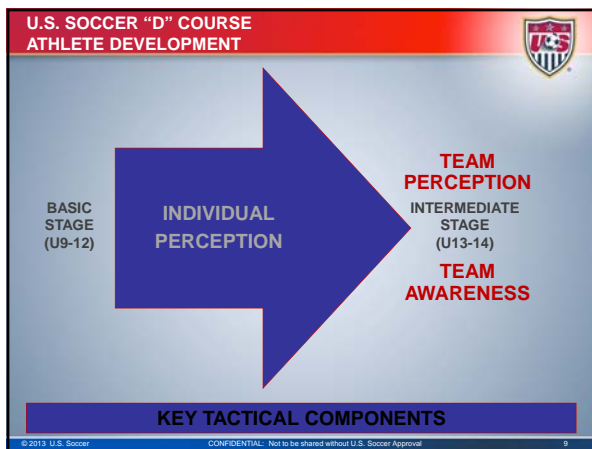


BIRTH YEAR or DEVELOPMENTAL AGE?


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BASIC STAGE (U9-12)

COOPERATION


INTERMEDIATE STAGE (U13-14)

COMMITMENT
CONCEPTUAL THOUGHT

KEY PSYCHO-SOCIAL COMPONENTS

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BEST PRACTICES
Ensuring that QUANTITY leads to QUALITY

MATCHES (x1)

TRAINING (3x or 4x)

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"Team development quite naturally is dependent upon player development- 1st." D.C.

TEAM OBJECTIVES

INDIVIDUAL PLAYER DEVELOPMENT

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