



# Age-Appropriate Training and Expectations

Effective Date      January 1, 2004  
Class Length        1 hour 15 minutes

## **Change Summary**

September, 2002	Reviewed for format
September 2003	Reviewed for 2004 Section Meetings
September 2008	Reviewed for 2009 Section Conferences
November, 2011	Reviewed for 2012 Section Meetings
November, 2013	Reviewed for 2014 AYSO EXPO

## **1. Lesson Plan Goals – Age Appropriate Training and Expectations**

For the coaches in attendance to gain a better understanding of how children best learn and how to bridge development of soccer skills with interpersonal life skills.

## **2. Class Length**

1 Hour and 15 minutes

## **3. Instructor Requirements**

Advanced Coach Instructor

## **4. Learning Objectives**

For all coaches to understand why it is important to develop coaching strategies based on an understanding of how children learn best.

## **5. Student Skills Acquired**

None

## **6. Prerequisites**

None

## **7. Materials**

Power Point Presentation which is preloaded onto conference laptop and also available on [www.ayso.org](http://www.ayso.org) along with the lesson plan

## **8. Equipment**

LCD Projector and Screen  
Flip Chart and Markers, upon request

## **9. Special Instructor Notes**

None

## **10. Body**

# Age Appropriate Training and Expectations

Introduce yourself, your co-instructors and any guests.

Describe the purpose of the course, its anticipated length, that questions are encouraged and that there will also be a question and answer session at the end of the class.

Using the flip chart have a scribe list the coaches' impressions of what outcomes should be derived from learning. In other words how can a player use what they learn?

Using the flip chart have a scribe list the coaches impressions of what determines how children learn. Briefly discuss the list. The answers will be covered later in the session.

Using the flip chart have a scribe list the coaches impressions of what skills a coach needs when teaching children. Briefly discuss the list. This too will be discussed later in the session.

It is important that there be outcomes derived from learning. All learning must be useful, and be structured so there is also a social and emotional balance for the athlete and what is learned must be integrated into games and practices if true learning was achieved.

Shared needs between ages – psychosocial, physical, technical, and tactical. Pictures to reinforce the difference.

Progression – pictures illustrate the progression.

Large differences between ages

- Mental capabilities
- Emotional concerns
- Physical tools
- Technical skills
- Tactical ability

General needs

- U-6, U-8, and U-10
- U-12 through U-19

U-6

- Freedom & Exploration!
- Training = Fun games & Adventures.
- Develop ball familiarity & PLAY!
- Technical: Instep kick, dribble, & throw-ins
- Tactical Objectives: Score & Prevent Scoring
- Tactical Principles: Penetration & Delay

U-8

- Time for Discovery!
- Prioritize FUN & Inspire players!
- Give players different responsibilities.
- Technical: + Push pass & Ball control
- Objectives: + Maintain & Regain Possession
- Principles: + Support, Width, Cover, & Compactness

## U-10

- Golden age for learning & Adventure!
- Early stages of physical development!
- Enjoy the team and competition.
- Technical: + Thigh ball control, Juggling, Tackling, & Goalkeeping
- Objectives: + Advance Ball & Delay Opponents
- Principles: + Mobility & Balance

## U-12

- Technical skills “polishing”.
- Improved physical balance, agility, speed.
- Increased understanding of strategy & tactics.
- Winning becomes important.
- Technical: + Heading
- Principles: + Creativity & Composure

## Key Takeaways

- Coach manuals are the guide books.
- Meet developmental needs!
  - Psychosocial - Physical
  - Technical - Tactical
- You need a quality plan to accomplish this!
- FUN for the players!

## Bonus takeaways

- When our coaches communicate to parents:
  - Skills to be taught.
  - How to develop players & have FUN.
  - How you will communicate.
  - Clear expectations.
- **Then there will be very few issues!**

Questions?

Thank You!

## 11. Conclusion (Closure)

Have all students fill-out and evaluation form.

## 13. Bridge (Transition)

None