



Illinois Fusion Soccer Association

U9 Curriculum



Technical	Tactical	Fitness	Psychology	Practice Topics
<p>Objectives: Main focus is to develop players to be comfortable on the ball & to create players that are exciting to watch in 1 vs. 1.</p> <p>Dribbling: At speed and with a change of pace. Introduce dribbling on all surfaces of foot (laces, inside, outside & sole).</p> <p>Moves & Skills: Develop the following: shift ball from foot to foot, change direction, fake & go different direction and intro to Coerver moves.</p> <p>Receiving & Control: Stress importance of 1st touch. Develop the following: inside of foot touch, outside of foot touch, sole of foot touch. Intro to juggling.</p> <p>Turning: Intro to turning with inside & outside of foot.</p> <p>Passing: Introduce passing with inside & instep of foot. Intro to pass with outside of foot.</p> <p>Shooting: Intro to use of laces, & all basic shooting techniques</p> <p>Heading: Intro to heading; eyes open/mouth closed, use forehead.</p> <p>Defending: Intro to stance, pressure, & delaying ball.</p>	<p>Objectives: Develop each player's confidence to use skills in the game.</p> <p>Individual Offensive Tactics: All players are encouraged to play offense, players are to be encouraged to run with the ball until in shooting range, and players are to be encouraged to beat player to get out of trouble.</p> <p>PLAYERS SHOULD NOT BE SCARED TO TAKE RISKS</p>	<p>No fitness required at this age level. Players at this age will go until they drop.</p> <p>Control body through changes of direction and pace.</p> <p>Coordination while running.</p> <p>Intro to agility-pivoting, shuffling, and other basics.</p> <p>Stretching at this age is not required.</p> <p>Warm up & cool down should be done with a ball. Try to maximize player's contact with ball.</p>	<p>This age group is more inclined to small group activities rather than individual activities. Introduce partner activities.</p> <p>Players at this age like to imitate older players and soccer heroes. Try to ask older players to come to a session.</p> <p>Players normally look North & South. They are not going to switch the point of attack.</p> <p>Players at this age are still very sensitive. They dislike personal failure in front of peers.</p> <p>Encourage players at all times.</p> <p>KEEP IT FUN!</p>	<p>There should not be dedicated tactical sessions. Teach individual skills and tactics. Encourage creativity on the ball.</p> <p>Practices should be twice a week and no more than 75 minutes in length.</p> <p>Optional winter training.</p> <p>Practice Topics:</p> <ul style="list-style-type: none"> * Importance of 1st touch * Receiving & running with ball * Beating players on the dribble * Intro to moves * Intro to ball striking/shooting * 1 vs. 1, 2 vs. 2, 3 vs. 3 <p>Encourage creative players.</p> <p>Warm up & cool down should be done with a ball. Try to maximize player's contact with ball.</p> <p>Practice guided discovery & use guided questions in order to encourage player's thought processes.</p>



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U10 Curriculum



Technical	Tactical	Fitness	Psychology	Practice Topics
<p>Objectives: General technical skill development & comfort on the ball. Continue to look for and try to develop 'risk takers' who look to beat players.</p> <p>Dribbling: Move with the ball steadily and with a change of pace. Use laces to dribbling at pace. Stress confident dribbling as 1st option. Continue to develop Coerver moves.</p> <p>Passing: Continue to develop inside of the foot passing and proper passing technique. Introduce passing while moving.</p> <p>Receiving: Uses both inside & outside of foot to keep ball close. Continue to stress importance of positive 1st touch. Introduce receiving ball with thigh. Player should juggle at least 10 times.</p> <p>Turning: Inside & outside of the foot. Introduce Coerver turns.</p> <p>Shooting: Use laces and both feet. Land on plant foot. Intro to shooting while moving.</p> <p>Heading: Continue to work on heading & intro to attacking ball.</p> <p>Defending: Intro to block poke tackle, recovery run & cover.</p>	<p>Objectives: Confidence to use skills to solve problems in games. Introduction to two player tactics.</p> <p>Individual Offensive Tactics: When to dribble 1 vs. 1 and when to pass. Introduce checking for the ball and diagonal runs off ball.</p> <p>Individual Defensive Tactics: Intro to how to mark. Intro to the steps of defending: pressure ball immediately, touch tight, side on, watch ball, & be patient.</p> <p>Small Group Offensive Tactics: Intro to wall pass, overlap, take over, fake over, angle/distance of support, and recognizing 2 vs. 1 situations. Intro to good shape on the field (diamonds).</p> <p>Small Group Defensive Tactics: Intro to defending with a partner. Angle & distance of cover, force player into pressure. Intro to 1 vs. 2, 2 vs. 1 & 2 vs. 2 situations. Begin to recognize the differences in individual defending and group defending.</p>	<p>Still no fitness training is required at this age as players should still have to ball at their feet at all times. Any 'conditioning' should be done with a ball at the player's foot.</p> <p>Warm up should still consist of maximum touches on the ball. Possible introduction of dynamic stretching-but NOT necessary.</p> <p>Stress the importance of controlling body through changes direction & pace. Utilize fun games during warm up to help them develop body control and coordination while running.</p>	<p>At this age soccer begins to become 'serious' for SOME players.</p> <p>Boys and girls begin to develop separately.</p> <p>Greater diversity in playing ability.</p> <p>Players should start to have an awareness of width and depth.</p> <p>Players should understand the Laws of the Game.</p> <p>Players enjoy the team environment.</p> <p>KEEP IT FUN!</p>	<p>There should not be training sessions dedicated to tactics. Instead, stress tactics as an extension of the technical work.</p> <p>Practices should be twice a week and no more than 90 minutes in duration.</p> <p>Optional winter training.</p> <p>Practice Topics:</p> <ul style="list-style-type: none"> * Beating players on the dribble * Dribbling/shielding/moves & turns * Receiving & running with ball * Passing/Shooting/Ball Striking * Possession 3 vs. 1, 5 vs. 2 * Defending * Begin combination play * Small sided games to endlines or multiple goals <p>Warm up and cool down should be done with a ball in order to maximize ball contact.</p> <p>Possible introduction of dynamic stretching-however this is NOT necessary.</p>



Illinois Fusion Soccer Association

U11 Curriculum



Technical	Tactical	Fitness	Psychology	Practice Topics
<p>Objectives: General technical skill development & comfort on the ball. Begin to introduce this skill development in the presence of an opponent.</p> <p>Dribbling: Begin to develop the ability to dribble at pace. Continue to stress confident dribbling as the first option. Continue the development of Coerver moves & begin using them in games.</p> <p>Passing: Continue development of passing technique with both feet. Master the skill of passing while moving.</p> <p>Receiving: Continue to develop 1st touch with inside & outside of foot, but introduce pressure. Continue to develop receiving balls out of the air with thigh and intro to receiving with chest. Player should juggle at least 15 times.</p> <p>Turning: Continue to develop all turns, but introduce pressure.</p> <p>Shooting: Continue ball striking technique with both feet.</p> <p>Heading: Intro to offensive & defensive heading.</p> <p>Defending: Pressuring attacker in one direction, dictating play.</p>	<p>Objectives: Continue to improve confidence to use skills in games. Continue to improve two player tactics.</p> <p>Individual Offensive Tactics: Continue to improve knowledge of when to dribble and when to pass. Continue to develop ability to check to the ball. Introduce clearing of space to create space.</p> <p>Individual Defensive Tactics: Master the basic principles of defending.</p> <p>Small Group Offensive Tactics: Continue to improve ability of wall pass, overlap, take over, fake over, angle/distance of support & recognizing numbers up situations. Really begin to stress the importance of a good team shape and creating diamonds when in possession.</p> <p>Small Group Defensive Tactics: Introduction to defending in small groups-pressure, cover, balance. Continue to improve ability to defend in 1 vs. 1, 1 vs. 2, 2 vs. 1, and 2 vs. 2 situations. Introduction to 3 vs. 3, 3 vs. 2 and 2 vs. 3 defending situations.</p>	<p>No fitness specific training is needed at this age. Any fitness should be done with a ball in order to maximize time on ball.</p> <p>Warm up and cool down should be done with a ball in order to maximize time on the ball.</p> <p>Players should begin to become comfortable with natural contact that is within the laws of the game.</p> <p>Possible use of dynamic stretching-however this is NOT necessary.</p>	<p>Players begin to differentiate between effort and ability.</p> <p>Social comparison begins.</p> <p>Players should continue to learn the laws of the game.</p> <p>Players begin to understand the determinants of success.</p> <p>Note: Any U10 or U12 psychology traits may become evident at the U11 age.</p> <p>KEEP IT FUN!</p>	<p>There should not be training sessions dedicated to tactics. Instead, continue to stress tactics as an extension of the technical work.</p> <p>Practices should be twice a week and no more than 90 minutes in duration.</p> <p>Winter training is encouraged.</p> <p>Practice Topics:</p> <ul style="list-style-type: none"> * Beating players with the dribble while utilizing moves. * Turning under pressure * Importance of 1st touch * Improving individual possession * Combination play * Passing/Shooting/Ball Striking * 3 vs. 1, 5 vs. 2 Possession * Small sided games <p>Warm up and cool down should be done with a ball in order to maximize ball contact.</p> <p>Possible use of dynamic stretching-however this is NOT necessary.</p>



Illinois Fusion Soccer Association

U12 Curriculum



Technical	Tactical	Fitness	Psychology	Practice Topics
<p>Objectives: Main focus is to continue to develop technical skill & comfort on the ball in the presence of an opponent.</p> <p>Dribbling: Continue to develop dribbling at pace with all surfaces of the foot. Begin to master Coerver moves and become comfortable using them in games.</p> <p>Passing: Continue to work on passing with both feet and all surfaces. Introduce passing the ball over a long distance.</p> <p>Receiving: Continue to develop 1st touch with inside & outside of both feet under pressure. Begin to improve receiving on the thigh & continue to develop receiving on the chest. Player should juggle at least 20 times.</p> <p>Turning: Continue to develop inside & outside of the foot turns under pressure. Be dangerous.</p> <p>Shooting: Look to develop power and accuracy of ball striking.</p> <p>Heading: Continue to improve offensive & defensive heading.</p> <p>Defending: Basic technical aspects of man marking and zonal defending.</p>	<p>Objectives: Continue to develop player's confidence to use skills to solve problems in games. Master all 2 player tactics and introduce 3 player tactics.</p> <p>Individual Offensive Tactics: Continue to develop knowledge of when to dribble 1 vs. 1, when to make diagonal runs off ball, dummy runs, and how to recognize space.</p> <p>Individual Defensive Tactics: How to man mark and intro to individual tactics of zonal defense.</p> <p>Small Group Offensive Tactics: Master take over, give & go, wall pass, overlap, and fake over. Master supporting shape/look to create diamonds on the field as often as possible for support. Understand 1 vs. 1, 2 vs. 2, and 3 vs. 3 situations.</p> <p>Small Group Defensive Tactics: Master pressure, cover, balance. Understand how to man mark and intro to zonal defending as a group. Understand how to defend in 1 vs. 1, 2 vs. 2, 3 vs. 3, and 4 vs. 4 situations.</p>	<p>Stretching and knowing the benefits of stretching becomes very important.</p> <p>Dynamic stretching during warm up that includes soccer specific movements, with or without the ball.</p> <p>Coordination while running with & without the ball.</p> <p>Being able to control the body through changes of direction and pace.</p>	<p>Players should definitely know the laws of the game.</p> <p>Players may start to develop the desire to practice on their own.</p> <p>Desire to execute skills correctly.</p> <p>Competitive drive is beginning to develop.</p> <p>Discipline needs to be a strongly installed at this age.</p> <p>Players are maturing at different rates, mentally & physically.</p> <p>Peer evaluation is constant.</p> <p>KEEP IT FUN!</p>	<p>There should not be sessions dedicated solely on tactics. However, this time is considered the dawn of tactics, so introducing tactics at this time is appropriate. Continue to stress the importance of technique.</p> <p>Practices should be 3 times a week and no more than 90 minutes in duration.</p> <p>Winter training is strongly encouraged.</p> <p>Practice Topics:</p> <ul style="list-style-type: none"> *Running with the ball at speed *Receiving the ball under pressure *Passing/Shooting/Ball Striking *Combination play *Switching point of attack *Basic support defensive/offensive *Maintaining possession *Possession with a purpose *Small sided games (4 vs. 4 or 5 vs. 5).



Illinois Fusion Soccer Association

U14 Curriculum



Technical	Tactical	Fitness	Psychology	Practice Topics
<p>Objectives: Main focus is to continue the development of individual skills under the pressure of time, space, & opponent. Increase technical speed.</p> <p>Dribbling: Continue to encourage to take players on 1 vs. 1 with feints & moves. Keep possession with shielding and turns under pressure.</p> <p>Passing: Short, long, bent, crosses, driven, & chipped passes. All surfaces on the run.</p> <p>Receiving: Continue to stress quality 1st touch, being able to take balls out of the air. All surfaces of the foot, on the run.</p> <p>Turning: Look to be dangerous. Continue to develop simple and complex turns.</p> <p>Shooting: On the run, on the turn. From all angles. Crosses and volleys.</p> <p>Heading: Continue to improve offensive & defensive heading. To goal (Shoot/glance), to pass, to clear.</p> <p>Defending: Continue to develop the zonal back four defense and proper tackling techniques.</p>	<p>Objectives: Continue to develop player's tactical speed. Emphasis on decision making under pressure.</p> <p>Individual Offensive Tactics: 1 vs. 1 in attack-keep possession. Encourage risk taking and taking players on in the proper areas of the field.</p> <p>Individual Defensive Tactics: 1 vs. 1 in defense-proper pressure on the ball, channel player, chase, proper angle.</p> <p>Small Group Offensive Tactics: Keep possession by support and combination play. Width, depth, & penetration. Crossing with the proper runs in the box. Simple set plays should be introduced. 2 vs. 1, 2 vs. 2, 3 vs. 2, 3 vs. 3, 4 vs. 2, 4 vs. 4.</p> <p>Small Group Defensive Tactics: Angle of distance and cover. Balance. Delaying and pressing as a team. 2 vs. 1, 2 vs. 2, 3 vs. 2, 3 vs. 3, 4 vs. 2, 4 vs. 4.</p>	<p>All fitness work should be done with the ball.</p> <p>Stretching should be dynamic as well as static.</p> <p>Agility should be coordination with and without the ball.</p> <p>Speed, endurance and balance should all be stressed.</p> <p>Core strength and stability should be introduced with non weight bearing exercises.</p>	<p>The game should remain fun and enjoyable, first and foremost. Players should have a passion for the game.</p> <p>The coach should continue to encourage imagination and creativity from all players.</p> <p>The demands of the game are increased.</p> <p>Training targets should be established.</p> <p>Discipline must be maintained.</p> <p>Encourage players to watch or attend professional and national team games on TV and in person.</p>	<p>There should not be sessions dedicated solely on tactics. However, this time is considered the dawn of tactics, so introducing tactics at this time is appropriate. Continue to stress the importance of technique.</p> <p>Practices should be 3 times a week and no more than 90 minutes in duration.</p> <p>Winter training is strongly encouraged.</p> <p>Practice Topics:</p> <ul style="list-style-type: none"> * Zonal defending in the defensive 3rd. * Attacking flank play * Building out of the back * Maintaining possession while utilizing the GK * Combination play in the final 3rd * Midfield defending * Changing the point of attack <p>*Small sided games (4 vs. 4 or 7 vs. 7).</p>