

Arsenal SC – Player Curriculum

When a player finishes his/her completion of each age group they should be proficient in the following skills:

U4-U6 Player

- Game is 3 v 3
- Fun
- Dribbling Technique
- Engaging the ball in attack and defense
- Attacking-Advancing the ball forward with the dribble or pass
- Defending-Getting behind the ball

U7-U8 Player

- Game is 4 v 4
- Dribbling Technique
- Shooting Technique
- Shape-Width and Depth
- 1 v 1-Attacking with the ball-Taking on the defender
- 1 v 1-Defensively engaging the player with the ball and protect the goal
- Goalkeeper Concepts-Stop Shots

U9-U10 Player

- Game is 7 v 7
- Dribbling Technique
- Shooting Technique
- Passing And Receiving Technique
- Rules of the Game
- Juggling the amount of times the player is old
- Passing with a purpose
- 2 V 1- Attacking- Passing Combinations and Positional Awareness
- 2 v 1- Defending- Pressure/Cover, Win the ball, Get up and Out and Positional Awareness
- Goalkeeper Concepts-Rolling, Throwing and Punting

U11-U12 Player

- Game is 9 v 9

- Shooting Technique
- Passing Technique
- Receiving Technique
- Juggling the amount of times the player is old with both left and right foot
- A number of various moves to aid in ball control and possession
- 3 v 2- Attacking-Changing the point of Attack
- 3 v 2- Defending-Pressure/Cover/Balance and an understanding of Risk and Reward in all of the thirds of the field
- Goalkeeper Concepts-Distribution, proper angles to make the goal smaller, leaving their line and communication

U13-U14 Player

- Game is 11 v 11
- An understanding of positional roles and responsibilities on the field
- An understanding of off the ball movements
- Speed of play
- Weighted passing
- Be comfortable with the ball in possession
- Attacking principles-Width, Depth, Penetration and Creativity
- Defending principles-Pressure, Cover, Balance and Communication
- Systems of Play
- Goalkeeper Concepts-Distribution in the 11 v 11 game and communication with defenders

U15-U19 Player

- Game is 11 v 11
- Ability to play one touch soccer
- Attacking-Tactical awareness on how to break down a defense
- Attacking-Playing faster with less touches
- Attacking-Creating space for teammates
- Defending-Tactical awareness on how to shut down an offense
- Defending-Marking and Pressing
- Defending-Playing numbers up and down
- Goalkeeper Concepts- Distribution in the 11 v 11 game, ideas to stay out of danger in the box and communication with defenders