



TACTICAL
SOCCER
INTELLIGENCE

FIT

FAST

TECHNICAL
SOCCER
SKILLS

FUNCTIONAL

FORMULA

Developmental Stages

What
When?

FUNDAMENTAL 6-8 years old	YOUTH 8-11 years old	ACCELERATED 11-14 years old	COMPETITIVE 14-19 years old	ELITE 19+ years old
Basic Ball Skills	Basic Competitive Skills	Advanced Competitive Skills	Mastery & Match Application	Mastery & Maintenance
Simple Decision-Making & Combinations	Combination play and Attacking & Defending Roles	Combinations on Attack and Defense	Group & Team Tactics	Team & Opponent Tactics
General Activity & Fun	Sport & Activity	Physiology ready for basic development	Advanced Aerobic & Intense Glycolytic Training	Individualized Sport-Specific Development
ABC's: Agility, Balance and Coordination	Neural Pathways, Fast-Twitch Firing	Multi-Directional Mechanics	Specific Technical Proficiency + Power Transfer	Individualized Sport-Specific Movement
Multi-Joint Body-weight Mastery	Bodyweight & Fundamental Movement Patterns	General Multi-Joint Strength & Coordination	Functional Strengthening	Individualized Sport-Specific Strengthening

Share This Story!

RECOMMENDED FOR YOU

Top Recovery Methods for Athletes: Part #2

Top Recovery Methods for Athletes: Part #1

Young Athlete Elbow Injury Prevention

2 Crucial Factors When Training for Metabolism and Strength Development

Subscribe

Subscribe



Quiz

stack

Ezekiel Elliott was drafted by the Dallas Cowboys in what year?

2015

2016

2017

2018

powered by Insticator

Skip >



MOST POPULAR

stack rewards

Introducing Stack Rewards – Fund Sports Effortlessly with Personal Cashback Rewards

Company News, Sports, Sports News, Tech, Youth Athletes, Youth Sports

6 Essential Tips to Qualify for the Boston Marathon

High School Sports, Running, Sports News, Training, Youth Sports

How To Support Your Child as They Grow Their Social Circle

High School Sports, Parents, Sports News, Youth Athletes, Youth Sports

The Intermittent Fasting and Strength Training Combo: A Match Made in Muscle-Building Heaven?

Fitness, Nutrition

Essential Supplements for Anti-Aging: Enhancing Longevity and Cellular Health

Nutrition, Sports Supplements

Top Recovery Methods for Athletes: Part #2

Strength Training, Training

Best Foods for Athletic & Training Recovery

Nutrition

9 Exercise Mistakes Women Make and How to Avoid Them

Strength Training

LOAD MORE POSTS