

Technical Development

Note: For many Technical items, the gray bar ends after 6 years. This does not mean a player should no longer perform these skills; rather it means that by that point a TBAYS Soccer Club player should have mastered the skills and is able to execute the skills in a game environment.

	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
1. Passing & Receiving (left & right feet)														
Pass - Push (short)		X	X	X	X	X	X							
Pass - Chip						X	X	X	X	X	X			
Pass - Driven (low) & Lofted (long)					X	X	X	X	X	X				
Pass - Wall Passes / Give & Go					X	X	X	X	X	X				
Pass - One Touch Passing					X	X	X	X	X	X	X			
Receiving - Ground Balls (1 st Touch & Framing)		X	X	X	X	X	X							
Receiving - Flighted Balls (Chest, Thigh, Foot)					X	X	X	X	X	X				
Receiving - Turn (Inside & Outside)					X	X	X	X	X	X				
2. Dribbling (left & right feet)														
Dribbling - Laces	X	X	X	X	X	X	X							
Dribbling - Inside	X	X	X	X	X	X	X							
Dribbling - Outside	X	X	X	X	X	X	X							
Dribbling - Sole of Foot	X	X	X	X	X	X	X							
Running with the Ball				X	X	X	X	X	X					
3. Moves & Turns (left & right feet)														
Inside / Outside Cut (Chop or Hook)		X	X	X	X	X	X							
Scissors (Double, etc)				X	X	X	X	X	X					
Ronaldo Chop					X	X	X	X	X	X	X			
Inside / Outside (The Snake)				X	X	X	X	X	X					
Step Turn			X	X	X	X	X	X	X	X	X			
The "V"				X	X	X	X	X	X	X	X			
Maradona Move/ Zidane					X	X	X	X	X	X	X			
Shakin' Bacon		X	X	X	X	X	X							
Rivaldo					X	X	X	X	X	X				
The Henry Turn				X	X	X	X	X	X					
Cruyff (180 turn, 90 turn)				X	X	X	X	X	X	X				
Turn - Drag Back			X	X	X	X	X							

Tactical Attacking

Attacking Principles: PENETRATION – DEPTH – MOBILITY – WIDTH - IMPROVISATION

	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
1. Attacking Principles #1														
1 st Attacker (1 v 1, 1 v 2)			X	X	X	X	X	X	X	X	X	X	X	X
<i>Penetration Passes</i>						X	X	X	X	X	X	X	X	X
2 nd Attacker (2 v 1, 2 v 2, 2 v 3)			X	X	X	X	X	X	X	X	X	X	X	X
<i>Creating Space</i>			X	X	X	X	X	X	X	X	X	X	X	X
<i>Support (Movement Off The Ball)</i>			X	X	X	X	X	X	X	X	X	X	X	X
<i>Width</i>			X	X	X	X	X	X	X	X	X	X	X	X
<i>Depth</i>				X	X	X	X	X	X	X	X	X	X	X
<i>Overlaps</i>					X	X	X	X	X	X	X	X	X	X
<i>Penetration Runs</i>					X	X	X	X	X	X	X	X	X	X
3 rd Attacker (3 v 2, 3 v 3)							X	X	X	X	X	X	X	X
<i>Diagonal Runs</i>							X	X	X	X	X	X	X	X
<i>Forward Play</i>							X	X	X	X	X	X	X	X
<i>Speed of Play</i>							X	X	X	X	X	X	X	X
2. Attacking Principles #2														
Possession - Linking Up; Linking Back							X	X	X	X	X	X	X	X
Transition (from Defense to Offense)				X	X	X	X	X	X	X	X	X	X	X
Winning the Ball & Connecting to Counter Attack				X	X	X	X	X	X	X	X	X	X	X
Combination Play							X	X	X	X	X	X	X	X
Switching Play					X	X	X	X	X	X	X	X	X	X
Playing Out From The Back (Incorporating GK)							X	X	X	X	X	X	X	X
Finishing In The Final Third						X	X	X	X	X	X	X	X	X
Effective Communication			X	X	X	X	X	X	X	X	X	X	X	X

Tactical Defending

Defending Principles: HARD / SOFT PRESSURE – COVER – BALANCE – DEPTH - CONCENTRATION – DISCIPLINE | GOAL: WIN THE BALL

	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
1. Defending Principles #1														
1 st Defender (1 v 1, 2 v 1)			X	X	X	X	X	X	X	X	X	X	X	X
<i>Mark / Step In-Front of Pass</i>				X	X	X	X	X	X	X	X	X	X	X
<i>Press (Pressure Every Forward Pass)</i>				X	X	X	X	X	X	X	X	X	X	X
2 nd Defender (1 v 2, 2 v 2, 3 v 2)			X	X	X	X	X	X	X	X	X	X	X	X
<i>Cover</i>			X	X	X	X	X	X	X	X	X	X	X	X
3 rd Defender (2 v 3, 3 v 3)					X	X	X	X	X	X	X	X	X	X
<i>Balance</i>						X	X	X	X	X	X	X	X	X
<i>Tracking</i>				X	X	X	X	X	X	X	X	X	X	X
2. Defending Principles #2														
Zonal Defending				X	X	X	X	X	X	X	X	X	X	X
Pressing (Pressure Every Negative Pass)				X	X	X	X	X	X	X	X	X	X	X
Retreat & Recovery				X	X	X	X	X	X	X	X	X	X	X
Compactness				X	X	X	X	X	X	X	X	X	X	X
Transition (Win Ball & Connect on Counter Attack)				X	X	X	X	X	X	X	X	X	X	X
Offside Trap						X	X	X	X	X	X	X	X	X
Effective Communication			X	X	X	X	X	X	X	X	X	X	X	X

