

## **Skill Development Continuum from U4 to U16 – Guiding Principles Phrasing**

**U4 Play**

**U6 Control and Play**

**U8 Control, Look and Play**

**U10 Support, Control, Look, and Play**

**U12 Space, Support, Control, Look and Play**

**U16 Space, Support, Look, Control and Play**

## **Soccer Activities, which demonstrate skill continuum from Coach's Toolkit Resource**

**U4** Active Start-Dribbling Activity 5: **Troll** pg. 13 but instead of ball falling off the bridge, parents are lined along the side and keep ball in play.

**U6 Troll** game again but this time players must keep the ball on the field of play as there are no parents on the edge of the bridge. Players must maintain control of the ball from the Troll and from falling off the bridge.

**U8** Fundamentals-Passing Activity 2: **Three Corners** pg. 20

**U10** Fundamentals-Passing Activity 4: **Danger Zone** pg. 22

**U12** Learning to Train-Passing Activity 2: **Into the Zone** pg. 24

**U16 Diamonds in the Rough (field of play)**- passing in space with accuracy and movement, switching when defenders take the ball.