

CONTENT DISTRIBUTION BY AGE: TACTICAL

STAGE AND AGE GROUP

TACTICAL	INITIAL			BASIC					INTERMEDIATE		ADVANCED				SPECIFIC		Senior
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20		
1. Attacking Principles				3	3	4	4	5	5	5	5	5	5	5	4	4	3
2. Possession				2	3	4	5	→									
3. Transition				1	2	3	4	5	→								
4. Combination Play				2	3	4	5	→									
5. Switching Play				1	1	2	3	3	4	→							
6. Counter Attacking						1	1	2	3	4	4	5	→				
7. Playing out from the back				3	3	4	4	5	→								
8. Finishing- Final Third				1	2	3	4	5	→								
1. Defending Principles				2	3	4	4	5	5	5	5	4	4	3	3	3	2
2. Zonal Defending				2	2	3	3	4	4	5	5	4	4	3	→		
3. Pressing				1	1	2	2	3	3	4	4	5	5	→			
4. Retreat & Recovery				2	2	3	3	4	4	5	5	5	5	4	→		
5. Compactness				1	1	1	1	2	2	3	3	4	4	5	→		

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

4= HIGH

5= VERY HIGH

