



# MISA

EMPOLI  
INTERNATIONAL  
ACADEMY

# U5-U12

**MAIN OBJECTIVES:** Personal growth, essential knowledge of technical movements related to soccer.

Observe the following steps:

- 1) Have fun playing
- 2) Have fun playing with your teammates
- 3) **Have** fun challenging opponents

## THE GAME

The game of soccer is can be a fundamental tool towards child development and in assisitng their personal and social life.

The repeated occurrences with the ball and without the ball, helps provide a sense of joy a primary purpose of U5 to U12 youth activity which have been shown to be fundamental in the child's development.

The game of soccer allows a player to interact with opponents and companions with continuous and varying situations.

# TECHNIQUE AND INDIVIDUAL TACTICS

## 7 ESSENTIAL TECHNICAL ELEMENTS

- Kick: Pass, shot on goal
- Ball control: Dribbling, passing and receiving, shielding
- Ball dribble: Freestyle dribbling, dribble with opponent.
- Fainting moves
- Heading (If allowed by USSF guidelines)
- Goalkeeper techniques
- Throw-ins

# TECHNIQUE AND INDIVIDUAL TACTICS

## OBJECTIVES OF INDIVIDUAL TACTICS

### IN POSSESSION PHASE

### OUT OF POSSESSION PHASE

FINDING SPACE/LOSING  
OPPONENT



TAKEOVER OF A POSITION

CONTROL AND DEFENCE



MARKING

FEINT and DRIBBLING



TACKLE

PASS



INTERCEPTION

FINISHING



DEFENDING GOAL

## TRAINING SESSION: STRUCTURE (U5– U6)

- **WARM UP**: Game 1v1, 2v2 or general games such as sparrow/hawk, fisherman, dogs and cats, red light/greenlight, etc.
- **COORDINATIVE STATION**: Challenges/dueles with and without ball aimed towards the development of basic coordinative patterns and topological concepts; that is, all concepts related to space: Inside, outside, front, back, side, above, under a figure, etc.
- **BALL MASTERY STATION**: Activities, games, challenges where a child discovers and experiences contact with the ball using different parts of the foot. First experience of combination between coordinative movements i.e. running and external element the ball.
- **FINISHING STATION**: Challenge with increased difficulty a child becomes familiar with the movements of shooting; with a steady ball, with a moving ball, while dribbling the ball.
- **STATION OF 1vGK and 1v1**: Challenges designed to increase a child's self-esteem through the realization of scoring a goal or during a duel with an opponent.
- **FINAL GAME**: MAX 3v3

## TRAINING SESSION: STRUCTURE (U7– U12)

U7-U12 training session advice: Structure must identify the following elements:

- *PHASE OF THE GAME (D-M-A)*
- *TACTICAL OBJECTIVE IN POSSESSION*
- *TACTICAL OBJECTIVE OUT OF POSSESSION*
- *INDIVIDUAL TECHNICAL OBJECTIVES*

CREATE ACTIVITIES AND DRILLS THAT TAKE INTO ACCOUNT ABOVE OBJECTIVES THEN ORGANIZE AND MONITOR SUBSEQUENTLY.

# TRAINING SESSION: STRUCTURE (U7– U12)

- **WARM UP: Game** 2v2 to 4v4, street game (German, three of a kind, shooting contest etc. Rondos challenge, multi-sport game rugby, volleyball, basketball etc.
- **BALL MASTERY: Challenges** where the child relates to the ball with analytic exercises that are consistent with the technical objective of the session.
- **COORDINATIVE GAME: Challenge game** where child continues development of essential coordinative skills combined with the technical objective of the session.
- **SITUATION: Game** where there are small side/numbers situations i.e. 1v1, 2v1, 3v1, 2v2, 3v2, 4v2, 3v3, 4v3, 5v3, 5v4, 5v5) similar situations to a real game/match consistent with the technical objective of the session.
- **THEME BASED GAME OR SITUATION OF 1v1**: Game with technical restrictions consistent with the objective of the session. Duels in all possible situations following a progression that goes from simple to complex.
- **FINAL GAME**: 5V5, 7V7, 9V9.

# MAIN CHARACTERISTICS OF U5-U8

- A period of strong egocentrism; that is, children do not yet recognize playing soccer as part of a game playing together with their teammates.
- Excitement for sports, practice and desire to play
- Minimal concentration, difficulties with complexity; a need to simplify
- No anticipatory motor skills
- Focus on the ball: All players follow the ball
- Tend to compare themselves with teammates with little evaluation for comparison.
- Very fast life rhythms, quick response to new inputs.
- **DESIRE TO PLAY**
- **FUN DISCOVERING DIFFERENT ASPECTS OF THEMSELVES, THEIR BODY AND RELATED RESPONSES WITH THEIR BODY RATHER THAN THE AUDIOVISUAL.**



# MAIN CHARACTERISTICS U8-U11

- Ability to control and master their body.
- Less motor exuberance, more self-control.
- Improved perception of different elements in their space.
- Better evaluation of ball trajectories and spatial orientation; more precision.
- Less need to discharge energy through motion.
- Fun through sports action: Knows how to do things, not only expression of energy.
- Combination of movement and thinking: The ability to use thought during play, to evaluate game and to anticipate it.
- Ability to take calculated risks during game.
- Ability to cooperate with teammates.
- Ability to make decisions and be responsible.
- **DESIRE TO PLAY, HAVE FUN WITH THEIR TEAMMATES AND LEARN TO PLAY SOCCER AS A TEAM**

# MAIN FEATURES U11-U12

## GOLDEN AGE OF MOTOR SKILLS

- Soccer is experienced in terms of social interaction and aspiration to reach higher levels.
- Strong need to test one's own skills.
- Attraction to the competition and challenge
- First conflicts with adults: Mood change, growth changes i.e. coach assumes greater value for the players.
- Strong need to be with friends.
- Need to be with others; working on team cohesion.
- Ability to assess critical situations in game vs training.

**KNOWLEDGE OF THE ELEMENTS THAT ALLOW THE INTEGRATION OF AN INDIVIDUAL ACTION INTO A COLLECTIVE ONE, COLLABORATION BETWEEN TEAMMATES.**

# GENERAL OBJECTIVES

U6-U7-U8-U9	U10-U11	U12-U13
Respect players physiological growth	Propose variety of games and exercises that have increasing complexity with increased choice of possibilities when compared to previous age group	Propose variety of increasingly more and more complex activities and game situations: See, understand, choose and execute
Bring children close to the game, simplify it without distorting it: creativity means to experiment and not just to execute.	Keep players constantly involved in the session and/or activities by reducing breaks and downtime	Improve pace of activities
Activities from simple to complex	Lead the players to autonomy and problem solving	Develop player's work ethic and attitude
Child needs to learn to be a protagonist and choose; therefore a coach should offer him/her training opportunities to develop their own creativity.	Propose activities where players make decisions, reinforce the correctness of choices and their ability to choose.	Propose principles to organize collaboration among teammates both in possession and out of possession phase i.e. passage and cover
The instructor gives meaning to the game for the child always acts with purpose by placing the child in a position to succeed.	Use inductive methods for game situations and explain behaviors in self-related mode by focusing on one's own commitment and not someone else's faults	Encourage individual choices: Dribbling, one-two, finishing and those of their teammates.
Vary execution of movements, speed and rhythm through games. Quick explanations and simple deliveries to dynamize action	Support a positive atmosphere focusing on collective commitment more <b>than victories</b> .	Use inductive and deductive reasoning for game situations. Know and respect rules of the game.

# COORDINATIVE ABILITIES: OBJECTIVES

U6-U7-U8-U9	U10-U11	U12-U13
Recognize different body inputs. Control breathing and knowledge of the body and its parts.	Have good ROM, good overall coordination control of the body and combine movements.	Have good ROM, good overall coordination and control of body; combine movements and use them at the service of solving game problems.
Differentiate postural patterns of body segments: Bend, flex, rotate etc. Understand body segments: Torso, limbs, etc. Differentiate simple forms of basic coordinative patterns: Run, jump, push, pull, roll, etc.	Execute quickly coordinative patterns: Run, jump, land, throw, catch, crawl, roll, etc. and specific motor skills.	Quickly execute coordinative patterns: Run, jump, land, throw, catch, crawl, roll, etc. And specific motor skills in a soccer oriented formt.
Have good balance and extensive Range of Motion (ROM)	Differentiation: Ability to recognize and execute necessary amount of strength needed to pass, finish, etc.	Have good basic aerobic preparation.
Perform specific motor skills in rough form: Kick, dribble, etc.		Have sufficient understanding of strength and its expression and be able to to place in service to meet required objectives.
Experience different movements and coordinative abilities to achieve simple		

# TACTICAL AND TECHNICAL OBJECTIVES

## U6-U7-U8-U9

- Initial approach with the ball at feet
- Knowing how to run with ball in hand and between feet
- Knowledge of different parts of the foot
- Finishing with steady and moving ball
- Knowledge of situations of 1vGK and 1v1

# TACTICAL AND TECHNICAL OBJECTIVES

## U10-U11

- Sufficient foot sensibility and ball mastery
- Ability to dribble ball with different parts of foot: Inside, outside, laces, etc.
- Ability to kick and pass ball
- Ability to control ball with feet, chest, thigh
- Ability to finish
- Ability to throw-in
- Knowledge of shielding ball
- Initial knowledge of unmarking moves and creating space
- Ability to play 1v1: Performance of moves
- Ability to collaborate with teammate: Ball possession phase and execution of give and go, wall passing
- Ability to mark opponent and evaluate pass trajectories
- Ability to manage simple situations: 2v1, 1v2, 1v1, 2v2, 3v1 in possession and out of possession phase
- Initial ability to tackle from different positions

# TACTICAL AND TECHNICAL OBJECTIVES

## U12-U13

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| <ul style="list-style-type: none"><li>• Ability to dribble ball with different parts of foot.</li><li>• Ability to pass ball in every direction with all parts of foot and head.</li><li>• Ability to control ball with feet and other parts of body: Chest; thigh, head; abdomen.</li><li>• Ability to finish with all parts of foot and allowable body parts.</li><li>• Ability to shield ball.</li><li>• Ability to attack 1v1.</li><li>• Ability to manage situations with numerical superiority, numerical inferiority and parity.</li><li>• Ability to effectively tackle from different positions: Front, side, back, slide tackle, aerial tackle.</li><li>• Ability to defend 1v1</li></ul> | <ul style="list-style-type: none"><li>• Possession of individual tactics notions: Mark, create space, etc. without specific position or role related features.</li><li>• Start to read the game i.e. What is going to happen both in possession and out of possession of ball.</li><li>• Ability to relate to space thanks to the knowledge of essential principles concerning: Timing, pass, finding space, marking opponent, creation and closing of space to play, movement both with and without the ball, shielding ball, defending goal, basic knowledge of support pass and movement, cut, triangulation, cross movement, delay and pressing.</li><li>• Ability to collaborate between teammates in possession and out of possession phase.</li></ul> |
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# MAIN FEATURES U14-U19

## U14-U19

- Up to U14: Main focus is on technical, cognitive and coordinative objectives.
- Starting with U14: Focus should progressively move to individual tactical and collective, team objectives.
- Individual tactics is the basis upon which we should build our training sessions in order to take one step towards the development of soccer players.



# MAIN FEATURES

U14-U15

## PRIMARY OBJECTIVE

Ability to play and make autonomous decisions on field, recognize and manage situations during a game and have the ability to collaborate with more than two teammates.

# GENERAL OBJECTIVES

## U14-U15

Complex situations in training session: Player has to see, feel, understand, recognize, read the game, communicate, choose and execute	High pace	Work ethics
Increased team collaboration	Stimulate player to make decisions	Share fsoccer decisions with teammates
Use of both deductive and inductive teaching approach	Accept referee's decisions	Develop a sense of belonging within team to achiever same goals

# TACTICAL AND TECHNICAL OBJECTIVES

## U14-U15

- Management of situations with numeral superiority, numeral inferiority and parity.
- Defending: How to defend in a 1v1; pressure, cover first defender, balance
- Good understanding of individual tactics, with some individual specifics
- Anticipate next play: Our own and that of the opponents.
- Good collaboration between players with same role: Defenders, midfielders, strikers both with and without the ball.
- Good understanding for creating space: Wide, deep, cut, one-two, overlap, shots from outside the box, cross, combinations among 2-3 attackers, collaboration of the defensive line, offside as a defending element.
- Knowledge of different free kick situations and combinations

# MAIN FEATURES

U15-16

## MAIN OBJECTIVE

Play to win: Players should have all the tools and know-how to win a game.

Know all possible developments in a game both offensive and defensive and execute this knowledge on field.

Begin functional training for specific roles: Defenders, midfielders, strikers as well as team shape/formation.

# GENERAL OBJECTIVES

## U15-U16

Multiple activities vary and complex: See, feel, understand, share, choose, execute	Pursue of high pace and intensity during activities and training session combined with the ideas and style of play of the team	Very good predisposition to work hard and total autonomy
Collaboration among teammates recognizing and sharing same principles and ideas of the game: Ideas and style of football of the team	Stimulate sharing and corrections of teammates' choices and decisions	Use deductive approach during game situations
Acceptance without exceptions of decisions from the referee. Full knowledge of the rules of the game	Live in armony with the team, acknowledging hierarchies and identifying with the team to achieve common goals	

# TACTICAL AND TECHNICAL OBJECTIVES

## U15-16

- Ability to dribble ball successfully with every part of either foot
- Ability to pass ball successfully with every part of both feet and head in any direction
- Ability to controll ball successfully with feet, chest, leg, head, abdomen
- Ability to finish successfully with both feet and head.
- Ability to head ball successfully: Both feet on the ground, while jumping with both feet and with one foot.
- Ability to successfully shield ball

# TACTICAL AND TECHNICAL OBJECTIVES

## U15-16

- Ability to win 1v1 situations successfully (50/50 balls)
- Ability to successfully manage situations when there is numeral superiority, numerical inferiority and equity.
- Ability to successfully tackle from different angles: Frontal, side, back, slide tackle, aerial tackle.
- Ability to successfully defend in: 1v1, 2v2, 2v3, 3v3, 3v4, 4v4, etc.
- Good understanding of individual tactical situations specific to one's position on the field

# TACTICAL AND TECHNICAL OBJECTIVES

## U15-16

- Good knowledge of tactical situations related defensive third, middle third and attacking third of field as well as the coordination and cohesion in these sectors
- Perfect knowledge to create space: Wide, deep, cuts, triangulation, overlap, shots from outside box, cross, combinations among 2-3 attackers, collaboration of the defensive line, use of offside as a defensive element.
- Perfect tactical team cohesion: Strategies and their execution, concepts of depth, width and penetration, zonal marking, man to man marking, mixed zonal man marking.
- Understand and execute laboratory plays during free kicks.