

D License

Methods of Coaching I Athlete Development Model



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The successful candidate will:

Primary	Demonstrate coaching and teaching skills appropriate to the technical, tactical, physical and psycho-social challenges of players in the intermediate stage of development
Secondary	Demonstrate the importance of individual growth and development within a team
	Understand and describe the effect of: training quality vs. quantity and the number of matches vs. the number of training sessions on the intermediate stage player



IMPORTANT NOTES FOR INSTRUCTORS:

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- *Some graphic content provided by PresenterMedia



ARE YOU FOCUSED ON AGE-APPROPRIATE TARGETS?



TECHNICAL

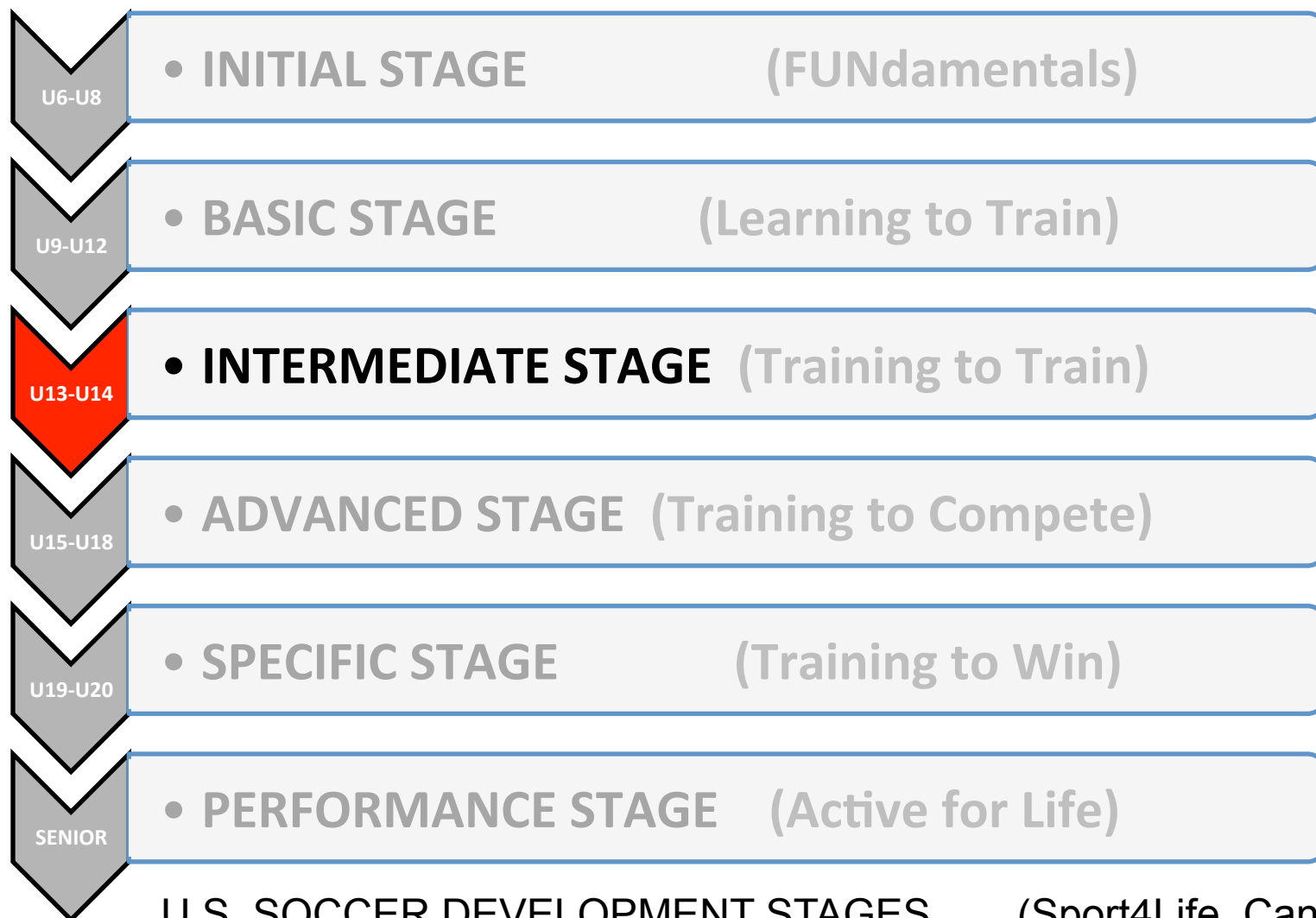
TACTICAL

PHYSICAL

PSYCHO-SOCIAL

U.S. SOCCER “D” COURSE

ATHLETE DEVELOPMENT



U.S. SOCCER DEVELOPMENT STAGES

(Sport4Life, Canada)

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12

TECHNIQUE

TACTICS

PHYSICAL

PSYCHO-SOCIAL



15

TECHNIQUE

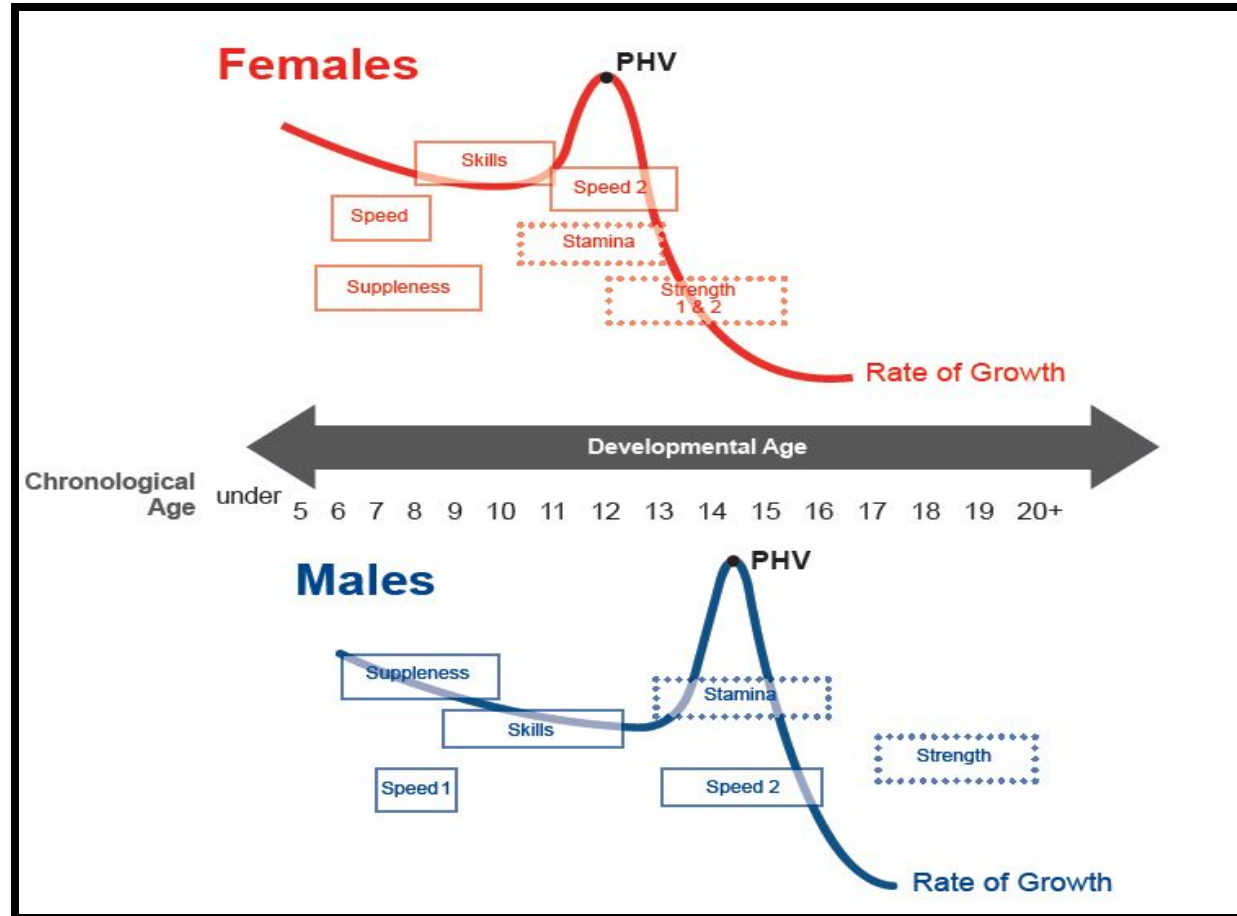
TACTICS

PHYSICAL

PSYCHO-SOCIAL

TRANSITION: Who/What are we teaching?

U.S. SOCCER “D” COURSE ATHLETE DEVELOPMENT



A PERIOD OF RAPID TRANSITION...



BIRTH YEAR or DEVELOPMENTAL AGE?

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BASIC
STAGE
(13-14)

QUALITY OF
TECHNIQUE

TECHNICAL
ACCURACY

APPLICATION
OF
TECHNIQUE

KEY TECHNICAL COMPONENTS



**BASIC
STAGE
(13-14)**

**AGILITY
BALANCE
COORDINATION
(ABC's)**

ACYCLIC SPEED=
High intensity
running at variable
rates.

**ACYCLIC
SPEED**

AEROBIC CAPACITY

AEROBIC CAPACITY=
sustained aerobic load.

KEY PHYSICAL COMPONENTS



**BASIC
STAGE
(13-14)**

**INDIVIDUAL
PERCEPTION**

TEAM PERCEPTION

TEAM AWARENESS

KEY TACTICAL COMPONENTS



**BASIC
STAGE
(13-14)**

COOPERATION

COMMITMENT

**CONCEPTUAL
THOUGHT**

KEY PSYCHO-SOCIAL COMPONENTS



BEST PRACTICES

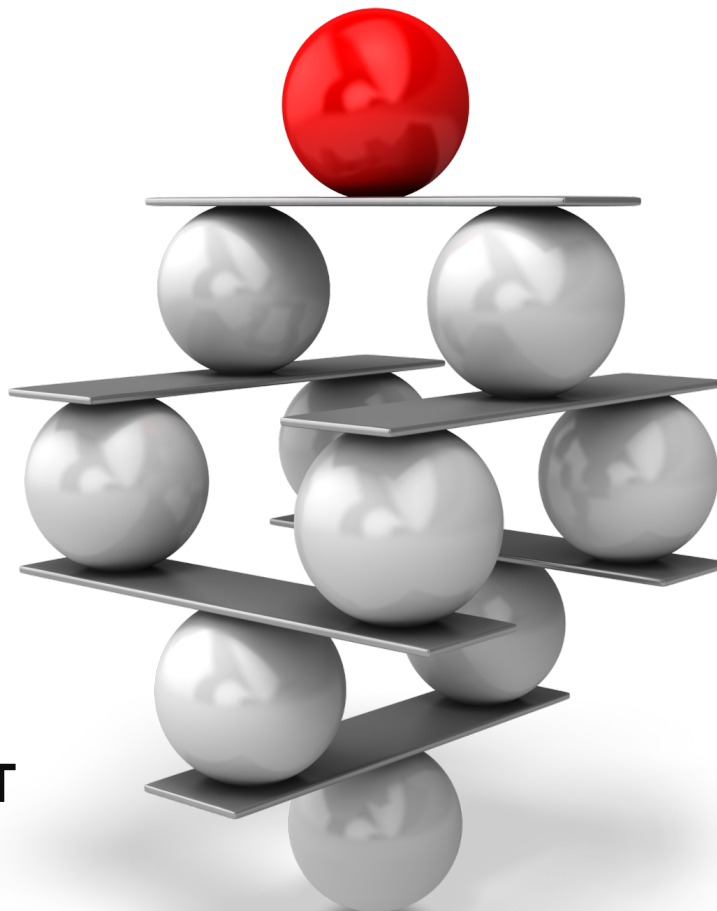
Ensuring that QUANTITY leads to QUALITY





“Team development quite naturally is dependent upon player development- 1st.” D.C.

**TEAM
OBJECTIVES**



**INDIVIDUAL
PLAYER
DEVELOPMENT**