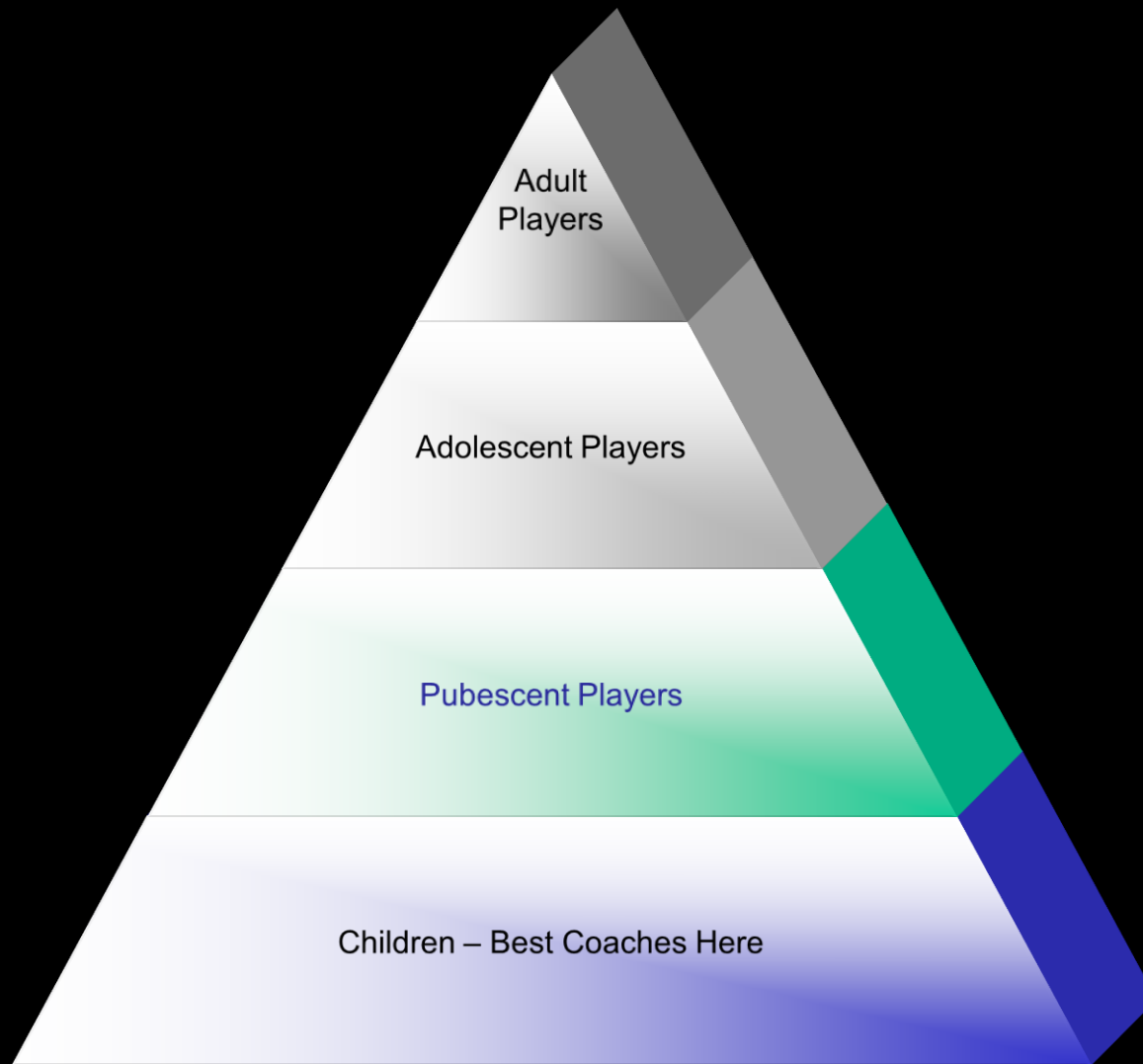


Player Development and Evaluation

*The Game for **All** Kids!*®

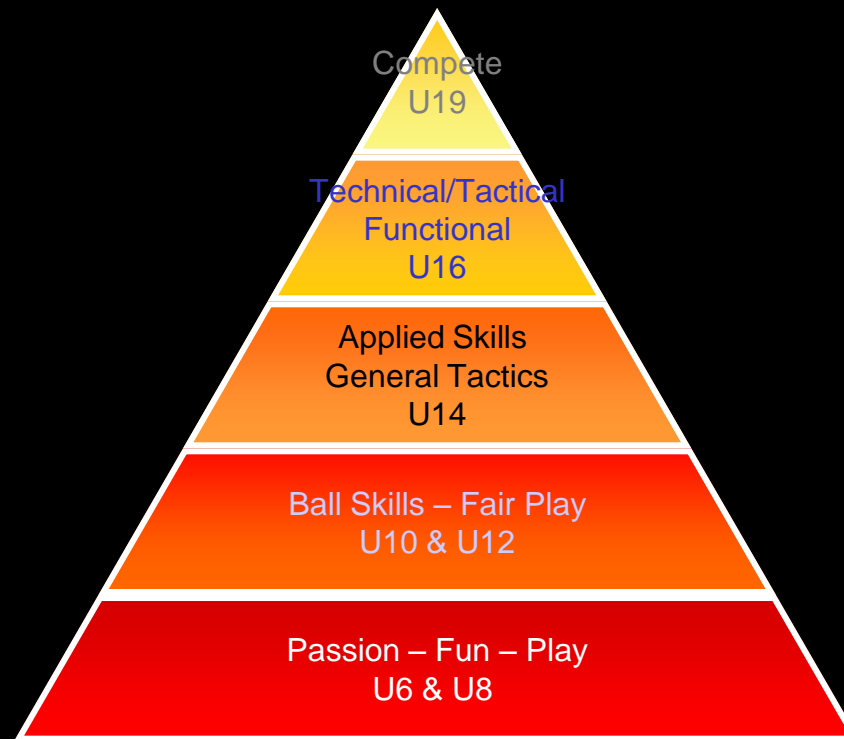
Coaching Education Department
US Youth Soccer





A Lifetime of Participation

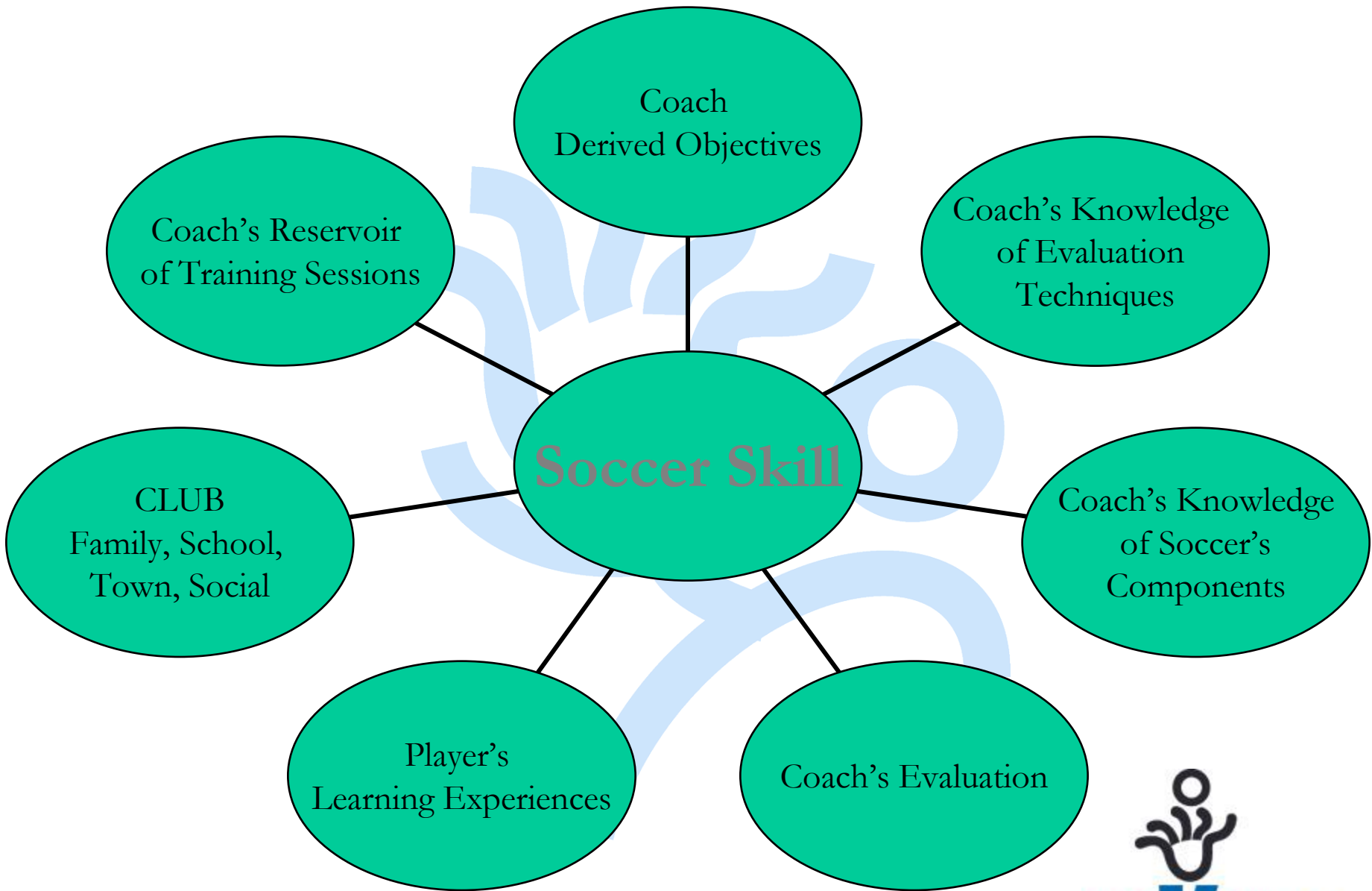
Player Development Pyramid



PLAYER DEVELOPMENT

- American soccer clubs must have a scheme for the development of all players, in all age groups and all levels of play within the club.
- The scheme must take into account the factors that affect the development of soccer skill.





PLAYER DEVELOPMENT

- Quality of Teammates
- Quality of Opponents
- Quality of Coaches



PLAYER DEVELOPMENT

- Age Group
- Level of Competition
- Length of Season
 - Frequency: Training & Matches
 - Intensity: Training & Matches
 - Duration: Training & Matches
(Tournaments)



PLAYER DEVELOPMENT

- Matches

- Friendlies

- Regulation Match

- League Match

- Tournament

- Who

- Where

- When

- Why



Recommended Training Session to Match Ratio

Age Group	Frequency	Duration	Ratio
U6	1 day/week	45 minutes	1:1 or 0:1
U8	1 day/week	45-60 minutes	1:1
U10	2 days/week	60 minutes	2:1
U12	2-3 days/week	60-75 minutes	2-3:1
U14	3 days/week	75 minutes	3:1
U16	3-4 days/week	75-90 minutes	4:1
U19	4-5 days/week	90 minutes	5:1

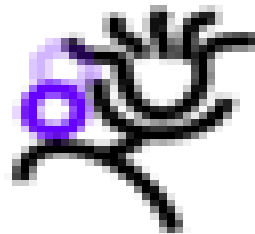
PLAYER DEVELOPMENT

- Training Session Focus

- Fitness (1:4)
 - Strength
 - Plyometrics
 - Rhythmic Exercises
 - Tumbling
- Technical (1:2)

- Training Session Focus

- Tactical (1:2)
- Regeneration
- Goalkeeping
- Team Building Activities



PLAYER DEVELOPMENT

- Scheduling
 - From the US Youth Soccer National Championship Series final backwards to opening day.
 - Training
 - Preseason
 - Midseason
 - State/Regional/National Championships Series Competition



PLAYER DEVELOPMENT

- US Youth Soccer Olympic Development Program
- Scholastic Soccer
- Indoor Soccer
- Scheduled Time Off



Issues With Competitive Soccer

- The most talented players tend to play the most matches (100+) and are generally the least rested.
- By virtue of the number of matches played (& the minutes played therein) the most talented players tend to be under-trained (ideal 5:1 ratio; 10,000 hour rule). Most of our elite players never learn how to train in a professional manner.



PLAYER EVALUATION

- Technical Speed
- Tactical Awareness (predominantly recognized by what the player does off-the-ball)
- Athleticism
- Emotional Control
- Mental Toughness



PLAYER EVALUATION

- Are they comfortable outside their club environment?
- Can they adjust to a different system?
- How do they react when they are asked to play a different position?
- What are their playing tendencies when playing along side equal or better players?



PLAYER EVALUATION

- Are they committed and willing to make the sacrifice?
- Can they handle the level of competition?
- Can they perform well under the pressure of:
 - Matches versus other state select teams?
 - A championship match?
 - The observation of college coaches, national scouts and regional ODP staff?
 - Coming off the bench?



Extracurricular Programs

- Speed Training



Running Mechanics

- Mental Skills Training

- Fitness Testing



Fitness Program



EVALUATION – Fitness Tests

- Keep the players on their toes since they know that they will be evaluated in a scientific way
- It let's them know clearly how they compare to others in their age group
- It identifies weaknesses for them to improve upon
- It gives more data on the players to help in evaluations



PLAYER EVALUATION

- Are they playing up?
- In what division are they playing?
- What is the strength of their team and what level of success has it achieved?
- What is the quality of coaching and training they are receiving?



PLAYER EVALUATION

- Does the player execute the roles of 1st, 2nd and 3rd attacker and defender?
- Does the player choose effective techniques to execute the play?
- Does the player support teammates both mentally (verbal) and physically (movement)?



Ages 4 to 9 Childhood	Ages 10-14 Puberty	Ages 15 to 23 Adolescence	Ages 24 to 35 Adulthood
<p>Mostly technical repetitions, psychologically friendly and positive, simple combinations, decision making activities. Individual basic skills with an emphasis on keeping ball possession. Lots of balance and coordination exercises.</p>	<p>More combinations on offense and defense. Many decision making environments. Psychologically positive with correction. Advanced competitive skills against match opponents. Tactically work on the roles of attack and defense and the basic principles of play. Exercises should focus on endurance, flexibility and speed.</p>	<p>Tactical application of ball skills. Intense fitness training now becomes a part of the training routine. Much of the focus of training is now on group and team tactics. Fitness training with an emphasis on speed, range of motion, strength and stamina. Emphasize now the mastery of ball skills and the match application of them.</p>	<p>Soccer is now either a recreational activity or a job. Consequently training will reflect this reality. Specialization in preparation!</p>
MATCHES	MATCHES	MATCHES	MATCHES
<p>Matches of 3- to 6-a-side. No leagues or standings! No tournaments – festivals instead. Many fun and competitive games. Gain technical skills and game insight by playing in simplified soccer situations.</p>	<p>Matches of 8- to 11-a-side. Selection (try-outs) should not begin until the U13 age group. Less emphasis on the match results and more emphasis on players' performances.</p>	<p>11-a-side matches with a strong emphasis on combination play. Matches should be used as a learning opportunity to execute new tactical concepts and team formations. There must be a balance between competitive matches and training games.</p>	<p>Play to win! Ability is measured by the result of the game and overall performance.</p>

PLAYER DEVELOPMENT & EVALUATION

“There are many people, particularly in sports who think that success and excellence are the same thing and they are not the same thing. Excellence is something that is lasting and dependable and largely within a person’s control. In contrast, success is perishable and is often outside our control... If you strive for excellence, you will probably be successful eventually... people who put excellence in first place have the patience to end up with success... An additional burden for the victim of the success mentality is that he/she is threatened by success of others and resents real excellence. In contrast, the person fascinated by quality is excited when he/she sees it in others.”

Joe Paterno – Penn State football coach – 1990

