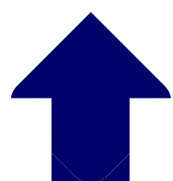




Age-appropriate soccer formats for training and games



structure / complexity

U17+ Up to 11 V 11	Game Focus Develop tactical awareness and game strategies in 11v11. Develop a winning mindset and learn how to win	Training Games Small-sided games up to 11v11
U15-U16 Up to 11 V 11	Game Focus Develop understanding of 11v11 using a game model for attack, defense and transition	Training Games Small-sided games up to 11v11
U13-U14 Up to 11 V 11	Game Focus Learn how to play 11v11 using a game model for attack, defense and transition	Training Games Small-sided games up to 11v11
U11-U12 Up to 9 V 9	Game Focus Learn how to play 9v9 using game model for attack, defense and transition	Training Games Small-sided games up to 9v9
U9-U10 Up to 7 V 7	Game Focus Learn how to play 7v7 using a game model for attack and defence	Training Games Small-sided games up to 7v7
U7-U8 Up to 4 V 4	Game Focus Learn how to play 4v4 using a game model for attack and defense	Training Games Small-sided games up to 4v4
U5-U6 No Structure	Training Focus Small-sided games: 1v1; 2v1; 2v2	No structure or tactics. Focus on enjoyment

Training games at all age groups should include unbalanced teams (2v1, 3v2 etc)