

Holy Child Soccer Club Player Development Model

The Holy Child Soccer Club Player Development Model is based on the [U.S. Youth Soccer Player Development Model](#) which advocates age-appropriate instructional models and continued development for coaches. Below you will find a recommended coaching plan for **Zone 1**. Most of our players fall into the **Zone 1** category and, therefore, will be the main focus of our instruction. **ALL** Holy Child coaches should follow this curriculum to help ensure a safe, effective, and enjoyable soccer experience for all of our players.

ZONE 1 **Ages U5 – U12**

Focus:

- Player Development **NOT** game results

Learning Outcomes:

- Learn and improve ball skills
- Understand the rules of the game
- Play fairly and exhibit good sportsmanship
- Learn general game and tactical principles (**Page 15 of US Youth Development Model**)

Recommended Training/Practice Plan:

- Training/Practice 2x a week
- Each session should last approximately 1 ½ to 2 hours
- Late August – Mid June
- Each session should concentrate on ball skills, rules of the game, positional play. A good resource can be found at soccerxpert.com
- Each session should include activities that promote athletic development and physical education. For example, simple plyometric exercises such as agility ladders, jumping jacks, hops, and squat jumps. A good resource for activities can be found on the [America College of Sports Medicine Web site](#).
- Each session should have an appropriate dynamic stretching model. Dynamic stretching or warmup involves movement and NOT simple stretching. A good resource can be found on the [kidshealth.org Web site](http://kidshealth.org).
- Utilize small-sided competition in all practice/training sessions. For example, 3v3, 3v2. A good resource for such activities can be found on the [USYouthSoccer Web site](#).

Notes for Coaches:

- Avoid burnout, both mental and physical
- Avoid overtraining
- Identify chronic and temporary injuries (i.e., concussions, ankle sprains, knee injuries, etc..)
- Be equitable in distribution in field time AND positions
- Continuously evaluate players
- **MAKE IT ENJOYABLE!!**