

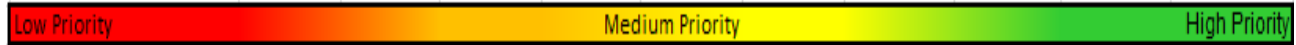
BC Soccer Grassroots Guidelines:

**LONG TERM PLAYER DEVELOPMENT**  
**AGE SPECIFIC PLAYER CAPACITIES**



# Physical Priorities

Physical	Active Start		FUNdamentals			Learning To Train			
	Under 4	Under 5	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12
Forward Running	<i>Illustrated by: Andrew Haines - BC Soccer</i>								
Backward Running									
Turning									
Twisting									
Rolling									
Falling/ Diving									
Crawling									
Falling/ Diving									
Hopping									
Jumping									
Skipping									
Bounding									
Acceleration									
Speed									
Reaction									
Strength									
Stamina									
Suppleness									



# Social/ Emotional Priorities

Social/ Emotional	Active Start		FUNdamentals			Learning To Train			
	Under 4	Under 5	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12
Communication	<i>Illustrated by: Andrew Haines - BC Soccer</i>								
Listening	Green								
Patience	Green								
Sharing	Green								
Self-Control	Green								
Problem Solving	Green								
Decision Making	Green								
Empathy	Green								
Respect	Green								
Fair Play	Green								
Cooperation	Green								
Competitiveness	Green								
Other Sports	Green								

Low Priority  Medium Priority  High Priority



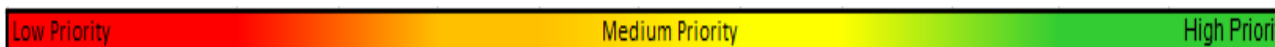
# Psychological/ Mental Priorities

Psychological/ Mental	Active Start		FUNDamentals			Learning To Train			
	Under 4	Under 5	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12
Motivation	<i>Illustrated by Andrew Haines - BC Soccer</i>								
Self Confidence	[Green]								
Concentration	[Yellow]								
Perception	[Yellow]								
Awareness	[Green]								
Determination	[Red]								
Commitment	[Red]								



# Technical Priorities

Technical	Active Start		FUNDamentals			Learning To Train			
	Under 4	Under 5	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12
Running with the Ball	<i>Illustrated by: Andrew Haines - BC Soccer</i>								
Ball Control	High Priority								
Dribbling	Medium Priority								
Shielding	Low Priority								
Shooting	High Priority								
Finishing	Low Priority								
Passing	Medium Priority								
Crossing	Low Priority								
Receiving	Medium Priority								
Heading	Low Priority								
1v1 Attacking	Low Priority								
1v1 Defending	Medium Priority								



# Tactical Priorities

Tactical	Active Start		FUNdamentals			Learning To Train			
	Under 4	Under 5	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12
Scoring	<i>Illustrated by: Andrew Haines - BC Soccer</i>								
Ball Movement to Goal									
Playing System									
Attacking Support									
Wide Attack (Imbalance)									
Set Plays									
Challenging the Ball									
Positioning									
Recovery Runs									
Covering Space									
Goalkeeping									
Playing out from the Back									

