

## FYSL's 5 Stage Long Term Player Development Model

Development Focus	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<b>Age Group</b>	U4 - U6	U7 - U9	U10 - U12	U13 - U14	U15 - U18
<b>Soccer Age (Development)</b>	2 years + or -	2 years + or -	2 years + or -	2 years + or -	2 years + or -
<b>Coaching Time Annually</b>	40 - 90 hours	100 - 200 hours	150 - 320 hours	150 - 360 hours	150 - 540 hours
<b>Developmental Focus</b>	1. Social - 60% 2. Technical - 30% 3. Psychological - 5% 4. Physical - 5% 5. Tactical - 0%	1. Technical - 60% 2. Social - 15% 3. Physical - 15% 4. Tactical - 5% 5. Psychological - 5%	1. Technical - 50% 2. Tactical - 20% 3. Physical - 10% 4. Psychological - 10% 5. Social - 10%	1. Tactical - 35% 2. Technical - 35% 3. Physical - 10% 4. Psychological - 10% 5. Social - 10%	1. Tactical - 35% 2. Psychological - 20% 3. Technical - 20% 4. Physical - 20% 5. Social - 5%
<b>Specialist Training</b>	General	All Position Training	Specific Position Training	Groups & Units	Whole Team
<b>Players Per Session</b>	12	12 to 15	15 to 18	18	22
<b>Training Format</b>	1 v 1 to 3 v 3	1 v 1 to 6 v 6	4 v 4 to 9 v 9	4 v 4 to 11 v 11	4 v 4 to 11 v 11
<b>Player Assessment</b>	2 per year	3 per year	4 per year	6 per year	8 per year
<b>Coach Assessment</b>	2 per year	2 per year	2 per year	2 per year	2 per year
<b>Coach Certification (Minimum)</b>	Youth Module	Youth Module	E License	D License	C License



### The Continuum of Development

#### Areas of Player Development Focus

Technical	Soccer Psychology	Soccer Physiology	Soccer Sociology	Tactical
Soccer Intelligence	Confidence	Strength	Roles & Responsibility	Principles of Defending/Attacking
Technique (Ball Manipulation)	Concentration	Speed & Reaction	Coach/Parent/Player Relationship Interaction	Defending as a Team, Unit & Individual
Skill Acquisition	Commitment	Movement Skills	Ethics	Attacking as a Team, Unit & Individual
Teamwork	Communication	Physical Maturity Stage	Morals	Systems of Play
Understanding	Mental Control	Power	Previous Opportunity	Patterns of Play
	Player Expectations	Agility	Self Concept	Movements On & Off the Ball
	Routine	Speed Endurance	Team Cohesion	Creating & Exploiting Space
	Anxiety	Fatigue	People Skills	Set Plays
	Resilience			
	Thinking Clearly Under Pressure			