

TRAINING TOPICS - BUILDING BLOCKS MATRIX

Below you will find our Training Topics by age in our Building Block Matrix. A Shaded gray box indicates at what age each of a topic is appropriate to be taught. While this is a guideline, as always, a player's development is fluid and a younger player may be able to learn topics above his or her age group, and conversely, some older players may need to review topics that were previously taught.

BUILDING BLOCK PHASE	TOPIC	4+	7+	9+	11+	13+
Motor Skills Development	Agility					
	Balance					
	Coordination					
	Physical Awareness					
	Movement patterns and sequences					
	Spatial awareness					
	Social skills					
	Listening skills					

BUILDING BLOCK PHASE	TOPIC	4+	7+	9+	11+	13+
Technique and Skill Development	Dribbling - Possession		■	■	■	■
	Dribbling - Shielding		■	■	■	■
	Dribbling - Scissors		■	■	■	■
	Dribbling - Step Over		■	■	■	■
	Dribbling - Shoulder Drop		■	■	■	■
	Dribbling - Double Scissors		■	■	■	■
	Dribbling - Inside – Outside		■	■	■	■
	Dribbling - Roll		■	■	■	■
	Dribbling - Swivel Hips		■	■	■	■
	Running with the ball		■	■	■	■
	Receiving - On the ground		■	■	■	■
	Receiving - Inside of foot		■	■	■	■
	Receiving - Outside of foot		■	■	■	■
	Receiving - Aerial (foot, thigh, chest, head)		■	■	■	■
	Turning - Inside Cut		■	■	■	■
	Turning - Outside Cut		■	■	■	■
	Turning - Stop Turn		■	■	■	■
	Turning - Drag Back		■	■	■	■
	Turning - Cruyff		■	■	■	■
	Turning - Step Over		■	■	■	■
	Turning - Drag Push		■	■	■	■
Passing - Push Pass Inside		■	■	■	■	

BUILDING BLOCK PHASE	TOPIC	4+	7+	9+	11+	13+
Technique and Skill Development	Passing - Push Pass Outside		■	■	■	■
	Passing - Low Driven Pass		■	■	■	■
	Passing - Lofted Pass		■	■	■	■
	Passing - Chip Pass		■	■	■	■
	Passing - Swerve Pass Inside		■	■	■	■
	Passing - Swerve Pass Outside		■	■	■	■
	Passing - Cushion Volley		■	■	■	■
	Shooting - Driven Shot		■	■	■	■
	Shooting - Inside of foot		■	■	■	■
	Shooting - Chip Shot		■	■	■	■
	Shooting - Swerve Inside		■	■	■	■
	Shooting - Swerve Outside		■	■	■	■
	Shooting - Side Volley		■	■	■	■
	Shooting - Half Volley		■	■	■	■
	Defending - Poke Tackle		■	■	■	■
	Defending - Block Tackle		■	■	■	■
	Defending - Slide Tackle		■	■	■	■
	Crossing - Low Driven		■	■	■	■
	Crossing - High Driven		■	■	■	■
	Crossing - Lofted		■	■	■	■
	Heading - Attacking		■	■	■	■
Heading Defending		■	■	■	■	

BUILDING BLOCK PHASE	TOPIC	4+	7+	9+	11+	13+
Individual Tactics	Attacking - Role of the 1st attacker					
	Defending - Role of the 1st defender					

BUILDING BLOCK PHASE	TOPIC	4+	7+	9+	11+	13+
Group Tactics	Combination - Overlap Runs			■	■	■
	Combinations- Takeover			■	■	■
	Combinations - Blind Side Run				■	■
	Combinations - Crossovers				■	■
	Combinations - Double wall pass				■	■
	Combinations - Fake Wall Pass				■	■
	Attacking - Switching play				■	■
	Attacking - Role of 2nd attacker			■	■	■
	Attacking - Role of 3rd attacker				■	■
	Attacking - Crossing			■	■	■
	Attacking - Finishing			■	■	■
	Defending - Role of 2nd defender			■	■	■
	Defending - Role of 3rd defender				■	■
	Restarts - Corners		■	■	■	■
	Restarts - Throw-ins		■	■	■	■
	Restarts - Goal kicks		■	■	■	■
	Restarts - Kick off		■	■	■	■
Restarts - Free Kicks		■	■	■	■	

BUILDING BLOCK PHASE	TOPIC	4+	7+	9+	11+	13+
Team Tactics	Speed of play					
	Attacking - Final 3rd					
	Attacking - Playing out of the back					
	Attacking - Midfield combining with Forwards					
	Attacking - Wider areas					
	Attacking - Counter Attacks					
	Attacking - Off-side tactics					
	Defending - Attacking 3rd					
	Defending - Midfield					
	Defending - Final 3rd					
	Defending - Wide areas					
	Defending - Counter attacks					
	Defending - Man to man marking					
	Defending - Zonal					
	Defending - High and low pressure					
	Defending - Offside tactics					
	Formations: 4-4-2					
	Formations: 4-3-3					
	Formations: 3-5-2					
	Formations: 4-5-1					
Formations: 3-4-3						