

ADDITIONAL SHOOTING ACTIVITIES

Kick and Catch

Have players sitting in circle around coach. Knees bent, feet flat on the floor. Hold ball over foot and extend knee to touch ball with laces. Then repeat with other foot. Now player makes a small kick trying to make the ball go straight up in air. Now have player try to kick and quickly stand and catch the ball

Coaching Points: To generate feeling for correct technique, player must keep ankle locked. The whole kicking action is generated from the knee. When standing hip flexion is involved, but ankle must remain locked.

Go To Jail

Create 2 teams. Have 1 goalkeeper and 1 server (coach). Coach serves 2 balls to each player. The first ball is played just inside of the penalty box, and the 2nd is played even closer to the goal. The player runs up and shoots the ball.

Scoring: If player misses both shots, he goes behind the goal to shag balls and is now in "jail". If the player scores 1 goal he is alive and stays in the game. If the player scores 2 goals, he can either release a team mate who is in jail, or challenge a member of the other team who must score 2 goals to survive.

Coaching Points: 1st shot should be a power shot with the laces, while the 2nd shot should be an accurate pass to the corner of the goal. Play until one team wins

3 Goal Game

Create 3 teams and 3 goals with no Keepers. Each team is attacking the other 2 goals, not defending their own goal.

Scoring: The team with the most goals wins

Coaching Points: Get players to recognize goal scoring opportunities. To recognize and penetrate when space is available, to change direction of play. Progress up to 4 goals. Add multiple balls.

Donkey

Good for smaller groups (under 5 players). Create a target area (back of a goal, wall; ...). Players take turns shooting at the target area with one touch and continue in a cycle.

Scoring: If a player misses the target area they are assigned a letter. 1st D then O,N,K,E,Y for additional misses. When they spell the word DONKEY they are out of the game.

Teaching Points: Players have to use various shooting and passing techniques to hit target and to make the following players shot more difficult.

Progression: With more advanced players or older players you might put a condition that they must shoot before the ball comes to a stop. Smaller target.

TOPIC: Dribbling (Individual Possession)

- Key:**
- Running without the ball
 - Running with the ball
 - Pass

	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p style="text-align: center;">ACTIVITY 1</p>	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> • Moving with the ball in a confined space. • Introduce turning with the ball – outside and inside of foot, pullback and cruff. 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ✓ Change direction and speed ✓ Head up ✓ Awareness of space
<p style="text-align: center;">ACTIVITY 2</p>	<p style="text-align: center;">1 v 1 combat</p> <ul style="list-style-type: none"> • Whoever has the ball at the end wins. • 30 seconds and switch partners • Players should attempt to hold their ground and not run away 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ✓ Balance, stay low ✓ Shielding ✓ Turning away from pressure
<p style="text-align: center;">ACTIVITY 3</p>	<p style="text-align: center;">Multiple Base Game</p> <p>Play to a player in a base and take their place.</p> <ul style="list-style-type: none"> • 1 ball 1v0 • (Include a change of direction move) • 2 balls 2v0 • 3 balls 3v0 • 3 balls 3v1 (add a defender) • 4 balls 4v3 (add a couple of defenders) • Every time you add a ball or a base you remove a base. The game becomes more complex. 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ✓ First touch away from pressure ✓ Awareness of opponents and teammates ✓ Players in bases be ready to play
<p style="text-align: center;">ACTIVITY 4</p>	<p style="text-align: center;">4 v 4 + gk's</p> <ul style="list-style-type: none"> • Play with no restrictions 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ✓ Team shape in possession ✓ Reinforce same points as above

COACHING KEYS TO SUCCESS

COMMUNICATION: Ensure the terminology you use is clear and precise. Let players know you are in charge.

POSITIVE REINFORCEMENT: Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.

BE CREATIVE AND USE INITIATIVE: If the drill or game is too advanced, modify to increase the chances of success.

MAKE A DIFFERENCE: Be motivational and inspirational. Enthusiasm and being energetic are contagious.

KEEP PLAYERS ACTIVE: If the drill is static, create need of helpers or assistants to keep everyone involved.

EACH PLAYER IS AN INDIVIDUAL: Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.

STRIVE FOR QUALITY: In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.

REINFORCE CORRECT TECHNIQUE: In all drills and games continually emphasize the use of correct techniques.

ENCOURAGE PLAYER MOVEMENT: At all times make players aware of importance of readiness. Emphasize weight forward on toes and bouncing instead of flat footed-ness.

ROTATE POSITIONS: All players should be active as servers, assistants. In game situations change positions each quarter.

DEVELOP PLAYER RESPECT: Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.

EQUALITY AMONGST PLAYERS: Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.

FUN AND ENJOYMENT: Players will respond and want to continue if things are fun. Create their enjoyment.

- **REMEMBER**

AS A COACH YOU SHOULD BE DEDICATED TO THE DEVELOPMENT OF ALL PLAYERS WHETHER TECHNICALLY ABLED OR NEW TO THE GAME. YOUR POSITION IS VERY IMPORTANT. YOU ARE A ROLE MODEL TO THESE CHILDREN. SET EXEMPLARY STANDARDS. DEVELOPING GOOD TOUCH AND TECHNIQUE, GOOD SPORTSMANSHIP AND A GOOD ATMOSPHERE IS THE GOAL. KEEP AWAY FROM CREATING A PRESSURE TO WIN. MAINTAIN EQUALITY THROUGHOUT YOUR SESSIONS AND EMPHASIZE FUN AND DEVELOPMENT.

BASIC SOCCER RULES

The rules described here represent an abridged "reference" version of the complete rules of soccer. Many soccer leagues have modifications of these laws, especially for small-sided leagues (3-a-side or 4-a-side leagues).

Advantage -- when the referee allows a foul to occur without penalty or stoppage of play. Referee allows the offensive team to continue play if they have an advantage over the defense.

Direct kick -- a kick awarded after a serious foul in which the ball can be kicked directly into opponent's goal. Intentional fouls that can result in a direct kick are: 1) kicking or attempting to kick an opponent, 2) tripping, 3) jumping at an opponent, 4) charging from behind (unless the opponent is obstructing), 5) Striking or attempting to strike, 6) spitting at an opponent, 7) holding or pushing, 8) using hands on the ball.

Indirect free kick -- a kick awarded after a foul where the ball must be touched by another player from either team before going into the goal. Fouls resulting in an indirect kick include: 1) dangerous play, 2) charging fairly, but when ball is not within range, 3) obstructing an opponent, 4) charging the goalkeeper, 5) when a goalkeeper takes more than four steps with the ball, delays the game, or has touched the ball with the hands when it was deliberately kicked by a teammate.

Off-side -- a player must not be ahead of the ball when the ball is played by a teammate in his or her direction unless one or more opponents are ahead of him or her. (One opponents or the ball must be between the offensive player and the goal). Offside is judged at the moment the ball is kicked. A player cannot be offside when in his or her own half of the field, or if the player receives the ball from a throw-in, goal kick, or corner kick.

Penalty kick -- a penalty kick is awarded when the defending team commits a foul, which results in a direct free kick inside the penalty area. All players except the goalkeeper and the kicker must stay outside the penalty area at least 10 yards away from the penalty mark. The kicker may not play the ball after the kick until another player touches it. The goalkeeper must stand on the goal line until after the ball has been kicked.

Corner kicks -- when the defending team sends the ball over their goal line, the attacking team restarts play by kicking the ball from the corner closest to where the ball went out. Opponents must be 10 yards away until the ball travels its circumference. Another player must touch the ball before the kicker can play it again. A goal can be scored directly from the corner kick.

Goal kicks -- when the attacking team sends the ball over the goal line, the defending team is awarded a goal kick. The kick must leave the penalty area. Another player must touch it before the kicker can play it again. No opponents may be in the penalty area when the kick is taken.

Yellow card/Red Card -- players can be warned by the referee and ejected from the game if they use violent conduct, create a serious foul, or use abusive language. Players can be warned or ejected for: repeated misconduct after a caution, entering or leaving the field without the referee's permission, disagreeing with the referee, or for unsportsmanlike conduct toward anyone. A yellow card is a warning. A red card is an ejection.

Out of bounds -- the ball is out of play when it has completely crossed the touchline or the end line.

Throw-in -- a throw-in is taken to restart the game after the ball goes out of bounds past the touchline. It is taken from the point where the ball crossed the line. The ball is thrown with two hands from behind the head. Both feet must be on the ground on or behind the touchline.

SOCCER LINGO

- 50/50 ball** -- when the ball is in a position that either team has a chance of getting to first and gaining possession.
- Chip** -- to lift or kick the ball in the air.
- Clear** -- when the defensive team kicks the ball far away from the goal.
- Cross** -- to kick or "center" the ball from near the sidelines of the field into the center (usually ball is kicked in the air).
- Defenders** -- also called fullbacks, players who try to prevent the other team from scoring, usually includes two outside fullbacks, a stopper (center fullback), and a sweeper (see definition below).
- Direct kick** -- see rules above
- Dribble** -- a technique used by players to advance the ball with his/her feet, also used to keep possession of the ball against defensive pressure.
- Drop ball** -- when the referee is uncertain about a foul or out-of-bounds call a drop ball is implemented to restart play. The ball is dropped between two opposing players. The ball must hit the ground before either player kicks it.
- Forwards** -- players whose primary purpose is to score goals. Includes left and right wing and center striker(s).
- Give and go** -- player with ball passes to teammate runs into open space (often for a return pass)
- Goal-side** -- a position in which a defender is between the ball and his or her goal.
- Hat-trick** -- three goals scored in one game by one player.
- Indirect kick** -- see rules above.
- Juggling** -- a technique that describes keeping the ball off the ground. A player can juggle by using the feet, thighs, chest, head and top of the shoulders.
- Marking** -- when a player defends or covers an opponent.
- Midfielders** -- also called halfbacks, these players support the forwards, shoot on goal, and also play defense.
- Nutmeg** -- when a player pushes the ball between the legs of a defender.
- Off-side** -- see rules above.
- Passing lane** -- a position in which a player is able to receive a pass without the ball being intercepted by an opponent.
- Square pass** -- a pass made straight across the playing field (one that doesn't go forward or backward).
- Stopper** -- the center defender, the player(s) who defend or mark the opposing teams center forward.
- Striker** -- another name for forwards, usually the center forward.
- Support** -- a position of help, players are in support when they are open for a pass.
- Sweeper** -- usually the last defender, player behind the other defenders.
- Tackle** -- to win possession of the ball; to dispossess an opponent of the ball.
- Out-of-play** -- players use this technique to restart play when a ball goes out of bounds over a sideline. See rules above.
- Trap** -- to settle or control the ball.
- Wingers** -- attacking players or forwards who play near the sidelines or flanks (left-wing or right-wing).

BASIC SOCCER SKILLS

Here's a simple description of the basic soccer skills you are trying to teach young players

Dribbling- Dribbling is controlling the movement of the ball with the feet. The ball is pushed, tapped or dragged to cover space or to change direction. All parts of the foot (top, inside, outside, sole) can be used when dribbling.

Receiving- (also called trapping or controlling the ball)- Trapping the ball is the ability to "receive" or "control" the ball. Trapping is performed so that a player can control the ball in order to shoot, pass or dribble. Any part of the body except the hands can be used to trap the ball.

Passing- Passing is kicking the ball to another teammate or into a "strategic" space. A player's balance, timing and proper technique are the key to good, accurate passing. Short passes can be done with the inside of the foot. The ankle is locked and the toe is pointed outward and raised slightly. Longer passes can be performed with the top of the foot. (See shooting below).

Shooting- Kicking the ball with the intent to score a goal is called shooting. The technique for shooting optimizes power and accuracy. The kicking motion involves the hip and knee joints. The technique for shooting is different than for passing. Generally, the top of the foot contacts the ball. The toe is pointed down and the ankle is locked.

A note about Toe-kicks- Many younger players prefer to kick the ball with the toe. Toe-kicks are an acceptable way to kick the ball but an effort should be made to show players other ways to contact the ball. These other ways will help players have more powerful, accurate kicks. (I believe children prefer toe kicks because it's easier for them to lock their ankle).

Players can always improve basic skills. No matter what age or ability players can always dribble faster and with more control. They can pass with greater accuracy. They can shoot with more power. Players can always become more comfortable with the ball.

The "basic skills" are the foundation for all soccer players no matter what age or ability. As players develop, they will need to perform the "basics" under greater pressure.

Important Reminder: Encourage players to work with both feet!

Players must be able to kick and control the ball with both feet. This ability will help distinguish the novice from the experienced player. The earlier a player becomes comfortable using both feet to kick or control the ball, the better. You're a great coach if you can get players to use both feet. Require players to use the weak or non-dominant foot in practice especially in drills that have lots of repetitions.

OVERALL SKILL DEVELOPMENT

DTT(Developing Touch and Technique)

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind balls path.
- Keep a soft contact.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Change direction and speed when turning.
- Be a friend with the ball.

SHOOTING

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Strike through center of ball.
- Swing leg and follow through.
- Keep relaxed except keep foot locked.
- Accuracy before power.
- Keep knee and head over ball.
- Place standing foot alongside ball, not in front or behind.
- Aim for bottom corners of goal.
- Accuracy before power.
- Follow after shooting.
- Use foot closest to the ball. I.E. left or right foot.

PASSING

- Use inside of feet.
- Change body position so it's comfortable.
- Stay relaxed. Don't be like a robot.
- Look at ball when passing.
- Pass to other players, not just kick and hope.
- Move afterwards.
- Move away from players to receive ball.
- Turn body to face ball when receiving.
- Stay spread out.

GAMES

- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.
- Create an understanding of the Laws of the Game.

PRACTICE TIPS

Be organized in advance. Have a practice plan.

- Be ready to move from one activity to the next.
- Use each player's name frequently.
- Treat all players with respect. Don't demean.
- Acknowledge specific things individual players do well.
- Find good assistant coaches. Plan in advance what you want them to do at each practice.
- Be enthusiastic.
- Use your voice. Fluctuate it to stress points and to get a player's attention (see below).
- Demonstrate skills and concepts. Paint a clear picture for your players.
- Manufacture successes.
- Give knowledgeable, constructive instruction.
- Give the gift of failure (see below).

Collaboration

Be organized in advance

Be prepared before you get to the field. Know what you're going to do. Know how the field should be set up. The more quickly your practice moves from one activity to another the better. If players are standing around in lines and not playing the game, the greater the chance for fooling around and discipline problems. Know what you want to accomplish. Have a plan in place.

Use your voice

How you say something is as important as what you say. The volume of your voice is crucial when coaching. Modulating the intensity of your voice can produce results. Say for example that a person's voice has five levels of volume. Normal conversation is level 1. Screaming uncontrollably is level 5. Most coaching is done at level 2 or 3. The coach communicates a strong, confident stream of information. When things break down, when players aren't paying attention, the coach can jump to level 4 for a few quick remarks. Watch players react. You are in control.

Demonstrate soccer skills

Many players learn by seeing. Coaches like to talk. Coaches should try to paint pictures. Demonstrations can help show players new skills or concepts. If you can't demonstrate find a player who can.

Adjust for success

Players must be successful in your practice. You must manufacture success. Successes increase the joy and fulfillment the players experience. If a drill or exercise is too difficult, players become frustrated, they become discouraged. Be prepared to adjust a drill so that players can accomplish the objective. You may have to make a grid larger or a goal wider. You may have to decrease the number of defenders. Look for ways to adjust for successes.

PRACTICE TIPS

Give the gift of failure

Coaches should acknowledge players when they do something well. Not when they mess up. When we yell at a player, we highlight the fact that they made a mistake. We scare players. We create players who are afraid to take risks. The player becomes afraid to fail. They think, "I'll get yelled at if I make a mistake." Often, these types of players drift into the background, into the middle of the pack or back of the herd.

If you want a player to make an impact—to be an impact player—let them know it's okay to take chances, that it is okay to make mistakes! Instead of pointing out the obvious mistake, don't say anything. Bite your tongue. (Make a note. Work on the "mistake" in a practice session). If you have to yell, say "Nice try!" or "Unlucky" or "Good Idea" or "You'll get it next time." Build confidence, don't rip it apart. Remember these players are on your team. It's your job to make them better no matter what their ability.

PRACTICE PLANNING

IS AS EASY AS 1-2-3.

Conducting an organized practice is critical to maximizing the time a coach spends with the team. Here's an easy "1, 2, 3 Practice Planning Model" that enables coaches to plan a practice for younger players who need work on basic skills and on playing together as a team.

1. One player, one ball

Start practice with activities that require each player to work with her own ball. Choose drills or games that focus on dribbling, juggling and repetitive touches on the ball. In between activities—every few minutes—have players do a set of muscle stretches or calisthenics. The aim for phase ONE is to get players warmed up while improving their "comfort" with the ball.

Examples of games or drills to use in phase ONE:

- Tag games that have players dribbling around a defined area while avoiding being tagged, hit or having their balls kicked out of the grid. (Blob tag, tunnel tag, hospital tag, avoid-the-goalie-tag, top gun, knock-out games, etc.);
- Fundamental ball touch exercises such as the Coerver dribbling moves;
- Juggling;

End phase ONE with a "1 vs. 1" drill or game.

Remember: for phase one to be successful, every player must have a ball at practice. Coach must require that every player bring a ball and coach should bring extra balls to practice.

2. Two players, one ball

In the next phase of practice, two players work with one ball to develop basic skills such as passing, shooting, receiving and ball control. Choose drills or games that are dynamic. Players should rarely be standing around. Emphasis is on correct technique and basic-decision making.

Examples of phase TWO activities:

- Players work in pairs passing back and forth while advancing toward a shot on goal.
- Players practice receiving throw-ins or high balls.
- In pairs, players work on volleying (one-touch) or control and volley (two-touch).
- End phase TWO with "2 vs. 1" or "2 vs. 2" drill or game. Players work on keeping possession of the ball and deciding when to pass, when to dribble or when to shoot.

PRACTICE PLANNING

3. Three players (or more), one ball

During this phase of the practice teamwork and tactics are addressed. Activities should be game-related. Try to simulate real game situations with two teams competing toward specific objectives. Work on positions, spacing and special game situations such as kick-offs, free kicks, goal kicks, and corner kicks.

Examples of phase THREE activities:

- Keep-away games (monkey in the middle, 5 vs. 2)
- Games that have two teams competing. Scrimmages with restrictions or scoring variations such as: 1) team gets point for three consecutive passes, 2) team gets point for dribbling ball across end line, 3) team gets point for passing ball to a target player/coach, 4) four goal game. And so on.

End phase THREE with an unrestricted scrimmage using full-size goals and goalies if possible.

To help maximize practice time, write out a "practice plan." Also lay out grids before practice starts so that you can move quickly from one activity to the next when players arrive. Do some research. Try to find activities that players enjoy and that serve to improve basic skills. Give positive feedback and encouragement. Be enthusiastic. Let your players know when they've done something correctly.

PRACTICE MISFITS

This page is designed to help coaches overcome some common practice time occurrences. There are 30 solutions listed here to some common problems. Some of these solutions contain a direct link to a sample in the practice plan manual.

NOT ENOUGH SOCCER BALLS AT PRACTICE or half the team left them at home!

1. Use "ghost" players who play without ball. They can tag a player on shoulder and replace that player. Good in individual activities and when only 1 or 2 balls missing.
2. Revise practice session to be less individual and more small group. Good for passing and shooting type activities that work 1 ball between 2,3 or more players. Useful if half balls or more are missing.
3. If only 2 balls present: play a 3 Vs 3 style tournament, IE 2 games of small-sided being played at once. Only 1 ball, rather than play 6 Vs 6 play 3 teams of 4 NON-STOP SOCCER, where teams rotate after each goal or set time.

HAVE AN ODD NUMBER OF PLAYERS AT PRACTICE or I planned for 12 but got 9!

4. If you have an Assistant or spare parent have them work with a goalkeeper.
5. When doing pair activity make a triangle.
6. If small group activity, i.e. In groups of 3 players pass to a central player who turns and passes, add spare player to one group and the passes are alternated.
7. In small group activities use spare as a shadow defender with no tackling allowed (vary)
8. Scrimmage time at the end of practice and only 9 players:

Play 5 vs. 4 and make the team with less players loaded with stronger players

Play 5 vs. 4 and have team of 5 attacking small goal

Play 5 vs. 4 and team 4 with GK, team 5 without

Use Asst./ parent/ brother - sister to even teams

Play yourself

Play 4 vs. 4 with a floating player who plays for the team in attack (good for more advanced players..)

Play 4 vs. 4 and use a sub. Good for more active activities, longer period of play

HOW YOU CAN INCLUDE GK SPECIFIC TRAINING or my keeper needs work but so do my field players?

9. If odd number of players, remove GK and have them work with Asst or Parent.
10. In individual and group activities allow GK's to use hand. IE Your topic is passing and receiving and your activity is give 'n' go's. Allow Gk to use hands to receive and distribute, or if a defending activity allow them to dive to try and intercept passes.
11. In activities make topic goal orientated. If playing 1 vs. 1 game trying to knock over opponents cone, have 1 player attack a cone and other attack a GK and goal.
12. Small and large group activities can be goal orientated also. Playing 5 vs. 2 keep away, after 6 passes can attack goal

HOW TO PICK TEAMS FOR SCRIMMAGES or I don't want to use captains?

13. Use your knowledge and judgment to evenly match up individuals
14. Play offense versus defense, or as the Dutch do, play left side versus right side
15. For Random teams:

Choose 1 player to give everyone a number. You turn away then pick random numbers

Choose players by criteria like 1st letter of 1st name (or any 1st - last combo with

1st name, last name, mom - dad's name etc)

Choose players by criteria of date of month born, month of year born etc

HOW TO RESTRICT DEFENDERS/OPPOSITION or my defenders always win the ball without the others gaining experience!

- ... Have opposition play only as a shadow (good for introducing new topics as its only light pressure)
- ... Have defender play as a ghost, IE no tackling only pressure to force an error or interception
18. Restrict movement of defender by playing as a crab on all 4's (good for less experienced)
19. Ensure adequate grouping. IE less experienced might need 6 vs 1 to achieve success, more experienced maybe 3 vs. 1
20. Increase the playing area especially in examples like above

PRACTICE MISFITS

HOW TO INCREASE COMPETITION FOR THE MORE ADVANCED PLAYERS ON TEAM or my good players are creaming the weaker ones and not learning !

21. In pair or group activities match players up by talent/ experience
22. If 1 exceptional player then match against an Asst/ parent/ older brother - sister for greater physical challenge
23. Reduce the space the stronger player must work in
24. Make their target smaller or further away
25. Limit their number of touches
26. Limit them to use their weaker foot only
27. Allow a less experienced player to play more intense opposition, IE rather than shadow defend can play 100%
28. In scrimmage you as coach play Against that 1 stronger player
29. 9 players for scrimmage, maybe play 3 stronger players vs. 6

IN SOME ELIMINATING GAMES PLAYERS SIT OUT FOR 5 MINUTES or its my weaker players who lose first - and they need the practice!

30. In games like Knockout, players should do a skill activity that allows them back into the game. Rather than score game by eliminating players, score by number of successes in a set period of time, thus allowing players back in after they dribble to a distant cone, juggle the ball x times, or do x toe taps

References

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