



## **North Shore United Curriculum**

### **Learning objectives – U8**

#### **General objectives**

<b>Technical</b>	<b>Tactical</b>
Good shooting/passing/receiving techniques	Understanding of team shape
Dribbling using all surfaces of foot	Reinforcement of game play – rules, direction of play, speed of play
Progressive learning of all techniques	
<b>Physical</b>	<b>Psychosocial</b>
Basic running and jumping techniques	Respect coach, team members, opponents, officials
Development of endurance	Discipline to pay attention to instruction
	Understand making mistakes is OK

#### **Specific Objectives**

##### **Technical**

- Dribbling in space
- Dribbling and changing direction
- Receiving ball
- Short passing
- Shooting

##### **Tactical**

- Differentiate defense vs. attack
- Understand importance of positional play

##### **Physical**

- Coordinated movements
- Maintain short bouts of intensity
- Deal with match play demands
- Balance when receiving, passing, dribbling

##### **Psychosocial**

- Can work independently
- Progress towards working as a team
- Motivation/discipline in practice
- Show respect and commitment to all aspects of program



## North Shore United Curriculum

### Learning objectives – U9

#### General objectives

Technical	Tactical
Enhanced passing/receiving techniques	Understanding of units of play
Dribbling using all surfaces of foot, with ability to rapidly change direction	Understanding importance of transition
On-going improvements of all techniques	
Physical	Psychosocial
Basic running and jumping techniques, coordinated movements	Respect coach, team members, opponents, officials
Development of endurance	Discipline to pay attention to instruction
Speed and suppleness	Understand making mistakes is OK

#### Specific objectives

##### Technical

- Short passing
- Receiving ball on half turn
- Run with ball when in space
- Dribbling and changing direction
- Shooting (accuracy and power)

##### Tactical

- Understand principles of attack
- Understand principles of defense

##### Physical

- Coordinated movements
- Maintain short bouts of intensity
- Deal with match play demands
- Balance when receiving, passing, dribbling

##### Psychosocial

- Can work independently
- Progress towards working as a team
- Motivation/discipline in practice
- Show respect and commitment to all aspects of the program



## North Shore United Curriculum

### Learning objectives – U10

#### General objectives

Technical	Tactical
Enhanced passing/receiving techniques	Understanding of units of play
Dribbling using all surfaces of foot, with ability to rapidly change direction	Understanding importance of transition
On-going improvements of all techniques	
Physical	Psychosocial
Basic running and jumping techniques, coordinated movements	Respect coach, team members, opponents, officials
Development of endurance	Discipline to pay attention to instruction
Speed and suppleness	Understand making mistakes is OK

#### Specific objectives

##### Technical

- Short passing
- Receiving ball on half turn
- Run with ball when in space
- Dribbling and changing direction
- Consistently displays correct technique for chosen position
- Shooting under pressure
- Ability to see next pass
- Ability to protect ball under pressure

##### Tactical

- Understand principles of attack/defense
- Recognition of basic principles of transition (both defense to attack and attack to defense)

##### Physical

- Coordinated movements
- Maintain short bouts of intensity
- Deal with match play demands
- Balance when receiving, passing, dribbling
- Ability to press ball without loss of balance and coordination

##### Psychosocial

- Can work independently
- Progress towards working as a team
- Motivation/discipline in practice
- Show respect and commitment to all aspects of program