

West Sound Soccer Academy

Player Development Framework





WSSA Player Development Framework: 7v7

AGES: U9-U10

7v7

Development Goals	Development Needs	Team Tactical Principles	Attacking Player Actions	Defending Player Actions	Player Objectives	Coaching Behaviors
"Playing as a team" Developing basic understanding of attacking, defending, and transition.	Developing relationships with the other players, how decisions and movement affect others (teammates and opponents).	Create Attacking Shape	Controlling	Intercepting	· Develop fundamental player actions (attacking and defending)	· Be enthusiastic, animated, FUN, and supportive
		Provide Options to Play Forward	Protecting	Pressing	· Develop skill acquisition (mid-range passing and shooting)	· Help players understand their role and increase their focus
		Break Lines to Advance Attack	Driving	Challenging	· Develop spatial awareness and coordinated movements with teammates	· Encourage playing in multiple positions throughout the season
		Finish the Attack	Dribbling	Delaying	· Cooperate with others as a team to solve problems within the game	· Emphasize effort over outcome to build-up self esteem
		Create Defending Shape	Passing	Blocking the Shot	· Introduce age-appropriate team tactical principles / player actions in attacking and defending and both transition moments	· Promote players to provide input and feedback (brainstorm collectively for solutions)
		Build Pressure on the Ball	Shooting	Scanning		
		Recover when Pressure is Broken	Scanning	Adapting Body Shape		
		Deny the Attack	Supporting	Covering		
			Adapting body shape	Marking		

*Adapted from US Soccer Player Development Frameworks



WSSA Player Development Framework: 9v9

AGES: U11-U12

9v9

Development Goals	Development Needs	Team Tactical Principles	Attacking Player Actions	Defending Player Actions	Player Objectives	Coaching Behaviors
"Playing my role and position for the team."	Gaining fundamental understanding of the meaning of role, position, and task in a team.	Create Attacking Shape Provide Options to Play Forward Break Lines to Advance Attack Finish the Attack Apply Immediate Pressure on the Ball Delay the Counterattack Recover when Pressure is Broken Deny the Finish Create Defending Shape Build Pressure on the Ball Recover when Pressure is Broken Deny the Attack Play Forward Quickly Join the Attack with Speed Finish the Counterattack	Controlling Protecting Driving Dribbling Passing Shooting Scanning Supporting Adapting body shape	Intercepting Pressing Challenging Delaying Blocking the Shot Scanning Adapting Body Shape Covering Marking	<ul style="list-style-type: none"> Develop quick combination play between players (pace and fluidity) 	<ul style="list-style-type: none"> Be enthusiastic, animated, FUN, and supportive
Learning the fundamentals given her role: position and tasks in the 9v9 team.	Experiences in game-life and position-specific situations for attacking and defending.				<ul style="list-style-type: none"> Apply team principles in attacking, defending and transition moments 	<ul style="list-style-type: none"> Encourage collaboration: players can understand the game and use teammates to help solve problems
					<ul style="list-style-type: none"> Develop a deeper understanding of responsibilities of players off the ball 	<ul style="list-style-type: none"> Encourage playing in multiple positions
					<ul style="list-style-type: none"> Develop player to player coaching: using verbal and non-verbal communication 	<ul style="list-style-type: none"> Understand the different types of questions to engage players.
					<ul style="list-style-type: none"> To develop teamwork: group reflection skills 	<ul style="list-style-type: none"> Help each player develop at her own rate and not compare themselves to others

*Adapted from US Soccer Player Development Frameworks



WSSA Player Development Framework: 11v11

AGES: U13+

11v11

Development Goals	Development Needs	Team Tactical Principles	Attacking Player Actions	Defending Player Actions	Player Objectives	Coaching Behaviors
"Being the best player I can be for my role and position in the team"	Gaining understanding of the meaning of role, position, and designated task in a team.	Create Attacking Team Shape Provide Options to Play Forward Break Lines to Advance Attack Take Countermeasures: Anticipate Opponent Counter Finish the Attack as Fast as Possible	Controlling Protecting Driving Dribbling Passing Shooting Scanning Supporting (Positioning) Adapting body shape	Intercepting Pressing Challenging Delaying Block the Shot Scanning Adapting Body Shape Covering Marking	<ul style="list-style-type: none"> To develop a systematic approach to solving game situations (collaboration) To develop coordinated movements with groups of teammates: including increased spatial awareness and interchange of roles during play To develop more complex player actions with a focus on quick combination play (pace and fluidity) under high pressure in tight spaces To develop a deeper understanding of responsibilities of players off the ball 	<ul style="list-style-type: none"> Be supportive, challenge appropriately, and prevent/manage conflict Promote individuality within the team setting Encourage playing in multiple positions throughout the season Acknowledge frustrations and disappointment and help them develop coping strategies
Learning and mastering the alignment of the roles, positions, and designated tasks in the 11v11 team.	Experience of the alignment of position specific task execution during defending and attacking.	Apply Immediate Pressure on the Ball Delay the Counterattack Recover with Speed Take Countermeasures: Anticipate the Counter Deny the Finish from Counterattack Create Defending Shape Build Pressure on the Ball Recover when Pressure is Broken Take Countermeasures: Anticipate to Counter Deny the Finish Play Forward Quickly Secure the Ball Join the Counterattack with Speed Take Countermeasures: Anticipate the Counter Finish the Counterattack as Fast as Possible			<ul style="list-style-type: none"> To develop self-efficacy, self-reflection and self-regulation skills 	<ul style="list-style-type: none"> Understand the different means of engaging players and when to guide versus when to command/instruct (use different types of questions (higher order questions) to engage players)

*Adapted from US Soccer Player Development Frameworks