

BYSA Age Specific Coaching Matrix

Age	Technique/Skill	Knowledge	Age Specific Recommendations (confer with opposing coach)	Modified Fifa Laws	
				Age Specific Recommendations (confer with opposing coach)	Tactics (O-offense, D-defense)
U4/ U5	Dribbling(Both feet) Instep Kick	Use feet not hands Don't kick, trip or push In/Out of Play	No Referees, No Goalkeepers(GK) No Offsides, cards, or Pks(penalty kick on goal) Use Pass Ins instead of Throw Ins; use at End lines-no corners Four (4) quarters with break after each Do not switch "direction" at halftime	O-Penetrate other team=Score D-Delay other team=No Score	All above PLUS
U6	All above PLUS Shooting at goal (on target/ accuracy) Throw In Intro Basic Spacing	All above PLUS Stationary and Mobile shots Introduce Proper Throw Ins Hips towards goal, head down on shots	All above, EXCEPT Allow Throw Ins (Help with proper technique at Games) or Pass Ins	O-Encourage less "herding" around ball, quick shots on loose ball D-quick transition to position between goal and ball (Goalside)	All above PLUS
U7	All above PLUS Throw Ins Inside foot Pass "Trapping" ball with feet Position Intro Spacing and spreading out	All above PLUS Stationary Throw- Ins Goal Kick Corner Kick Defense(D) and forward(F) positions	No GKs, offsides, cards or Pks May or may not have a Referee Goal kicks and Corner kicks 2 attempts allowed for Throw Ins (no more Pass Ins) Switch goals (direction) at halftime 4 Quarters with break after each	O-no "cherry picking"(offside awareness), with (Passing) D-Goalside, clearing ball and passing "up" to Fs	All above PLUS
U8	All above PLUS Inside Foot Control Basic "Trapping" (foot, thigh) Field Positions Importance of passing(teamwork)	All above PLUS Gain experience in all Defense(D) Midfield(M) Forward(F) positions "Eyes up" (Awararness)	No GKs, offsides, cards or Pks May or may not have a Referee Goal kicks and Corner kicks 2 attempts allowed for Throw Ins (no more Pass Ins) Switch goals (direction) at halftime	O-Proper spacing and "Thru" Balls D-Concentrate and contain attack away from goal, utilize midfielders for passing up	All above PLUS
U9	All above PLUS Intermediate Trapping (thigh, chest) Inside/outside/heel/laces/sole- foot control/passing/shooting Keeper (GK)&(PKs) Contacting Ball in air Shielding ball with body	All above PLUS Position Duties GK-D-M-F Penalty Kicks (Dir. Ind & PKs) OFFSIDES No "TOE" kicks "Mobile" Throw Ins Looking Up after a touch on the ball(scan the field)	GKs, offsides, cards, Pks apply Should have at least one referee (center) Illegal Throw Ins called 2 (two) halves with halftime	O-mobility(moving to open space) offside awareness D-balance and "Pushing" the D line up	All above PLUS
U10	All above PLUS Basic Slide Tackle Intro Intro to "Heading" Volley shooting(Ball in air)	All above WITH an emphasis on Position Duties and experience. OFFSIDES Introduce tournament basics	All FIFA laws are now applicable	All above WITH an emphasis on OFFSIDES; for both O and D	All above PLUS
U11/ U12	All above PLUS Advanced Shooting/Trapping/Heading Slide Tackles and Legal Charging Develop speed, space, time, distance Crosses, thru balls, pass backs etc	All above PLUS Offsides Trap System of play All fundamentals to prepare for full size 11 v 11 play Prepared for Tournament Play	All FIFA laws applicable	All above PLUS O-Creativity, space with or without ball, various attacks/crosses, pass backs, thru, breakaways) D-Composure, Containment, Offsides Trap, possession, control	All above PLUS