Learning to Play Soccer
as a player or as a goal keeper, and as a team

The Three Phases of Development until the 11v11
The “Natural” Development per age group - in the game.

Phase One:
Mastering the Ball

• Technique/ Skills

• Special Technique/
Technical Programs

• Mastering the ball

• Creating the base to play
against others

• Always with a goal (of
various sizes) to defend
and attack.
Phase Two:

Playing together

• Insight – Communication

• With my teammates -- against the opponent

• From 2v1 until 8v8

• Always with a goal to defend and a goal to attack.

Phase Three:

Playing in Systems
• Insight/Communication

• Playing in different systems for education:
  1-4-3-3 // 1-4-4-2 // 1-3-5-2

• Knowing and experiencing the tasks and responsibilities of the systems

• Knowing the general system and per position strong and weak points of each system

• Playing against other system