



AGE-PHASE GUIDELINES

	FOUNDATION PHASE	YOUTH DEVELOPMENT PHASE	PROFESSIONAL DEVELOPMENT PHASE
IN POSSESSION 	1 STAY ON THE BALL, MASTER THE BALL		
	Develop a mastery of the ball and the confidence to try new things	Look to receive the ball in all areas of the pitch and be prepared to stay in possession	Retain possession with intent: both individually and as a team
	2 EXCITE WITH THE BALL AND SEEK CREATIVE SOLUTIONS		
	Be exciting and positive in possession, playing with individuality and with elements of disguise and surprise	Seek creative solutions to game situations, particularly when outnumbered or in restricted spaces. View the challenge as an opportunity	Open up compact defences with outstanding individuality and teamwork
	3 CONNECT AND COMBINE CREATIVELY WITH OTHERS		
	Combine creatively and intelligently with others to create and score goals	Stay connected with the ball and your teammates to retain possession, open up compact defences and score goals	Use clever combinations to create and exploit goal scoring opportunities
OUT OF POSSESSION 	1 POSITIVE AND ENTHUSIASTIC DEFENDING		
	Enjoy winning the ball back, be difficult to beat when 1v1 and look to start attacks when you get the ball	Be prepared to defend 1v1 and be confident without cover or support	Dominate all individual defending scenarios with the aim of regaining the ball quickly and cleanly
	2 INTELLIGENT DEFENDING		
	Be positive and confident in your positioning and ability to win the ball. Be alert when the opposition have possession	Outwit the opposition using excellent timing and patience	Defend in an appropriate manner in relation to the state of the game
	3 MASTER A VARIETY OF DEFENSIVE TECHNIQUES AND ROLES		
	Enjoy defending in a variety of roles (as first defender, cover and support) and develop a variety of techniques to regain possession	Try to win the ball cleanly regaining and retaining possession in one action	Work individually and collectively to dominate defending scenarios and nullify opposition attacks
TRANSITION 	1 INSTINCTIVE DECISION-MAKING		
	React quickly and positively when the ball is won or lost and have a range of individual options and actions	Dominate transition: react quickly and positively to the first individual action when both attacking and defending	React instinctively to transitions - both individually and as a team - based on the state of the game and pre-determined team tactics and strategies
	2 POSITIVE AND INTELLIGENT ATTACKING REACTIONS		
	Have a positive attitude when possession is regained, travelling quickly with and without the ball. Take every opportunity to attack, create and score goals	React instinctively and intelligently when possession is regained, recognising opportunities to disorganise the opposition. Manage the state of the game when opportunities to attack are limited	Recognise opportunities to penetrate the opposition quickly, whilst also understanding when to retain and build possession, control the tempo and change the speed of play
	3 POSITIVE AND INTELLIGENT DEFENSIVE REACTIONS		
	Try to win the ball back quickly and prevent opponents from starting attacks. Be proactive when the ball is lost and have confidence in your ability to defend	Prevent progression by disrupting or destroying momentum, forcing errors and protecting the goal	Recognise, understand and react to potential danger



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IN POSSESSION	1	STAY ON THE BALL, MASTER THE BALL
		Develop a mastery of the ball and the confidence to try new things
	2	EXCITE WITH THE BALL AND SEEK CREATIVE SOLUTIONS
		Be exciting and positive in possession, playing with individuality and with elements of disguise and surprise
	3	CONNECT AND COMBINE CREATIVELY WITH OTHERS
		Combine creatively and intelligently with others to create and score goals
OUT OF POSSESSION	1	POSITIVE AND ENTHUSIASTIC DEFENDING
		Enjoy winning the ball back, be difficult to beat when 1v1 and look to start attacks when you get the ball
	3	INTELLIGENT DEFENDING
		Be positive and confident in your positioning and ability to win the ball. Be alert when the opposition have possession
	3	MASTER A VARIETY OF DEFENSIVE TECHNIQUES AND ROLES
		Enjoy defending in a variety of roles (as first defender, cover and support) and develop a variety of techniques to regain possession
TRANSITION	1	INSTINCTIVE DECISION-MAKING
		React quickly and positively when the ball is won or lost and have a range of individual options and actions
	2	POSITIVE AND INTELLIGENT ATTACKING REACTIONS
		Have a positive attitude when possession is regained, travelling quickly with and without the ball. Take every opportunity to attack, create and score goals
	3	POSITIVE AND INTELLIGENT DEFENSIVE REACTIONS
		Try to win the ball back quickly and prevent opponents from starting attacks. Be proactive when the ball is lost and have confidence in your ability to defend





YOUTH DEVELOPMENT PHASE GUIDELINES

IN POSSESSION	1	STAY ON THE BALL, MASTER THE BALL
		Look to receive the ball in all areas of the pitch and be prepared to stay in possession
	2	EXCITE WITH THE BALL AND SEEK CREATIVE SOLUTIONS
		Seek creative solutions to game situations, particularly when outnumbered or in restricted spaces. View the challenge as an opportunity
	3	CONNECT AND COMBINE CREATIVELY WITH OTHERS
		Stay connected with the ball and your teammates to retain possession, open up compact defences and score goals
OUT OF POSSESSION	1	POSITIVE AND ENTHUSIASTIC DEFENDING
		Be prepared to defend 1v1 and be confident without cover or support
	3	INTELLIGENT DEFENDING
		Outwit the opposition using excellent timing and patience
	3	MASTER A VARIETY OF DEFENSIVE TECHNIQUES AND ROLES
		Try to win the ball cleanly regaining and retaining possession in one action
TRANSITION	1	INSTINCTIVE DECISION-MAKING
		Dominate transition: react quickly and positively to the first individual action when both attacking and defending
	2	POSITIVE AND INTELLIGENT ATTACKING REACTIONS
		React instinctively and intelligently when possession is regained, recognising opportunities to disorganise the opposition. Manage the state of the game when opportunities to attack are limited
	3	POSITIVE AND INTELLIGENT DEFENSIVE REACTIONS
		Prevent progression by disrupting or destroying momentum, forcing errors and protecting the goal





PROFESSIONAL DEVELOPMENT PHASE GUIDELINES

IN POSSESSION	1	STAY ON THE BALL, MASTER THE BALL
		Retain possession with intent: both individually and as a team
	2	EXCITE WITH THE BALL AND SEEK CREATIVE SOLUTIONS
		Open up compact defences with outstanding individuality and teamwork
	3	CONNECT AND COMBINE CREATIVELY WITH OTHERS
		Use clever combinations to create and exploit goal scoring opportunities
OUT OF POSSESSION	1	POSITIVE AND ENTHUSIASTIC DEFENDING
		Dominate all individual defending scenarios with the aim of regaining the ball quickly and cleanly
	3	INTELLIGENT DEFENDING
		Defend in an appropriate manner in relation to the state of the game
	3	MASTER A VARIETY OF DEFENSIVE TECHNIQUES AND ROLES
		Work individually and collectively to dominate defending scenarios and nullify opposition attacks
TRANSITION	1	INSTINCTIVE DECISION-MAKING
		React instinctively to transitions - both individually and as a team - based on the state of the game and pre-determined team tactics and strategies
	2	POSITIVE AND INTELLIGENT ATTACKING REACTIONS
		Recognise opportunities to penetrate the opposition quickly, whilst also understanding when to retain and build possession, control the tempo and change the speed of play
	3	POSITIVE AND INTELLIGENT DEFENSIVE REACTIONS
		Recognise, understand and react to potential danger

