

Stage 1: The Start of the Soccer Journey (U4-U6: Ages 3,4,5)

Emotional – Learns the game: The beginning stages of the Trace player development pathway focus on fostering emotional growth by introducing young players to the game of soccer. The emphasis is placed on creating a positive and enjoyable environment where players develop a love for the sport.

Social – Gets along with others: Players are encouraged to interact with others and develop social skills. They learn the importance of teamwork, cooperation, and sportsmanship, cultivating positive relationships with their peers and coaches. Check out this article discussing the importance of team sports for young children.

Technical – Fundamental skills: The technical component at this stage centers around learning the fundamental skills and techniques of soccer. Players are introduced to basic dribbling, passing, and shooting, laying the foundation for their technical development in the sport. Here are a few of our favorite drills for soccer players near the age of 5!

Physical – Basic motor skills: Basic motor skills are a key focus in this stage of development. Players engage in activities and exercises that promote agility, coordination, balance, and overall physical development. These skills form the building blocks for more advanced physical abilities later on.

Mental – Knows the rules and fundamentals: Players begin to understand and learn the rules and basics of the game. They develop a basic understanding of concepts such as not using their hands, the idea of shooting to score, and stopping the ball as a defender, which contributes to their mental growth as soccer players.