

Stage 4: Taking the next step (U13-U15: Ages 12, 13, 14)

Emotional – Commits to the game: Players begin to develop a stronger sense of dedication and passion for soccer. They make a conscious decision to invest their time, energy, and focus into the sport. This emotional commitment involves a willingness to put in the necessary effort, persevere through challenges, and continually strive for improvement.

Social – Develops sense of competitiveness: As players progress in their development, they begin to experience higher levels of competition both within their team and against other teams. This stage fosters a sense of healthy competition among players, encouraging them to push their limits and strive for excellence, while remaining respectful as a teammate and opponent.

Technical – Skills turn into personal craft: Players in this stage are encouraged to refine and polish their technical skills to a higher level of proficiency – with both feet. The emphasis is placed on mastering techniques such as passing, dribbling, shooting, and ball control through dedicated training and practice at game-like speeds.

Physical – Self-directed development: This stage is where players should be putting in the work on their own. As they mature, they begin to understand the significance of fitness and conditioning outside of regular team practices – encouraging players to take responsibility for their physical development by engaging in individual training sessions and personal workouts.

Mental – Decision-making under pressure: At this stage, players look at every competition as a growth opportunity, regardless of the outcome. They're exposed to more challenging situations on the field, requiring them to make quick and accurate decisions under pressure. Through specific training exercises and simulated game scenarios, players learn to analyze the game, anticipate opponents' actions, and choose the most effective options in a high-pressure environment.