

# **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