



US Soccer D License Progression

Step #1: Skill Development (Technical Warm-Up)

Chose a technique that relates to the tactical concept of step #3
Design an activity that provides for unopposed skill practice.

Step #2: Small-Sided Game (Technique under Pressure)

Build the complexity of the training session through small-number / small-sided activities.

Design an activity than provides for the skill in step #1 to be practiced under pressure in small numbers. This does not have to be a “game,” but it can be.

Step #3: Expanded Small-Sided Game (Tactical Concept)

Introduce a tactical concept

From assigned topics (coaching schools)

From game observations (real world)

- a) Activities should be directional.
- b) Activities should incorporate larger numbers
- c) Activities should be game-like
- d) Technique should be addressed.

Step #4: Develop the Tactical Concept in a 6v6 Game

Teams should be functionally (positionally) organized

Coaching should address...

- a) The application of the tactical concept from the conceptual game (step #3) to the 6v6 game
- b) The application of technique from steps #1 and 2
- c) The rhythm of play
- d) The principles of play
- e) The organization of players during transition