

THE SIX LEVELS OF LEARNING

1

MOTIVATION			
ASPIRATION	PERSISTENCE	AROUSAL	SOCIAL
Important throughout "soccer life" - much of it learned in early children			

2

BASIC MOVEMENTS			
TWIST AND TURN	RUN	JUMP	STOP & START
All children can do these but most children need to LEARN the best way - some will never learn by themselves			

3

PHYSICAL FITNESS			
ENDURANCE	MOBILITY	STRENGTH	SPEED
Needs little special attention in soccer training until early adolescence - until then, other factors are more important			

4

INDIVIDUAL BALL TECHNIQUES			
DRIBBLING	BALL STRIKING	RECEIVING	TACKLING
Must be LEARNED - "ball sense" is not natural - best learned before 12 years of age			

5

GROUP SKILL			
MOBILITY VERSUS BALANCE	PENETRATION VERSUS DELAY	DEPTH VERSUS DEPTH	WIDTH VERSUS CONCENTRATION
Some will never LEARN how to be a "player-watcher" because of poor ball techniques.			

6

TEAM SKILL			
CO-OPERATIVE	CONFIDENT	APPLICATION OF STRATEGY AND TACTICS	COMPETITIVE
Players have to LEARN to compete together as a team - a slow process needing much more time.			

