



U.S. Soccer Best Practices

- Appropriate types of organized play in Zone 1

| Zone | 1 | 1 | 1 | 1 | 2 | 2 | 2 |
|-----------------------|-----------------|--------------------------|---|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Age Grp. | U-6 | U-8 | U-10 | U-12 | U-14 | U-16 | U-17 |
| No. of Games per Year | No Organ. Games | No Organ. Games w/ Score | Ltd. # of Org. Gms. (2:1 training-game ratio) | 30 Max. (3:1 training-game ratio) | 30 Max. (3:1 training-game ratio) | 30 Max. (3:1 training-game ratio) | 30 Max. (5:1 training-game ratio) |
| Periods of Rest | Voluntary | Voluntary | Multi-sport partic. | Time Off & Cont. Multi-sport | Some Time Off | Limited Breaks | Limited Breaks |
| Amount of Travel | None | None | In State (1 Hr. Max.) | Day Trips, plus 2 Over-nights | Regional | National | National |
| Partic. in Tourn. | None | None | Jamboree or Festival | Round Robin Only | Max. 3 Games in 4 Days | Max. 3 Games in 4 Days | Max. 3 Games in 4 Days |
| Championships | None | None | None | State (small-sided) | State and Regional | State and Regional | State, Reg. and National |



U.S. Soccer Best Practices

- Appropriate age-specific training environments

| Zone | 1 | 1 | 1 | 1 | 2 | 2 | 2 |
|---------------------|--|--|--|--|--|--------------------|---------------------|
| Age Grp. | U-6 | U-8 | U-10 | U-12 | U-14 | U-16 | U-17 |
| % Struct. Practice | None | Very Low | Low | Moderate | High | Very High | Very High |
| %Unstruct. Practice | Very High | Very High | High | Moderate | Low | Very Low | Very Low |
| Technical | Very High | Very High | Very High | High | High | High | Moderate |
| Tactical | Very Limited (1v1, 1v2, 2v2); No Positions | Very Limited (1v1, 1v2, 2v2); No Positions | Limited (1v1, 1v2, 3v3, 5v5 w/ GK); No Positions | Moderate (1v1, 1v2, 6v6, 7v7); Begin Assigning Positions | Moderate (Variety); Start Teaching Positions | Moderate (Variety) | High (Wide Variety) |
| Physical | Mvmt. Edu. | Mvmt. Edu. | Coord. & Balance | Speed & Agility | Introduce Strength | Seasonal Program | Seasonal Program |
| Mental | Enjoymt. & Skill Dev. | Enjoymt. & Skill Dev. | Learn to Train | Learn to Train | Train to Train | Train to Train | Train to Compete |