



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

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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