



CHUGIAK SOCCER CLUB

CHARACTER • COMMUNITY
COMPETITION

PLAYER DEVELOPMENT PLAN



Dear Chugiak Soccer Club Families,

On behalf of our board, staff, and coaches, I am thrilled to share the launch of our Player Development Plan. This plan represents more than a training roadmap; it is a reflection of who we are as a club and what we believe in for every player who steps on the field in a CSC jersey.

*At Chugiak Soccer Club, our mission is built on three core values: **Character, Community, and Competition**. Each of these values is intentionally woven into the Player Development Plan.*

- **Character:** *Soccer is more than the technical skills and tactical awareness learned at practice. It is about resilience, sportsmanship, accountability, and respect. Through our plan, players will be encouraged to grow not only as athletes, but as young people of integrity and action.*
- **Community:** *We believe soccer should be a source of connection. From our youngest players taking their first touches to our older athletes preparing for higher levels of play, CSC is committed to fostering friendships, mentorship, and a culture of support. Our Player Development Plan creates shared benchmarks so families, coaches, and teammates move forward together.*
- **Competition:** *Healthy competition drives growth. Our plan provides clear, age-appropriate technical, tactical, physical, and mental goals that challenge each player while ensuring long-term development remains the priority over short-term results. We want players to compete with passion, joy, and confidence knowing that every training session and game is an opportunity to learn.*

This plan is the product of thoughtful collaboration, rooted in U.S. Soccer best practices and tailored to the unique needs of our Alaskan players. It gives our coaches consistency, our families clarity, and our players the opportunity to dream big while building the foundations they need to succeed. We are excited for the season ahead and grateful for your trust in Chugiak Soccer Club. Together, we will continue shaping not only skilled soccer players, but also strong young leaders who embody the values of Character, Community, and Competition.

Sincerely,

Cat Ruesch

Executive Director, Chugiak Soccer Club

Intent and Introduction



The Chugiak Soccer Club Player Development Plan (PDP) is a comprehensive framework that outlines the progression of athletes from U8 through U18. It is designed to:

- **Define measurable standards** of technical, tactical, physical, and psychological growth at each stage of development.
- **Align our coaching methodology** with U.S. Soccer's Player Development Framework, ensuring consistency with national standards.
- **Integrate child development principles** into training, recognizing the social, emotional, and cognitive milestones that influence learning and performance.
- **Provide families with clarity** on what to expect at each stage, creating a partnership that supports the player's journey.
- **Set high standards of excellence** while remaining player-centered, encouraging, and community-focused.

This manual is not just a coaching tool, it is a club-wide commitment. It communicates to players that their growth matters, to coaches that their role is vital, and to families that they are partners in the process. By establishing clear, measurable goals at every age group, CSC ensures that development is purposeful, progressive, and aligned with long-term success both on and off the field.

The intent of this document is to educate and inspire: to show our athletes that there is a pathway, to assure parents that CSC invests in every player's future, and to give our board, staff, and community a shared vision of what it means to grow the game in Alaska the right way.



U8 Player Development Plan

Discovery Phase (4v4)

Category	Measurable Goals
Technical	• Perform 10 consecutive toe-touches • Dribble 15 yards with control • Use both feet to pass with the inside of the foot at least 5 yards
Tactical	• Demonstrate spacing by maintaining 5 yards between teammates • Recognize direction of play • Understand basic positions (offense or defense)
Physical	• Run 200 yards without stopping • Balance on one foot for 1 minute (for both feet) • Demonstrate correct balance when changing direction
Mental	• Stay focused for 5 minutes in activity • Show resilience after mistakes • Communicate teammate's name during play

Development Focus: Players build coordination, balance, and basic motor skills while developing comfort with the ball through dribbling, shielding, and first-touch control in 1v1 and 2v2 fun & joyful play. Socially, they learn sharing, turn-taking, and cooperating with peers.

USSF Alignment: Matches U.S. Soccer's Grassroots Discovery Phase, emphasizing fun, ball mastery, and social development through small-sided play. Play-Practice-Play methodology is prioritized.

Next Step: Progress toward recognizing passing options, widening their field vision, and beginning to apply spacing concepts in small-group attacking and defending.



U10 Player Development Plan

Foundation Phase (7v7)

Category	Measurable Goals
Technical	• Control received balls 6/10 • Perform proper pass technique • Use weak foot in games
Tactical	• Recognize width in attack • Support teammates off the ball • Track back on defense consistently
Physical	• Improve agility speed • Shield ball effectively • Quick change of direction under pressure
Mental	• Communicate with teammates • Show sportsmanship consistently • Focus for full training session

Development Focus: Improved attention span and memory allow players to learn accurate passing, striking with both feet, and basic principles of width, depth, and compact defending in 7v7 fun play. Social and emotional growth encourages resilience, teamwork, and confidence in risk-taking.

USSF Alignment: Tied to U.S. Soccer's *Foundation Phase*, which highlights decision-making, small group tactics, and confidence with the ball in 7v7 games. Socially, players develop teamwork and resilience.

Next steps: Elevate speed of decision-making and technical execution under pressure while fostering role awareness (defender, midfielder, attacker) within the team model.



U12 Player Development Plan

Development Phase (9v9)

Category	Measurable Goals
Technical	• Cross ball into target area 5/10 • 1v1 attacking move success 50% • Defensive clearances under pressure
Tactical	• Apply basic team shape in 9v9 • Willingness to switch play • Anticipate opponent movement
Physical	• Explosive first step • Sustain tempo for 40 min match • Develop stronger core stability
Mental	• Stay composed in tight spaces • Work through frustration • Encourage peers in games

Development Focus: Players experience rapid physical growth and increased capacity for abstract thinking, enabling tactical learning such as switching play, combination passing, and zonal defending in 9v9. Cognitive growth supports understanding transitions and tactical shape.

USSF Alignment: Aligns with U.S. Soccer's 9v9 Player Development Standards, where abstract thinking supports tactical concepts and rapid physical growth allows more demanding technical and fitness challenges.

Next steps: Adapt skills to the larger 11v11 field by developing positional discipline, expanding aerobic base, and linking tactical problem-solving with stronger communication.

U14 Player Development Plan

Development Phase (11v11)



Category	Measurable Goals
Technical	• Deliver accurate long pass 7/10 • Finish with accuracy from inside box • First touch in tight spaces
Tactical	• Apply pressing signals in 11v11 • Recognize overload situations • Adjust positioning dynamically
Physical	• Maintain high intensity for 70 min • Perform repeat sprints effectively • Increase vertical jump for heading
Mental	• Adapt to coaching adjustments mid-game • Show leadership in small groups • Develop mental toughness in matches

Development Focus: With greater strength and emotional maturity, players learn to execute through-the-thirds build-up, pressing as a unit, and positional rotations at game pace. Social bonds and peer influence drive accountability and competitiveness.

USSF Alignment: Reflects the 11v11 Development Phase in U.S. Soccer's framework, introducing higher-level tactical awareness, positional roles, and team identity. Emotional maturity supports peer leadership and accountability.

Next Step: Consolidate a tactical identity within CSC's style of play while developing physical robustness, injury prevention habits, and resilience in high-pressure match environments.



U16 Player Development Plan

Competitive Phase (11v11)

Category	Measurable Goals
Technical	• Switch play with precision • Consistent accurate finishing inside 18 • Advanced ball shielding techniques
Tactical	• Read opponent shape • Execute counter-attack transitions • Coordinate pressing as a unit
Physical	• Peak aerobic fitness • Win 1v1 duels physically • Explosive speed over 20 yards
Mental	• Take ownership of role • Stay composed in adversity • Show accountability to team

Development Focus: Increased independence and abstract reasoning allow mastery of role-specific demands, advanced tactical schemes, and adaptability across multiple systems of play. Physically, players build anaerobic power, strength, and stamina to sustain elite-level intensity.

USSF Alignment: Fits U.S. Soccer's Competitive Development Phase, where athletes refine advanced tactics, build physical strength, and gain independence in decision-making. Training intensity mirrors higher-level competition.

Next Step: Elevate leadership, mental resilience, and consistency while preparing for collegiate or advanced competition standards through match analysis, positional mastery, and strength programs.



U18 Player Development Plan

Performance Phase (11v11)

Category	Measurable Goals
Technical	• Deliver set-piece accurately • Shoot effectively from distance • Master weak foot passing and finishing
Tactical	• Manage tempo of play • Exploit opponent weaknesses • Lead tactical adjustments
Physical	• Perform at collegiate fitness standard • Dominate aerial challenges • Maintain intensity in 90 min matches
Mental	• Demonstrate maturity in decision-making • Lead teammates vocally and by example • Composure under pressure

Development Focus: Players demonstrate advanced tactical intelligence, technical precision under fatigue, and consistent emotional regulation in competitive 11v11 play. Social maturity allows them to embrace leadership, mentoring, and accountability roles.

USSF Alignment: Consistent with the Performance Phase outlined by U.S. Soccer, emphasizing full mastery of the four pillars (technical, tactical, physical, psychological). Players demonstrate leadership, composure, and readiness for the adult game.

Next Step: Transition into post-youth pathways (college, semi-pro, professional) as complete players technically polished, physically conditioned, mentally resilient, and living CSC's values of **Community, Character, Competition**.

Age Group	Development Focus	Next Step in Development
U8 Discovery Phase	Build motor skills (balance, agility, coordination) while gaining comfort with the ball (dribbling, shielding, first touch) in 1v1/2v2 play. Socially learn cooperation, sharing, and teamwork.	<i>Progress to recognizing passing options, using space effectively, and beginning small-group attacking/defending principles.</i>
U10 Foundation Phase	Improved attention and memory allow mastery of accurate passing, striking with both feet, and basic tactical principles of width/depth in 7v7. Emotional growth supports resilience and risk-taking.	<i>Increase speed of decision-making under pressure, enhance technical execution, and understand basic positional responsibilities.</i>
U12 Development Phase	Rapid physical growth + abstract thinking enable tactical learning: switching play, combination passing, pressing/cover balance in 9v9. Cognitive growth supports transition awareness.	<i>Prepare for 11v11 by developing positional discipline, aerobic base, and communication skills for collective play.</i>
U14 Development Phase	Greater strength + emotional maturity allow advanced team concepts: through-the-thirds build-up, unit pressing, positional rotations. Peer influence drives accountability/competitiveness.	<i>Solidify tactical identity in CSC's style of play, enhance physical robustness, and build resilience in high-pressure match play.</i>
U16 Competitive Phase	Independence + advanced reasoning enable role-specific mastery, adaptability across systems, and leadership. Physically build anaerobic power, speed, and stamina for elite play.	<i>Elevate consistency, leadership, and resilience while preparing for collegiate/advanced competition through match analysis and positional mastery.</i>
U18 Performance Phase	Players show advanced tactical intelligence, technical precision under fatigue, and emotional regulation in 11v11. Mature socially to embrace leadership and mentoring.	<i>Transition into post-youth pathways (college, semi-pro, pro) as complete players: technically polished, physically conditioned, and mentally resilient.</i>