



**PLAYER
DEVELOPMENT
STRUCTURE
2025**

**NY
TITANS
FC**

2025

PLAYER DEVELOPMENT STRUCTURE & PATHWAY



U6-U9

FOUNDATIONS OF SOCCER (GRASSROOTS DEVELOPMENT)

AT THE U6 TO U9 LEVEL, OUR FOCUS IS ON INTRODUCING THE GAME IN A FUN AND ENGAGING WAY. THE PHILOSOPHY HERE IS ABOUT DEVELOPING LOVE FOR THE GAME, BUILDING A SOLID FOUNDATION IN BASIC SKILLS, AND FOSTERING A POSITIVE ATTITUDE TOWARD TEAMWORK AND SPORTSMANSHIP. PLAYERS ARE ENCOURAGED TO EXPERIMENT WITH THE BALL IN AN UNSTRUCTURED WAY, MAKING MISTAKES AND LEARNING THROUGH PLAY.

- **FUN AND ENGAGEMENT:** SESSIONS ARE DESIGNED TO BE PLAYFUL AND FUN, ENSURING THAT THE GAME FEELS EXCITING AND REWARDING.
- **BASIC BALL MASTERY:** INTRODUCING SIMPLE SKILLS LIKE DRIBBLING, PASSING, SHOOTING, AND BASIC POSITIONING.
- **INDIVIDUAL SKILL DEVELOPMENT:** FOCUS ON INDIVIDUAL BALL CONTROL, COORDINATION, AND AGILITY.

UNDERSTANDING THE GAME: INTRODUCING VERY BASIC CONCEPTS OF THE GAME—WORKING WITH TEAMMATES, BASIC FORMATIONS AND THE IMPORTANCE OF SPORTSMANSHIP.

MAIN TRAINING FOCUS:

- BALL MASTERY (DRIBBLING, PASSING, AND RECEIVING).
- BUILDING CONFIDENCE WITH THE BALL.
- BASIC AWARENESS OF SPACE AND MOVEMENT.
- EARLY INTRODUCTIONS TO 1V1 SITUATIONS.

U10-U12

BUILDING TECHNICAL PROFICIENCY & TEAM CONCEPTS

AS PLAYERS MOVE TO U10-U12, OUR EMPHASIS SHIFT TO REFINING TECHNICAL SKILLS AND STARTING TO INTRODUCE TEAM CONCEPTS. PLAYERS ARE ENCOURAGED TO DEVELOP A DEEPER UNDERSTANDING OF THEIR INDIVIDUAL ROLES WITHIN THE TEAM. PLAYERS BEGIN TO UNDERSTAND THE CONNECTION BETWEEN INDIVIDUAL TALENT AND TEAM SUCCESS. THEY'RE ENCOURAGED TO BE CREATIVE IN THEIR DECISION-MAKING AND TECHNICAL DEVELOPMENT, WHILE STILL BUILDING ON THE FOUNDATION OF TEAMWORK.

- **SKILL DEVELOPMENT:** CONTINUE REFINING CORE SKILLS SUCH AS PASSING, SHOOTING, AND DRIBBLING.
- **INTRODUCTION TO TACTICAL CONCEPTS:** SIMPLE TEAM PRINCIPLES, LIKE PLAYING AS A UNIT, WORKING OFF THE BALL, AND UNDERSTANDING BASIC FORMATIONS
- **SMALL-SIDED GAMES:** FOCUS ON 3V3, 4V4, AND 5V5 FORMATS TO ENCOURAGE MORE TOUCHES, DECISION-MAKING, AND ENGAGEMENT WITH THE BALL.
- **MENTAL AND SOCIAL GROWTH:** ENCOURAGE POSITIVE REINFORCEMENT, TEAMWORK, AND BASIC LEADERSHIP ROLES ON THE FIELD.

MAIN TRAINING FOCUS:

- **IMPROVED TECHNICAL SKILLS:** PASSING ACCURACY, DRIBBLING WITH BOTH FEET, SHOOTING WITH PRECISION.
- **WORKING IN SMALL GROUPS TO FOSTER COMMUNICATION AND TEAM COOPERATION.**
- **UNDERSTANDING SPACE, POSITIONING, AND SIMPLE DEFENSIVE CONCEPTS.**
- **BUILDING ENDURANCE, SPEED, AND AGILITY.**

U13-U15

TACTICAL AWARENESS & ADVANCED TECHNICAL DEVELOPMENT

AT U13-U15, OUR PLAYERS ARE TRANSITIONING FROM BASIC TECHNICAL SKILLS TO MORE ADVANCED TECHNIQUES AND ARE INTRODUCED TO HIGHER-LEVEL TACTICAL CONCEPTS. THIS IS THE AGE WHEN THE GAME BEGINS TO FEEL MORE STRUCTURED AND PLAYERS BEGIN TO SPECIALIZE IN SPECIFIC POSITIONS. PLAYERS ARE EXPECTED TO UNDERSTAND THEIR ROLE WITHIN THE SYSTEM AND CONTRIBUTE TO BOTH THE ATTACK AND DEFENSE. WE PUT A DIRECT FOCUS ON TEAM-ORIENTED DECISION-MAKING AND RESPONSIBILITY ON THE FIELD.

- **ADVANCED TECHNICAL SKILLS:** REFINING BALL CONTROL, PASSING UNDER PRESSURE, ADVANCED DRIBBLING TECHNIQUES, CROSSING, AND SHOOTING FROM VARIOUS ANGLES.
- **TACTICAL UNDERSTANDING:** A DEEPER FOCUS ON POSITIONING, CREATING SPACE, DEFENDING AS A UNIT, AND UNDERSTANDING ROLES WITHIN SPECIFIC FORMATIONS 4-4-2 DIAMOND ETC.
- **TEAM PLAY:** UNDERSTANDING HOW TO MOVE AS A TEAM, PRESS COLLECTIVELY, AND TRANSITION BETWEEN DEFENSE AND ATTACK.
- **INDIVIDUAL SPECIALIZATION:** PLAYERS BEGIN TO DEVELOP PREFERENCES FOR SPECIFIC POSITIONS AND ROLES WITHIN THE TEAM.

MAIN TRAINING FOCUS:

- BALL CONTROL UNDER PRESSURE.
- TEAM TACTICAL DRILLS (4V4, 5V5, 7V7) FOCUSING ON DEFENSIVE ORGANIZATION AND ATTACKING PATTERNS.
- DECISION-MAKING AND READING THE GAME.
- PHYSICAL CONDITIONING (SPEED, AGILITY, STRENGTH).

U16-U19

ELITE TECHNICAL & TACTICAL DEVELOPMENT

FROM U16-U19, OUR PLAYER DEVELOPMENT PHILOSOPHY IS FOCUSED ON HIGH-PERFORMANCE AND PREPARING PLAYERS FOR COLLEGIATE, SEMI-PROFESSIONAL OR PROFESSIONAL LEVEL OF SOCCER. AT THIS STAGE, THE TACTICAL, TECHNICAL, AND MENTAL COMPONENTS OF THE GAME ARE AT A VERY ADVANCED LEVEL, AND OUR PLAYERS ARE EXPECTED TO BE PHYSICALLY AND PSYCHOLOGICALLY PREPARED FOR HIGHER COMPETITION. PRECISION, DISCIPLINE, AND HIGH-LEVEL PERFORMANCE. PLAYERS SHOULD BE AT THEIR BEST TECHNICALLY, TACTICALLY, AND PHYSICALLY, ABLE TO EXECUTE COMPLEX PLAYS AND MAKE QUICK DECISIONS UNDER PRESSURE.

- **HIGH-LEVEL TECHNICAL MASTERY:** PLAYERS ARE EXPECTED TO POSSESS ADVANCE CONTROL, PASSING RANGE, FINISHING, AND TACTICAL AWARENESS. THEY SHOULD BE TECHNICALLY PROFICIENT IN ALL ASPECTS OF THE GAME.
- **ADVANCED TACTICAL CONCEPTS:** PLAYERS LEARN HOW TO ADJUST TO DIFFERENT STYLES OF PLAY (POSSESSION-BASED, COUNTER-ATTACKING, PRESSING).
- **DECISION-MAKING UNDER PRESSURE:** PLAYERS SHOULD BE ABLE TO MAKE QUICK DECISIONS WITH AND WITHOUT THE BALL UNDER HIGH-PRESSURE SITUATIONS.
- **PROFESSIONALISM AND MENTAL TOUGHNESS:** PLAYERS ARE EXPECTED TO ADOPT A PROFESSIONAL MINDSET, WITH AN EMPHASIS ON LEADERSHIP, DISCIPLINE, WORK ETHIC, AND RESILIENCE.

MAIN TRAINING FOCUS:

- **ADVANCED TEAM TACTICS**
- **IN-DEPTH ANALYSIS OF OPPONENT STYLES AND HOW TO COUNTERACT THEM.**
- **MATCH-SPECIFIC DRILLS (SET-PIECES, COUNTER-ATTACKING, TRANSITION PLAY).**
- **MENTAL CONDITIONING, FOCUS, AND GAME PREPARATION.**

SEMI-PRO

TRANSITION TO SEMI-PRO UPSL & EDP U23 TEAMS (POST U19)

ONCE PLAYERS MOVE INTO THE MEN'S SEMI-PROFESSIONAL UPSL TEAM AND EDP U23, OUR GOAL IS TO PREPARE THEM FOR THE DEMANDS OF SEMI-PROFESSIONAL LEVEL, FOCUSING ON CONSISTENCY, TACTICAL DISCIPLINE, AND AN ABILITY TO PERFORM UNDER PRESSURE. THE MAIN FOCUS OF THIS STEP IS TO BRIDGE THE GAP BETWEEN YOUTH DEVELOPMENT AND SEMI-PROFESSIONAL LEVEL, EMPHASIZING TEAMWORK, MATURITY, AND COMPETITION. THIS LEVEL OF PLAY REQUIRES THE HIGHEST LEVEL OF COMMITMENT, WITH AN EMPHASIS ON TEAMWORK, PROFESSIONALISM, AND A CONSTANT DRIVE TO IMPROVE.

- **TACTICAL FLEXIBILITY:** PLAYERS ARE EXPECTED TO BE VERSATILE IN DIFFERENT SYSTEMS AND ADAPTABLE TO DIFFERENT OPPONENTS. THE FOCUS IS ON COLLECTIVE PLAY, WHILE INDIVIDUALS STILL HAVE A ROLE IN EXECUTING SPECIFIC TASKS.
- **MATCH INTENSITY:** TRAINING FOCUSES ON REPLICATING THE INTENSITY AND PHYSICALITY OF SEMI-PROFESSIONAL LEVEL. PLAYERS MUST BE READY TO PERFORM AT A HIGH LEVEL EVERY GAME.
- **MENTAL AND PHYSICAL PREPAREDNESS:** PLAYERS NEED TO BE PHYSICALLY ROBUST, WITH A SOLID UNDERSTANDING OF NUTRITION, RECOVERY, AND INJURY PREVENTION. MENTALLY, THEY MUST STAY FOCUSED, HANDLE SETBACKS, AND BE RESILIENT.
- **PATHWAY TO PROFESSIONALISM:** THE SEMI-PROFESSIONAL TEAM SERVES AS A SPRINGBOARD TO THE COLLEGIATE AND PROFESSIONAL LEVELS. PLAYERS ARE GIVEN EXPOSURE TO SCOUTS AND OPPORTUNITIES TO STEP UP TO HIGHER LEVELS OF COMPETITION.

MAIN TRAINING FOCUS:

- GAME-SPECIFIC TACTICS, MATCH PREPARATION, AND TEAM STRATEGY.
- INTENSITY AND PHYSICALITY OF SEMI-PROFESSIONAL GAMES
- MENTAL TOUGHNESS TRAINING, RESILIENCE BUILDING, AND PROFESSIONAL MENTALITY.
- RECOVERY, STRENGTH, AND CONDITIONING.