Age-Stage Progression Grid

One principle, four ages.

Take one principle from the core page. The principle stays the same at every age. The format, the space and the detail change.

Moment of the game

Principle from the core page

By age

Age	Format	Typical practice	What the coach looks for	Sub-principle trained
U9				
U13				
U16				
U19				

One practice in detail, for our own age group

Space, numbers, rules, duration, and the principle it trains.