

Technical Matrix

Use the technical matrix as a recommended guide from RYSA for the technical emphasis on player development.

Technique	U9/U10	U11/U12	U13/U14	U15/U16	U17+
Receiving with the Foot	X	X	X	X	X
Ball Comfort	X	X	X	X	X
Dribbling for Control	X	X	X	X	X
Dribbling to Beat an Opponent	X	X	X	X	X
Dribbling for Speed	X	X	X	X	X
Dribbling for Possession/Shielding	X	X	X	X	X
Receiving with the Thigh	X	X	X	X	X
Receiving with the Chest	X	X	X	X	X
Juggling	X	X	X	X	X
Passing with the Inside of the Foot	X	X	X	X	X
Receiving with Back to Pressure		X	X	X	X
1v1 Defending/Pressure		X	X	X	X
Shooting with the Instep		X	X	X	X
Heading		X	X	X	X
Passing with the Outside of the Foot		X	X	X	X
Long Passing Over Distance (Instep/Driven Balls)			X	X	X

Finishing with Parts Other than the Foot			X	X	X
Block Tackling				X	X
Crossing and Finishing				X	X
Volley and Half-Volley Finishing				X	X
Long Passing Over Distance (Bending Balls)				X	X
Defensive Clearing				X	X
Slide Tackling					X