

Real Colorado Edge



Player Development Path

	3v3	5v5	5v5	7v7	7v7	9v9	9v9	11v11	11v11	11v11	11v11	EDGE	
Technical Topics	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	19U
Passing and Receiving	4	4	4	5	5	5	5	5	5	5	5	5	5
Running with the Ball	2	2	4	5	5	5	5	4	4	2	1	1	1
Dribbling	5	5	5	5	5	5	5	4	4	3	2	2	2
Turning	1	2	3	4	5	5	5	4	4	4	4	4	4
Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5
Ball Control out of the Air				2	2	3	3	4	4	5	5	5	5
Heading						2	3	4	5	5	4	3	3
1v1 Attacking	2	3	4	5	5	5	5	4	4	4	3	3	3
1v1 Defending				1	2	3	3	4	5	5	4	3	3
Shielding the Ball	1	1	2	2	2	3	3	3	3	3	3	3	3
Receiving to Turn	1	1	1	2	3	4	4	4	5	5	4	4	4
Crossing and Finishing				1	2	3	3	3	3	4	4	4	4
Tactical Topics	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	19U
Attacking Principles				3	3	4	4	5	5	5	5	5	5
Possession				2	3	4	5	5	5	5	5	5	5
Transition				1	2	3	4	5	5	5	5	5	5
Combination Play				2	3	4	5	5	5	5	5	5	5
Switching Play				1	1	2	3	3	4	4	4	4	4
Counter Attacking						1	1	2	3	4	4	5	5
Playing out from the Back				4	4	4	4	4	4	4	4	4	4
Finishing				2	2	3	3	4	4	5	5	5	5
Defending Principles				2	3	4	4	5	5	5	5	4	4
Zonal Defending				2	2	3	3	4	4	5	5	4	4
Pressing				1	1	2	3	4	4	5	5	5	5
Retreat and Recovery				2	2	3	3	4	4	5	5	5	5
Compactness				2	2	3	3	4	4	5	5	5	5

Workload Key 1 = Very low 2 = Low 3 = Mid 4 = High 5 = Very High Does Not Apply

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	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	19U
Physical Topics													
Strength Endurance								1	2	3	3	3	4
Explosive Strength				1	1	2	2	3	3	4	4	5	5
Aerobic Capacity				1	2	2	3	3	4	4	4	4	4
Reaction	1	2	3	4	4	4	4	5	5	4	3	2	2
Acceleration	1	2	3	4	5	5	5	5	5	4	4	4	4
Maximum Speed				1	1	2	2	2	2	3	3	2	1
Flexibility & Mobility	1	1	1	2	2	3	3	4	4	3	3	3	3
Coordination & Balance	2	3	3	4	5	5	4	3	3	2	2	2	2
Agility	3	3	4	4	5	5	4	4	4	4	4	4	4
Basic Motor Skills	5	5	5	4	3	2	1						
Perception & Awareness	5	5	5	5	5	5	5	5	5	5	5	5	5
Psychosocial Topics	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	19U
Motivation	5	5	5	5	5	5	5	5	5	5	5	5	5
Self Confidence	5	5	5	4	4	4	4	4	4	3	3	3	3
Cooperation	1	1	1	2	2	3	3	4	4	5	5	5	5
Decision/Determination	1	1	1	1	1	2	2	3	3	4	4	4	4
Competitiveness				2	2	3	3	4	4	4	4	5	5
Concentration						1	1	1	2	3	3	4	4
Commitment				1	2	3	4	5	5	5	5	5	5
Self Control				1	1	2	2	3	3	4	4	4	4
Communication				1	2	3	3	4	4	5	5	4	3
Respect & Discipline	5	5	5	5	5	5	5	5	5	5	5	5	5
Positive Attitude	3	3	3	4	4	5	5	5	5	5	5	5	5
Discipline				2	2	3	3	4	4	5	5	5	5
Leadership						2	2	3	3	4	4	5	5
Listening to your Body						3	3	4	4	5	5	5	5

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