

# Soccer Development Roadmap by Age

Pro Touch Soccer – Crafting excellence , one touch at a time.

This roadmap outlines the ideal technical, tactical, physical, and mental development priorities for soccer players at each age stage. It is designed to guide parents, athletes, and coaches toward long-term success rather than short-term results.

## Ages 5–7 | Discovery Stage

- Love for the game and enjoyment Basic ball
- mastery: dribbling, stopping, turning
- Coordination, balance, and agility through
- play Small-sided games and creativity
- Positive confidence building

## Ages 8–10 | Foundation Stage

- Improved ball control with both
- feet Passing and receiving
- technique Shooting
- fundamentals 1v1 attacking
- confidence Understanding basic team shape

## Ages 11–13 | Development Stage

- Advanced ball mastery and first touch
- Combination play and movement off the ball
- Defensive principles Game awareness and
- decision making Introduction to structured
- strength and speed training

## Ages 14–15 | Competitive Growth Stage

- Position-specific technical skills Tactical
- understanding of formations and roles
- Speed, strength, and injury prevention
- focus Leadership and communication
- Mental resilience and confidence

## Ages 16–18 | Performance Stage

- High-level technical consistency under
- pressure Advanced tactical intelligence
- Match fitness and physical preparation
- College and recruiting preparation
- Professional mindset and accountability


## College & Adult | Optimization Stage

- Refinement of position-specific skills
- Game efficiency and tactical adaptability
- Recovery, nutrition, and longevity focus
- Leadership and mentorship • Peak performance sustainability

**Pro Touch Soccer** believes development is a journey.

Comfort, creativity, and confidence come first followed by technical excellence and tactical intelligence.

Our mission is to help every player unlock their potential at every stage of their journey.



Pro Touch Soccer – Train Smart.  
Play Free. Compete Confidently .