



TAP CURRICULUM

Winter 2027

TAP GOALS

Technical Execution Tactical Application Physical Performance Soccer IQ & Decision-Making

TAP Standards

For CO Elevation FC, the following expectations are set across all participating age groups and coaches:

- Training activities must have a clear technical or tactical learning objective.
- Technical exercises must progress toward opposition, pressure, and game realism.
- Coaches must teach the decision behind the action, not just the movement itself.
- Players must be challenged to use both feet and solve problems independently.
- Feedback must be specific, constructive, and tied to measurable behaviors.
- Individual development plans must identify strengths, priority improvements, and next steps.
- Progression must be based on demonstrated competency, not age or team label alone.

The defining standard:

Advanced training should not simply be harder. It should demand better execution, faster decisions, greater tactical understanding, and more independent problem-solving. As a club established development program, framework with separate age-band expectations for UI0-UI4, and UI5U-UI9 are designed for technical principles to remain consistent while the complexity, speed, and tactical demands increase with player development.

Core Training Topics

- | | | |
|------------------------------|-------------------------------------|------------------------|
| 1. First Touch & Receiving | 2. Passing & Combination Play | 3. Iv1 Attacking |
| 4. Iv1 Defending | 5. Finishing | 6. Possession & Rondos |
| 7. Transition Play | 8. Passing Lanes & Passing Patterns | 9. 2v2 Combinations |
| 10. Breaking Defensive Lines | 11. Pressure, Cover & Balance | 12. 4v4 Game Mode |

Weekly Training Structure

Sessions 1, 3, 5, 7, 9 & 10: Rotations every 12 minutes, except for goalkeepers

Sessions 2, 4, 6, 8: Rotations every 15 minutes

1 st & 10 th Session	4 Stations: UI0 & UI1 start with 1 / UI2 & UI3 start with 3 & 4 / UI4 start with 5 / Goalkeeping UI5 start with 1 / UI6 start with 3 & 4 / UI7-UI9 start with 5 2 Halves: 4v4 Game Mode UI0-UI2 one half / UI3 & UI4 one half UI5 & UI6 one half / UI7-UI9 one half	Evaluation: 1, 3, 4, 5, 12
2 nd , 4 th , 6 th & 8 th Sessions	3 Stations: UI0 & UI1 start with 2 & 8 / UI2 & UI3 start with 7 / UI4 start with 9 UI5 start with 2 & 8 / UI6 start with 7 / UI7-UI9 start with 9 - rotate every 15 minutes	2, 7, 8, 9
3 rd , 5 th , 7 th & 9 th Sessions	4 Stations: UI0 & UI1 start with 1 / UI2 & UI3 start with 6 & 10 / UI4 start with 11 / Goalkeeping UI5 start with 1 / UI6 start with 6 & 10 / UI7-UI9 start with 11 / Goalkeeping	1, 6, 10, 11



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Allotted Session Space

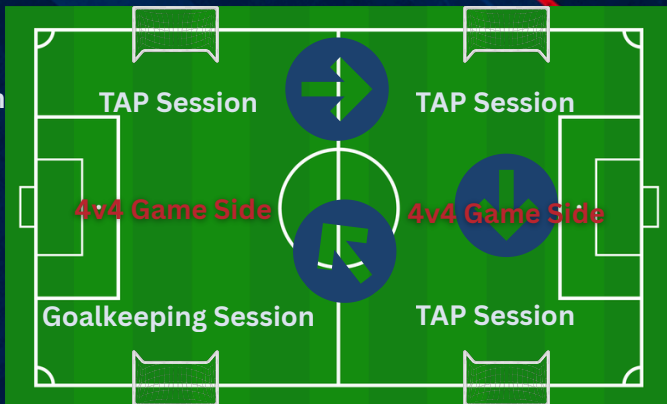
Skyview Academy - Big Field

TAP Session:

Follow Arrows for Rotation

4v4 Game Side:
Sessions 1 & 10

Goalkeeping Space:
Sessions 1, 3, 5, 7, 9 & 10



Coaches Responsibilities

Arrival	Arrive 30 minutes Prior to TAP Start to Begin Setup
Stations	Help Eachother Setup & Walk Through Each Station. Coaches Will Stay With Their Groups Per Station During Evaluation Days
Introductions	5 Minutes Prior to TAP Start, Introduce Yourselves & Explain The Goals For The Day Based on Weekly Structure Above
Water Breaks	As Players Rotate to Their Next Stations, Allow for a 1 Minute Water Break. Rotation Length Designated Under Weekly Training Structure
Direction	Provide Ongoing Feedback to Players During Each Session. On Evaluation Days, Fill Out The Evaluation Sheet. Take a Picture And Send to Layla by End of Tap Day.
Summary	Huddle Everyone Up During The Last 5 Minutes of Training to Summarize The Day's Session. Chance for Q & A and or Recognizing Standout Players.
Departure	Help Clean Up Your Stations or Rearrange if Participating in the Following Session.
What to Bring/Use	Balls, Cones, Pen, Cleats / Utilize Equipment Shed And Mini Nets for Station Set Up.

Player Evaluation & Accountability

Development Area	Coaches Focus Areas
Technical proficiency	Quality of touch, execution, consistency, and use of both feet
Speed of play	Ability to scan, decide, and execute quickly
Tactical awareness	Positioning, movement, space recognition, and role understanding
Competitive execution	Ability to maintain quality under pressure
Physical application	Acceleration, coordination, movement efficiency, and repeat efforts
Player independence	Communication, adaptability, composure, and self-correction



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Winter 2027 | Evaluation Sheet

PLAYER NAME:					
Technical Proficiency 0 1 2 3 4 Comment:	Speed of Play 0 1 2 3 4 Comment:	Tactical Awareness 0 1 2 3 4 Comment:	Competitive Execution 0 1 2 3 4 Comment:	Physical Application 0 1 2 3 4 Comment:	Player Independence 0 1 2 3 4 Comment:
PLAYER NAME:					
Technical Proficiency 0 1 2 3 4 Comment:	Speed of Play 0 1 2 3 4 Comment:	Tactical Awareness 0 1 2 3 4 Comment:	Competitive Execution 0 1 2 3 4 Comment:	Physical Application 0 1 2 3 4 Comment:	Player Independence 0 1 2 3 4 Comment:
PLAYER NAME:					
Technical Proficiency 0 1 2 3 4 Comment:	Speed of Play 0 1 2 3 4 Comment:	Tactical Awareness 0 1 2 3 4 Comment:	Competitive Execution 0 1 2 3 4 Comment:	Physical Application 0 1 2 3 4 Comment:	Player Independence 0 1 2 3 4 Comment:
PLAYER NAME:					
Technical Proficiency 0 1 2 3 4 Comment:	Speed of Play 0 1 2 3 4 Comment:	Tactical Awareness 0 1 2 3 4 Comment:	Competitive Execution 0 1 2 3 4 Comment:	Physical Application 0 1 2 3 4 Comment:	Player Independence 0 1 2 3 4 Comment:
PLAYER NAME:					
Technical Proficiency 0 1 2 3 4 Comment:	Speed of Play 0 1 2 3 4 Comment:	Tactical Awareness 0 1 2 3 4 Comment:	Competitive Execution 0 1 2 3 4 Comment:	Physical Application 0 1 2 3 4 Comment:	Player Independence 0 1 2 3 4 Comment:

Scoring: 0 Not Demonstrated / 1 Developing / 2 Progressing / 3 Proficient / 4 Advanced