



U . S . S O C C E R F E D E R A T I O N

**PLAYER DEVELOPMENT
FRAMEWORK**

AGE GROUP LEARNING PLANS



U . S . S O C C E R F E D E R A T I O N

**PLAYER DEVELOPMENT
FRAMEWORK**

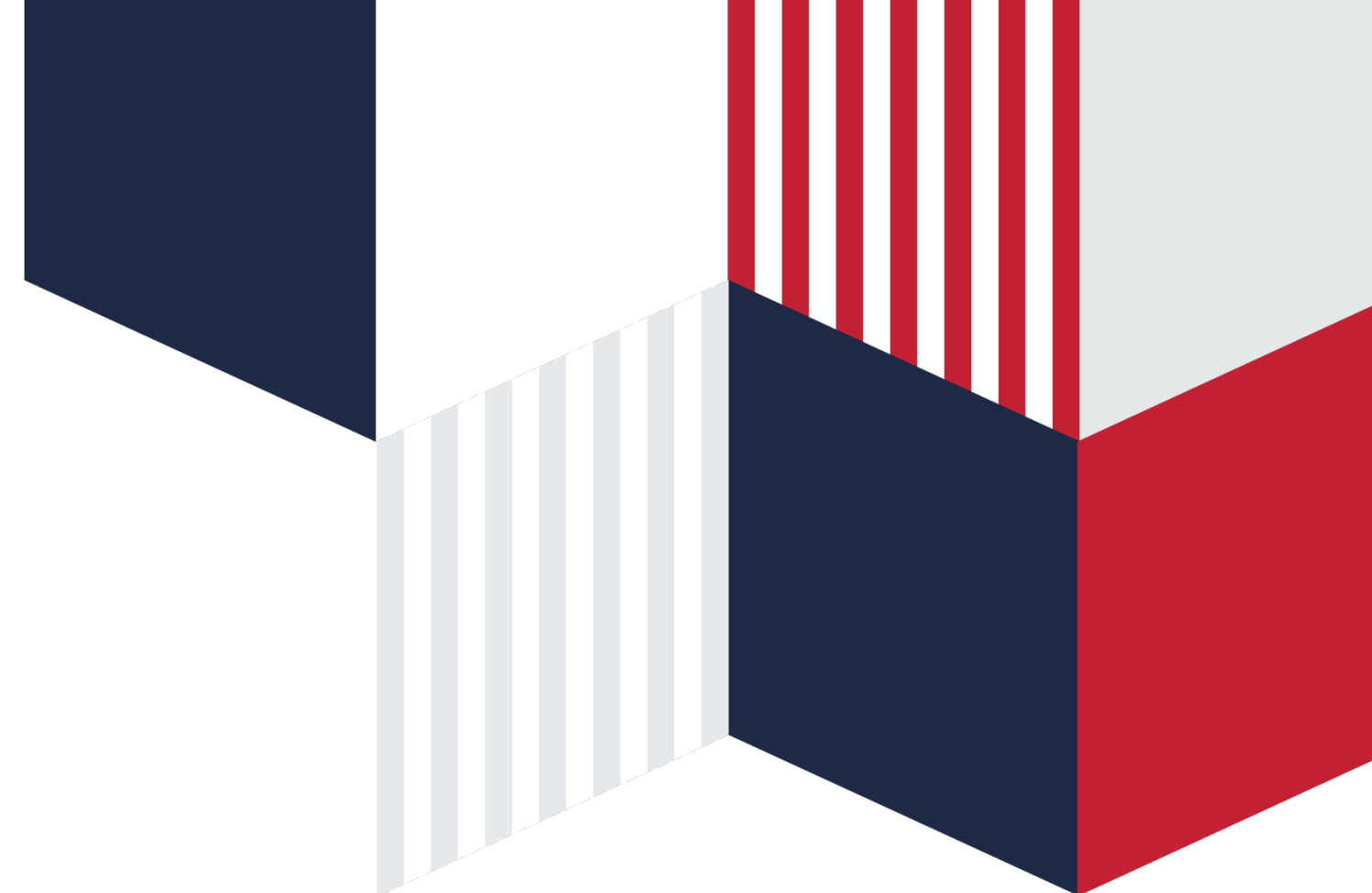
11V11

U13 - U14 LEARNING PLAN



U.S. SOCCER FEDERATION - TECHNICAL PLAN

PLAYER-CENTERED



WHO IS IN FRONT OF US?

A PLAYER-CENTERED APPROACH TO PLAYING THE GAME

FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

DEVELOPMENTAL STAGE: ADOLESCENCE													
B-U5	B-U6	B-U7	B-U8	B-U9	B-U10	B-U11	B-U12	B-U13	B-U14	B-U15	B-U16	B-U17	B-U18
G-U5	G-U6	G-U7	G-U8	G-U9	G-U10	G-U11	G-U12	G-U13	G-U14	G-U15	G-U16	G-U17	G-U18
GAME FORMAT: 11v11		SOCIAL CHARACTERISTICS		EMOTIONAL CHARACTERISTICS				COGNITIVE CHARACTERISTICS			PHYSICAL CHARACTERISTICS		
U13 U14		- Transitioning to a new, unknown social environment (middle school to high school at U14) - Start asserting individuality and establishing their own identity which may lead to conflict with authority; may be critical of parents and other authority figures - Unsure about their place in society and are heavily dependent on a peer group/best friend - Can experience conflict between the need to be an individual while also fitting in with the group - In addition to being influenced by friends, are also influenced by pop culture, sports culture, and social media - Males may be more concerned about play/game and females may be more concerned about the social interaction - Males may show more assertiveness and may exhibit an inner urge to measure and compare oneself to others - Females may be a little bit more ahead and more mature in their behavior (more disciplined, less impulsive) - Females may often underestimate their own abilities		- Sensitive about their appearance - May exhibit strong mood swings (struggle with impulse control and lack emotional maturity) - Focused on direct satisfaction of one's needs and are opportunistic. They are still impulsive and can often react too quickly because they don't see all consequences - May feel anxious or sad and sometimes worried because they are not able to see all the potential outcomes - Vulnerable to peer pressure - May feel embarrassed if parents are around them in social settings - May begin to be more aware of physical changes and sexuality particularly in comparison to their peers (early vs. late maturing individuals) - Females may exhibit more fear of exclusion (bullying/social media impact) - Incidents of depression increases after puberty. Females show higher rates than males				- They can form abstractions and generalizations that apply across different situations (i.e., justice, equality, etc.) - Can use their own reasoning to move beyond the information given and form conclusions and their own opinions (not everything is accepted unthinkingly) - Begin to be mature enough to take responsibility for their own commitment level - Can plan ahead and organize tasks with little to no guidance from adults - They can start to pursue gaining expert knowledge in some domains inside or outside school, and began to develop an identity around that domain (i.e., 'the artist', 'the midfielder', etc.) - Have sense of respect for their sport and can begin to make commitments (either in performance or participation)			- Rapid growth leads to increases in height, weight, and visible physical changes (increase in muscles mass and body fat) - Will have different rates of neuromuscular strength, height, and weight changes - May exhibit adolescent awkwardness as a result of rapid changes (injury rates tend to increase during this stage due to physical changes-ankle sprains, tendonitis, patellofemoral pain, pain at tendon insertions-Osgood-Schlatters, and Sever's Disease) - In general, early maturing females who have began the adolescent growth spurt have been on a slow, steady growth spurt compared to early maturing males who may experience a much more accelerated growth spurt - The culmination of physical changes plus the start of menstrual cycle predisposes females to injuries - Due to hormone changes caused by the menstrual cycle, females may experience increased joint laxity (looseness) - Females may show Increased hip width - Females may exhibit a reliance on quad landing strategies		
PROGRESSION PHASE I													
SCANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING													
GOALS													
- Players develop scanning skills (ME AND MY SCANNING SKILLS) - Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS) - Players continue to develop fundamental soccer skills with and without the ball under a high level of pressure (ME AND THE BALL) - Players develop high structured team play based on a style of play (ME AND MY TEAMMATES)													
LEARNING ENVIRONMENT: OBJECTIVES													
- To understand injury prevention methods and techniques - To continue to develop more complex movement skills with an emphasis on multi-lateral development -maintain and enhance flexibility, strength, power, agility and mobility - To develop reaction speed and acceleration speed: focus on accelerations and deceleration - To develop a systematic approach to solving game situations (collaboration) - To develop coordinated movements with groups of teammates: including increased spatial awareness and interchange of roles during play -midfield interchange (rotations) -penetrations by center backs (dribble with the ball to create numerical overload in midfield)				- To develop more complex player actions with a focus on quick combination play (pace and fluidity) under high pressure in tight spaces - To develop the understanding and execution of overload situations in attacking and defending - To apply team principles in attacking, defending and transition moments: utilize a Style of Play as a structure for decision-making -play in a formation with roles and responsibilities: -focus on anticipation and support				- To develop a deeper understanding of responsibilities of players off the ball - To develop player ownership and independence: -including a player-led warm-up routine -player to player coaching (using verbal and non-verbal communication) - To develop self-efficacy, self-reflection and self-regulation skills - To develop teamwork: group discussion and reflection skills					
LEARNING ENVIRONMENT: ACTIVITIES													
- Utilize a variety of activities that help develop the U.S. Soccer Key Qualities - Activities should be flexible enough to allow for individual differences concerning the growth spurt -activities should be flexible to allow for the workload placed on individuals - Activities can still be formed around deliberate PLAY with the ball (one player - one ball), but should now focus on small group and team play -utilize specific training session goals(team tactical principles, sub-principles, and player actions)								- Focus on decision-making through GAMES (learning through highly structured play that allows for players' choice) -utilize inclusionary small sided games: 1v1 → 11v11 (based on roster size and including use of unbalanced games) - Use of positional games (rondos) - Use of activities over both short and long distances to develop different player actions					
LEARNING ENVIRONMENT: COACHING													
- Be supportive, challenge appropriately, and prevent/manage conflict - Educate players and provide autonomy for them to lead different activities including injury prevention routines - Control workload to help prevent injury (as bodies continue to grow) -help players understand the difference between "being hurt" and "being injured" -coordinate with any other medical professionals or sport coaches - Encourage and support playing and development in multiple roles and positions throughout the season - Encourage collaboration: a coach can expect his or her players to understand the game, anticipate problems and use teammates to solve them -promote players to ask questions and provide input and feedback to each other								- Promote individuality within the team setting - Continue to be aware of individual differences (especially between boys and girls) in maturation as some players will have already completed their growth spurt. -be aware of early and late developers and help players not compare themselves to others - Be wary of verbal comparisons and- or over criticizing (also within player-to-player interactions both on and off the field including social media) -maintain zero tolerance for bullying - Acknowledge frustrations and disappointment and help them develop coping strategies - Empower players to resolve conflict - Incorporate routines and moderate-level of structure - Understand the different means of engaging players and when to guide versus when to command/instruct (use different types of questions (higher order questions) to engage players)					

Slide #122

Language During Adolescence



Adolescents establish connection with peers and solidify their identity through their special ways of speaking that fit specific social situations.

These particular ways of speaking may include different vocabulary, pronunciation, or word usage.

You have heard and said many of these things yourself. In terms of vocabulary, if something is great, is it “groovy,” “da bomb,” “sick,” “way cool,” “sweet,” “awesome,” “phat,” “dope,” “clutch,” or “excellent”? That depends in part on your age.

If you grew up in the 1960s, then you know “groovy,” but today “groovy” is not too sweet.

There are also cultural differences—variations by social class, ethnicity, region, or nationality.

Pop culture and technology/social media have added new “words” to the language of adolescents, too.

Language During Adolescence



Some linguists suggest that adolescents speak two dialects, mallspeak and texting (sometimes called digital, netspeak or internet slang).

Mallspeak is minimal and informal, overusing words such as “like,” “ya’know,” “OK,” and “whatever.” These distinctive ways of speaking may originate in particular groups but migrate to the entire culture. One example is the use of like, as in “She isn’t, *like*, really crazy or anything, but her and her, *like* five buddies did, *like*, paint their hair a really differently, *like*, purple color”

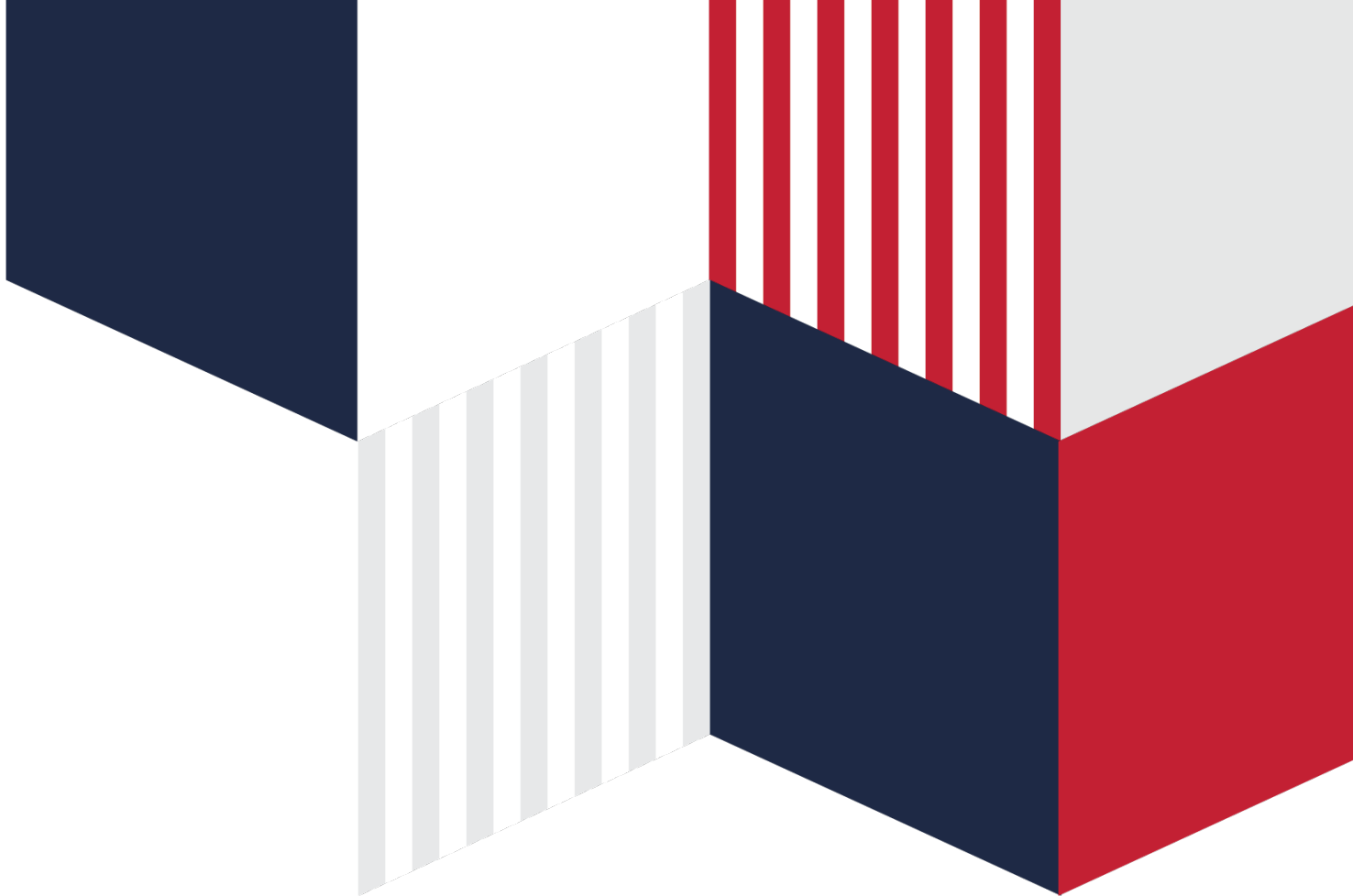
The word serves several functions—to soften what is said, to move forward in speaking without fully planning what to say, or to speak informally among friends. Females use *like* more than males.

“Texting” dialect is also prominent—a combination of letter and number shorthand to send messages on cell phones: BTW (by the way), LOL (laugh out loud), 9 (parent watching), 99 (parent not watching anymore), CYO (see you online), BRB (be right back).



U.S. SOCCER FEDERATION - TECHNICAL PLAN

GAME FORMATION



4v4
U7-U8



7v7
U9-U10



9v9
U11-U12



11v11
U13+





PLAYER-CENTERED: THE PLAYER

11v11



U13 - U14

SOCIAL

- Transitioning to a new, unknown social environment (middle school to high school at U14)
- Start asserting individuality and establishing their own identity which may lead to conflict with authority; may be critical of parents and other authority figures
- Unsure about their place in society and are heavily dependent on a peer group/best friend
- Can experience conflict between the need to be an individual while also fitting in with the group
- In addition to being influenced by friends, are also influenced by pop culture, sports culture, and social media
- Males may be more concerned about play/game and females may be more concerned about the social interaction
- Males may show more assertiveness and may exhibit an inner urge to measure and compare oneself to others
- Females may be a little bit more ahead and more mature in their behavior (more disciplined, less impulsive)
- Females may often underestimate their own abilities



PLAYER-CENTERED: THE PLAYER

11v11



U13 - U14

EMOTIONAL

- Sensitive about their appearance
- May exhibit strong mood swings (struggle with impulse control and lack emotional maturity)
- Focused on direct satisfaction of one's needs and are opportunistic. They are still impulsive and can often react too quickly because they don't see all consequences
- May feel anxious or sad and sometimes worried because they are not able to see all the potential outcomes
- Vulnerable to peer pressure
- May feel embarrassed if parents are around them in social settings
- May begin to be more aware of physical changes and sexuality particularly in comparison to their peers (early vs. late maturing individuals)
- Females may exhibit more fear of exclusion (bullying/social media impact)
- Incidents of depression increases after puberty. Females show higher rates than males



PLAYER-CENTERED: THE PLAYER

11v11



U13 - U14

COGNITIVE

- They can form abstractions and generalizations that apply across different situations (i.e., justice, equality, etc.)
- Can use their own reasoning to move beyond the information given and form conclusions and their own opinions (not everything is accepted unthinkingly)
- Begin to be mature enough to take responsibility for their own commitment level
- Can plan ahead and organize tasks with little to no guidance from adults
- They can start to pursue gaining expert knowledge in some domains inside or outside school, and began to develop an identity around that domain (i.e., 'the artist', 'the midfielder', etc.)
- Have sense of respect for their sport and can begin to make commitments (either in performance or participation)



PLAYER-CENTERED: THE PLAYER

11v11



U13 - U14

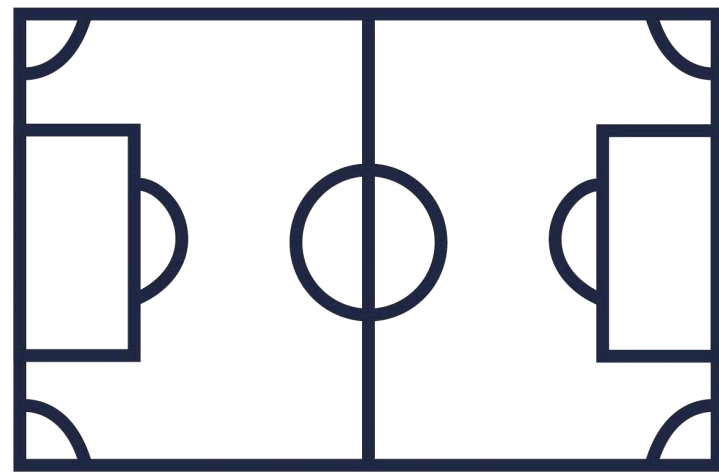
PHYSICAL

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- Due to hormone changes caused by the menstrual cycle, females may experience increased joint laxity (looseness)
- Females may show Increased hip width
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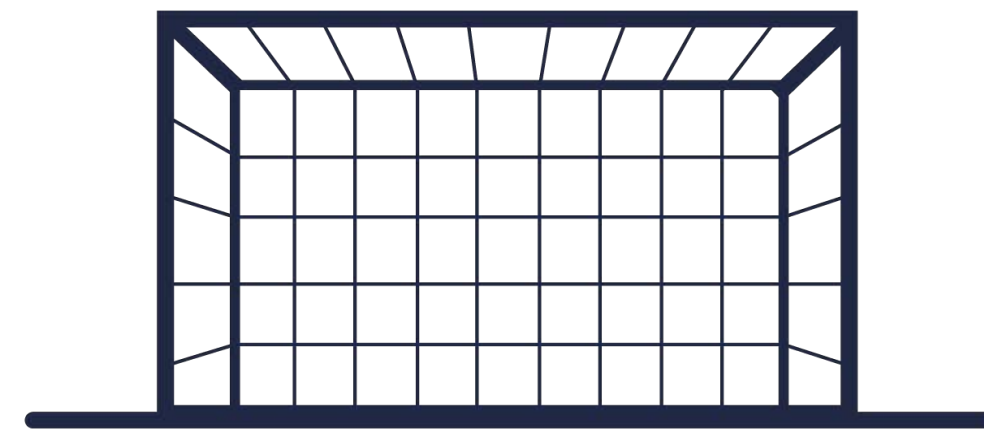
11v11 STANDARDS OF PLAY

FIELD OF PLAY



Length- Min 100 yards/ Max 130 yards
Width- Min 50 yards/ Max 100 yards

GOALS



Goals should be 8 feet (height) x 24 feet (width)

LAW 2 - BALL



Size 5 ball

LAW 3 - # OF PLAYERS



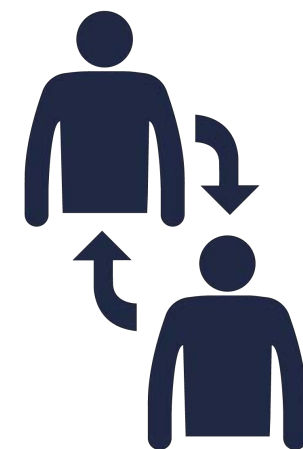
10 field players and 1 goalkeeper

LAW 3 - # OF PLAYERS



Game may not start or continue if there are less than 7 players on a team

SUBSTITUTIONS



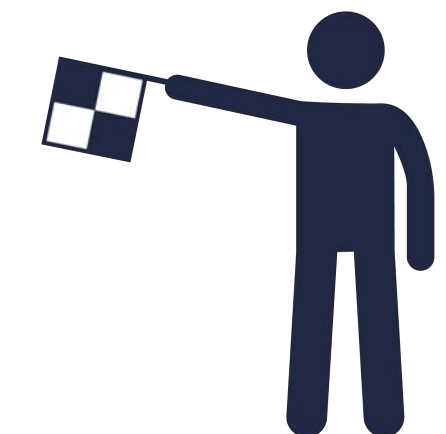
*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage

LAW 5 - REFEREE



As a minimum, referees must have the U.S. Soccer Grassroots Referee License.

LAW 6 - OTHER MATCH OFFICIALS

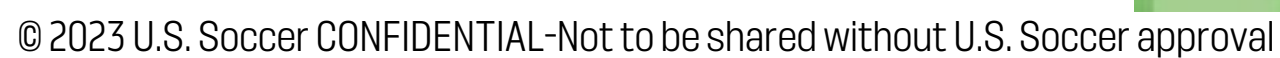


Assistant Referees must have a minimum of the U.S. Soccer Grassroots Referee License

*The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA



An abstract geometric composition featuring several planes and surfaces. A dark blue plane is in the upper left. A white plane is in the upper middle. A red and white vertically striped plane is in the upper right. A light gray plane is in the far upper right. A dark blue plane is in the lower middle. A red plane is in the lower right. A white and light gray vertically striped plane is in the lower middle. A green plane is in the bottom left, with a small orange flag on a pole.





PLAYER DEVELOPMENT FRAMEWORK

11v11



U13 - U14

PROGRESSION PHASE I
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

Soccer Development

GOALS

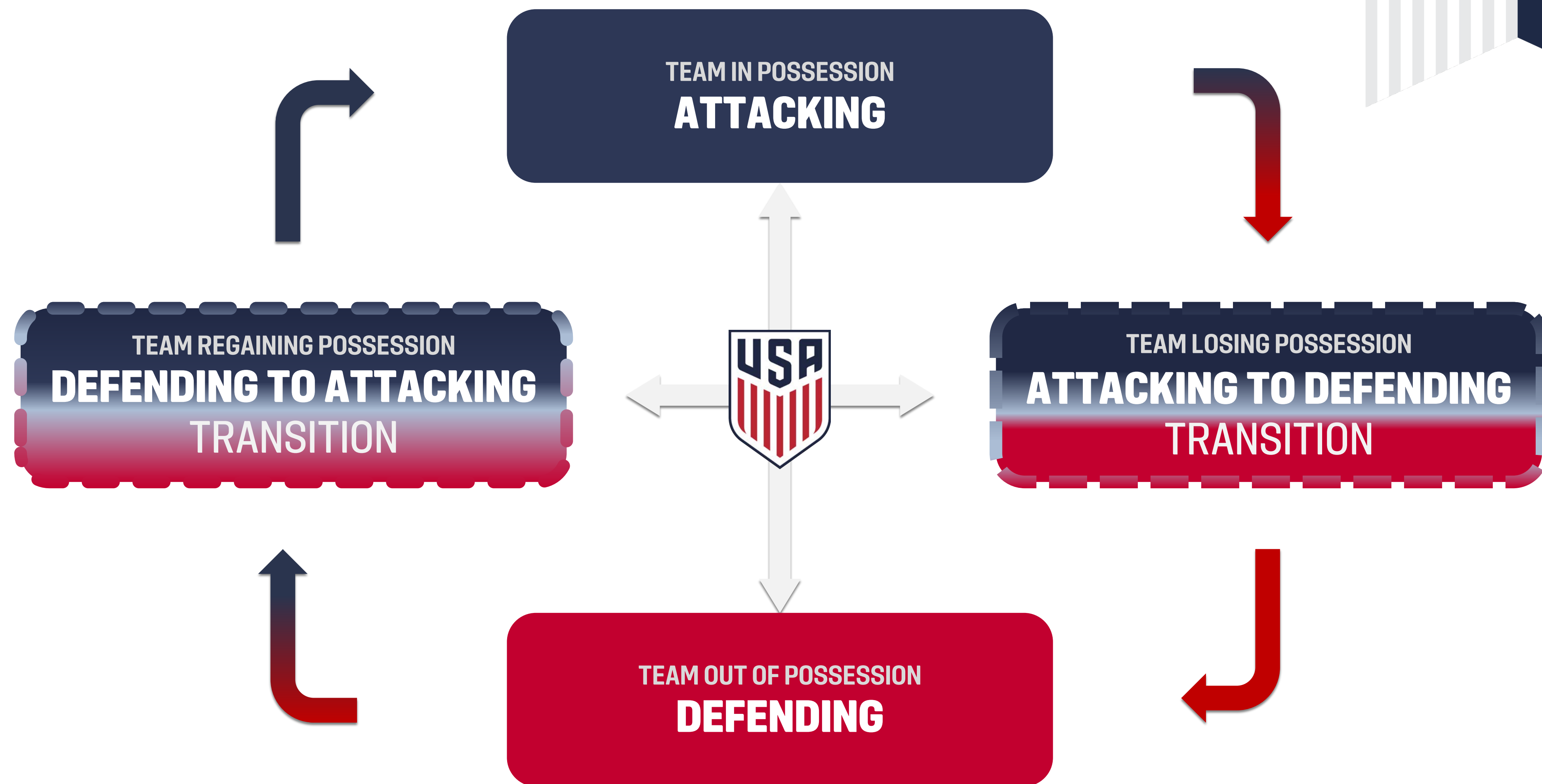
- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players continue to develop fundamental soccer skills with and without the ball under a high level of pressure (ME AND THE BALL)
- Players develop high structured team play based on a style of play (ME AND MY TEAMMATES)

Learning objectives

- To understand injury prevention methods and techniques
- To continue to develop more complex movement skills with an emphasis on multi-lateral development: maintain and enhance flexibility, strength, power, agility and mobility
- To develop reaction speed and acceleration speed: focus on accelerations and deceleration
- To develop a systematic approach to solving game situations (collaboration)
- To develop coordinated movements with groups of teammates: including increased spatial awareness and interchange of roles during play
 - midfield interchange (rotations)
 - penetrations by center backs (dribble with the ball to create numerical overload in midfield)
- To develop more complex player actions with a focus on quick combination play (pace and fluidity) under high pressure in tight spaces
- To develop the understanding and execution of overload situations in attacking and defending
- To apply team principles in attacking, defending and transition moments: utilize a Style of Play as a structure for decision-making
 - play in a formation with roles and responsibilities:
 - focus on anticipation and support
- To develop a deeper understanding of responsibilities of players off the ball
- To develop player ownership and independence:
 - including a player-led warm-up routine
 - player to player coaching (using verbal and non-verbal communication)
- To develop self-efficacy, self-reflection and self-regulation skills
- To develop teamwork: group discussion and reflection skills



THE GAME MOMENTS





PLAYER DEVELOPMENT FRAMEWORK

11v11



U13 - U14

PROGRESSION PHASE I
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING		
GAME IDEA		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	
CREATE ATTACKING TEAM SHAPE	Create appropriate height, width, depth Create optimal attacking distances between players	
PROVIDE OPTIONS TO PLAY FORWARD	Provide vertical or diagonal passing options Overload centrally or wide Move or lose opponent when marked Make runs behind the defensive line Give immediate support to teammate under pressure	
BREAK LINES TO ADVANCE ATTACK	Drive with the ball to exploit space Engage opponent: create 1v1 or 2v1 Find a free player between or behind the lines Switch play: pass the ball to opponent's weak zone	
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	Push up the defensive line with speed: stay connected and compact	
FINISH THE ATTACK AS FAST AS POSSIBLE	Separate: time run or quick movement to unmark Final pass: through ball or combination play Numbers in the box: fill zones in front of goal Cross: into space or player Take on 1v1 to create or score Finish: use limited touches	

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE ATTACKING SHAPE POSITION TO STRETCH OPPONENT AND CREATE SPACE	• Create appropriate height, width, depth	• Attacking players position as high as possible: - Pin or move the opponent's back line to stretch the opponent's team in length. - Lower the level of vertical compactness of opponent: - create more space between the opponent's defensive lines (specifically, between the the opponent's back line and midfield). • Wide forwards and/or fullbacks (wide players): - Position wide while avoiding two players in a direct line: position attack across different lanes - Lower level of horizontal (sideline to sideline) compactness of opponent - create more space centrally: creating passing lanes into the opponent's block or - take advantage of space in wide areas • Center backs and/or fullbacks (occasionally midfielders): - Position behind the ball in supporting position. - Lower the level of vertical compactness of opponent: - create enough space to create strong ball circulation - enable a switch of play
	• Create optimal attacking distances between players	• Spread out with optimal passing distance between players. • Create relationships - connections between players. • Exploit space in opponent's defending team shape.

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PROVIDE OPTIONS TO PLAY FORWARD (RE-)POSITION TO CREATE ADVANTAGE AND RECEIVE THE BALL	Provide vertical or diagonal passing options	- Exploit the space in and around the opponent's defensive block and create a positional advantage: - Avoid two players in a direct line. - Move and provide a good supporting angle: receive facing forward to play forward when possible. - Stay away from the ball when player on the ball has time and space to play forward. - Triangulate: we position to provide the player on the ball with at least two forward (diagonal/vertical) passing options on different levels of height and width. - Rotate: interchange position to create a dynamic advantage.
	Create overload centrally or wide	- Create a numerical advantage in a specific area of the field: - Position to outnumber opponent in the area around the ball or area away from the ball - Allow more players to attack - penetrations of midfielders or defenders - Drop midfielders or attackers
	Move or lose opponent when marked	- If marked move to <u>open space</u> or move to <u>open the space</u>: - Lose opponent to receive the ball - Distance from defender in space (get unmarked)/ move between the lines - Move opponent to receive the ball - Draw opponent out of defending position to create space for self to receive (requires explosive change of direction) - Move to create space and passing options for teammate to receive - Draw opponent out of defending position to create space for teammate to exploit and receive ball
	Make runs behind the defensive line	- Make run when player on the ball is facing forward and has no pressure or has pressure but can play forward - Use different runs and time run to avoid offside (straight run, curved run, ...) - Receive the ball facing forward
	Give immediate support to teammate under pressure	- Recognize the player on the ball is under pressure and has no immediate options: - Above the ball: move towards the ball to create a passing option - Behind the ball: adjust position to create passing option

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BREAK LINES TO ADVANCE ATTACK PROGRESS THE BALL FORWARD AND ELIMINATE OPPONENT(S)	Drive with the ball to exploit space	- Recognize and exploit space. - Accelerate play through dribble: individually progress the ball into space with change of tempo. - Attract opponent (draw attention).
	Engage opponent: create 1v1 or 2v1	- Dribble and look for 1v1 or 2v1 : - Engage to isolate opponent: - Eliminate through dribble: take opponent on in 1v1 - Eliminate through pass or give and go - Move or hold the ball to attract opponent: - Move the opponent, invite pressure to create space for teammate.
	Find a free player between or behind the lines	- Pass quickly, accurately and with appropriate pace to a free player. - Skip a line: recognize opportunity & take risk: look furthest first, look nearest second. - Pass dictates the action: pass with intent.
	Switch play: pass the ball to opponents' weak zone	- Draw opponent to one side and find space on the opposite side: - Direct change of point: long pass - Indirect change of point: short pass
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	Push up the defensive line with speed: stay connected and compact	- Provide balance (numbers). - We all move with the same speed and lose space in between lines that the opponent could exploit. - Create as high a line as possible. - GK take high position: stay connected with the backline . - GK anticipate long pass from opponent and adjust quickly.

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
FINISH THE ATTACK CREATE SCORING OPPORTUNITY AND SCORE	• Separate: time run or quick movement to unmark	• Move into a position in and around the box to score or assist: - Forward run behind the opponent's back line from a high position (attacking position) - Forward run behind the opponent's back line from a deeper position (midfield position) - Move out of sight to receive • Counter movement: opposite movement between two players • Quick movement from opponent to create space
	• Final pass: through ball or combination play	• Disguised pass to manipulate opponent • Pass quickly, accurately and with appropriate pace: - through ball or chip ball to player who runs in behind - pass to unmarked player in or around the box • Quick combination play between 2 or more players to find a teammate in a goalscoring position • Recognize the player in the better position.
	• Numbers in the box: fill zones in front of goal	• Efficient occupation of zones in the box on cross: near post, back post, penalty spot, edge of box - Time your run in the box - Get unmarked or in front of opponent - Attack the ball
	• Cross: into space or player	• Time the cross in front or behind the backline - Recognize space (positioning of goalkeeper and defenders) - recognize the positions and runs of teammates in penalty box
	• Take on 1v1 to create or score	• Eliminate opponent through dribble to create goalscoring opportunity
	• Finish: use limited touches	• Shoot from (short/long) distance • Finish off the cross: choose your final touch • React quickly on rebounds



PLAYER DEVELOPMENT FRAMEWORK

11v11



U13 - U14

PROGRESSION PHASE I
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
ATTACKING
WITH THE BALL
Controlling
Protecting
Driving
Dribbling
Passing
Shooting
SPACIAL & POSITIONAL AWARENESS
Scanning
Supporting
Adapting body shape

U13 - U14	
PROGRESSION PHASE I	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
WITH THE BALL	
CONTROLLING	- Receiving and preparing the ball from short passes (distance of 5 to 20 yards) - Receiving and preparing the ball in such a way that you can immediately go to goal - Receiving and preparing the ball in such a way that it stays as close to you as possible - Receiving by moving towards the ball when opponent is close by (attacking the ball) - Receiving and preparing the ball from a long pass in the air - Receiving and preparing the ball on the bounce - Receiving and preparing the ball on the turn towards the opponent's goal as quickly as possible - Receiving and playing in 1 touch if you can pass accurately - Avoiding looking at the ball when receiving and preparing the ball - Scanning for a free teammate after performing the control - Scanning for a free teammate before or while receiving and preparing the ball - Avoiding a long ball from bouncing - receiving before the bounce - Receiving and playing a long ball in 1 touch if you can pass accurately
PROTECTING	- Shielding and maintaining possession of the ball, by placing most of the body between the ball and opponent, keeping the ball on the furthest foot away from the defender while looking for teammates - Turning away from and out of reach of your opponent
DRIVING	- Running with the ball, keeping the ball as close as possible to the body - Avoiding looking at the ball while driving the ball - Keeping your body between the ball and the approaching opponent while driving the ball - Running as fast as possible with the ball, picking up speed to gain as much time and territory as possible - Creating space in advance (before controlling) in which you want to drive the ball

U13 - U14	
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PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
WITH THE BALL	
DRIBBLING	• Taking on the opponent • Reading the body shape of the opponent and engaging on the most obvious/weak side • Accelerating when eliminating the opponent • Avoiding looking at the ball while dribbling • Keeping your body between the ball and the opponent while dribbling • Holding off the opponent and creating distance from the opponent • Dribbling through a change of direction at the right time, or through a change of speed or through a feint • Dribbling when you can cause direct danger on target
PASSING	• Playing the ball intentionally with different surfaces to a free teammate, into feet or space, within a distance of 5 to 20 yards • Playing the ball to the foot so that the player receiving the ball can continue to play forward • Making a leading pass in front of your teammate, making sure that the teammate can take the ball without having to slow down • Looking at the player you are passing to when passing • Trying to take out an opponent with a quick wall pass (give and go) in a small space • Making a long pass in the air • Playing a long ball in space so a teammate can receive the ball while running • Avoiding passing to a player surrounded by opponents who can be immediately put under pressure • Playing the cross at the right time and with the right ball speed outside the action area of the goalkeeper and the defender • Disguising the pass
SHOOTING	• Striking the ball intentionally with different surfaces from short and medium range (1-10 yards; 11-20 yards) on the goal (finishing) • Looking at the position of the goalkeeper before shooting at goal, and selecting a target • Aiming for the far side if you shoot from an angle and the goalkeeper is protecting near post • Finishing in 1 time/touch when closely marked • Finishing on the volley / bounce • Following the ball after the shot • Dribbling at the goalkeeper when he/she comes out at full speed or when he or she protects the goal well and scoring from the shot becomes difficult • Chipping the goalkeeper • Disguising the finish

U13 - U14	
PROGRESSION PHASE I	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	- Searching for the ball, teammates and the goal: - scanning for a free teammate after performing the control - scanning for a free teammate before or while receiving and preparing the ball (passing) - scanning and avoiding looking at the ball while dribbling - scanning and looking at the position of the goalkeeper before shooting at goal, and selecting a target (shooting)
SUPPORTING (POSITIONING)	- Looking at the player in possession of the ball - Finding open space for self and indicating this, verbally or non-verbally, to the player in possession of the ball - Repositioning after giving a pass (ex. give and go) - Assessing teammates' movements and moving off each other - Unmarking and running behind opponent when a teammate on the ball is looking for options - Looking to get out of sight from the defender's vision - Losing direct opponent by switching positions with a teammate - Anticipating as the third player who will get the ball after a pass between two teammates
ADAPTING BODY SHAPE	- Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal - While approaching, have an optimal overview of the game situation.

U13 - U14					
PROGRESSION PHASE I					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
ATTACKING					
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	• Advance the ball • Keep the ball	CREATE ATTACKING SHAPE	• Create appropriate height, width, depth • Create optimal attacking distances between players	• Controlling
					• Protecting
					• Driving
			PROVIDE OPTIONS TO PLAY FORWARD	• Provide vertical or diagonal passing options • Create overload centrally or wide • Move or lose opponent when marked • Make runs behind the defensive line • Give immediate support to teammate under pressure	• Dribbling
					• Passing
					• Shooting
ATTACKING HALF	CREATING & SCORING	• Score goal • Create chance • Advance the ball • Keep the ball	BREAK LINES TO ADVANCE ATTACK	• Drive with the ball to exploit space • Engage opponent: create 1v1 or 2v1 • Find a free player between or behind the lines • Switch play: pass the ball to the opponent’s weak zone	SPACIAL & POSITIONAL AWARENESS
					• Scanning
			TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	• Push up the defensive line with speed: stay connected and compact • Create high defensive shape behind the ball	
			FINISH THE ATTACK	• Separate: time run or quick movement to unmark • Final pass: through ball or combination play • Numbers in the box: fill in zones in front of goal • Cross into space or player • Take on 1v1 to create or score • Finish: use limited touches	
					• Adapting body shape
			U.S. Soccer Player Development Framework Slide #143		



PLAYER DEVELOPMENT FRAMEWORK

11v11



U13 - U14

PROGRESSION PHASE I
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION	
GAME IDEA	
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
APPLY IMMEDIATE PRESSURE ON THE BALL	- Press to regain or prevent progress of the ball - Provide cover and balance: eliminate options
DELAY THE COUNTERATTACK	- Drop off and block direct path to goal - Slow down and dictate opponent
RECOVER WITH SPEED	- Get numbers back quickly and take defensive position - Press from behind as quickly as possible
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	Create passing option(s): between the lines
DENY FINISH FROM COUNTERATTACK	- Defend the goal and create conditions to engage - Challenge to protect against a goal attempt

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING TO DEFENDING TRANSITION		
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
APPLY IMMEDIATE PRESSURE ON THE BALL REACT QUICKLY TO WIN THE BALL BACK AND STOP OPPONENTS' FORWARD PLAY	Press to regain or prevent progress of the ball	- Recognize situations when to press or hold and force wide (awareness) - Win the ball when opportunity to regain (distance, numbers and levels of compactness) - Nearest player(s): - React immediately, reduce space with speed and intensity - Apply (frontal/diagonal) pressure on the ball: deny switch - stop long ball - prevent forward pass - Stay disciplined: no foul
	Provide cover and balance: eliminate options	PROTECT THE NEAREST SPACE: ANTICIPATE SHORT PASSING - Teammates collectively reduce space and area around the ball - Mark outlet players - block passing lines - cover space - Push up the lines when opposition is forced backwards PROTECT THE SPACE IN BEHIND: ANTICIPATE THE LONG BALL - Central defenders anticipate the long ball when inefficient pressure: read pass and drop - Wide defenders attach to the backline - Adjust body position to anticipate opponent's movement or action
DELAY THE COUNTERATTACK DROP AND NARROW, REDUCE SPEED OF OPPONENTS TO ALLOW PLAYERS TO RECOVER	Drop off and block direct path to goal	- Drop-off and protect the center: - Drop centrally, get narrow and defend in relation to goal - Create compact block - numbers between ball and goal (to force play wide) - Reduce the central space between the backline - Identify and mark the most dangerous player
	Slow down and dictate opponent	- Slow down the opponent when we are unable to pressure the player on the ball and in a disadvantage (ex. outnumbered) to allow players to return in the defensive block - Dictate direction (force backwards or wide) and speed of play (reduce speed) - Create equal numbers or overload (in area of the ball): eliminate passing options (2v1 → 1-1)

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION

When we lose the ball, we want to regain it early by reacting immediately with maximum intensity.
When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WITH SPEED SPRINT BACK TO GET BALANCED, ORGANIZED AND APPLY PRESSURE	• Get numbers back quickly and take defensive position	• Sprint back to get behind the ball to support teammates. • Attach to the backline and defend in relation to the goal.
	• Press from behind as quickly as possible	• Sprint back and put pressure on the opponent in possession: -Prevent the opponent from playing forward or dribbling with the ball. -Try to recover the ball (don't give up).
TAKE COUNTERMEASURES POSITION TO PREPARE THE COUNTERATTACK	• Create passing option(s): between the lines	• Anticipate the moment when team wins the ball back : -Stop defending -Unmark from defender -Position (diagonally) between the lines to set up a possible counter-attack
DENY FINISH FROM COUNTERATTACK DENY SCORING OPPORTUNITIY AND PREVENT SCORING	• Defend the goal and create conditions to engage	• Be patient and don't commit too early (recognize distance from goal, wait for teammates) • Isolate opponent on the ball when possible: 2v1 → 1-1
	• Challenge to protect against a goal attempt	• Challenge with strong determination: block shot to tackle - intercept to prevent assist -When we are organized and have a numerical advantage -When opponent is in shooting distance

U13 - U14					
PROGRESSION PHASE I					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
ATTACKING TO DEFENDING TRANSITION					
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	- Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	APPLY IMMEDIATE PRESSURE ON THE BALL	- Press to regain or prevent progress of the ball - Provide cover and balance: eliminate options	• Intercepting
					• Pressing
					• Challenging
					• Delaying
					• Blocking the shot
DEFENDING HALF	DENYING CHANCES & SCORING	- Prevent goal - Deny a chance - Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	DELAY THE COUNTERATTACK	- Drop off and block direct path to goal - Slow down and dictate opponent	SPACIAL & POSITIONAL AWARENESS
					• Scanning
			RECOVER WITH SPEED	- Get numbers back quickly and take defensive position - Press from behind as quickly as possible	• Covering
			DENY THE FINISH	- Defend the goal and create conditions to engage - Challenge to protect against a goal attempt	• Marking
			U.S. Soccer Player Development Framework Slide #147		



PLAYER DEVELOPMENT FRAMEWORK

11v11



U13 - U14

PROGRESSION PHASE I
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING	
GAME IDEA	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
CREATE DEFENDING SHAPE	- Make team compact: vertical and horizontal (Re-) Position to create a high front line (Re-) Position to create a high defensive line
	Create optimal defending distances between players
BUILD PRESSURE ON THE BALL	Move as a collective unit: make play predictable
	Initiate pressure on the opponent with the ball
	Engage when chance of regaining the ball
	Provide cover and balance: eliminate passing options
	Prevent the switch: keep opponent on one side
RECOVER WHEN PRESSURE IS BROKEN	Immediately (re-) apply pressure on the ball
	Delay attack and regain defensive shape
	Look to intercept pass or win second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER	Create passing option(s): between the lines
DENY THE FINISH	Get narrow and close the center: denying the through ball
	Marking and tracking opponent
	Deny the cross
	Defending the cross: protect the width of the goal
	Challenge to protect against goal attempt

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE DEFENDING SHAPE POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE	• Make team compact: vertical and horizontal - (Re-) Position to create a high front line - (Re-) Position to create a high defensive line	• Create a defensive block and reduce passing options for the opponent on the ball - as high as possible • Attacking players (re-)position to create a high line of confrontation • Position to block passing lanes, make play predictable and build pressure • Center backs and/or fullbacks take a high defending position to support compactness - Reduce space between different lines of the team - Manage offside: central defender closest to the ball creates the offside line (if in own half) • High position of the goalkeeper to stay connected with the backline
	• Create optimal defending distances between players	• Create relationships - connections between players through spacing and distances : - Reduce options to penetrate with the ball - Ensure cover - Allow for interception

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BUILD PRESSURE ON THE BALL CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY	Move as a collective unit: make play predictable	- Move relative to the position of the ball while maintaining optimal distances between players: - Reduce time and space for the opponent on the ball - Shift and slide: no crossover with nearest teammate - Step: when the the ball is played backwards or when pressure on the ball - Direct the player on the ball: - Reduce the options for the opponent on the ball and force to one area : - Block passing lanes - Allow passes to pressing area
	Initiate pressure on the opponent with the ball	- Nearest player pressures the ball: - Prevent opponent from playing forward - Limit time on the ball - Force opponent to look down - Force to make mistake
	Engage when chance of regaining the ball	- Engage in the identified situations: - Step out and intercept when possible: for example - slow pass, bad touch,... - 1v1: don't get eliminated by dribble, touch or pass
	Provide cover and balance: eliminate passing options	- Block immediate passing options when teammate puts pressure on the ball - Cover by the closest player to prevent forward passes / progression: mark, front or track - Weakside players move centrally - Bring numbers to the area / outnumber the opponent/bring numbers around the ball
	Prevent the switch: keep opponent on one side	- Bring numbers around the ball - Keep opponent locked and stop from getting out of the area

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WHEN PRESSURE IS BROKEN RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS	Immediately (re-) apply pressure on the ball	- Re-apply pressure on opponent when line is broken: - From behind: chase the player in possession and attempt to win the ball back without fouling - In front: step up and press when cover is present - Recover from switch of play: - Strong shift of the team when opponent was able to switch the play
	Delay attack and regain defending shape	- Slow down the opponent's attack : drop and narrow. Reduce speed of opponent to allow teammates to recover - Recover with numbers between the ball and the goal - outnumber opponent when possible - get organized - Track and/or mark the most dangerous players
	Look to intercept pass or win second ball	- When the line is broken by the long ball: defending players - Drop and narrow together - Compete for the second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER POSITION TO PREPARE THE COUNTERATTACK	Create passing option(s): between the lines	- Anticipate the moment when team wins the ball back and set for transition : - Stop defending - Unmark from defender - Scan field and position (diagonally) between the lines to set up a possible counter-attack

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
DENY THE FINISH PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES	Get narrow and close the center: denying the through ball	- Always pressure the player on the ball: reduce time, space and options for the opponent on the ball - Prevent opponent from passing and making runs to receive behind the defensive line - Reduce space between teammates: narrow when closer to goal - Get numbers in the central areas - Always provide protection for center backs by fronting them - drive opponent's offensive play towards wide areas
	Marking and tracking opponent	- Close marking of direct opponent in zone: - split-vision: keep eye on ball and opponent - Change marking: - Scan your surroundings and communicate - Stay in your defensive zone when the opponent changes position - Pass on opponent to teammate or mark opponent coming from another zone - Switch to player-marking: when necessary, switch from zonal marking to player marking
	Deny the cross	- Defend the cross with support from midfielder or winger - Deny cross into space or player - Center backs stay in central position
	Defending the cross: protect the width of the goal	- Get organized and increase the protection in front of the goal on the cross: - Weakside fullback is connecting to the backline - Occupy strategic zones - Close marking of direct opponent: - split-vision: keep eye on ball and opponent - Challenge: be first on the ball - Aggressiveness
	Challenge to protect against goal attempt	- Engage and commit when chance of attempt on goal - Don't get eliminated by dribble - Block shot - Win the second ball - Clearance

U13 - U14	
PROGRESSION PHASE I	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
DEFENDING	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
AGAINST THE BALL	
INTERCEPTING	- Winning or deflecting the ball, if not stay in position - Deflecting an opponent's pass away from the intended target - Staying in possession of the ball after stealing it and continuing with an attacking action - Playing in one touch to a teammate - Intercept the ball as high as possible (high point) on a long (high) ball
PRESSING	- Running to the opponent who is about to receive the ball (approx. 2 yards distance) while the ball is moving (to reduce the space for the opponent or force error) - Having fast approach but slow arrival - Approach is forcing into desired area
CHALLENGING	- Taking good defensive posture (on toes, knees are bent, staggered stance, ...) that allows to start the 1v1 in favorable conditions - Always look at the ball - Stay on your feet - Retaining possession of the ball after winning the duel - If you are eliminated, don't give up, challenge again immediately
DELAYING	- Slowing down, reducing speed from the opponent's action - Driving the player on the ball to the outside (away from goal)
BLOCK THE SHOT	Getting in between the ball and the defending goal to redirect the ball away from goal

U13 - U14	
PROGRESSION PHASE I	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
DEFENDING	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting
ADAPTING BODY SHAPE	Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal
COVERING	- Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed - Preventing the opponent behind your back (between the lines) from being an option
MARKING	- Preventing direct opponent from receiving the ball in favorable circumstances by positioning next to the opponent (proactive stance) - Trying to look at both the ball and direct opponent - Marking closer when closer to goal

U13 - U14					
PROGRESSION PHASE I					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
DEFENDING					
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	- Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	CREATE DEFENDING SHAPE	- Make team compact: vertical and horizontal - Position to create a high front line - Position to create high defensive line - Create optimal defending distances between players	Intercepting
					Pressing
					Challenging
					Delaying
					Block the shot
DEFENDING HALF	DENYING CHANCES & SCORING	- Prevent goal - Deny a chance - Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	BUILD PRESSURE ON THE BALL	- Move as a collective unit: make play predictable - Initiate pressure on the opponent with the ball - Engage when chance of regaining the ball - Provide cover and balance: eliminate passing options - Prevent the switch: keep opponent on one side	SPACIAL & POSITIONAL AWARENESS
					Scanning
			RECOVER WHEN PRESSURE IS BROKEN	- Immediately (re-) apply pressure on the ball - Delay attack and regain defensive shape - Look to intercept pass or win second ball	Covering
			DENY THE FINISH	- Get narrow and close the center: denying the through ball - Marking and tracking opponent - Deny the cross - Defending the cross: protect the width of the goal - Challenge to protect against any goal attempt	Marking



PLAYER DEVELOPMENT FRAMEWORK

11v11



U13 - U14

PROGRESSION PHASE I
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING TO ATTACKING TRANSITION	
GAME IDEA	
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.	
When we recognize we cannot play forward, we keep the ball and move into our attacking shape.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
PLAY FORWARD QUICKLY	- First action forward - Continue to play forward
SECURE THE BALL	- Play out of pressure - Keep the ball and initiate build up
JOIN THE ATTACK WITH SPEED	- Provide support in front of the ball - Provide support behind the ball
TAKE COUNTERMEASURES : ANTICIPATE THE COUNTER	Push up the defensive line with speed: stay connected and compact
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE	- Create and exploit space for self or teammate - Attack space or engage opponent - Recognize player in a better position to score - Finish: use limited touches

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING TO ATTACKING		
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PLAY FORWARD QUICKLY PLAY FORWARD WITH AS FEW PASSES AS POSSIBLE	• First action forward	• Start attacking transition immediately with forward action: - Pass forward into open space or feet to (highest) transition player (vertical / diagonal) - Touch forward and run or dribble aggressively at maximum speed when space • GK distribution: throw/volley into space or feet
	• Continue to play forward	• Continue to progress the ball forward at speed to prevent the opponent from returning into defensive shape: dribble or pass • Play with limited touches to increase the speed of the transition: - Direct: open body shape to receive the ball facing forward or turn when time on the ball - Indirect: lay-off / playing backwards to supporting teammate (3rd man running) • Stay central if possible • Take advantage of space behind the opponent's backline - pass behind
SECURE THE BALL ESCAPE COUNTERPRESS FROM CLOSEST OPPONENT(S)	• Play out of pressure	• Shield the ball when pressure from opponent • Move the ball out of the zone when possession is regained to escape counter press • Play sideways or backwards when unable to dribble or pass forward (or draw foul)
	• Keep the ball: initiate build up	• Keep possession when opponent is balanced and organized • Recognize risk vs reward: priority is to secure possession • Move into attacking shape
JOIN THE ATTACK WITH SPEED SPRINT FORWARD TO ATTACK OR SUPPORT	• Provide support in front of the ball	• Sprint forward and commit numbers into the attacking half • Get players in front of the ball as quickly as possible to attack the backline of the opponent • Provide a passing option: make a run in behind
	• Provide support behind the ball	• Position to enable the attack to continue by creating passing options behind the ball • Recycle the attack when unable to continue the counter

U13 - U14		
PROGRESSION PHASE I		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING TO ATTACKING		
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	• Push up the defensive line with speed: stay connected and compact	• Provide balance (numbers) • Close space in between lines that the opponent could exploit • Create as high a line as possible
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE CREATE SCORING OPPORTUNITY AND SCORE	• Create and exploit space for self or teammate	• Separate from opponent and receive between the lines • Exploit space behind opponent backline: make a run to receive in behind • Make a run to free up space for teammate to receive
	• Attack space or engage opponent	• Dribble at speed into open space: - Invite pressure to create (more) space for teammate(s) • Dribble at speed to isolate defender: - Attract to free up teammate (2v1) - Eliminate defender or create separation and shoot (1v1)
	• Recognize player in a better position to score	• Keep composure (decision at full speed) • Recognize the right moment to pass to a teammate in a better position to score or assist - We attack/occupy different areas in the box
	• Finish: use limited touches	• Select the best surface and shoot on goal with a minimal touches.

U13 - U14					
PROGRESSION PHASE I					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
DEFENDING TO ATTACKING					
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.					
When we recognize we cannot play forward, we keep the ball and move into our attacking shape.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	• Advance the ball • Keep the ball	PLAY FORWARD QUICKLY	• First action forward • Continue to play forward	• Controlling
					• Protecting
			SECURE THE BALL	• Play out of pressure • Keep the ball and initiate build up	• Driving
					• Dribbling
ATTACKING HALF	CREATING & SCORING	• Score goal • Create chance • Advance the ball • Keep the ball	JOIN THE ATTACK WITH SPEED	• Provide support in front of the ball • Provide support behind the ball	• Passing
					• Shooting
					SPACIAL & POSITIONAL AWARENESS
			TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	• Push up the defensive line with speed: stay connected and compact	• Scanning
			FINISH THE COUNTERATTACK	• Create and exploit space for self or teammate • Attack space or engage the opponent • Recognize player in better position to score • Finish: use limited touches	• Supporting
					• Adapting body shape
U.S. Soccer Player Development Framework Slide #159					



U . S . S O C C E R F E D E R A T I O N

**PLAYER DEVELOPMENT
FRAMEWORK**

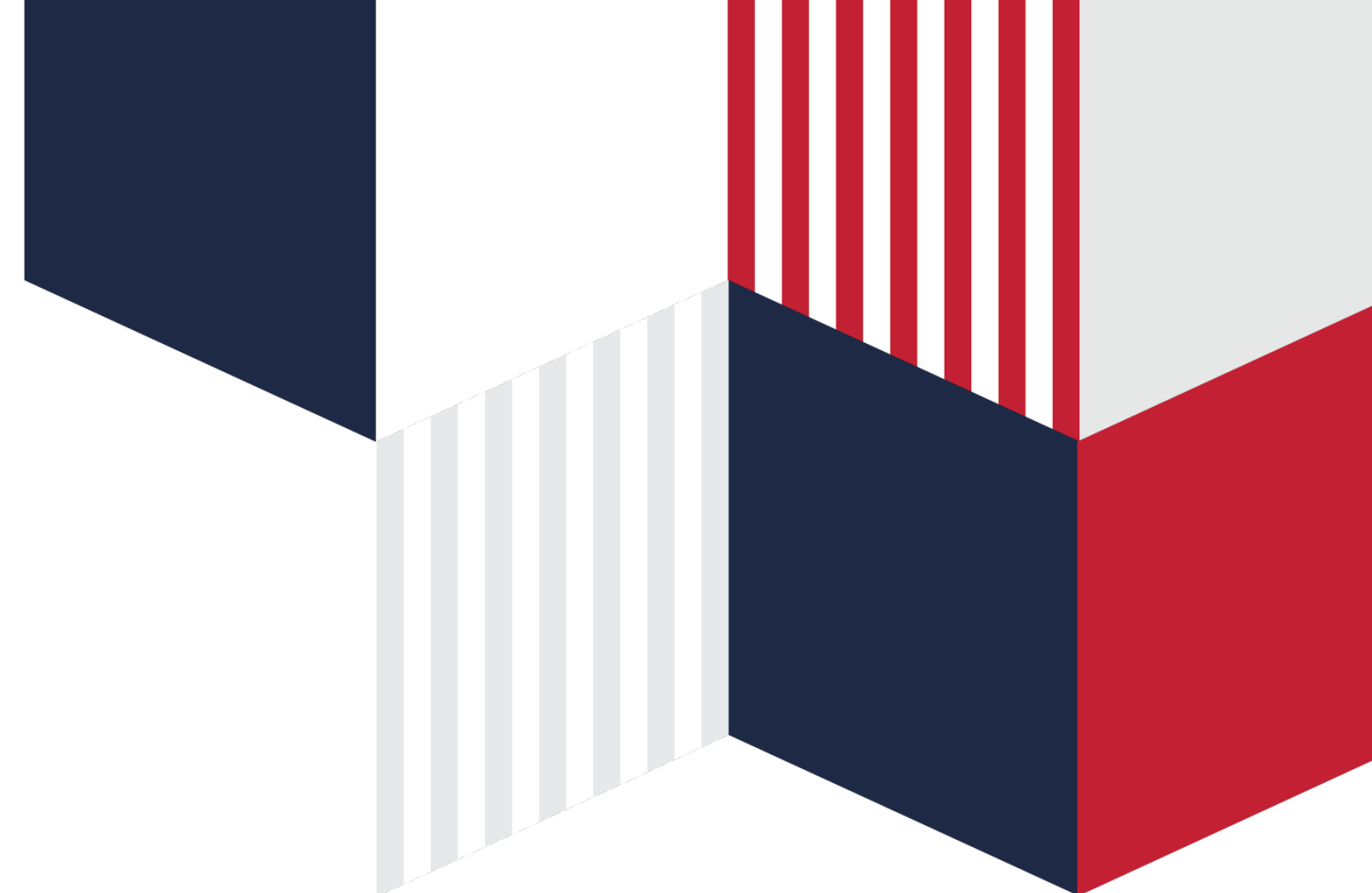
11V11

U15 - U16 LEARNING PLAN



U.S. SOCCER FEDERATION - TECHNICAL PLAN

PLAYER-CENTERED



WHO IS IN FRONT OF US?

A PLAYER-CENTERED APPROACH TO PLAYING THE GAME

FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

DEVELOPMENTAL STAGE: ADOLESCENCE													
B-U5	B-U6	B-U7	B-U8	B-U9	B-U10	B-U11	B-U12	B-U13	B-U14	B-U15	B-U16	B-U17	B-U18
G-U5	G-U6	G-U7	G-U8	G-U9	G-U10	G-U11	G-U12	G-U13	G-U14	G-U15	G-U16	G-U17	G-U18
GAME FORMAT: 11v11		SOCIAL CHARACTERISTICS			EMOTIONAL CHARACTERISTICS			COGNITIVE CHARACTERISTICS			PHYSICAL CHARACTERISTICS		
U15 U16		- Are more comfortable navigating within their social setting (school) while still learning to adapt and conform to rules of the peer group - Develop a stronger sense of self and rely less on the opinions of others (older teens resist peer pressure better than younger teens) - Although still strongly influenced by peers they continue to be more assertive and separate themselves from parents/guardians/authority figures. They start to form their own opinion on important topics - May struggle with authority figures and boundaries than have been set by adults. Parents are often viewed as interfering with a teen's independence. - Compare/measure self to others and might be pre-occupied with personal appearance - Develop individual relationships and can exhibit more interest in intimacy/romantic relationships - Proving oneself is an enormous motivation for players at this age (especially males). same in U17 - May show a fanatical attitude that often creates conflict with teammates and opponents (especially males) same in U17			- Still have strong emotions and quick mood swings but are better equipped to recognize and control them - Begin to question who they are and what they should do with their lives. Frequently ask the question "Why?" and this will challenge self-regulation skills - Can handle constructive/unsolicited feedback - Can develop emotional skills to resist social pressure, however their emotions may be susceptible to reactions/interactions made in the digital world/social media - Start to develop empathy. Are more open to the fact that others can also have their own intentions and emotions, however, they cannot always interpret them correctly - Emotional value of contact with peers increases and they may become emotionally attached to a romantic interest - Extremely sensitive for rewards and can be focused on new sensations (leads to risky behavior) - May have emotional side effects brought on by puberty including emotional fragility, insensitivity, unreasonable behavior and bad moods occur in both males and females			- Pre-frontal cortex continues to develop executive functioning: - Develop coordination of attention with memory and the control of behavioral responses and abstract thought - Develop deeper moral reasoning and think about the meaning of life - Still a little bit self-centered because they have not yet fully learned to correctly assess the intentions of others - May hold a belief that their experiences are unique and different from those of everyone else - Have a greater capacity for setting goals than previous stages. Become better at everyday planning and decision making, especially concerning practice and competition - They are learning to deal with abstract tasks like anticipating long-term events/decisions and judging potential consequences - Lack ability to fully make complex decisions with several alternatives which can lead to making more impulsive and dangerous decisions than adults - Evolving hormone systems (including stress hormones) can have a major effect on the brain and behavior - Dealing with more factors that can affect concentration such as spectators, opponent interactions, and pressure to perform on demand. Negative self-talk can disrupt concentration			- Continue to experience effects of rapid growth, increases in height and weight, as well as increases in muscle mass and body fat - Essential to monitor body alignment (i.e., ankles, knees, hips, shoulders, and vertebrae), muscle balance (triceps and biceps, quadriceps and hamstrings), and flexibility - May have increased hormone levels as their bodies are now naturally producing testosterone & estrogen -These hormones impact training responses in physical qualities, such as strength, power, speed and endurance - With these changes in the body the female movement competencies change and can lead to injury (especially in the knee, hip and ankle joints) - Height increases continue in males (beginning to reach their peak in physical growth), whereas females are usually finished growing and may add some weight - As muscle mass increases in males, so does body satisfaction. However, many teenage girls become dissatisfied with their bodies and weight due to the increase in body fat. Some teens may even resort to eating disorders to feel better about their bodies		
PROGRESSION PHASE II													
SCANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING													
GOALS													
- Players develop scanning skills (ME AND MY SCANNING SKILLS) - Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS) - Players develop specific soccer skills based on a positional profile (ME AND THE BALL) - Players develop high structured team play based on a style of play (ME AND MY TEAMMATES)													
LEARNING ENVIRONMENT: OBJECTIVES													
- To promote injury prevention methods and techniques - To continue to develop reaction speed and acceleration speed: focus on acceleration and deceleration - To continue to develop more complex movement skills with an emphasis on multi-lateral development: maintain and enhance flexibility, strength, power, agility and mobility - To make aerobic training a priority after the onset of the growth spurt - To continue to promote skill acquisition - application of technique within a context including perception, decision-making, execution, and reflection							- To apply more complex team tactical principles in attacking, defending and transition moments: utilize a Style of Play as a structure for decision-making -develop a system of play within the formation (for both attacking and defending) -continue to develop coordinated movements with groups of teammates: increased spatial awareness and interchange of roles during play -to introduce the positional profile: -place more focus on the individual responsibilities within a position - To develop player ownership, independence, and planning: -include players in the planning process -player to player coaching and motivation (using verbal and non-verbal communication) - To develop self-efficacy, self-reflection and self-regulation skills - To develop teamwork: group goal setting and mutual support						
LEARNING ENVIRONMENT: ACTIVITIES													
- Utilize a variety of activities that help develop the U.S. Soccer Key Qualities - Activities should be flexible enough to allow for individual differences concerning the growth spurt -activities should be flexible to allow for the workload placed on individuals -activities allow for individualization based on maturity levels - Activities can still be formed around deliberate PLAY with the ball (one player - one ball), but should now focus on small group and team play -utilize specific training session goals (team tactical principles, sub-principles, and player actions)							- Use activities that introduce individual positional training (based on a positional profile), functional group training, and team training - Focus on decision-making through GAMES (learning through highly structured play that allows for players' choice) -utilize inclusionary small sided games: 1v1 → 11v11 (based on roster size and including use of unbalanced games) - Use of positional games (rondos) - Use of activities over both short and long distances to develop different player actions						
LEARNING ENVIRONMENT: COACHING													
- Support players in finding personal fulfillment through increased player autonomy while gaining a deeper game understanding - Place more focus on specific individual development - Be patient an understands that development takes time and players will develop at different rates. - Be able to recognize the impact of growth and maturation on performance players.							- Be aware hormonal changes and the differences between genders (testosterone in males may cause ego-centric behavior and try to do everything individually) - Provide players with opportunity to learn: -games are played in function of the development of the player -the game objectives are always formulated based on the training session objectives - Use cues/key words to create focus and to refocus is an effective way to maintain concentration.						

Language During Adolescence



Adolescents establish connection with peers and solidify their identity through their special ways of speaking that fit specific social situations.

These particular ways of speaking may include different vocabulary, pronunciation, or word usage.

You have heard and said many of these things yourself. In terms of vocabulary, if something is great, is it “groovy,” “da bomb,” “sick,” “way cool,” “sweet,” “awesome,” “phat,” “dope,” “clutch,” or “excellent”? That depends in part on your age.

If you grew up in the 1960s, then you know “groovy,” but today “groovy” is not too sweet.

There are also cultural differences—variations by social class, ethnicity, region, or nationality.

Pop culture and technology/social media have added new “words” to the language of adolescents, too.

Language During Adolescence



Some linguists suggest that adolescents speak two dialects, mallspeak and texting (sometimes called digital, netspeak or internet slang).

Mallspeak is minimal and informal, overusing words such as “like,” “ya’know,” “OK,” and “whatever.” These distinctive ways of speaking may originate in particular groups but migrate to the entire culture. One example is the use of like, as in “She isn’t, *like*, really crazy or anything, but her and her, *like* five buddies did, *like*, paint their hair a really differently, *like*, purple color”

The word serves several functions—to soften what is said, to move forward in speaking without fully planning what to say, or to speak informally among friends. Females use *like* more than males.

“Texting” dialect is also prominent—a combination of letter and number shorthand to send messages on cell phones: BTW (by the way), LOL (laugh out loud), 9 (parent watching), 99 (parent not watching anymore), CYO (see you online), BRB (be right back).



U.S. SOCCER FEDERATION - TECHNICAL PLAN

GAME FORMATION

4v4
U7-U8



7v7
U9-U10



9v9
U11-U12



11v11
U13+





PLAYER-CENTERED: THE PLAYER

11v11



U15 - U16

SOCIAL

- Are more comfortable navigating within their social setting (school) while still learning to adapt and conform to rules of the peer group
- Develop a stronger sense of self and rely less on the opinions of others (older teens resist peer pressure better than younger teens)
- Although still strongly influenced by peers they continue to be more assertive and separate themselves from parents/guardians/authority figures. They start to form their own opinion on important topics
- May struggle with authority figures and boundaries than have been set by adults. Parents are often viewed as interfering with a teen's independence.
- Compare/measure self to others and might be pre-occupied with personal appearance
- Develop individual relationships and can exhibit more interest in intimacy/romantic relationships
- Proving oneself is an enormous motivation for players at this age (especially males). same in U17
- May show a fanatical attitude that often creates conflict with teammates and opponents (especially males) same in U17



PLAYER-CENTERED: THE PLAYER

11v11



U15 - U16

EMOTIONAL

- Still have strong emotions and quick mood swings but are better equipped to recognize and control them
- Begin to question who they are and what they should do with their lives. Frequently ask the question “Why?” and this will challenge self-regulation skills
- Can handle constructive/unsolicited feedback
- Can develop emotional skills to resist social pressure, however their emotions may be susceptible to reactions/interactions made in the digital world/social media
- Start to develop empathy. Are more open to the fact that others can also have their own intentions and emotions, however, they cannot always interpret them correctly
- Emotional value of contact with peers increases and they may become emotionally attached to a romantic interest
- Extremely sensitive for rewards and can be focused on new sensations (leads to risky behavior)
- May have emotional side effects brought on by puberty including emotional fragility, insensitivity, unreasonable behavior and bad moods occur in both males and females



PLAYER-CENTERED: THE PLAYER

11v11



U15 - U16

COGNITIVE

- Pre-frontal cortex continues to develop executive functioning:
 - Develop coordination of attention with memory and the control of behavioral responses and abstract thought
 - Develop deeper moral reasoning and think about the meaning of life
 - Still a little bit self-centered because they have not yet fully learned to correctly assess the intentions of others
 - May hold a belief that their experiences are unique and different from those of everyone else
- Have a greater capacity for setting goals than previous stages. Become better at everyday planning and decision making, especially concerning practice and competition
- They are learning to deal with abstract tasks like anticipating long-term events/decisions and judging potential consequences
- Lack ability to fully make complex decisions with several alternatives which can lead to making more impulsive and dangerous decisions than adults
- Evolving hormone systems (including stress hormones) can have a major effect on the brain and behavior
- Dealing with more factors that can affect concentration such as spectators, opponent interactions, and pressure to perform on demand. Negative self-talk can disrupt concentration



PLAYER-CENTERED: THE PLAYER

11v11



U15 - U16

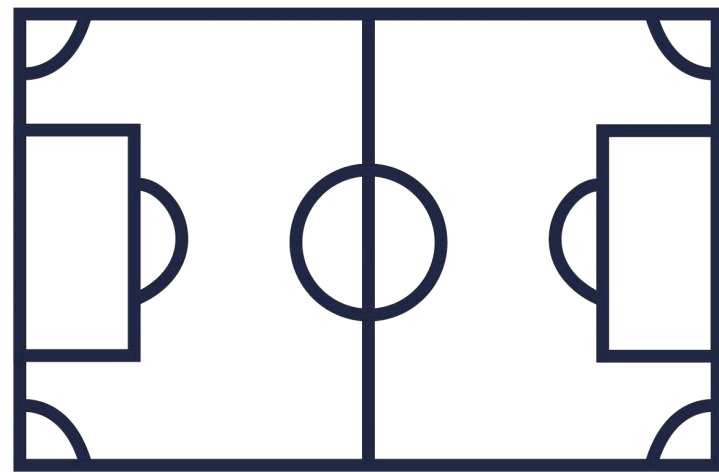
PHYSICAL

- Continue to experience effects of rapid growth, increases in height and weight, as well as increases in muscle mass and body fat
- Essential to monitor body alignment (i.e., ankles, knees, hips, shoulders, and vertebrae), muscle balance (triceps and biceps, quadriceps and hamstrings), and flexibility
- May have increased hormone levels as their bodies are now naturally producing testosterone & estrogen
 - These hormones impact training responses in physical qualities, such as strength, power, speed and endurance
- With these changes in the body the female movement competencies change and can lead to injury (especially in the knee, hip and ankle joints)
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- As muscle mass increases in males, so does body satisfaction. However, many teenage girls become dissatisfied with their bodies and weight due to the increase in body fat. Some teens may even resort to eating disorders to feel better about their bodies



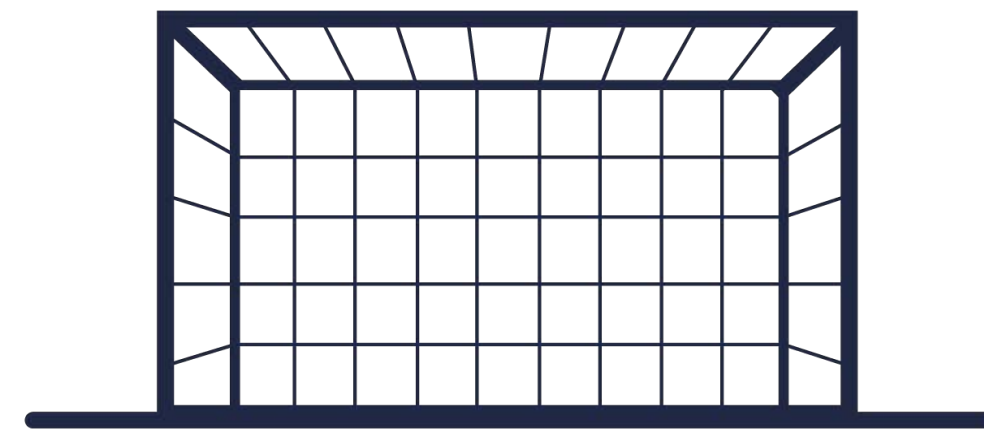
11v11 STANDARDS OF PLAY

FIELD OF PLAY



Length- Min 100 yards/ Max 130 yards
Width- Min 50 yards/ Max 100 yards

GOALS



Goals should be 8 feet (height) x 24 feet (width)

LAW 2 - BALL



Size 5 ball

LAW 3 - # OF PLAYERS



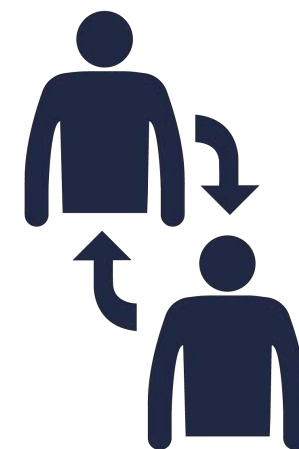
10 field players and 1 goalkeeper

LAW 3 - # OF PLAYERS



Game may not start or continue if there are less than 7 players on a team

SUBSTITUTIONS



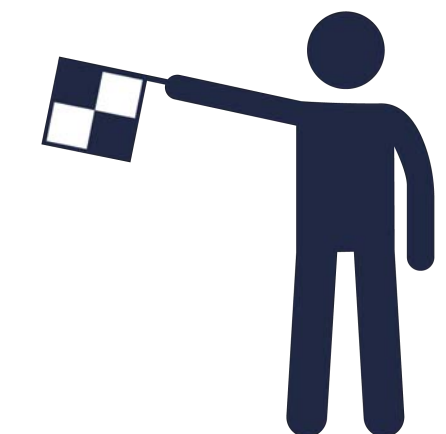
*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage

LAW 5 - REFEREE



As a minimum, referees must have the U.S. Soccer Grassroots Referee License.

LAW 6 - OTHER MATCH OFFICIALS



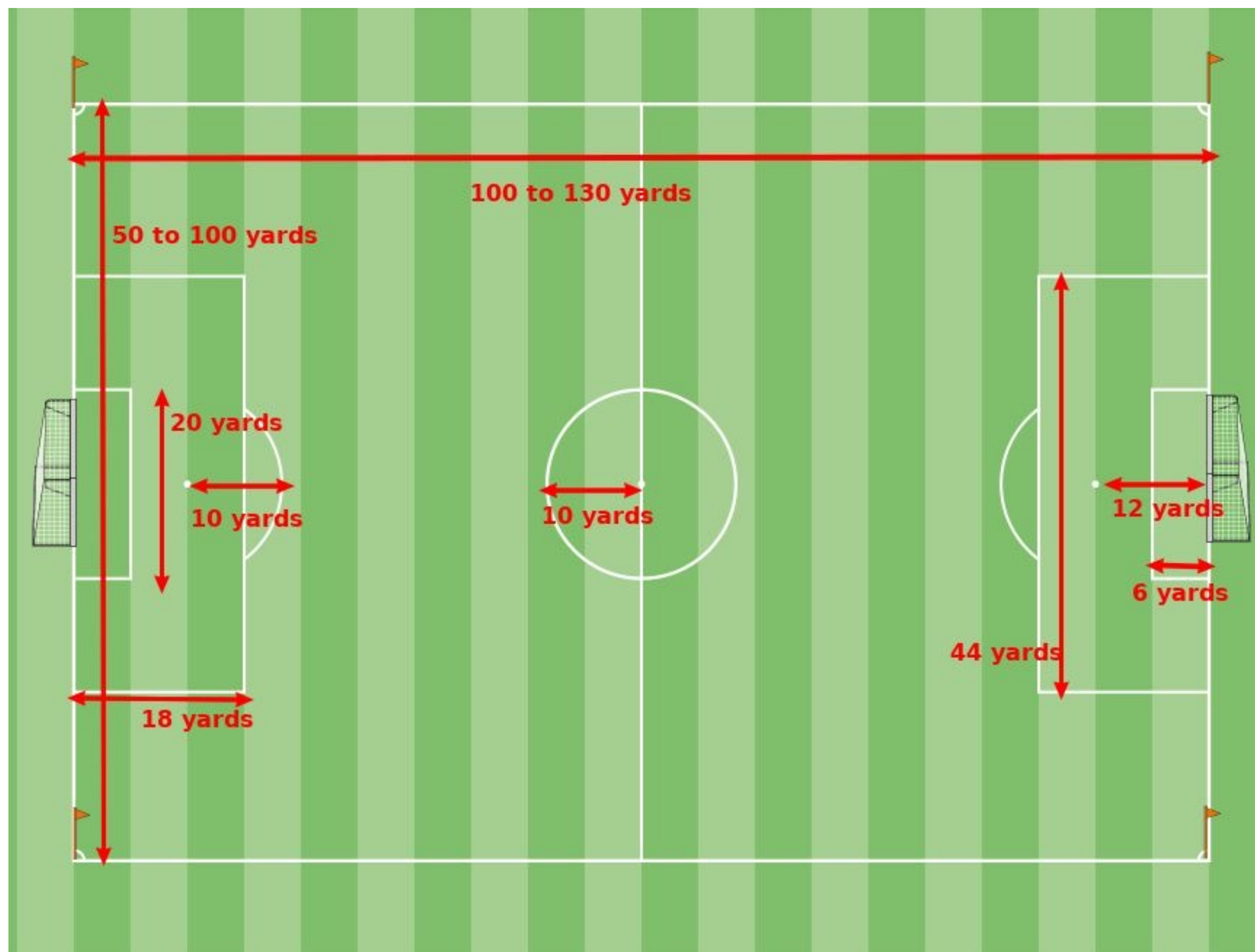
Assistant Referees must have a minimum of the U.S. Soccer Grassroots Referee License

*The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA



11V11 STANDARDS OF PLAY

FIELD SIZE





PLAYER DEVELOPMENT FRAMEWORK

11v11



U15 - U16

PROGRESSION PHASE II
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

Soccer Development

GOALS

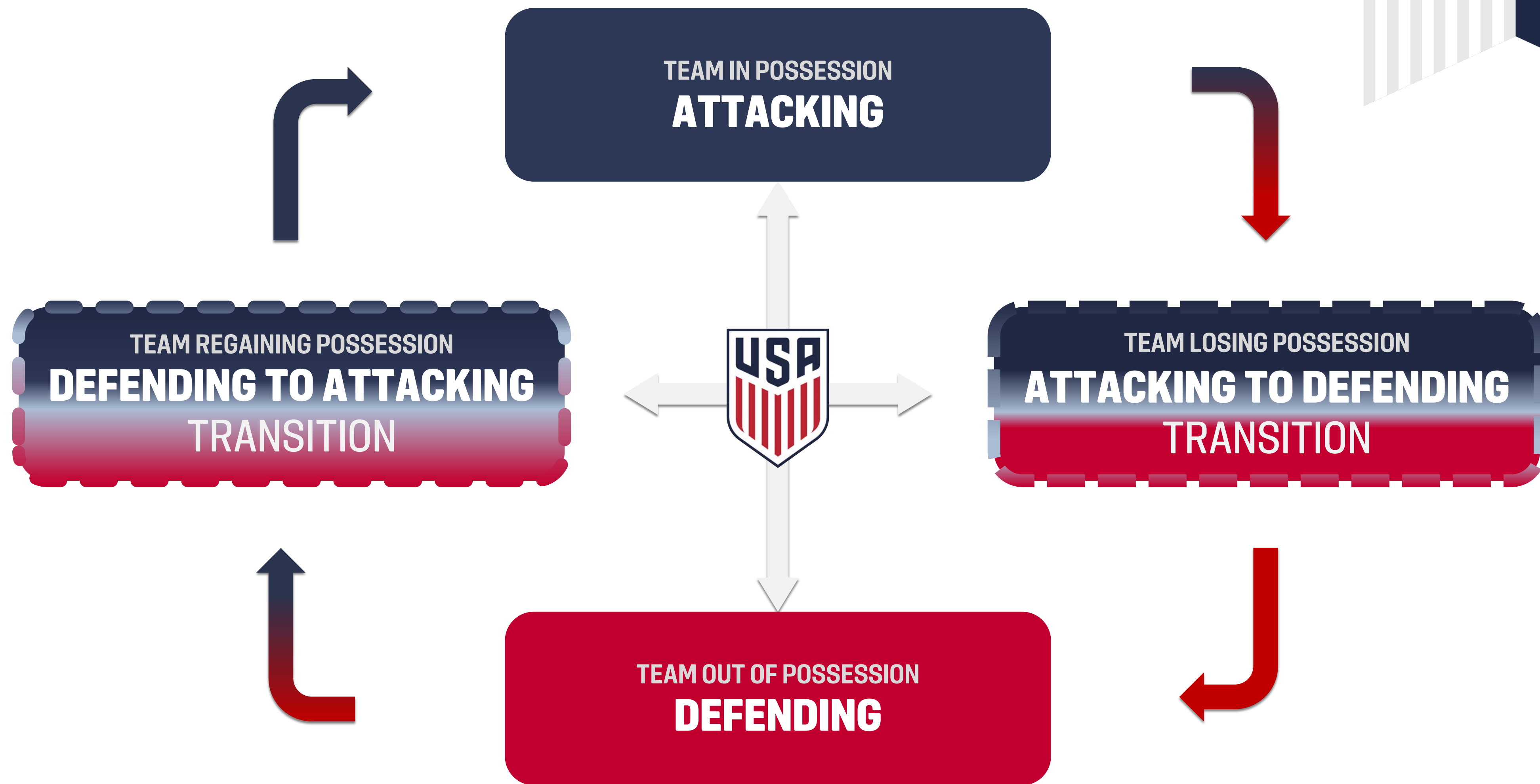
- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players continue to develop fundamental soccer skills with and without the ball under a high level of pressure (ME AND THE BALL)
- Players develop high structured team play based on a style of play (ME AND MY TEAMMATES)

Learning objectives

- To promote injury prevention methods and techniques
- To continue to develop reaction speed and acceleration speed: focus on acceleration and deceleration
- To continue to develop more complex movement skills with an emphasis on multi-lateral development: maintain and enhance flexibility, strength, power, agility and mobility
- To make aerobic training a priority after the onset of the growth spurt
- To continue to promote skill acquisition - application of technique within a context including perception, decision-making, execution, and reflection
- To apply more complex team tactical principles in attacking, defending and transition moments: utilize a Style of Play as a structure for decision-making
 - develop a system of play within the formation (for both attacking and defending)
 - continue to develop coordinated movements with groups of teammates: increased spatial awareness and interchange of roles during play
 - to introduce the positional profile:
 - place more focus on the individual responsibilities within a position
- To develop player ownership, independence, and planning:
 - include players in the planning process
 - player to player coaching and motivation (using verbal and non-verbal communication)
- To develop self-efficacy, self-reflection and self-regulation skills
- To develop teamwork: group goal setting and mutual support



THE GAME MOMENTS





PLAYER DEVELOPMENT FRAMEWORK

11v11



U15 - U16

PROGRESSION PHASE II
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING		
GAME IDEA		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	
CREATE ATTACKING TEAM SHAPE	Create appropriate height, width, depth	
	Create optimal attacking distances between players	
PROVIDE OPTIONS TO PLAY FORWARD	Provide vertical or diagonal passing options	
	Overload centrally or wide	
	Move or lose opponent when marked	
	Make runs behind the defensive line	
	Give immediate support to teammate under pressure	
BREAK LINES TO ADVANCE ATTACK	Drive with the ball to exploit space	
	Engage opponent: create 1v1 or 2v1	
	Find a free player between or behind the lines	
	Switch play: pass the ball to opponent's weak zone	
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	Push up the defensive line with speed: stay connected and compact	
	Create high defensive shape behind the ball	
FINISH THE ATTACK AS FAST AS POSSIBLE	Separate: time run or quick movement to unmark	
	Final pass: through ball or combination play	
	Numbers in the box: fill zones in front of goal	
	Cross: into space or player	
	Take on 1v1 to create or score	
	Finish: use limited touches	

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE ATTACKING SHAPE POSITION TO STRETCH OPPONENT AND CREATE SPACE	Create appropriate height, width, depth	- Attacking players position as high as possible: - Pin or move the opponent's back line to stretch the opponent's team in length. - Lower the level of vertical compactness of opponent: - create more space between the opponent's defensive lines (specifically, between the the opponent's back line and midfield). - Wide forwards and/or fullbacks (wide players): - Position wide while avoiding two players in a direct line: position attack across different lanes - Lower level of horizontal (sideline to sideline) compactness of opponent - create more space centrally: creating passing lanes into the opponent's block or - take advantage of space in wide areas - Center backs and/or fullbacks (occasionally midfielders): - Position behind the ball in supporting position. - Lower the level of vertical compactness of opponent: - create enough space to create strong ball circulation - enable a switch of play
	Create optimal attacking distances between players	- Spread out with optimal passing distance between players. - Create relationships - connections between players. - Exploit space in opponent's defending team shape.

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PROVIDE OPTIONS TO PLAY FORWARD (RE-)POSITION TO CREATE ADVANTAGE AND RECEIVE THE BALL	Provide vertical or diagonal passing options	- Exploit the space in and around the opponent's defensive block and create a positional advantage: - Avoid two players in a direct line. - Move and provide a good supporting angle: receive facing forward to play forward when possible. - Stay away from the ball when player on the ball has time and space to play forward. - Triangulate: we position to provide the player on the ball with at least two forward (diagonal/vertical) passing options on different levels of height and width. - Rotate: interchange position to create a dynamic advantage.
	Create overload centrally or wide	- Create a numerical advantage in a specific area of the field: - Position to outnumber opponent in the area around the ball or area away from the ball - Allow more players to attack - penetrations of midfielders or defenders - Drop midfielders or attackers
	Move or lose opponent when marked	- If marked move to <u>open space</u> or move to <u>open the space</u>: - Lose opponent to receive the ball - Distance from defender in space (get unmarked)/ move between the lines - Move opponent to receive the ball - Draw opponent out of defending position to create space for self to receive (requires explosive change of direction) - Move to create space and passing options for teammate to receive - Draw opponent out of defending position to create space for teammate to exploit and receive ball
	Make runs behind the defensive line	- Make run when player on the ball is facing forward and has no pressure or has pressure but can play forward - Use different runs and time run to avoid offside (straight run, curved run, ...) - Receive the ball facing forward
	Give immediate support to teammate under pressure	- Recognize the player on the ball is under pressure and has no immediate options: - Above the ball: move towards the ball to create a passing option - Behind the ball: adjust position to create passing option

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BREAK LINES TO ADVANCE ATTACK PROGRESS THE BALL FORWARD AND ELIMINATE OPPONENT(S)	Drive with the ball to exploit space	- Recognize and exploit space. - Accelerate play through dribble: individually progress the ball into space with change of tempo. - Attract opponent (draw attention).
	Engage opponent: create 1v1 or 2v1	- Dribble and look for 1v1 or 2v1 : -Engage to isolate opponent: -Eliminate through dribble: take opponent on in 1v1 -Eliminate through pass or give and go - Move or hold the ball to attract opponent: -Move the opponent, invite pressure to create space for teammate.
	Find a free player between or behind the lines	- Pass quickly, accurately and with appropriate pace to a free player. - Skip a line: recognize opportunity & take risk: look furthest first, look nearest second. - Pass dictates the action: pass with intent.
	Switch play: pass the ball to opponents' weak zone	- Draw opponent to one side and find space on the opposite side: - Direct change of point: long pass - Indirect change of point: short pass
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	Push up the defensive line with speed: stay connected and compact	- Provide balance (numbers). - We all move with the same speed and lose space in between lines that the opponent could exploit. - Create as high a line as possible. - GK take high position: stay connected with the backline . - GK anticipate long pass from opponent and adjust quickly.
	Create high defensive shape behind the ball	- Defensive positioning by the players who are no longer directly involved in moving the ball forward. - Anticipate losing the ball and occupy positions to defend the opponent's counterattack. -Defend the center of the field: block passing lanes -Lock down the opponent's outlet(s): mark transition players

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
FINISH THE ATTACK CREATE SCORING OPPORTUNITY AND SCORE	Separate: time run or quick movement to unmark	- Move into a position in and around the box to score or assist: -Forward run behind the opponent's back line from a high position (attacking position) -Forward run behind the opponent's back line from a deeper position (midfield position) -Move out of sight to receive - Counter movement: opposite movement between two players - Quick movement from opponent to create space
	Final pass: through ball or combination play	- Disguised pass to manipulate opponent - Pass quickly, accurately and with appropriate pace: -through ball or chip ball to player who runs in behind -pass to unmarked player in or around the box - Quick combination play between 2 or more players to find a teammate in a goalscoring position - Recognize the player in the better position.
	Numbers in the box: fill zones in front of goal	- Efficient occupation of zones in the box on cross: near post, back post, penalty spot, edge of box -Time your run in the box. -Get unmarked or in front of opponent. -Attack the ball.
	Cross: into space or player	- Time the cross in front or behind the backline. - Recognize space (positioning of goalkeeper and defenders) -recognize the positions and runs of teammates in penalty box
	Take on 1v1 to create or score	Eliminate opponent through dribble to create goalscoring opportunity
	Finish: use limited touches	- Shoot from (short/long) distance. - Finish off the cross: choose your final touch. - React quickly on rebounds.



PLAYER DEVELOPMENT FRAMEWORK

11v11



U15 - U16

PROGRESSION PHASE II
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
ATTACKING
WITH THE BALL
Controlling
Protecting
Driving
Dribbling
Passing
Shooting
SPACIAL & POSITIONAL AWARENESS
Scanning
Supporting
Adapting body shape

U15 - U16	
PROGRESSION PHASE II	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
WITH THE BALL	
CONTROLLING	- Receiving and preparing the ball from short passes (distance of 5 to 20 yards) - Receiving and preparing the ball in such a way that you can immediately go to goal - Receiving and preparing the ball in such a way that it stays as close to you as possible - Receiving by moving towards the ball when opponent is close by (attacking the ball) - Receiving and preparing the ball from a long pass in the air - Receiving and preparing the ball on the bounce - Receiving and preparing the ball on the turn towards the opponent's goal as quickly as possible - Receiving and playing in 1 touch if you can pass accurately - Avoiding looking at the ball when receiving and preparing the ball - Scanning for a free teammate after performing the control - Scanning for a free teammate before or while receiving and preparing the ball - Avoiding a long ball from bouncing - receiving before the bounce - Receiving and playing a long ball in 1 touch if you can pass accurately
PROTECTING	- Shielding and maintaining possession of the ball, by placing most of the body between the ball and opponent, keeping the ball on the furthest foot away from the defender while looking for teammates - Turning away from and out of reach of your opponent
DRIVING	- Running with the ball, keeping the ball as close as possible to the body - Avoiding looking at the ball while driving the ball - Keeping your body between the ball and the approaching opponent while driving the ball - Running as fast as possible with the ball, picking up speed to gain as much time and territory as possible - Creating space in advance (before controlling) in which you want to drive the ball

U15 - U16	
PROGRESSION PHASE II	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
WITH THE BALL	
DRIBBLING	• Taking on the opponent • Reading the body shape of the opponent and engaging on the most obvious/weak side • Accelerating when eliminating the opponent • Avoiding looking at the ball while dribbling • Keeping your body between the ball and the opponent while dribbling • Holding off the opponent and creating distance from the opponent • Dribbling through a change of direction at the right time, or through a change of speed or through a feint • Dribbling when you can cause direct danger on target
PASSING	• Playing the ball intentionally with different surfaces to a free teammate, into feet or space, within a distance of 5 to 20 yards • Playing the ball to the foot so that the player receiving the ball can continue to play forward • Making a leading pass in front of your teammate, making sure that the teammate can take the ball without having to slow down • Looking at the player you are passing to when passing • Trying to take out an opponent with a quick wall pass (give and go) in a small space • Making a long pass in the air • Playing a long ball in space so a teammate can receive the ball while running • Avoiding passing to a player surrounded by opponents who can be immediately put under pressure • Playing the cross at the right time and with the right ball speed outside the action area of the goalkeeper and the defender • Disguising the pass
SHOOTING	• Striking the ball intentionally with different surfaces from short and medium range (1-10 yards; 11-20 yards) on the goal (finishing) • Looking at the position of the goalkeeper before shooting at goal, and selecting a target • Aiming for the far side if you shoot from an angle and the goalkeeper is protecting near post • Finishing in 1 time/touch when closely marked • Finishing on the volley / bounce • Following the ball after the shot • Dribbling at the goalkeeper when he/she comes out at full speed or when he or she protects the goal well and scoring from the shot becomes difficult • Chipping the goalkeeper • Disguising the finish

U15 - U16	
PROGRESSION PHASE II	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	- Searching for the ball, teammates and the goal: -Scanning for a free teammate after performing the control -Scanning for a free teammate before or while receiving and preparing the ball (passing) -Scanning and avoiding looking at the ball while dribbling -Scanning and looking at the position of the goalkeeper before shooting at goal, and selecting a target (shooting)
SUPPORTING (POSITIONING)	- Looking at the player in possession of the ball - Finding open space for self and indicating this, verbally or non-verbally, to the player in possession of the ball - Repositioning after giving a pass (ex. give and go) - Assessing teammates' movements and moving off each other - Unmarking and running behind opponent when a teammate on the ball is looking for options - Looking to get out of sight from the defender's vision - Losing direct opponent by switching positions with a teammate - Anticipating as the third player who will get the ball after a pass between two teammates
ADAPTING BODY SHAPE	- Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal. - While approaching, have an optimal overview of the game situation.

U15 - U16						
PROGRESSION PHASE II						
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING						
ATTACKING						
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.						
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS	
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL	
DEFENDING HALF	BUILDING UP	• Advance the ball • Keep the ball	CREATE ATTACKING SHAPE	• Create appropriate height, width, depth • Create optimal attacking distances between players	• Controlling	
					• Protecting	
					• Driving	
			PROVIDE OPTIONS TO PLAY FORWARD	• Provide vertical or diagonal passing options • Create overload centrally or wide • Move or lose opponent when marked • Make runs behind the defensive line • Give immediate support to teammate under pressure	• Dribbling	
					• Passing	
					• Shooting	
ATTACKING HALF	CREATING & SCORING	• Score goal • Create chance • Advance the ball • Keep the ball	BREAK LINES TO ADVANCE ATTACK	• Drive with the ball to exploit space • Engage opponent: create 1v1 or 2v1 • Find a free player between or behind the lines • Switch play: pass the ball to the opponent’s weak zone	SPACIAL & POSITIONAL AWARENESS	
					• Scanning	
			TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	• Push up the defensive line with speed: stay connected and compact • Create high defensive shape behind the ball		• Supporting
			FINISH THE ATTACK	• Separate: time run or quick movement to unmark • Final pass: through ball or combination play • Numbers in the box: fill in zones in front of goal • Cross into space or player • Take on 1v1 to create or score • Finish: use limited touches		
			U.S. Soccer Player Development Framework Slide #183			



PLAYER DEVELOPMENT FRAMEWORK

11v11



U15 - U16

PROGRESSION PHASE II
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION	
GAME IDEA	
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
APPLY IMMEDIATE PRESSURE ON THE BALL	- Press to regain or prevent progress of the ball - Provide cover and balance: eliminate options
DELAY THE COUNTERATTACK	- Drop off and block direct path to goal - Slow down and dictate opponent
RECOVER WITH SPEED	- Get numbers back quickly and take defensive position - Press from behind as quickly as possible - Stay connected: look to win the second ball
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	- Create passing option(s): between the lines - Create passing option(s): look to run in behind
DENY FINISH FROM COUNTERATTACK	- Defend the goal and create conditions to engage - Challenge to protect against a goal attempt

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING TO DEFENDING TRANSITION		
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
APPLY IMMEDIATE PRESSURE ON THE BALL REACT QUICKLY TO WIN THE BALL BACK AND STOP OPPONENTS' FORWARD PLAY	Press to regain or prevent progress of the ball	- Recognize situations when to press or hold and force wide (awareness). - Win the ball when opportunity to regain (distance, numbers and levels of compactness) - Nearest player(s): -React immediately, reduce space with speed and intensity -Apply (frontal/diagonal) pressure on the ball: deny switch - stop long ball - prevent forward pass -Stay disciplined: no foul
	Provide cover and balance: eliminate options	PROTECT THE NEAREST SPACE: ANTICIPATE SHORT PASSING - Teammates collectively reduce space and area around the ball - Mark outlet players - block passing lines - cover space - Push up the lines when opposition is forced backwards. PROTECT THE SPACE IN BEHIND: ANTICIPATE THE LONG BALL - Central defenders anticipate the long ball when inefficient pressure: read pass and drop - Wide defenders attach to the backline - Adjust body position to anticipate opponent's movement or action.
DELAY THE COUNTERATTACK DROP AND NARROW, REDUCE SPEED OF OPPONENTS TO ALLOW PLAYERS TO RECOVER	Drop off and block direct path to goal	- Drop-off and protect the center: -Drop centrally, get narrow and defend in relation to goal -Create compact block - numbers between ball and goal (to force play wide) - Reduce the central space between the backline. - Identify and mark the most dangerous player.
	Slow down and dictate opponent	- Slow down the opponent when we are unable to pressure the player on the ball and in a disadvantage (ex. outnumbered) to allow players to return in the defensive block. - Dictate direction (force backwards or wide) and speed of play (reduce speed). - Create equal numbers or overload (in area of the ball): eliminate passing options (2v1 → 1-1).

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING TO DEFENDING TRANSITION		
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WITH SPEED SPRINT BACK TO GET BALANCED, ORGANIZED AND APPLY PRESSURE	• Get numbers back quickly and take defensive position	• Sprint back to get behind the ball to support teammates. • Attach to the backline and defend in relation to the goal.
	• Press from behind as quickly as possible	• Sprint back and put pressure on the opponent in possession: -Prevent the opponent from playing forward or dribbling with the ball -Try to recover the ball (don't give up)
	• Stay connected: look to win the second ball	• Recover quickly to defend the long ball (create numbers around the ball). • Position or mark to prevent the opponent from playing forward after lay-off. • Pressure to regain the ball.
TAKE COUNTERMEASURES POSITION TO PREPARE THE COUNTERATTACK	• Create passing option(s): between the lines	• Anticipate the moment when team wins the ball back : -Stop defending -Unmark from defender -Position (diagonally) between the lines to set up a possible counter-attack
	• Create passing option(s): look to run in behind	• Anticipate the moment when team wins the ball back . • Stop defending and position to create the opportunity to make a run in behind the defensive line.
DENY FINISH FROM COUNTERATTACK DENY SCORING OPPORTUNITIY AND PREVENT SCORING	• Defend the goal and create conditions to engage	• Be patient and don't commit too early (recognize distance from goal, wait for teammates). • Isolate opponent on the ball when possible: 2v1 → 1-1
	• Challenge to protect against a goal attempt	• Challenge with strong determination: block shot to tackle - intercept to prevent assist -When we are organized and have a numerical advantage -When opponent is in shooting distance

U15 - U16								
PROGRESSION PHASE II								
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING								
ATTACKING TO DEFENDING TRANSITION								
When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.								
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS			
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL			
ATTACING HALF	PREVENTING BUILD UP	- Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	APPLY IMMEDIATE PRESSURE ON THE BALL	- Press to regain or prevent progress of the ball - Provide cover and balance: eliminate options	• Intercepting			
					• Pressing			
					• Challenging			
					• Delaying			
					• Block the shot			
DEFENDING HALF	DENYING CHANCES & SCORING	- Prevent goal - Deny a chance - Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	DELAY THE COUNTERATTACK	- Drop off and block direct path to goal - Slow down and dictate opponent	SPACIAL & POSITIONAL AWARENESS			
					• Scanning			
			RECOVER WITH SPEED	- Get numbers back quickly and take defensive position - Press from behind as quickly as possible - Stay connected: look to win the second ball	• Covering			
						TAKE COUNTERMEASURES	- Create passing option(s): between the lines - Create passing option(s): look to run in behind	
			DENY THE FINISH	- Defend the goal and create conditions to engage - Challenge to protect against a goal attempt	• Marking			
			U.S. Soccer Player Development Framework Slide #187					



PLAYER DEVELOPMENT FRAMEWORK

11v11



U15 - U16

PROGRESSION PHASE II
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING	
GAME IDEA	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
CREATE DEFENDING SHAPE	- Make team compact: vertical and horizontal (Re-) Position to create a high front line (Re-) Position to create a high defensive line
	Create optimal defending distances between players
BUILD PRESSURE ON THE BALL	Move as a collective unit: make play predictable
	Initiate pressure on the opponent with the ball
	Engage when chance of regaining the ball
	Provide cover and balance: eliminate passing options
	Prevent the switch: keep opponent on one side
	Protect space in behind: anticipate long ball
RECOVER WHEN PRESSURE IS BROKEN	Immediately (re-) apply pressure on the ball
	Delay attack and regain defensive shape
	Look to intercept pass or win second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER	Create passing option(s): between the lines
	Create passing option(s): look to run in behind
DENY THE FINISH	Get narrow and close the center: denying the through ball
	Marking and tracking opponent
	Deny the cross
	Defending the cross: protect the width of the goal
	Challenge to protect against goal attempt

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE DEFENDING SHAPE POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE	• Make team compact: vertical and horizontal - (Re-) Position to create a high front line - (Re-) Position to create a high defensive line	• Create a defensive block and reduce passing options for the opponent on the ball - as high as possible • Attacking players (re-)position to create a high line of confrontation • Position to block passing lanes, make play predictable and build pressure • Center backs and/or fullbacks take a high defending position to support compactness - Reduce space between different lines of the team - Manage offside: central defender closest to the ball creates the offside line (if in own half) • High position of the goalkeeper to stay connected with the backline
	• Create optimal defending distances between players	• Create relationships - connections between players through spacing and distances : - Reduce options to penetrate with the ball - Ensure cover - Allow for interception

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BUILD PRESSURE ON THE BALL CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY	Move as a collective unit: make play predictable	- Move relative to the position of the ball while maintaining optimal distances between players: - Reduce time and space for the opponent on the ball - Shift and slide: no crossover with nearest teammate - Step: when the the ball is played backwards or when pressure on the ball - Direct the player on the ball: - Reduce the options for the opponent on the ball and force to one area : - Block passing lanes - Allow passes to pressing area
	Initiate pressure on the opponent with the ball	- Nearest player pressures the ball: - Prevent opponent from playing forward - Limit time on the ball - Force opponent to look down - Force to make mistake
	Engage when chance of regaining the ball	- Engage in the identified situations: - Step out and intercept when possible: for example - slow pass, bad touch,... - 1v1: don't get eliminated by dribble, touch or pass
	Provide cover and balance: eliminate passing options	- Block immediate passing options when teammate puts pressure on the ball - Cover by the closest player to prevent forward passes / progression: mark, front or track - Weakside players move centrally - Bring numbers to the area / outnumber the opponent/bring numbers around the ball
	Prevent the switch: keep opponent on one side	- Bring numbers around the ball - Keep opponent locked and stop from getting out of the area
	Protect space in behind: anticipate long ball	- Anticipate the long ball behind the defensive line in case of inefficient pressure - Adjust body shape - Hold the line when pressure on the ball - Drop when no pressure on the ball

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WHEN PRESSURE IS BROKEN RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS	• Immediately (re-) apply pressure on the ball	• Re-apply pressure on opponent when line is broken: - From behind: chase the player in possession and attempt to win the ball back without fouling - In front: step up and press when cover is present • Recover from switch of play: - Strong shift of the team when opponent was able to switch the play
	• Delay attack and regain defensive shape	• Slow down the opponent's attack : drop and narrow. • Reduce speed of opponent to allow teammates to recover. • Recover with numbers between the ball and the goal. - outnumber opponent when possible - get organized • Track and/or mark the most dangerous players.
	• Look to intercept pass or win second ball	• When the line is broken by the long ball: defending players - Drop and narrow together - Compete for the second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER POSITION TO PREPARE THE COUNTERATTACK	• Create passing option(s): between the lines	• Anticipate the moment when team wins the ball back and set for transition : - Stop defending - Unmark from defender - Scan field and position (diagonally) between the lines to set up a possible counter-attack
	• Create passing option(s): look to run in behind	• Anticipate the moment when team wins the ball back . • Stop defending and position to create the opportunity to make a run in behind the defensive line.

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
DENY THE FINISH PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES	Get narrow and close the center: denying the through ball	- Always pressure the player on the ball: reduce time, space and options for the opponent on the ball - Prevent opponent from passing and making runs to receive behind the defensive line - Reduce space between teammates: narrow when closer to goal -Get numbers in the central areas -Always provide protection for center backs by fronting them -Drive opponent's offensive play towards wide areas
	Marking and tracking opponent	- Close marking of direct opponent in zone: -Split-vision: keep eye on ball and opponent - Change marking: -Scan your surroundings and communicate -Stay in your defensive zone when the opponent changes position -Pass on opponent to teammate or mark opponent coming from another zone - Switch to player-marking: when necessary, switch from zonal marking to player marking
	Deny the cross	- Defend the cross with support from midfielder or winger. -Deny cross into space or player. -Center backs stay in central position.
	Defending the cross: protect the width of the goal	- Get organized and increase the protection in front of the goal on the cross: -Weakside fullback is connecting to the backline -Occupy strategic zones - Close marking of direct opponent: -Split-vision: keep eye on ball and opponent - Challenge: be first on the ball -Aggressiveness
	Challenge to protect against goal attempt	- Engage and commit when chance of attempt on goal -Don't get eliminated by dribble -Block shot -Win the second ball -Clearance

U15 - U16	
PROGRESSION PHASE II	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
DEFENDING	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
AGAINST THE BALL	
INTERCEPTING	• Winning or deflecting the ball, if not stay in position • Deflecting an opponent's pass away from the intended target • Staying in possession of the ball after stealing it and continuing with an attacking action • Playing in one touch to a teammate • Intercepting the ball as high as possible (high point) on a long (high) ball
PRESSING	• Running to the opponent who is about to receive the ball (approx. 2 yards distance) while the ball is moving (to reduce the space for the opponent or force error) • Having fast approach but slow arrival • Approach is forcing into desired area
CHALLENGING	• Taking good defensive posture (on toes, knees are bent, staggered stance, ...) that allows to start the 1v1 in favorable conditions • Always look at the ball • Staying on your feet • Retaining possession of the ball after winning the duel • If you are eliminated, don't give up, challenge again immediately
DELAYING	• Slowing down, reducing speed from the opponent's action • Driving the player on the ball to the outside (away from goal)
BLOCK THE SHOT	• Getting in between the ball and the defending goal to redirect the ball away from goal

U15 - U16	
PROGRESSION PHASE II	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
DEFENDING	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting
ADAPTING BODY SHAPE	Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal
COVERING	- Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed - Preventing the opponent behind your back (between the lines) from being an option
MARKING	- Preventing direct opponent from receiving the ball in favorable circumstances by positioning next to the opponent (proactive stance) - Trying to look at both the ball and direct opponent - Mark closer when closer to goal.

U15 - U16					
PROGRESSION PHASE II					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
DEFENDING					
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	• Regain the ball • Prevent the opponent from playing forward • Deny penetration from the dribble • Reducing time and space	CREATE DEFENDING SHAPE	• Make team compact: vertical and horizontal - (Re-) Position to create a high front line - (Re-) Position to create high defensive line • Create optimal defending distances between players	• Intercepting
					• Pressing
					• Challenging
					• Delaying
					• Block the shot
DEFENDING HALF	DENYING CHANCES & SCORING	• Prevent goal • Deny a chance • Regain the ball • Prevent the opponent from playing forward • Deny penetration from the dribble • Reducing time and space	BUILD PRESSURE ON THE BALL	• Move as a collective unit: make play predictable • Initiate pressure on the opponent with the ball • Engage when chance of regaining the ball • Provide cover and balance: eliminate passing options • Prevent the switch: keep opponent on one side • Protect space in behind: anticipate long ball	SPACIAL & POSITIONAL AWARENESS
					• Scanning
			RECOVER WHEN PRESSURE IS BROKEN	• Immediately (re-) apply pressure on the ball • Delay attack and regain defensive shape • Look to intercept pass or win second ball	• Covering
			DENY THE FINISH	• Get narrow and close the center: denying the through ball • Marking and tracking opponent • Deny the cross • Defending the cross: protect the width of the goal • Challenge to protect against goal attempt	• Marking

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PLAYER DEVELOPMENT FRAMEWORK

11v11



U15 - U16

PROGRESSION PHASE II
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING TO ATTACKING TRANSITION	
GAME IDEA	
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
PLAY FORWARD QUICKLY	- First action forward - Continue to play forward
SECURE THE BALL	- Play out of pressure - Keep the ball and initiate build up
JOIN THE ATTACK WITH SPEED	- Provide support in front of the ball - Provide as much width as necessary - Provide support behind the ball
TAKE COUNTERMEASURES : ANTICIPATE THE COUNTER	- Push up the defensive line with speed: stay connected and compact - Create prevention shape behind the ball
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE	Create and exploit space for self or teammate
	Attack space or engage opponent
	- Recognize player in a better position to score - Finish: use limited touches

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING TO ATTACKING		
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PLAY FORWARD QUICKLY PLAY FORWARD WITH AS FEW PASSES AS POSSIBLE	• First action forward	- Start attacking transition immediately with forward action: - Pass forward into open space or feet to (highest) transition player (vertical / diagonal) - Touch forward and run or dribble aggressively at maximum speed when space - GK distribution: throw/volley into space or feet
	• Continue to play forward	- Continue to progress the ball forward at speed to prevent the opponent from returning into defensive shape: dribble or pass - Play with limited touches to increase the speed of the transition: - Direct: open body shape to receive the ball facing forward or turn when time on the ball - Indirect: lay-off / playing backwards to supporting teammate (3rd man running) - Stay central if possible - Take advantage of space behind the opponent's backline - pass behind
SECURE THE BALL ESCAPE COUNTERPRESS FROM CLOSEST OPPONENT(S)	• Play out of pressure	- Shield the ball when pressure from opponent - Move the ball out of the zone when possession is regained to escape counter press - Play sideways or backwards when unable to dribble or pass forward (or draw foul)
	• Keep the ball: initiate build up	- Keep possession when opponent is balanced and organized - Recognize risk vs reward: priority is to secure possession - Move into attacking shape
JOIN THE ATTACK WITH SPEED SPRINT FORWARD TO ATTACK OR SUPPORT	• Provide support in front of the ball	- Sprint forward and commit numbers into the attacking half - Get players in front of the ball as quickly as possible to attack the backline of the opponent - Provide a passing option: make a run in behind
	• Provide as much width as possible	- Occupy all three central-vertical channels - Restrict runs to width of penalty area, when possible, to facilitate quick passing, limit risk of interception, and create direct chance on goal
	• Provide support behind the ball	- Position to enable the attack to continue by creating passing options behind the ball - Recycle the attack when unable to continue the counter

U15 - U16		
PROGRESSION PHASE II		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING TO ATTACKING		
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	Push up the defensive line with speed: stay connected and compact	- Provide balance (numbers). - Close space in between lines that the opponent could exploit. - Create as high a line as possible.
	Create prevention shape behind the ball	- Defensive positioning with a specific amount of players -Defend the center of the field: block passing lines -Lock down the opponent's outlet(s): mark transition players -GK take high position: stay connected with the backline
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE CREATE SCORING OPPORTUNITY AND SCORE	Create and exploit space for self or teammate	- Separate from opponent and receive between the lines. - Exploit space behind opponent backline: make a run to receive in behind. - Make a run to free up space for teammate to receive.
	Attack space or engage opponent	- Dribble at speed into open space: -Invite pressure to create (more) space for teammate(s) - Dribble at speed to isolate defender: -Attract to free up teammate (2v1) -Eliminate defender or create separation and shoot (1v1)
	Recognize player in a better position to score	- Keep composure (decision at full speed) - Recognize the right moment to pass to a teammate in a better position to score or assist - We attack/occupy different areas in the box
	Finish: use limited touches	Select the best surface and shoot on goal with a minimal touches.

U15 - U16					
PROGRESSION PHASE II					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
DEFENDING TO ATTACKING					
When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.					
When we recognize we cannot play forward, we keep the ball and move into our attacking shape.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	• Advance the ball • Keep the ball	PLAY FORWARD QUICKLY	• First action forward • Continue to play forward	• Controlling
					• Protecting
			SECURE THE BALL	• Play out of pressure • Keep the ball and initiate build up	• Driving
					• Dribbling
ATTACKING HALF	CREATING & SCORING	• Score goal • Create chance • Advance the ball • Keep the ball	JOIN THE ATTACK WITH SPEED	• Provide support in front of the ball • Provide as much width as possible • Provide support behind the ball	• Passing
					• Shooting
					SPACIAL & POSITIONAL AWARENESS
			TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	• Push up the defensive line with speed: stay connected and compact • Create prevention shape behind the ball	• Scanning
			FINISH THE COUNTERATTACK	• Create and exploit space for self or teammate • Attack space or engage the opponent • Recognize player in better position to score • Finish: use limited touches	• Supporting
		• Adapting body shape			

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U.S. Soccer Player Development Framework Slide #199



U . S . S O C C E R F E D E R A T I O N

**PLAYER DEVELOPMENT
FRAMEWORK**

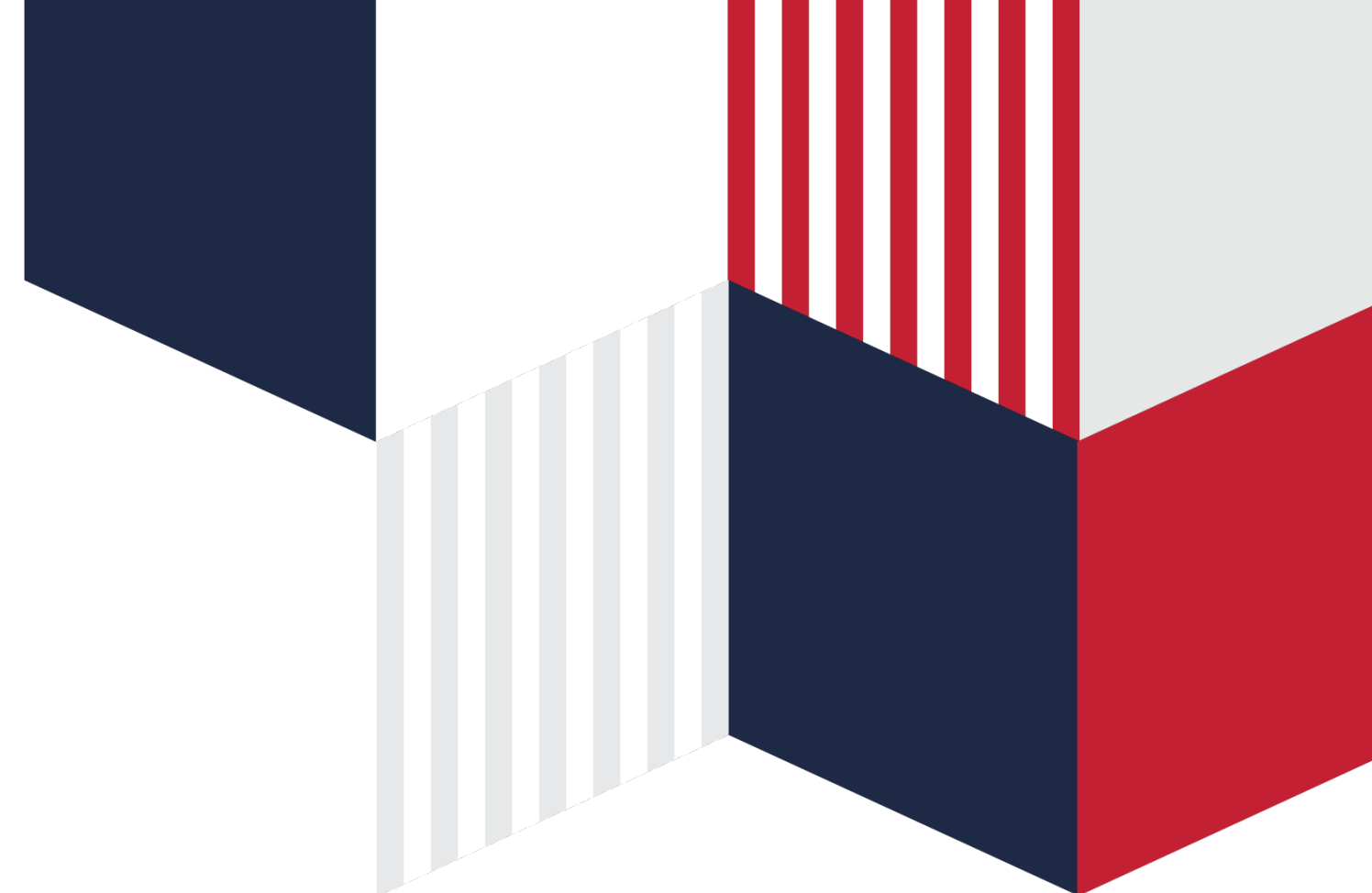
11V11

U17+ LEARNING PLAN



U.S. SOCCER FEDERATION - TECHNICAL PLAN

PLAYER-CENTERED



WHO IS IN FRONT OF US?

A PLAYER-CENTERED APPROACH TO PLAYING THE GAME

FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

DEVELOPMENTAL STAGE: LATE ADOLESCENCE & EMERGING ADULTHOOD																											
B-U5		B-U6		B-U7		B-U8		B-U9		B-U10		B-U11		B-U12		B-U13		B-U14		B-U15		B-U16		B-U17		B-U18	
G-U5		G-U6		G-U7		G-U8		G-U9		G-U10		G-U11		G-U12		G-U13		G-U14		G-U15		G-U16		G-U17		G-U18	
GAME FORMAT: 11v11			SOCIAL CHARACTERISTICS					EMOTIONAL CHARACTERISTICS							COGNITIVE CHARACTERISTICS							PHYSICAL CHARACTERISTICS					
U17 +			- The relationship with parents continues to change as they grow more independent and autonomous. Conflict can decrease as the relationship becomes more equal by having a balance between independence and connection (they can also engage in more intellectual conversations with parents/adults) - Society is becoming more complex, and they are still exploring and developing their identity and personality - Begin going through different "rites of passage" marker events like getting a driver's license, school-related social events, graduating high school, turning "18" years old, and gaining the right to vote - Emerging adults engage in more risky behaviors than do any other age group of adults. Examples can include thinking they are invincible regarding risky behaviors like vaping, drinking alcohol, and being sexually active - Can better resist social pressure and emotional influences because they can make their own choices - Friendships are now more diverse, more intense and of longer duration as they tend to relate more to individual peers rather than groups					- Can begin to apply logic to emotional situations or challenges. This means that the way they approach and solve practical problems in this stage differs from early adolescence where it was more emotional - Emotional Intelligence (EI) continues to improve; they are better at recognizing their own feelings and desires, can process emotional information, and use it appropriately in social contexts - May now have more emotional agility/stability and be more in balance with themselves and with the (social) environment - Empathy improves their sense of responsibility, and they are now more capable of assessing and understanding the intentions of others; they can better recognize complex emotions of others - Emotions can be impacted by stress of the rites of passage (graduating/beginning work/leaving for college) - Still fond of excitement and sensation; seek out new and challenging situations. Often seek out instant gratification and may struggle with impulse control							- They have better planning and control skills for more complex tasks and have a good understanding of their individual goals and how to approach them - Can make more complex choices, especially for mid-term and long- term type decisions (still not as good as adults) - Emerging adults think in different ways than do early-stage adolescents concerning their ability to take different points of view - Begin to move from the thinking process of "I'm right because I've experienced it" to thinking, "I'm not sure who's right because your experience is different from mine." - Problems and situations that seemed fairly straight forward in early adolescence appear more complicated to emerging adults; the "right thing to do" is much tougher to figure out - Rules and norms are viewed as relative to them, not absolute (ex. "I am able to text and drive but others should not") - Have an increased capacity for self-reflection and because of this can be more self-aware (insight into their strengths and weaknesses) - Begin taking more ownership and responsibility in their own development and understanding how that impacts their thinking on how they fit in the world - Can use feedback in a better way than previous stages and are capable to assess the validity of feedback based on prior experiences							- Large changes in the body continue to occur - Muscles are still adapting; this change causes emerging adults to learn how to move their developing body (can experience another phase of awkward movement) - Females have typically completed full physical development by 15 or 16 years old while some males (late maturing individuals) are now beginning or reaching their peak and/or are close to finishing their physical growth 12-18 months after the PHV/growth spurt, physical development shows an increase in muscle mass and a normalization of body proportions - Hormones like testosterone and estrogen impact training responses in physical qualities, such as strength, power, speed and endurance. -With these changes in the body the movement competencies change and can lead to injury - As muscle mass and height increases in males, so does body satisfaction. However, many teenage females become dissatisfied with their bodies and weight due to the increase in body fat. Some teens may even resort to eating disorders to feel better about their bodies same in U15/U16 - Menstrual cycle impacts individuals differently (physically, socially, and emotionally)					
PROGRESSION PHASE III																											
SCANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING																											
GOALS - Players develop scanning skills (ME AND MY SCANNING SKILLS) - Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS) - Players develop high structured team play based on a style of play and game plan (ME AND MY TEAMMATES) - Players continue to develop specific soccer skills based on a positional profile and a highly individualized approach (ME AND MY PERSONAL DEVELOPMENT) - Players can develop by being integrated at the senior level (ME AND MY CAREER)																											
LEARNING ENVIRONMENT: OBJECTIVES																											
- To help each player develop an understanding of own body and individual self-care programs -continue to help players develop a healthy lifestyle: focus on impact of sleep, alcohol, and nutrition -continue to monitor body alignment (i.e., ankles, knees, hips, shoulders, and vertebrae), muscle balance (triceps and biceps, quadriceps and hamstrings), and flexibility is essential during this stage - To develop tactical awareness: engage in conversations about tactics - To develop players in a specific position based on exceptional qualities: players specialize into one or two main positions - To introduce the game strategy (the general plan of action in all moments of the game that is developed to increase the probability of success {desired result} versus an opponent considering own style of play and analysis of the opponent in all four moments) - To continue to promote skill acquisition - application of technique within a context including perception, decision-making, execution, and reflection - To develop winning mindset: developing players from wanting to win to learning how to win through focus on process and controllables - To develop emotional awareness - To continue to develop the player autonomy for self-development																											
LEARNING ENVIRONMENT: ACTIVITIES																											
- Continue to utilize a variety of activities that help develop the U.S. Soccer Key Qualities -utilize a variety of activities that help develop physical qualities, technical skills and decision making - Focus on individual development within the position, within the functional group and within the team: all connected to the Style of Play - individual positional training -functional group training -team training														- Focus on competition within the activities (can use game-based scenarios, i.e., down a goal or up a goal w X minutes to play) - Use of activities over both short and long distances to develop different player actions -short ball-oriented activities challenging the players' movement focused on power, speed, agility and mobility -focus on decision making through GAMES													
LEARNING ENVIRONMENT: COACHING																											
- Develop players' own responsibility and insight in team interests: pay attention to the controllables - Guide players in the process of reflecting on game situations and interpreting their task(s), position on the field in order to make their actions as effective as possible. -take into account the varying individual rates of brain development that influences each individual's ability to think in more complex ways - Be aware that menstrual cycle impacts individuals differently. - Be aware of a fanatical attitude/big egos that often create conflict with teammates and opponents -keep in mind that manifesting and proving oneself is an enormous motivation for players at this age																											

Language During Adolescence



Adolescents establish connection with peers and solidify their identity through their special ways of speaking that fit specific social situations.

These particular ways of speaking may include different vocabulary, pronunciation, or word usage.

You have heard and said many of these things yourself. In terms of vocabulary, if something is great, is it “groovy,” “da bomb,” “sick,” “way cool,” “sweet,” “awesome,” “phat,” “dope,” “clutch,” or “excellent”? That depends in part on your age.

If you grew up in the 1960s, then you know “groovy,” but today “groovy” is not too sweet.

There are also cultural differences—variations by social class, ethnicity, region, or nationality.

Pop culture and technology/social media have added new “words” to the language of adolescents, too.

Language During Adolescence



Some linguists suggest that adolescents speak two dialects, mallspeak and texting (sometimes called digital, netspeak or internet slang).

Mallspeak is minimal and informal, overusing words such as “like,” “ya’know,” “OK,” and “whatever.” These distinctive ways of speaking may originate in particular groups but migrate to the entire culture. One example is the use of like, as in “She isn’t, *like*, really crazy or anything, but her and her, *like* five buddies did, *like*, paint their hair a really differently, *like*, purple color”

The word serves several functions—to soften what is said, to move forward in speaking without fully planning what to say, or to speak informally among friends. Females use *like* more than males.

“Texting” dialect is also prominent—a combination of letter and number shorthand to send messages on cell phones: BTW (by the way), LOL (laugh out loud), 9 (parent watching), 99 (parent not watching anymore), CYO (see you online), BRB (be right back).



U.S. SOCCER FEDERATION - TECHNICAL PLAN

GAME FORMATION

4v4
U7-U8



7v7
U9-U10



9v9
U11-U12



11v11
U13+





PLAYER-CENTERED: THE PLAYER

11v11



U17+

SOCIAL

- The relationship with parents continues to change as they grow more independent and autonomous. Conflict can decrease as the relationship becomes more equal by having a balance between independence and connection (they can also engage in more intellectual conversations with parents/adults)
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PLAYER-CENTERED: THE PLAYER

11v11



U17+

EMOTIONAL

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- Emotions can be impacted by stress of the rites of passage (graduating/beginning work/leaving for college)
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PLAYER-CENTERED: THE PLAYER

11v11



U17+

COGNITIVE

- They have better planning and control skills for more complex tasks and have a good understanding of their individual goals and how to approach them
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- Begin to move from the thinking process of “I’m right because I’ve experienced it” to thinking, “I’m not sure who’s right because your experience is different from mine.”
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- Rules and norms are viewed as relative to them, not absolute (ex. “I am able to text and drive but others should not”)
- Have an increased capacity for self-reflection and because of this can be more self-aware (insight into their strengths and weaknesses)
- Begin taking more ownership and responsibility in their own development and understanding how that impacts their thinking on how they fit in the world
- Can use feedback in a better way than previous stages and are capable to assess the validity of feedback based on prior experiences



PLAYER-CENTERED: THE PLAYER

11v11



U17+

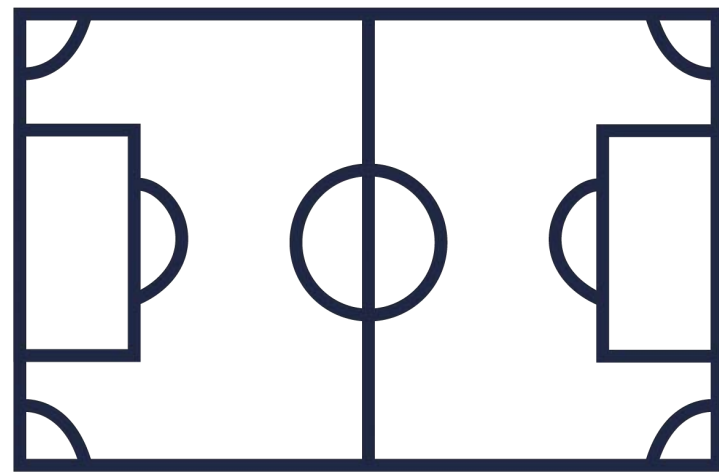
PHYSICAL

- Large changes in the body continue to occur
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 - With these changes in the body the movement competencies change and can lead to injury
- As muscle mass and height increases in males, so does body satisfaction. However, many teenage females become dissatisfied with their bodies and weight due to the increase in body fat. Some teens may even resort to eating disorders to feel better about their bodies same in U15/U16
- Menstrual cycle impacts individuals differently (physically, socially, and emotionally)



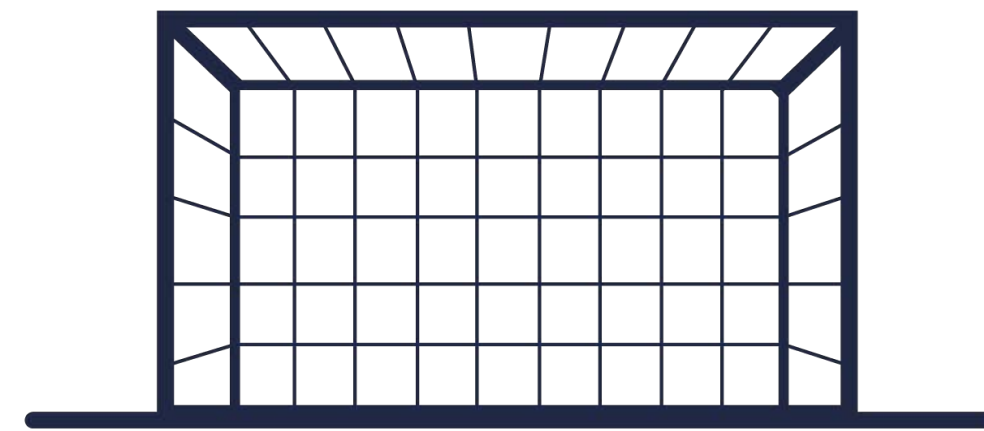
11v11 STANDARDS OF PLAY

FIELD OF PLAY



Length- Min 100 yards/ Max 130 yards
Width- Min 50 yards/ Max 100 yards

GOALS



Goals should be 8 feet (height) x 24 feet (width)

LAW 2 - BALL



Size 5 ball

LAW 3 - # OF PLAYERS



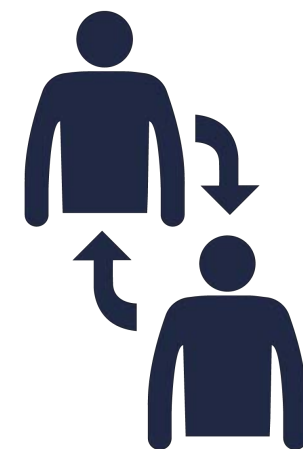
10 field players and 1 goalkeeper

LAW 3 - # OF PLAYERS



Game may not start or continue if there are less than 7 players on a team

SUBSTITUTIONS



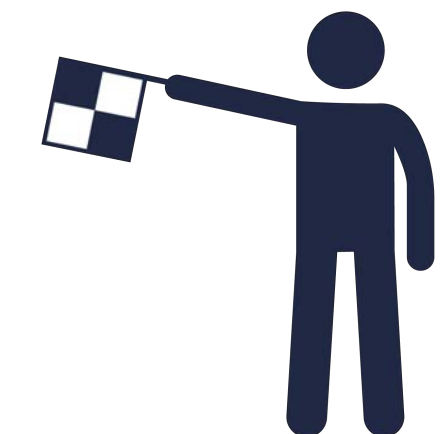
*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage

LAW 5 - REFEREE



As a minimum, referees must have the U.S. Soccer Grassroots Referee License.

LAW 6 - OTHER MATCH OFFICIALS



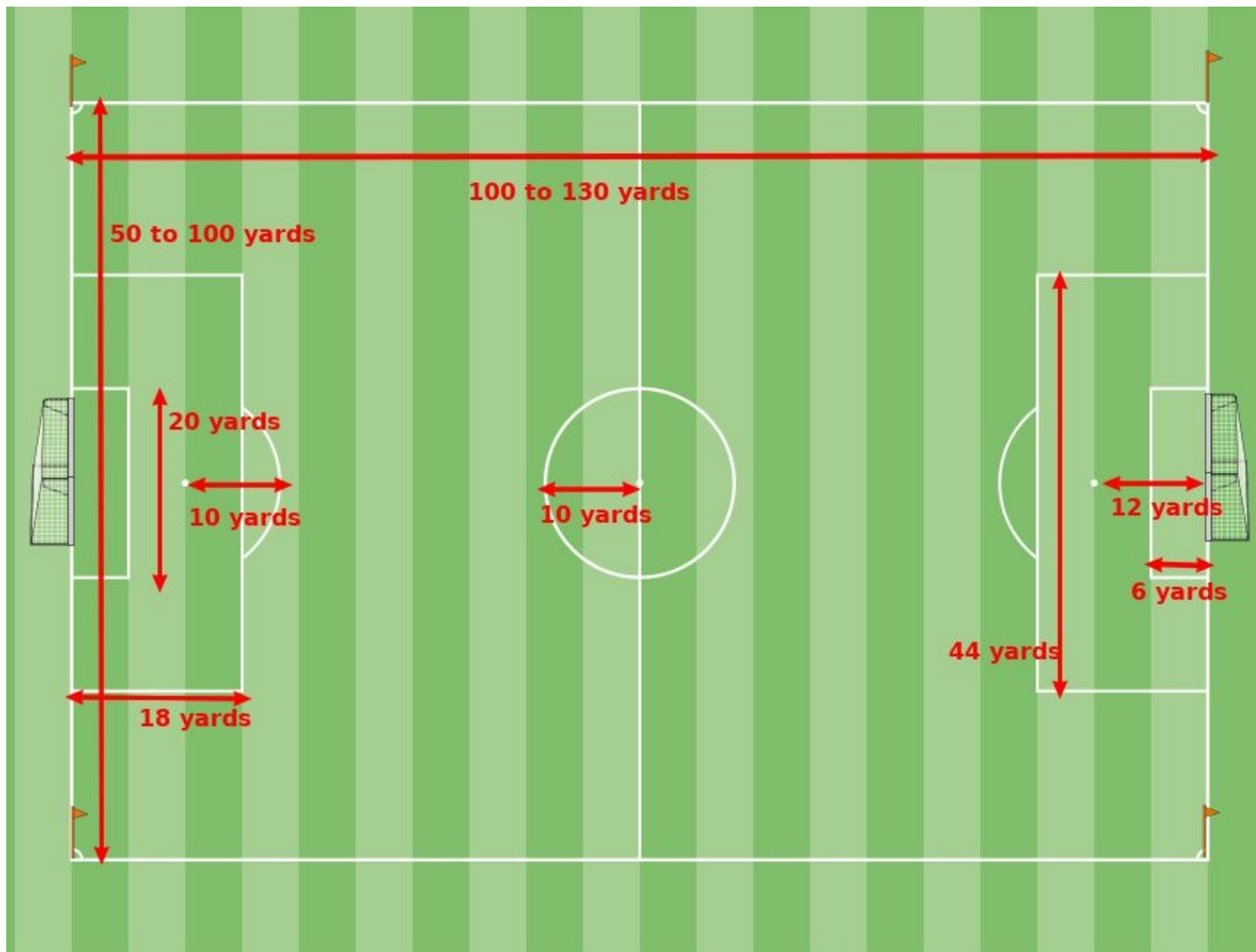
Assistant Referees must have a minimum of the U.S. Soccer Grassroots Referee License

*The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA



11V11 STANDARDS OF PLAY

FIELD SIZE





PLAYER DEVELOPMENT FRAMEWORK

11v11



U17+

PROGRESSION PHASE III
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

Soccer Development

GOALS

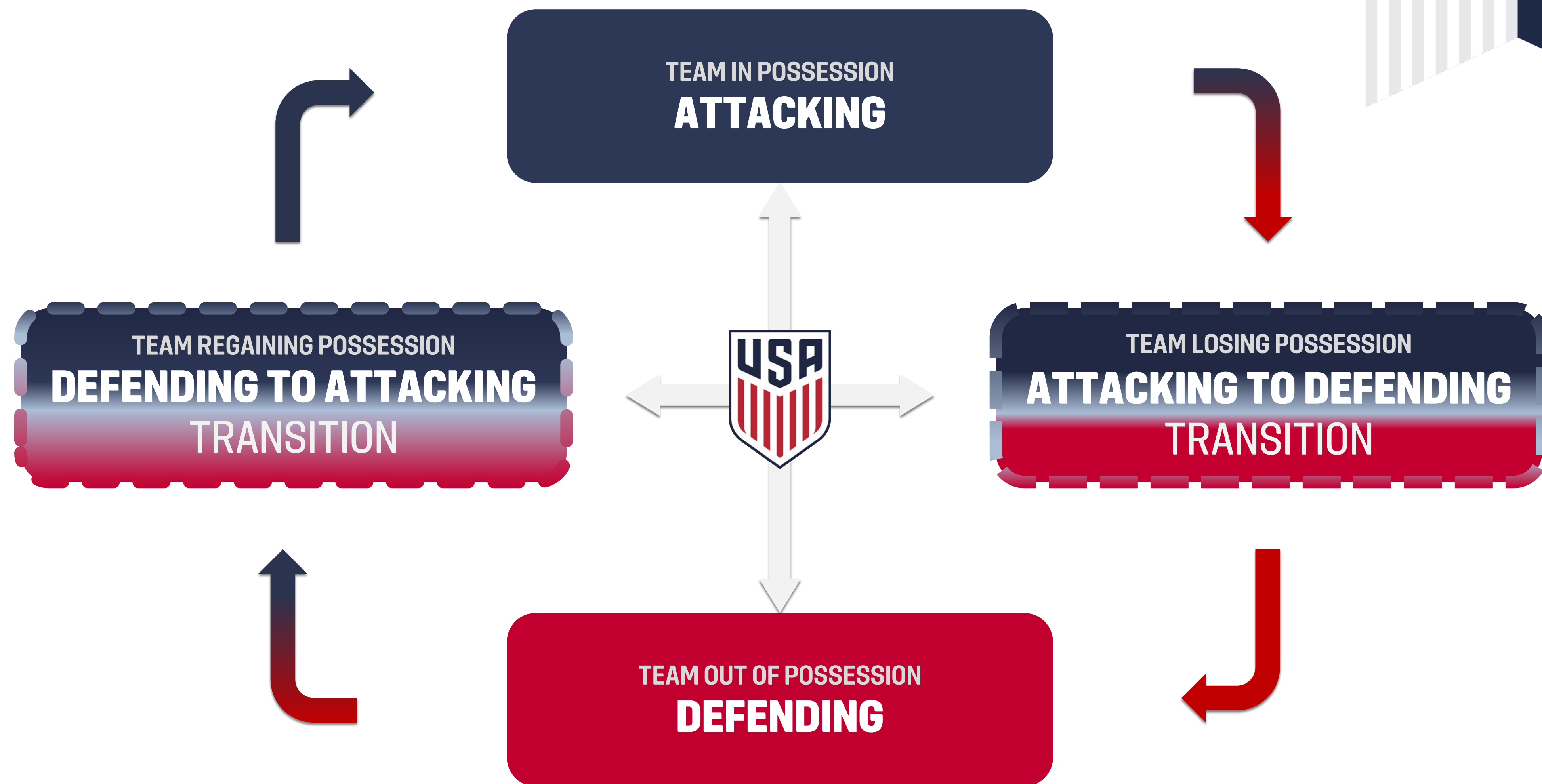
- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players develop high structured team play based on a style of play and game plan (ME AND MY TEAMMATES)
- Players continue to develop specific soccer skills based on a positional profile and a highly individualized approach (ME AND MY PERSONAL DEVELOPMENT)
- Players can develop by being integrated at the senior level (ME AND MY CAREER)

Learning objectives

- To help each player develop an understanding of own body and individual self-care programs
 - continue to help players develop a healthy lifestyle: focus on impact of sleep, alcohol, and nutrition
 - continue to monitor body alignment (i.e., ankles, knees, hips, shoulders, and vertebrae), muscle balance (triceps and biceps, quadriceps and hamstrings), and flexibility is essential during this stage
- To develop tactical awareness: engage in conversations about tactics
- To develop players in a specific position based on exceptional qualities: players specialize into one or two main positions
- To introduce the game strategy (the general plan of action in all moments of the game that is developed to increase the probability of success {desired result} versus an opponent considering own style of play and analysis of the opponent in all four moments)
- To continue to promote skill acquisition - application of technique within a context including perception, decision-making, execution, and reflection
- To develop winning mindset: developing players from wanting to win to learning how to win through focus on process and controllables
- To develop emotional awareness
- To continue to develop the player autonomy for self-development



THE GAME MOMENTS





PLAYER DEVELOPMENT FRAMEWORK

11v11



U17+

PROGRESSION PHASE III
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING	
GAME IDEA	
When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo.	
Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances, and score.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
CREATE ATTACKING TEAM SHAPE	Create appropriate height, width, depth
	Create optimal attacking distances between players
PROVIDE OPTIONS TO PLAY FORWARD	Provide vertical or diagonal passing options
	Overload centrally or wide
	Move or lose opponent when marked
	Make runs behind the defensive line
BREAK LINES TO ADVANCE ATTACK	Give immediate support to teammate under pressure
	Drive with the ball to exploit space
	Engage opponent: create 1v1 or 2v1
	Find a free player between or behind the lines
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	Switch play: pass the ball to opponent's weak zone
	Push up the defensive line with speed: stay connected and compact
	Create high defensive shape behind the ball
FINISH THE ATTACK AS FAST AS POSSIBLE	Separate: time run or quick movement to unmark
	Final pass: through ball or combination play
	Numbers in the box: fill zones in front of goal
	Cross: into space or player
	Take on 1v1 to create or score
	Finish: use limited touches

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo .		
Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances , and score .		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE ATTACKING SHAPE POSITION TO STRETCH OPPONENT AND CREATE SPACE	Create appropriate height, width, depth	- Attacking players position as high as possible: -Pin or move the opponent's back line to stretch the opponent's team in length. -Lower the level of vertical compactness of opponent: -Create more space between the opponent's defensive lines (specifically, between the the opponent's back line and midfield). - Wide forwards and/or fullbacks (wide players): -Position wide while avoiding two players in a direct line: position attack across different lanes -Lower level of horizontal (sideline to sideline) compactness of opponent -Create more space centrally: creating passing lanes into the opponent's block or -Take advantage of space in wide areas - Center backs and/or fullbacks (occasionally midfielders): -Position behind the ball in supporting position. -Lower the level of vertical compactness of opponent: -Create enough space to create strong ball circulation -Enable a switch of play
	Create optimal attacking distances between players	- Spread out with optimal passing distance between players. - Create relationships - connections between players. - Exploit space in opponent's defending team shape.

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo .		
Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances , and score .		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PROVIDE OPTIONS TO PLAY FORWARD (RE-)POSITION TO CREATE ADVANTAGE AND RECEIVE THE BALL	Provide vertical or diagonal passing options	- Exploit the space in and around the opponent's defensive block and create a positional advantage: - Avoid two players in a direct line. - Move and provide a good supporting angle: receive facing forward to play forward when possible. - Stay away from the ball when player on the ball has time and space to play forward. - Triangulate: we position to provide the player on the ball with at least two forward (diagonal/vertical) passing options on different levels of height and width. - Rotate: interchange position to create a dynamic advantage.
	Create overload centrally or wide	- Create a numerical advantage in a specific area of the field: - Position to outnumber opponent in the area around the ball or area away from the ball - Allow more players to attack - penetrations of midfielders or defenders - Drop midfielders or attackers
	Move or lose opponent when marked	- If marked move to <u>open space</u> or move to <u>open the space</u>: - Lose opponent to receive the ball - Distance from defender in space (get unmarked)/ move between the lines - Move opponent to receive the ball - Draw opponent out of defending position to create space for self to receive (requires explosive change of direction) - Move to create space and passing options for teammate to receive - Draw opponent out of defending position to create space for teammate to exploit and receive ball
	Make runs behind the defensive line	- Make run when player on the ball is facing forward and has no pressure or has pressure but can play forward - Use different runs and time run to avoid offside (straight run, curved run, ...) - Receive the ball facing forward
	Give immediate support to teammate under pressure	- Recognize the player on the ball is under pressure and has no immediate options: - Above the ball: move towards the ball to create a passing option - Behind the ball: adjust position to create passing option

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
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Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances , and score .		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BREAK LINES TO ADVANCE ATTACK PROGRESS THE BALL FORWARD AND ELIMINATE OPPONENT(S)	Drive with the ball to exploit space	- Recognize and exploit space. - Accelerate play through dribble: individually progress the ball into space with change of tempo. - Attract opponent (draw attention).
	Engage opponent: create 1v1 or 2v1	- Dribble and look for 1v1 or 2v1 : -Engage to isolate opponent: -Eliminate through dribble: take opponent on in 1v1 -Eliminate through pass or give and go - Move or hold the ball to attract opponent: -Move the opponent, invite pressure to create space for teammate.
	Find a free player between or behind the lines	- Pass quickly, accurately and with appropriate pace to a free player. - Skip a line: recognize opportunity & take risk: look furthest first, look nearest second. - Pass dictates the action: pass with intent.
	Switch play: pass the ball to opponents' weak zone	- Draw opponent to one side and find space on the opposite side: -Direct change of point: long pass -Indirect change of point: short pass
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	Push up the defensive line with speed: stay connected and compact	- Provide balance (numbers). - We all move with the same speed and lose space in between lines that the opponent could exploit. - Create as high a line as possible. - GK take high position: stay connected with the backline . -GK anticipate long pass from opponent and adjust quickly.
	Create high defensive shape behind the ball	- Defensive positioning by the players who are no longer directly involved in moving the ball forward. - Anticipate losing the ball and occupy positions to defend the opponent's counterattack. -Defend the center of the field: block passing lanes -Lock down the opponent's outlet(s): mark transition players

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
ATTACKING		
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Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances , and score .		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
FINISH THE ATTACK CREATE SCORING OPPORTUNITY AND SCORE	Separate: time run or quick movement to unmark	- Move into a position in and around the box to score or assist: -Forward run behind the opponent's back line from a high position (attacking position) -Forward run behind the opponent's back line from a deeper position (midfield position) -Move out of sight to receive - Counter movement: opposite movement between two players - Quick movement from opponent to create space
	Final pass: through ball or combination play	- Disguised pass to manipulate opponent - Pass quickly, accurately and with appropriate pace: -Through ball or chip ball to player who runs in behind -Pass to unmarked player in or around the box - Quick combination play between 2 or more players to find a teammate in a goalscoring position - Recognize the player in the better position.
	Numbers in the box: fill zones in front of goal	- Efficient occupation of zones in the box on cross: near post, back post, penalty spot, edge of box -Time your run in the box -Get unmarked or in front of opponent -Attack the ball
	Cross: into space or player	- Time the cross in front or behind the backline -Recognize space (positioning of goalkeeper and defenders) -Recognize the positions and runs of teammates in penalty box
	Take on 1v1 to create or score	Eliminate opponent through dribble to create goalscoring opportunity
	Finish: use limited touches	- Shoot from (short/long) distance - Finish off the cross: choose your final touch - React quickly on rebounds



PLAYER DEVELOPMENT FRAMEWORK

11v11



U17+

PROGRESSION PHASE III
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
ATTACKING
WITH THE BALL
Controlling
Protecting
Driving
Dribbling
Passing
Shooting
SPACIAL & POSITIONAL AWARENESS
Scanning
Supporting
Adapting body shape

U17+	
PROGRESSION PHASE III	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
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PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
WITH THE BALL	
CONTROLLING	- Receiving and preparing the ball from short passes (distance of 5 to 20 yards) - Receiving and preparing the ball in such a way that you can immediately go to goal - Receiving and preparing the ball in such a way that it stays as close to you as possible - Receiving by moving towards the ball when opponent is close by (attacking the ball) - Receiving and preparing the ball from a long pass in the air - Receiving and preparing the ball on the bounce - Receiving and preparing the ball on the turn towards the opponent's goal as quickly as possible - Receiving and playing in 1 touch if you can pass accurately - Avoiding looking at the ball when receiving and preparing the ball - Scanning for a free teammate after performing the control - Scanning for a free teammate before or while receiving and preparing the ball - Avoiding a long ball from bouncing - receiving before the bounce - Receiving and playing a long ball in 1 touch if you can pass accurately
PROTECTING	- Shielding and maintaining possession of the ball, by placing most of the body between the ball and opponent, keeping the ball on the furthest foot away from the defender while looking for teammates - Turning away from and out of reach of your opponent
DRIVING	- Running with the ball, keeping the ball as close as possible to the body - Avoiding looking at the ball while driving the ball - Keeping your body between the ball and the approaching opponent while driving the ball - Running as fast as possible with the ball, picking up speed to gain as much time and territory as possible - Creating space in advance (before controlling) in which you want to drive the ball

U17+	
PROGRESSION PHASE III	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo . Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances , and score .	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
WITH THE BALL	
DRIBBLING	- Taking on the opponent - Reading the body shape of the opponent and engaging on the most obvious/weak side - Accelerating when eliminating the opponent - Avoiding looking at the ball while dribbling - Keeping your body between the ball and the opponent while dribbling - Holding off the opponent and creating distance from the opponent - Dribbling through a change of direction at the right time, or through a change of speed or through a feint - Dribbling when you can cause direct danger on target
PASSING	- Playing the ball intentionally with different surfaces to a free teammate, into feet or space, within a distance of 5 to 20 yards - Playing the ball to the foot so that the player receiving the ball can continue to play forward - Making a leading pass in front of your teammate, making sure that the teammate can take the ball without having to slow down - Looking at the player you are passing to when passing - Trying to take out an opponent with a quick wall pass (give and go) in a small space - Making a long pass in the air - Playing a long ball in space so a teammate can receive the ball while running - Avoiding passing to a player surrounded by opponents who can be immediately put under pressure - Playing the cross at the right time and with the right ball speed outside the action area of the goalkeeper and the defender - Disguising the pass
SHOOTING	- Striking the ball intentionally with different surfaces from short and medium range (1-10 yards; 11-20 yards) on the goal (finishing) - Looking at the position of the goalkeeper before shooting at goal, and selecting a target - Aiming for the far side if you shoot from an angle and the goalkeeper is protecting near post - Finishing in 1 time/touch when closely marked - Finishing on the volley / bounce - Following the ball after the shot - Dribbling at the goalkeeper when he/she comes out at full speed or when he or she protects the goal well and scoring from the shot becomes difficult - Chipping the goalkeeper - Disguising the finish

U17+	
PROGRESSION PHASE III	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo . Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances , and score .	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	- Searching for the ball, teammates and the goal: - scanning for a free teammate after performing the control - scanning for a free teammate before or while receiving and preparing the ball (passing) - scanning and avoiding looking at the ball while dribbling - scanning and looking at the position of the goalkeeper before shooting at goal, and selecting a target (shooting)
SUPPORTING (POSITIONING)	- Looking at the player in possession of the ball - Finding open space for self and indicating this, verbally or non-verbally, to the player in possession of the ball - Repositioning after giving a pass (ex. give and go) - Assessing teammates' movements and moving off each other - Unmarking and running behind opponent when a teammate on the ball is looking for options - Looking to get out of sight from the defender's vision - Losing direct opponent by switching positions with a teammate - Anticipating as the third player who will get the ball after a pass between two teammates
ADAPTING BODY SHAPE	- Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal. - While approaching, have an optimal overview of the game situation.

U17+					
PROGRESSION PHASE III					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
ATTACKING					
When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo. Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances, and score.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	• Advance the ball • Keep the ball	CREATE ATTACKING SHAPE	• Create appropriate height, width, depth • Create optimal attacking distances between players	• Controlling
					• Protecting
			PROVIDE OPTIONS TO PLAY FORWARD	• Provide vertical or diagonal passing options • Create overload centrally or wide • Move or lose opponent when marked • Make runs behind the defensive line • Give immediate support to teammate under pressure	• Driving
					• Dribbling
					• Passing
					• Shooting
ATTACKING HALF	CREATING & SCORING	• Score goal • Create chance • Advance the ball • Keep the ball	BREAK LINES TO ADVANCE ATTACK	• Drive with the ball to exploit space • Engage opponent: create 1v1 or 2v1 • Find a free player between or behind the lines • Switch play: pass the ball to the opponent's weak zone	SPACIAL & POSITIONAL AWARENESS
					TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER
			FINISH THE ATTACK	• Separate: time run or quick movement to unmark • Final pass: through ball or combination play • Numbers in the box: fill in zones in front of goal • Cross into space or player • Take on 1v1 to create or score • Finish: use limited touches	
					• Adapting body shape

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PLAYER DEVELOPMENT FRAMEWORK

11v11



U17+

PROGRESSION PHASE III
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION	
GAME IDEA	
When we lose possession, we want to regain the ball early and as high up the field as possible, by reacting immediately with maximum intensity and aggression.	
When we recognize we are unable to pressure the ball, we recover quickly into a compact shape .	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
APPLY IMMEDIATE PRESSURE ON THE BALL	- Press to regain or prevent progress of the ball - Provide cover and balance: eliminate options
DELAY THE COUNTERATTACK	- Drop off and block direct path to goal - Slow down and dictate opponent
RECOVER WITH SPEED	- Get numbers back quickly and take defensive position - Press from behind as quickly as possible - Stay connected: look to win the second ball
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	- Create passing option(s): between the lines - Create passing option(s): look to run in behind
DENY FINISH FROM COUNTERATTACK	- Defend the goal and create conditions to engage - Challenge to protect against a goal attempt

PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION

When we lose possession, we want to regain the ball early and as high up the field as possible, by reacting immediately with maximum intensity and aggression.

When we recognize we are unable to pressure the ball, we recover quickly into a compact shape.

TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
APPLY IMMEDIATE PRESSURE ON THE BALL REACT QUICKLY TO WIN THE BALL BACK AND STOP OPPONENTS' FORWARD PLAY	Press to regain or prevent progress of the ball	- Recognize situations when to press or hold and force wide (awareness) . - Win the ball when opportunity to regain (distance, numbers and levels of compactness). - Nearest player(s): -React immediately, reduce space with speed and intensity -Apply (frontal/diagonal) pressure on the ball: Deny switch - Stop long ball - Prevent forward pass -Stay disciplined: no foul
	Provide cover and balance: eliminate options	PROTECT THE NEAREST SPACE: ANTICIPATE SHORT PASSING - Teammates collectively reduce space and area around the ball - Mark outlet players - block passing lines - cover space - Push up the lines when opposition is forced backwards. PROTECT THE SPACE IN BEHIND: ANTICIPATE THE LONG BALL - Central defenders anticipate the long ball when inefficient pressure: read pass and drop - Wide defenders attach to the backline. - Adjust body position to anticipate opponent's movement or action
DELAY THE COUNTERATTACK DROP AND NARROW, REDUCE SPEED OF OPPONENTS TO ALLOW PLAYERS TO RECOVER	Drop off and block direct path to goal	- Drop-off and protect the center: -Drop centrally, get narrow and defend in relation to goal -Create compact block - numbers between ball and goal (to force play wide) - Reduce the central space between the backline. - Identify and mark the most dangerous player.
	Slow down and dictate opponent	- Slow down the opponent when we are unable to pressure the player on the ball and in a disadvantage (ex. outnumbered) to allow players to return in the defensive block - Dictate direction (force backwards or wide) and speed of play (reduce speed) - Create equal numbers or overload (in area of the ball): eliminate passing options (2v1 → 1-1)

PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION

When we lose possession, we want to regain the ball early and as high up the field as possible, by reacting immediately with maximum intensity and aggression.

When we recognize we are unable to pressure the ball, we recover quickly into a compact shape.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WITH SPEED SPRINT BACK TO GET BALANCED, ORGANIZED AND APPLY PRESSURE	• Get numbers back quickly and take defensive position	• Sprint back to get behind the ball to support teammates • Attach to the backline and defend in relation to the goal
	• Press from behind as quickly as possible	• Sprint back and put pressure on the opponent in possession: -Prevent the opponent from playing forward or dribbling with the ball -Try to recover the ball (don't give up)
	• Stay connected: look to win the second ball	• Recover quickly to defend the long ball (create numbers around the ball) • Position or mark to prevent the opponent from playing forward after lay-off • Pressure to regain the ball
TAKE COUNTERMEASURES POSITION TO PREPARE THE COUNTERATTACK	• Create passing option(s): between the lines	• Anticipate the moment when team wins the ball back : -Stop defending -Unmark from defender -Position (diagonally) between the lines to set up a possible counter-attack
	• Create passing option(s): look to run in behind	• Anticipate the moment when team wins the ball back • Stop defending and position to create the opportunity to make a run in behind the defensive line
DENY FINISH FROM COUNTERATTACK DENY SCORING OPPORTUNITIY AND PREVENT SCORING	• Defend the goal and create conditions to engage	• Be patient and don't commit too early (recognize distance from goal, wait for teammates) • Isolate opponent on the ball when possible: 2v1 → 1-1
	• Challenge to protect against a goal attempt	• Challenge with strong determination: block shot to tackle - intercept to prevent assist -When we are organized and have a numerical advantage -When opponent is in shooting distance

U17+								
PROGRESSION PHASE III								
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING								
ATTACKING TO DEFENDING TRANSITION								
When we lose possession, we want to regain the ball early and as high up the field as possible, by reacting immediately with maximum intensity and aggression. When we recognize we are unable to pressure the ball, we recover quickly into a compact shape.								
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS			
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL			
ATTACING HALF	PREVENTING BUILD UP	- Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	APPLY IMMEDIATE PRESSURE ON THE BALL	- Press to regain or prevent progress of the ball - Provide cover and balance: eliminate options	• Intercepting			
					• Pressing			
					• Challenging			
					• Delaying			
					• Block the shot			
DEFENDING HALF	DENYING CHANCES & SCORING	- Prevent goal - Deny a chance - Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	DELAY THE COUNTERATTACK	- Drop off and block direct path to goal - Slow down and dictate opponent	SPACIAL & POSITIONAL AWARENESS			
					• Scanning			
			RECOVER WITH SPEED	- Get numbers back quickly and take defensive position - Press from behind as quickly as possible - Stay connected: look to win the second ball	• Covering			
						TAKE COUNTERMEASURES	- Create passing option(s): between the lines - Create passing option(s): look to run in behind	
			DENY THE FINISH	- Defend the goal and create conditions to engage - Challenge to protect against a goal attempt	• Marking			
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PLAYER DEVELOPMENT FRAMEWORK

11v11



U17+

PROGRESSION PHASE III
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING	
GAME IDEA	
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible. Make the field small, reduce the opponent's time, space, and options.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
CREATE DEFENDING SHAPE	- Make team compact: vertical and horizontal (Re-) Position to create a high front line (Re-) Position to create a high defensive line
	Create optimal defending distances between players
BUILD PRESSURE ON THE BALL	Move as a collective unit: make play predictable
	Initiate pressure on the opponent with the ball
	Engage when chance of regaining the ball
	Provide cover and balance: eliminate passing options
	Prevent the switch: keep opponent on one side
	Protect space in behind: anticipate long ball
RECOVER WHEN PRESSURE IS BROKEN	Immediately (re-)apply pressure on the ball
	Delay attack and regain defensive shape
	Look to intercept pass or win second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER	Create passing option(s): between the lines
	Create passing option(s): look to run in behind
DENY THE FINISH	Get narrow and close the center: denying the through ball
	Marking and tracking opponent
	Deny the cross
	Defending the cross: protect the width of the goal
	Challenge to protect against goal attempt

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible .		
Make the field small, reduce the opponent's time, space, and options.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE DEFENDING SHAPE POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE	• Make team compact: vertical and horizontal - (Re-) Position to create a high front line - (Re-) Position to create a high defensive line	• Create a defensive block and reduce passing options for the opponent on the ball - as high as possible • Attacking players (re-)position to create a high line of confrontation • Position to block passing lanes, make play predictable and build pressure • Center backs and/or fullbacks take a high defending position to support compactness - Reduce space between different lines of the team - Manage offside: central defender closest to the ball creates the offside line (if in own half) • High position of the goalkeeper to stay connected with the backline
	• Create optimal defending distances between players	• Create relationships - connections between players through spacing and distances : - Reduce options to penetrate with the ball - Ensure cover - Allow for interception

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible.		
Make the field small, reduce the opponent's time, space, and options.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BUILD PRESSURE ON THE BALL CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY	Move as a collective unit: make play predictable	- Move relative to the position of the ball while maintaining optimal distances between players: -Reduce time and space for the opponent on the ball -Shift and slide: no crossover with nearest teammate -Step: when the the ball is played backwards or when pressure on the ball - Direct the player on the ball: -Reduce the options for the opponent on the ball and force to one area : -Block passing lanes -Allow passes to pressing area
	Initiate pressure on the opponent with the ball	- Nearest player pressures the ball: -Prevent opponent from playing forward -Limit time on the ball -Force opponent to look down -Force to make mistake
	Engage when chance of regaining the ball	- Engage in the identified situations: -Step out and intercept when possible: for example - slow pass, bad touch,... -1v1: don't get eliminated by dribble, touch or pass
	Provide cover and balance: eliminate passing options	- Block immediate passing options when teammate puts pressure on the ball -Cover by the closest player to prevent forward passes / progression: mark, front or track -Weakside players move centrally -Bring numbers to the area / outnumber the opponent/bring numbers around the ball
	Prevent the switch: keep opponent on one side	- Bring numbers around the ball. - Keep opponent locked and stop from getting out of the area.
	Protect space in behind: anticipate long ball	- Anticipate the long ball behind the defensive line in case of inefficient pressure: -Adjust body shape -Hold the line when pressure on the ball -Drop when no pressure on the ball
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U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible .		
Make the field small, reduce the opponent's time, space, and options.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WHEN PRESSURE IS BROKEN RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS	Immediately (re-) apply pressure on the ball	- Re-apply pressure on opponent when line is broken: -From behind: chase the player in possession and attempt to win the ball back without fouling -In front: step up and press when cover is present - Recover from switch of play: -Strong shift of the team when opponent was able to switch the play
	Delay attack and regain defensive shape	- Slow down the opponent's attack : drop and narrow. Reduce speed of opponent to allow teammates to recover - Recover with numbers between the ball and the goal -Outnumber opponent when possible -Get organized - Track and/or mark the most dangerous players
	Look to intercept pass or win second ball	- When the line is broken by the long ball: defending players -Drop and narrow together -Compete for the second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER POSITION TO PREPARE THE COUNTERATTACK	Create passing option(s): between the lines	- Anticipate the moment when team wins the ball back and set for transition : -Stop defending -Unmark from defender -Scan field and position (diagonally) between the lines to set up a possible counter-attack
	Create passing option(s): look to run in behind	- Anticipate the moment when team wins the ball back - Stop defending and position to create the opportunity to make a run in behind the defensive line

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING		
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible.		
Make the field small, reduce the opponent's time, space, and options.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
DENY THE FINISH PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES	Get narrow and close the center: denying the through ball	- Always pressure the player on the ball: reduce time, space and options for the opponent on the ball. - Prevent opponent from passing and making runs to receive behind the defensive line. - Reduce space between teammates: narrow when closer to goal -Get numbers in the central areas -Always provide protection for center backs by fronting them -Drive opponent's offensive play towards wide areas
	Marking and tracking opponent	- Close marking of direct opponent in zone: -Split-vision: keep eye on ball and opponent - Change marking: -Scan your surroundings and communicate -Stay in your defensive zone when the opponent changes position -Pass on opponent to teammate or mark opponent coming from another zone - Switch to player-marking: when necessary, switch from zonal marking to player marking
	Deny the cross	- Defend the cross with support from midfielder or winger -Deny cross into space or player -Center backs stay in central position
	Defending the cross: protect the width of the goal	- Get organized and increase the protection in front of the goal on the cross: -Weakside fullback is connecting to the backline -Occupy strategic zones - Close marking of direct opponent: -Split-vision: keep eye on ball and opponent - Challenge: be first on the ball -Aggressiveness
	Challenge to protect against goal attempt	- Engage and commit when chance of attempt on goal -Don't get eliminated by dribble. -Block the shot. -Win the second ball. -Clearance
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U17+	
PROGRESSION PHASE III	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
DEFENDING	
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible.	
Make the field small, reduce the opponent's time, space, and options.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
AGAINST THE BALL	
INTERCEPTING	- Intercept when a chance of winning or deflecting the ball, if not stay in position - Deflecting an opponent's pass away from the intended target - Staying in possession of the ball after stealing it and continuing with an attacking action - Playing in one touch to a teammate - Intercept the ball as high as possible (high point) on a long (high) ball
PRESSING	- Running to the opponent who is about to receive the ball (approx. 2 yards distance) while the ball is moving (to reduce the space for the opponent or force error) - Having fast approach but slow arrival - Approach is forcing into desired area
CHALLENGING	- Taking good defensive posture (on toes, knees are bent, staggered stance, ...) that allows to start the 1v1 in favorable conditions - Always looking at the ball - Staying on your feet - Retaining possession of the ball after winning the duel - If you are eliminated, don't give up, challenge again immediately
DELAYING	- Slowing down, reducing speed from the opponent's action - Driving the player on the ball to the outside (away from goal)
BLOCK THE SHOT	Getting in between the ball and the defending goal to redirect the ball away from goal

U17+	
PROGRESSION PHASE III	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
DEFENDING	
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible.	
Make the field small, reduce the opponent's time, space, and options.	
PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting
ADAPTING BODY SHAPE	Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal
COVERING	- Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed - Preventing the opponent behind your back (between the lines)from being an option
MARKING	- Preventing direct opponent from receiving the ball in favorable circumstances by positioning next to the opponent (proactive stance) - Trying to look at both the ball and direct opponent - Marking closer when closer to goal

U17+					
PROGRESSION PHASE III					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
DEFENDING					
When out of possession, we want to dominate by making play predictable and creating conditions to win the ball back as early and as high up the field as possible. Make the field small, reduce the opponent’s time, space, and options.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	- Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	CREATE DEFENDING SHAPE	- Make team compact: vertical and horizontal (Re-)Position to create a high front line (Re-)Position to create high defensive line - Create optimal defending distances between players	Intercepting
					Pressing
					Challenging
					Delaying
					Block the shot
DEFENDING HALF	DENYING CHANCES & SCORING	- Prevent goal - Deny a chance - Regain the ball - Prevent the opponent from playing forward - Deny penetration from the dribble - Reducing time and space	BUILD PRESSURE ON THE BALL	- Move as a collective unit: make play predictable - Initiate pressure on the opponent with the ball - Engage when chance of regaining the ball - Provide cover and balance: eliminate passing options - Prevent the switch: keep opponent on one side - Protect space in behind: anticipate long ball	SPACIAL & POSITIONAL AWARENESS
					Scanning
			RECOVER WHEN PRESSURE IS BROKEN	- Immediately (re-) apply pressure on the ball - Delay attack and regain defensive shape - Look to intercept pass or win second ball	Covering
			DENY THE FINISH	- Get narrow and close the center: denying the through ball - Marking and tracking opponent - Deny the cross - Defending the cross: protect the width of the goal - Challenge to protect against any goal attempt	Marking

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PLAYER DEVELOPMENT FRAMEWORK

11v11



U17+

PROGRESSION PHASE III
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING TO ATTACKING TRANSITION	
GAME IDEA	
When we regain possession, we immediately think and play forward, look to attack aggressively with maximum speed and finish as fast as possible.	
When we recognize the opponent is balanced and organized, we keep the ball and move into our attacking shape.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
PLAY FORWARD QUICKLY	- First action forward - Continue to play forward
SECURE THE BALL	- Play out of pressure - Keep the ball and initiate build up
JOIN THE ATTACK WITH SPEED	- Provide support in front of the ball - Provide as much width as necessary - Provide support behind the ball
TAKE COUNTERMEASURES : ANTICIPATE THE COUNTER	- Push up the defensive line with speed: stay connected and compact - Create prevention shape behind the ball
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE	Create and exploit space for self or teammate
	Attack space or engage opponent
	- Recognize player in a better position to score - Finish: use limited touches

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING TO ATTACKING		
When we regain possession, we immediately think and play forward, look to attack aggressively with maximum speed and finish as fast as possible. When we recognize the opponent is balanced and organized, we keep the ball and move into our attacking shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PLAY FORWARD QUICKLY PLAY FORWARD WITH AS FEW PASSES AS POSSIBLE	First action forward	- Start attacking transition immediately with forward action: -Pass forward into open space or feet to (highest) transition player (vertical / diagonal) -Touch forward and run or dribble aggressively at maximum speed when space - GK distribution: throw/volley into space or feet
	Continue to play forward	- Continue to progress the ball forward at speed to prevent the opponent from returning into defensive shape: dribble or pass - Play with limited touches to increase the speed of the transition: -Direct: open body shape to receive the ball facing forward or turn when time on the ball -Indirect: lay-off / playing backwards to supporting teammate (3rd man running) - Stay central if possible - Take advantage of space behind the opponent's backline - pass behind
SECURE THE BALL ESCAPE COUNTERPRESS FROM CLOSEST OPPONENT(S)	Play out of pressure	- Shield the ball when pressure from opponent - Move the ball out of the zone when possession is regained to escape counter press - Play sideways or backwards when unable to dribble or pass forward (or draw foul)
	Keep the ball: initiate build up	- Keep possession when opponent is balanced and organized - Recognize risk vs reward: priority is to secure possession - Move into attacking shape
JOIN THE ATTACK WITH SPEED SPRINT FORWARD TO ATTACK OR SUPPORT	Provide support in front of the ball	- Sprint forward and commit numbers into the attacking half - Get players in front of the ball as quickly as possible to attack the backline of the opponent - Provide a passing option: make a run in behind
	Provide as much width as possible	- Occupy all three central-vertical channels - Restrict runs to width of penalty area, when possible, to facilitate quick passing, limit risk of interception, and create direct chance on goal
	Provide support behind the ball	- Position to enable the attack to continue by creating passing options behind the ball - Recycle the attack when unable to continue the counter

U17+		
PROGRESSION PHASE III		
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING		
DEFENDING TO ATTACKING		
When we regain possession, we immediately think and play forward, look to attack aggressively with maximum speed and finish as fast as possible. When we recognize the opponent is balanced and organized, we keep the ball and move into our attacking shape.		
TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	• Push up the defensive line with speed: stay connected and compact	• Provide balance (numbers) • Close space in between lines that the opponent could exploit • Create as high a line as possible
	• Create prevention shape behind the ball	• Defensive positioning with a specific amount of players -Defend the center of the field: block passing lines -Lock down the opponent's outlet(s): mark transition players -GK take high position: stay connected with the backline
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE CREATE SCORING OPPORTUNITY AND SCORE	• Create and exploit space for self or teammate	• Separate from opponent and receive between the lines • Exploit space behind opponent backline: make a run to receive in behind • Make a run to free up space for teammate to receive
	• Attack space or engage opponent	• Dribble at speed into open space: -Invite pressure to create (more) space for teammate(s) • Dribble at speed to isolate defender: -Attract to free up teammate (2v1) -Eliminate defender or create separation and shoot (1v1)
	• Recognize player in a better position to score	• Keep composure (decision at full speed) • Recognize the right moment to pass to a teammate in a better position to score or assist - We attack/occupy different areas in the box
	• Finish: use limited touches	• Select the best surface and shoot on goal with a minimal touches.

U17+					
PROGRESSION PHASE III					
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING					
DEFENDING TO ATTACKING					
When we regain possession, we immediately think and play forward, look to attack aggressively with maximum speed and finish as fast as possible. When we recognize the opponent is balanced and organized, we keep the ball and move into our attacking shape.					
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	• Advance the ball • Keep the ball	PLAY FORWARD QUICKLY	• First action forward • Continue to play forward	• Controlling
					• Protecting
			SECURE THE BALL	• Play out of pressure • Keep the ball and initiate build up	• Driving
					• Dribbling
ATTACKING HALF	CREATING & SCORING	• Score goal • Create chance • Advance the ball • Keep the ball	JOIN THE ATTACK WITH SPEED	• Provide support in front of the ball • Provide as much width as possible • Provide support behind the ball	• Passing
					• Shooting
					SPACIAL & POSITIONAL AWARENESS
			TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	• Push up the defensive line with speed: stay connected and compact • Create prevention shape behind the ball	• Scanning
			FINISH THE COUNTERATTACK	• Create and exploit space for self or teammate • Attack space or engage the opponent • Recognize player in better position to score • Finish: use limited touches	• Supporting
					• Adapting body shape

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