

Moments & Areas

WE have the ball

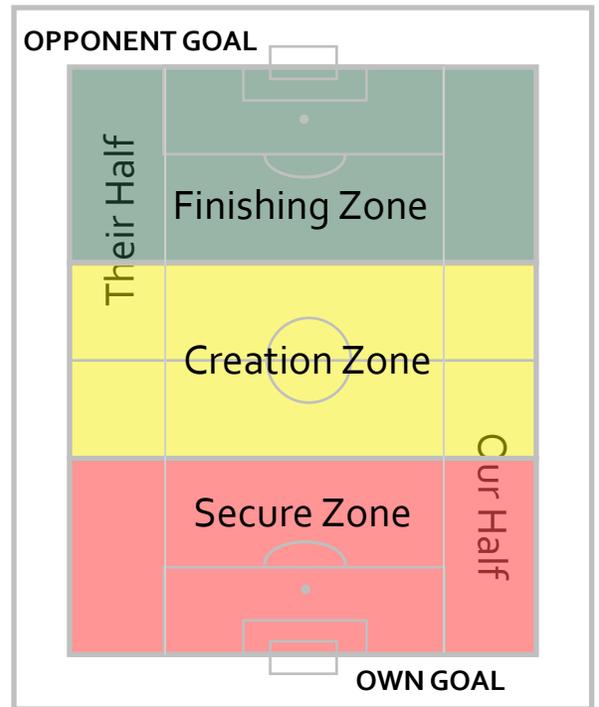
Possession of the ball in the final third near the opponent's goal
Aim: Score goals and create chances

Possession of the ball in the middle third of the field
Aim: To advance into the finishing zone while keeping the ball

Possession of the ball in the third near our goal
Aim: To advance into the creation or finishing zone while keeping the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE



Transition from WE to THEY

THEY have the ball

Opponent possession of the ball in their secure zone
Aim: Win the ball back, prevent the opponent from advancing

Opponent in possession of the ball in their creation zone
Aim: Win the ball back, prevent the opponent from advancing to the finishing zone

Possession of the ball in the third near our own goal
Aim: Win the ball back and prevent the opponent from creating chances or scoring goals

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

Outside Left Center Channel Outside Right



Tactical Principles: WE have the ball

WE have the ball

- Play From Back
- Possession
- Attack
- Score

WE	AIM	WE	AIM
PLAY FROM BACK	<ul style="list-style-type: none"> • Players to get in position to support play from the back per player roles • Looking forward first • Make it big and create many lines horizontal and vertical & Create triangles to support passing • Go forward when possible or keep the ball • Playing, short, long, or in the depth passes (break lines of pressure) 	ATTACK	<ul style="list-style-type: none"> • Combination play & 3rd man run • Recognize and use the 2v1 or 1v1 (dribble & speed mismatch) • Using either a cross, through ball, or combination when there is space behind the defensive line • Create a situation with numerical superiority with movement by ball carrier, player movement, and ball movement • As many players forward as needed as fast as needed • Play the early ball where there is space behind the defense • Support point of attack by positioning players in box or finishing zone to maximize scoring opportunity
POSSESSION	<ul style="list-style-type: none"> • Utilize space and create triangles and passing options Moving to be an option for a teammate • Angle of support, body position • As many triangles as possible • Find and use the free player and 3rd man • Maintain balance in secure and creation zone to be positioned in transition 	SCORE	<ul style="list-style-type: none"> • Occupation in front of the goal • Finishing (anticipate, adjust, or re-adjust to shoot) • Collective movement to occupy the spaces (near post, far post, cut back) in combination with the player on the ball at the right moment • Before shooting, players must look, think and decide on where/how to shoot based on the situation • Maintain defensive balance in creation zone



Tactical Principles: THEY have the ball

THEY have the ball

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

WE	AIM	WE	AIM
DENY PLAY FROM BACK	<ul style="list-style-type: none"> • Make it small & keep it small • Whoever is closest attack • Press the player with ball, teammates create cover and balance • Force ball to the strength of your formation • Isolate the players with the ball 	DENY ATTACK	<ul style="list-style-type: none"> • Delay the opponents attack when outnumbered • Players must recognize when we are outnumbered, and then slow down the attackers enough to allow teammates to recover • Teammates must recover fast and attempt to outnumber opponent until we are organized • Stay in your defensive zone when the opponent changes position • Being able to pass players on to another defender, or recognize when not to follow a player • When necessary switch between zonal and player marking • Players can switch their position based on game situation
DENY POSSESSION	<ul style="list-style-type: none"> • Make it small / Keep it small • When the ball moves, all players must move to a new position based on where the ball is going • Press the player with the ball, teammates cover & balance • Outnumber the opponent 	DENY SCORING	<ul style="list-style-type: none"> • Anticipate the long ball played behind the defensive line • Be able to recognize/predict when opponent may try to play behind our defensive line • Choose correctly between dropping back, or stepping up to use the offside trap (based on cues) • Keeper covers behind the defense • The team moves as a collective unit • Support Goalkeeper & teammates if out of position



Club Style of Play

Team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense.

General Principles

We build from the back—organized but adaptive. Players know their position—and when to leave it. Players move on and off the ball to provide support and play high-pressure defense to recover the ball.

Key Qualities

Technically skilled, tactically & positionally aware, dedicated, tenacious, hard-working, passionate, healthy, fit, love of the game, and superlative sportsmanship.

Team-Based

Intelligence

Possession

Dynamic
Attack

High-
Pressure
Defense

Team-Based	Communication: self-coaching, instruction
Intelligence	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Dynamic movement, irrespective of position
Dynamic Attack	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Adapting to force opponent to panic
Love of Game	Social media; player-generated engagement



Position Specific Profiles

Position	1 / GK	2 & 3 / Outside Backs	4 & 5 / Inside Backs	6 / Def Mid
Technical Roles/Attributes	<ul style="list-style-type: none"> WE: Collecting, handling & serving with hands & feet. THEY: Tackle, regain possession 1 v 1 	<ul style="list-style-type: none"> WE: Full passing range, crosses from flank channel THEY: Tackle, intercept, regain possession of ball 	<ul style="list-style-type: none"> Marking, tracking, intercepting and tackling Heading, Passing to penetrate (all service types) 	<ul style="list-style-type: none"> Marking, tracking, intercepting and tackling Collect, turn, re-direct to all regions of field (360)
Tactical Roles/Attributes	<ul style="list-style-type: none"> WE: Command, direct team during re-starts Organize, direct team actions in own half THEY: coach defensive players and direct 	<ul style="list-style-type: none"> WE: Recognize, execute penetration on flanks Organize and direct #7, #11 in defending role + Central channel balance, cover for #4, #5 THEY: disrupt attack, man/zone coverage on crosses, balance with 4/5 	<ul style="list-style-type: none"> WE: Build-out, possession, tempo in central channel Organize, direct outside backs and c. midfielders Agility- change direction in response to cues THEY: 1v1 defending Positional understanding in relation to the backline (shifting, covering, distances) 	<ul style="list-style-type: none"> WE: Primary option for build out and possession Penetrate- movement, passing or running w/ ball Communication during build out THEY: Defensive control centrally in front of backs Anticipate & intercepting the ball on THEY attack
Physical Roles/Attributes	<ul style="list-style-type: none"> Aerial mobility maximize height and reach Maximal Speed of Reaction 	<ul style="list-style-type: none"> Speed endurance- repeated explosive runs Acceleration- change speed response to ball 	<ul style="list-style-type: none"> Aerial- max. use of height, explosive movement Rx Speed- adjust to ball, opponent movement 	<ul style="list-style-type: none"> Mobility- multi-directional, box-box, centrally Speed endurance- intermittent, intense actions + Explosive movement- max. acceleration
Mental Roles/Attributes	<ul style="list-style-type: none"> Alert and focused, constant assessment of play Lead- confident, decisive mentality 	<ul style="list-style-type: none"> Confident competitor in one-one isolation Confident in attacking and defending roles 	<ul style="list-style-type: none"> Decisive leader- command and direct teammates Control and composure under pressure 	<ul style="list-style-type: none"> Game Awareness- control tempo & speed of play Self-less- effort to connect all parts of the team



Position Specific Profiles

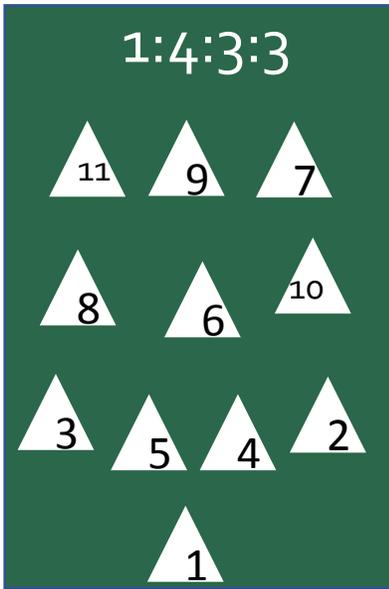


Position	8 / Central Midfielder	7 & 11 / Outside Mid-Wingers	10 / Attacking Midfielder	9 / Central Attacker- Striker
Technical Roles/Attributes	<ul style="list-style-type: none"> WE: Collect, turn, re-direct to all regions of field (360) Creative decision making in attack and under pressure THEY: Marking, tracking, intercepting and tackling 	<ul style="list-style-type: none"> WE: Flank service at high pace w/ either foot Running with the ball, high pace (penetration) Ball preparation, dribbling and ball manipulation THEY: defend 1v1 Strong ability to disrupt 	<ul style="list-style-type: none"> WE: Collect and turn under pressure. Passing- penetration and goal-scoring chances + Dribbling or striking to score goals. THEY: defend 1v1 Strong ability to disrupt 	<ul style="list-style-type: none"> Scoring- one-touch on demand (head and feet) + Receive, secure ball under pressure Able to turn and face the goal (Penetrate) THEY: defend 1v1 Strong ability to disrupt
Tactical Roles/Attributes	<ul style="list-style-type: none"> WE: Primary option for build out and possession Penetrate- movement, passing or running w/ ball THEY: Defensive control centrally in front of backs Delay and disrupt opponent attack 	<ul style="list-style-type: none"> WE: Mobility to create team crossing opportunities Mobility, timing of runs for central goal scoring THEY: create balance with 6,8 & 10 Provide cover /support for 9,10 	<ul style="list-style-type: none"> Mobility- create separation from opponent Create scoring opportunities for teammates THEY: create balance with 6,8 & 10 Pressure, contain opponents' build out 	<ul style="list-style-type: none"> Mobility, timing to optimize scoring chances Recognize, attack the spaces behind the defense THEY: create balance with 6,8 & 10 Pressure, contain opponents' build out
Physical Roles/Attributes	<ul style="list-style-type: none"> Mobility- multi-directional, box-box, centrally Speed endurance- intermittent, intense actions Explosive movement- max. acceleration 	<ul style="list-style-type: none"> Speed endurance, high pace, frequent transition + Acceleration- with and without the ball Agility- efficiency in changing direction 	<ul style="list-style-type: none"> Explosive movement- separation from opponent Acceleration- change direction or change speed Strength- shoot from distance, challenge for ball 	<ul style="list-style-type: none"> Speed Endurance- repetitive explosive runs Strength- compete for possession aerial service Creativity
Mental Roles/Attributes	<ul style="list-style-type: none"> Game Awareness- control tempo & speed of play Self-less- effort to connect all parts of the team 	<ul style="list-style-type: none"> Ambitious penetrating attitude Patience- prepared to max opportunities w/ ball Focus- constant attention to game cues w/o ball 	<ul style="list-style-type: none"> 360 degree awareness- mental focus Ambitious attacking mentality 	<ul style="list-style-type: none"> Persistence- remain in advanced position Aggressive attitude to compete for the ball Alert, anticipate positive opportunities

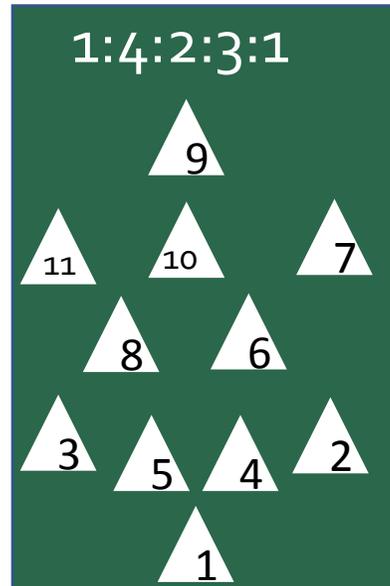


Systems of Play /

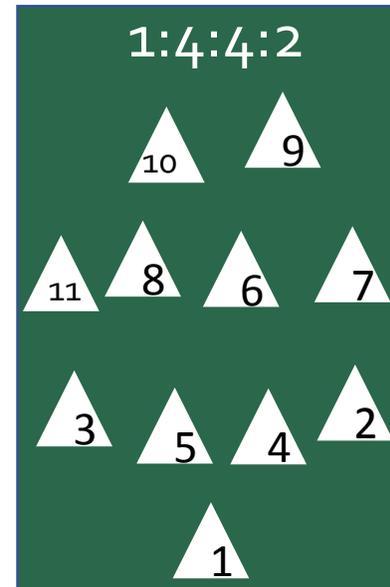
Formation 11v11



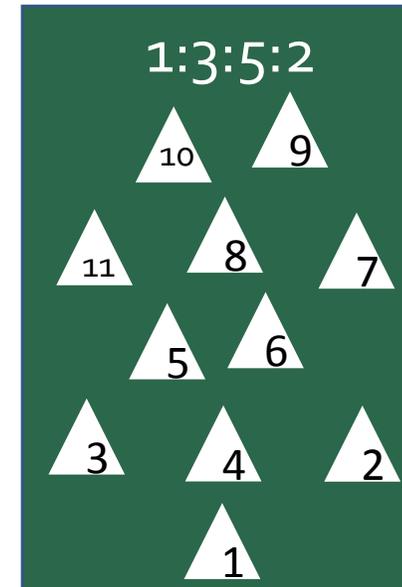
- Well balanced
- Good for possession
- Good for counter attack with 2/3 making runs
- Midfield can be stretched



- Defensive formation
- Good for transitioning into attack
- Lone attacker will need support, opening gap behind them



- Good to play wide
- Simple and well known
- Strong defensively
- Gaps between lines
- Predictable



- Two attackers create chances
- Ideal for def mid to involve in attack
- Risky if 2/3 are not quick or out of position



Formations should be played to ensure consistency and tactical understanding as the game size expands. Prior to 11v11, positions should be rotated. At 11v11, formations should be adjusted to facilitate a greater understanding of the tactical impact of player positioning.



Game Day Expectations

PRE-GAME

- Be on time
- Wear Premier gear (club polo), look professional
- Review of practice
- Structured warm up
- Understanding of roles & expectations
- Objectives for the game (3)

DURING THE GAME

- Coach “off” the ball, not on the ball
- Developing decision makers, not “joy- sticking”
- When to coach
- Coaching demeanor
- Treat officials with respect
- The louder you are, the less confidence your team has

HALF-TIME

- Give players a few moments on their own
- Our issues vs their issues
- Max 3 coaching points/adjustments
- Individual vs. team

POST-GAME

- Performance first (over result)
- Remain positive
- Have perspective
- Be humble in victory and classy in defeat
- Save your speech until the next practice.

GENERAL

- Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.



At the end of the day, if the opposing players AND the family of the opposing players admire and respect both you the coach and your team and even better yet, wish they played- or were part of your team, then you did your job, representing the club.



U13 & U14 / 11v11 – Boys & Girls: Season Plan

Playing together – working with small groups/lines

- Move to 11v11 (learn new system - add #5/8) structure, shape, movement, how we play together, create and use space, scanning/shaping body
- Continued Mastery of the Ball (Core Technical Skills)- encourage outside training
- When WE have the ball WE get BIG (team shape)
- They have the Ball – WE get SMALL (team shape, individual and team pressure)
- Setting various defensive lines
- Encourage and reinforce Player Communication



Learn to PERFORM



U15 & U16 / 11v11 – Boys & Girls: Season Plan

Playing together – Advanced Training & Understanding

- Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games.
- Teach aspects of the tactical training like speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
- Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage.
- Technical training shall be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).



Learning to COMPETE



U17 - U19 / 11v11 – Boys & Girls - Season Plan

Performance– Specific Training & Understanding

- Tactical training and small-sided games continue to be an essential part of the training at this stage. All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
- The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
- The technical and physical work is based on explosive actions.
- Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.



Compete to WIN



11V11 TRAINING RESOURCES

The activities that follow can be used at 11v11 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

Each session explains the activity, highlights objectives, and provides coaches guiding questions they can ask players to facilitate soccer development.



ONE TRAINING METHOD

STAGE 1: Technical Warm Up

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first phase, players engage in small-sided games with the primary focus on having fun. It is important that the technical warm up are led by the players and facilitated by the coaches. During this first *warm-up* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

STAGE 2: Core Activity / PRACTICE

In the second phase, players are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the Core Activity/*Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition. *Practice* activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.

STAGE 3: Scrimmage/ Reinforce Core Lesson

The final stage of is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *scrimmage* phase is to encourage players to express themselves and demonstrate what they learned during the Core Activity/*Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application, the coach is able to check each player's understanding and ability to execute the goal of the training session. This also is a time for 'teaching moments', quick freeze moments where Q&A can be done to correct a tactical decision or technical execution.



Week 1

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve Ability to Score goals #1

PLAYER ACTIONS Shoot, Pass or Dribble forward, Create a 2v1 or 1v1

KEY QUALITIES Make decisions, Take initiative, Optimal technical abilities

PRINCIPAL: ATTACK

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to goals - two dribbling gates

OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

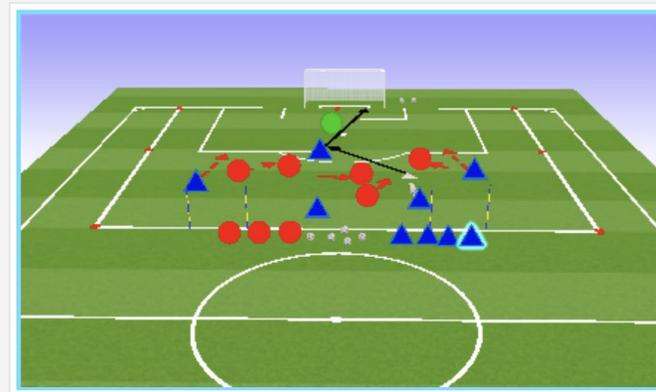
ORGANIZATION: In a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine?

ANSWERS: 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender.



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Week 2

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve Ability to Score goals #2

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1

KEY QUALITIES: Make decisions, Take initiative, Optimal technical abilities

PRINCIPAL: ATTACK

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v6 to regular goals

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up a 70Wx40L playing area with two regular goals. The 6Blue players: 1 GK, 2 midfielders 2 wingers and 1 striker against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other team gets a goal kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. Where should we strike to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.



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Week 3

Description

MOMENT: THEY have the ball

AREA: Secure Zone

GOAL: Improve preventing the opponent from scoring goals #1

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

KEY QUALITIES: Read the game, Take initiative, Focus

PRINCIPAL: Deny Attack

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 7v5 to goal and dribbling gates

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it 'Small', Pressure, Cover & Balance.

ORGANIZATION: In a 11v11 field, set up a 50Wx40L playing area with a regular goal and two dribbling gates. The 7 Blue players: 1 GK, 4 defenders, 2 midfielders against 5 Red players: 2midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the dribbling gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2.How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?4. What should we do to help?

ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it 'small' - 3.The closest defender to the ball pressures the ball - 4. Provide cover and balance.



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Week 4

Description

MOMENT: THEY have the ball

AREA: Secure Zone

GOAL: Improve preventing the opponent from scoring goals #2

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent/High Pressure

KEY QUALITIES: Make decisions, Be proactive, Focus

PRINCIPAL: Deny Attack

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 15 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 15 min

CORE ACTIVITY: 7v5 to goal and dribbling gates

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

ORGANIZATION: In a 11v11 field, set up a 70Wx40L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 1 GK, 1 midfielder, 2 wingers and 2 strikers. Both teams score in the opponent's goal. If a team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Pressure, Help and Double.

GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will pressure the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.



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Week 5

Description

MOMENT: WE have the ball

AREA: Secure Zone

GOAL: Improve the build up from our own half in order to move the ball into the Creative Zone

PLAYER ACTIONS: Pass or dribble forward, GO Blg (wide), Create passing options

KEY QUALITIES: Read the game, Take initiative, Demonstrate Focus

PRINCIPAL: Possession

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:**

Surface of the foot and ball, Pace and accuracy –

Receiving: Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 7v5 Goal and Dribbling Gates

OBJECTIVE: Move the ball forward into the FINISHING ZONE

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

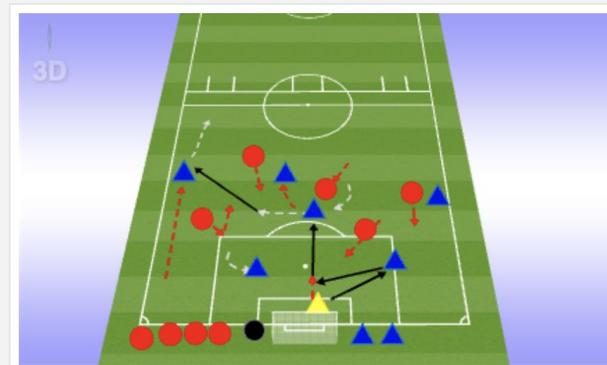
ORGANIZATION: In a 11V11 field, set up a 70Wx65L playing area with a regular goal and three 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEYWORDS: Get BIG (wide), Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.



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Week 6

Description

MOMENT: WE have the ball

AREA: Secure Zone

GOAL: Improve the build up from our own half in order to move the ball into the CREATIVE ZONE

PLAYER ACTIONS: Pass or dribble forward, GO Blg (wide), Support the attack and Change the point of attack

KEY QUALITIES: Read the game, Take initiative, Optimal technical abilities

PRINCIPAL: Possession

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 7v5 to goals and two small goals

OBJECTIVE: Pass or dribble to move the ball forward into the FINISHING ZONE.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support and Change the point of attack.

ORGANIZATION: In a 11V11 field, set up a 70Wx65L playing area with a regular goal and two counter goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 1 midfielder, 2 wingers and 2 strikers. Blue team scores by passing into one of two counter goals. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Connect, Take it, Options and Switch.

GUIDED QUESTIONS: 1. Where should we go to create an opening? 2. When is a good time to connect through an opening with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option? 5. When do we change the point of attack?

ANSWERS: 1. To create an opening we should spread out to the boundaries - 2. We will connect through an opening with a forward pass when we have a teammate to receive the ball - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes - 5. When we do not have an opening we change the point of attack by going around or over defenders to the other side.



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Week 7

Description

MOMENT: WE have the ball

AREA: Creative Zone

GOAL: Improve the build up in the Creative Zone in order to create scoring chances #1

PLAYER ACTIONS: Pass or dribble forward, GO Big (wide), Support the attack, Create a 2v1 or 1v1

KEY QUALITIES: Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v7 to Goals and Two Targets

OBJECTIVE: To possess the ball and move it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEYWORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we do when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. We should be creating a 2v1 and a diagonal passing lane.



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Week 8

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve the build up in the creative zone in order to create scoring chances #2

PLAYER ACTIONS: Pass or dribble forward, Go BIG (wide), Create a 2v1 or 1v1, Change the attack

KEY QUALITIES: Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v7 to Goals and Two Targets

OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 6 Blue players: 2 midfielders 2 winger and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. When one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in an overload? 4. When should we penetrate on the dribble? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 We should combine in a 2v1 - 4. When we have space or we are in a 1v1 - 5. We change fields when we have too many defenders in front and can't penetrate.



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Week 9

Description

MOMENT: THEY have the ball

AREA: Creative Zone

GOAL: Improve preventing the opponent from building up and creating scoring chances in our half

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

KEY QUALITIES: Read the game, Be pro-active , Focus

PRINCIPAL: DENY BUILD UP

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:**Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v5 to four small goals

OBJECTIVE: To prevent the opponent from moving the ball forward and create transition moment.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain the ball and score in one of the two small goals in the midfield. The 5 Red players: 2 midfielders, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. Rotate players every interval

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent/High Press.



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Week 10

Description

MOMENT: THEY have the ball

AREA: Creative Zone

GOAL: Improve preventing the opponent from building up and creating scoring chances in our half

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

KEY QUALITIES: Read the game, Be pro-active, Focus

PRINCIPAL: Deny Build Up, Deny Possession

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:**Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 7v6 to regular goals

OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact "SMALL", Pressure, Cover & Balance.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 1 GK, 1 midfielder, 2 wingers and 2 strikers. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. Why do we need to do to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?**ANSWERS:** 1. To protect the goal - 2. We should make it compact and keep it compact - 3. To pressure the ball - 4. They provide cover and balance.



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Week 11

Description

MOMENT: WE have the ball

AREA: Creative & Finishing Zone

GOAL: Improve possession in creative and secure zone to create scoring chances

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack

KEY QUALITIES: Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v7 to Goals and Two Targets

OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 6 Blue players: 2 midfielders 2 winger and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. When one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in an overload? 4. When should we penetrate on the dribble? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 We should combine in a 2v1 - 4. When we have space or we are in a 1v1 - 5. We change fields when we have too many defenders in front and can't penetrate.



Any and all questions and related to the curriculum should be directed to the
Technical Director or your age appropriate Director of Coaching.

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Updated August 2021

