

WE ARE ROSEVILLE SOCCER

Soccer Done the Right Way.

Club Philosophy, Style of Play & Coaching Principles



Moments & Areas

WE have the ball

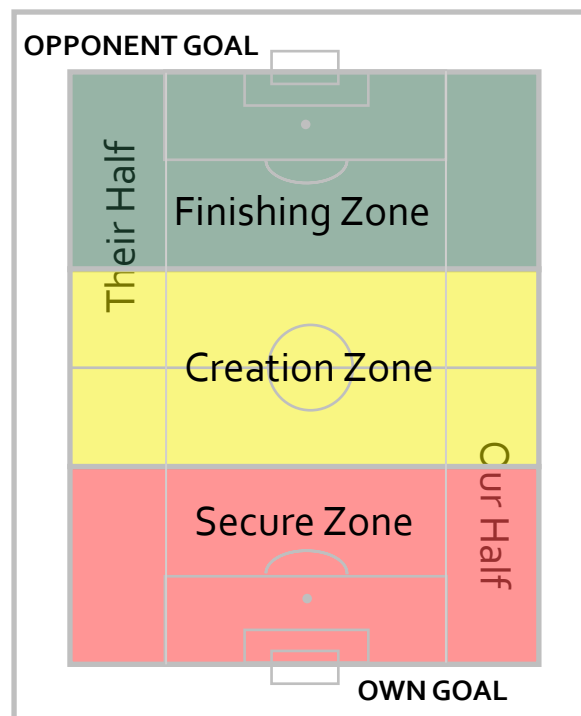
Possession of the ball in the final third near the opponent's goal
Aim: Score goals and create chances

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

Outside Right

Channel



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 |



4v4 / 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 | Change of direction (offense & defense) |
|-----------------------|---|
| Intelligence | Pass vs. dribble vs. shoot? |
| Possession | Shielding |
| Dynamic Attack | 1v1 to goal; quick shooting |
| High-Pressure Defense | Formation, pressure to outside |
| Love of Game | Team cheers |



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



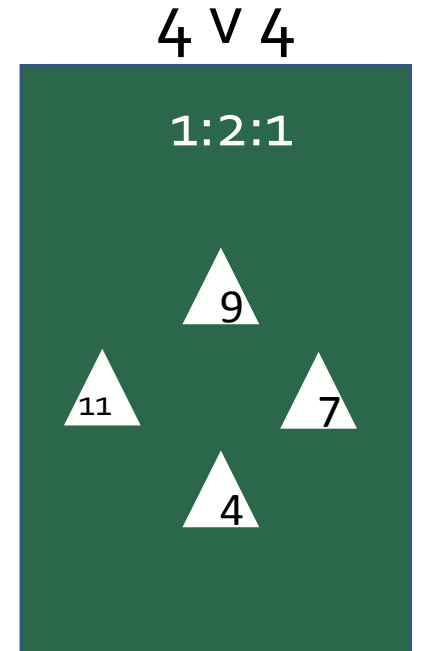
| Position | 8 / Central Midfielder | 7 & 11 / Outside Mid-Wingers | 10 / Attacking Midfielder | 9 / Central Attacker- Striker |
|----------------------------|--|---|--|---|
| Technical Roles/Attributes | <ul style="list-style-type: none"> WE: Collect, turn, re-direct to all regions of field (360) Creative 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 |



U8 / 4v4 – Boys & Girls: Season Plan

My Ball and ME

- Very young players love to play. Therefore, all practices should be based on fun games.
- Mastery of the Ball – 1v0, 1v1 & FUN & encourage outside of playing
- 4v4 systems only to maximize touches on the ball
- Play and understand the triangle/diamond (how to identify 1v1 and movement away from ball)
- Encourage using skill/creativity in the games
- When WE have the ball WE get BIG – diamond shape
- Main emphasis for U7/8 WE have the ball
- WE to THEY - get it back (mentality)



- Creates angles
- Diamond shape give support in We and They

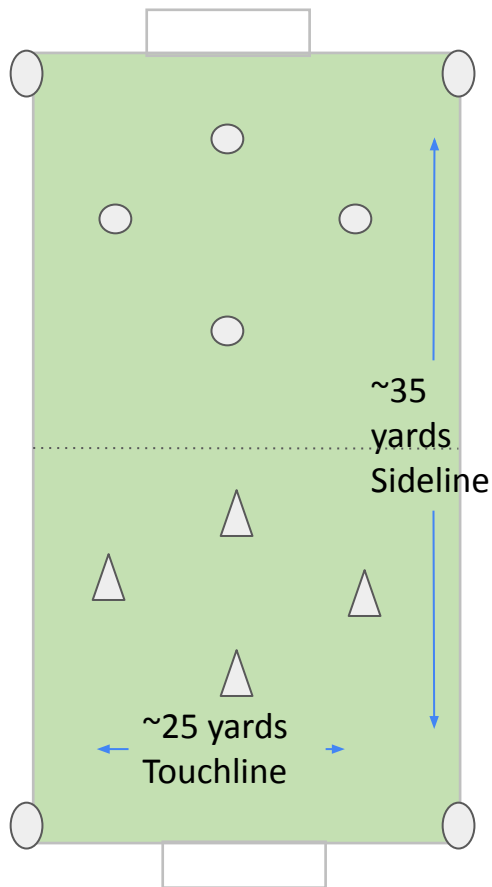


Play for FUN



4v4 Game Rules

- Use the four cones in the PUGG bag to set the corner boundaries of the field
- Length of field shall be ~35 yards long and ~25 yards wide.
- Goals placed in the middle of the 25 yard touch lines on both sides
- Kick-off & goal kick spot to be estimated.



- Game is played 4v4 and 1-2-1 formation should be encouraged to create diamond shape/triangle for passing. No Goalkeeper. Substitutions are generally at each quarter/ half break, but can be done on any stoppage. (ball out of bounds, after a goal, halftime, foul)
- Home team wears green jerseys, away team in white jerseys. Size 3 ball and shin guards are required.
- (4) 10 minute quarters with 2 min break between each quarter; 5 min break at half time. 4th quarter to be 15 min if a team has more than (8) players rostered and attending as long as both head coaches agree BEFORE the game. (compensate playtime for larger rosters)
- Coaches are referees. Make calls on 'their own' teams half. No off-side calls. All free-kicks indirect. Throw-ins, Goal-Kicks, and Corner Kicks remain standard FIFA Rules.
- There should not be 'Parked' Players around the Goal.
- Always remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted!



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.



4v4 TRAINING RESOURCES

The activities that follow can be used at 4v4 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: PLAY

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 *Play* phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches. During this first *Play* 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: PRACTICE

In the second phase of *Play-Practice-Play*, children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the *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: PLAY AGAIN!

The final stage of *Play-Practice-Play* 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 *Play* phase is to encourage players to express themselves and demonstrate what they learned during the *Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application of the *Practice* phase in the final *Play* phase, the coach is able to check each player's understanding and ability to execute the goal of the training session.



Week 1

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



PRACTICE - Numbers Game 1v1, 2v1, 3v1 (2) (15 mins)

PLAY - Set up a SSG with 2 teams numbered 1-3, have 2 or 3 go from Attacking team and 1 from defending team. 3v1 and progress to 3v2 - with goals - Ball goes out start from the back and central each time. Once the kids are familiar with this set up, we can use it for 1v1, 2v2, 1v2, 2v2, 3v1, 3v2, 1v3, 2v3

WE HAVE THE BALL - PLAY from Back (Possession to pass or dribble forward)

Our Half - TEAM BASED

Make it big - Go forward when possible

Technical - Running with the ball, Tactical - Decision making on the ball (passing/dribbling choice)

Create positive environment, assess level, get to know names - learn by playing



Week 2

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

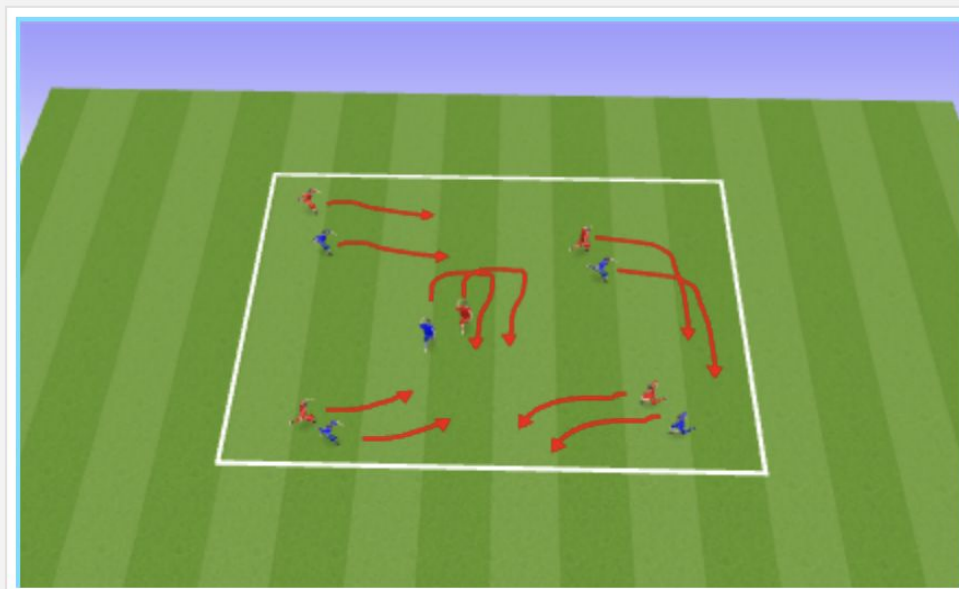
Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Shadow-Run Without a Ball (10 mins)

Description

- The front player is the runner and the second player is their shadow.
- The runner tries to shake off their shadow by changing pace and direction.
- The shadow tries to stay 1 to 2 yards behind the runner.
- The runner can stop and carry out stretching exercises, or make arm movements or turns while running. Their shadow must imitate all of these movements.
- After 1-2 minutes the two players swap roles.



Week 3

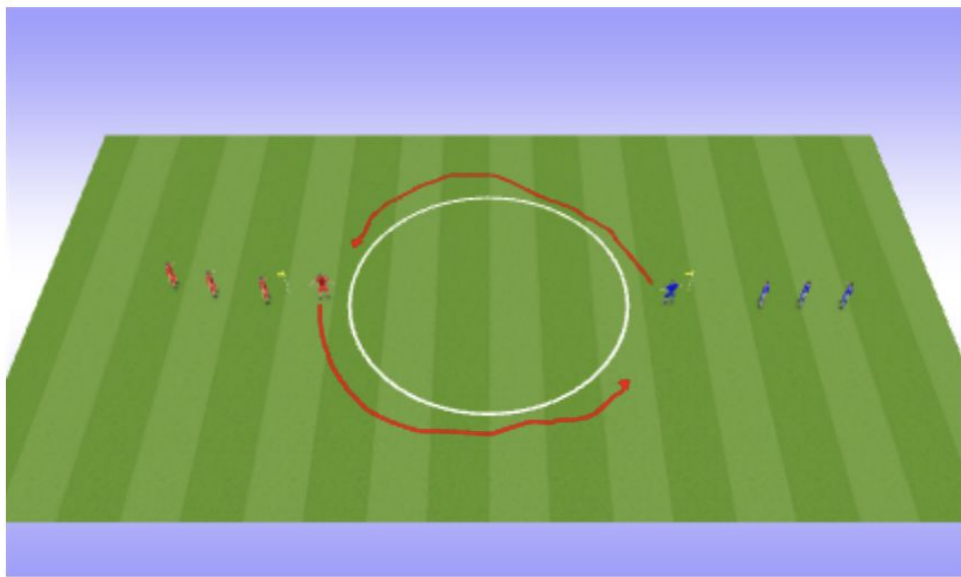
Typical Flow of practice

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 / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min



Cat & Mouse (10 mins)

Objectives - dribbling, ball control, turning, speed

Use the Center Circle or mark cones with the same size - 10 yards

Teams of 4-6 in line 2 yards from center circle. Each teammate runs around the cones without the ball and tries to get within 2 yards from the other team.

Add a ball and do the same while dribbling. Be sure to rotate directions so they are using both feet.



Week 4

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 / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Tag Game (10 mins)

1. Black Team – score by tagging another color on the front
2. Blue Team – score by tagging another color on the back
3. Red Team – score by tagging another color on the knee
4. Score as many in 45 seconds as possible and then swap challenges around the colors



Week 5

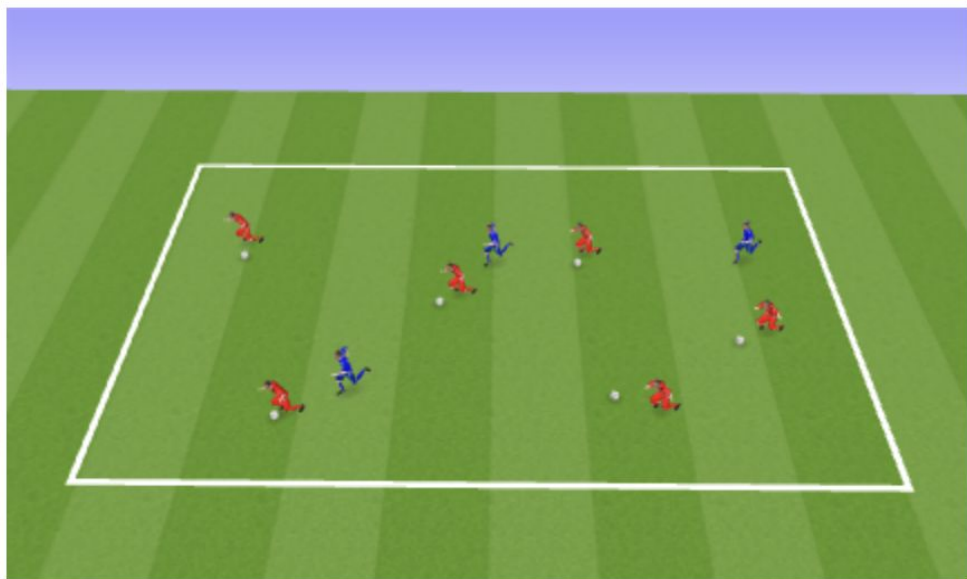
Typical Flow of practice

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 / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min



Tunnel Tag (10 mins)

OBJECTIVE: Improve the player's ability to maneuver the ball away from the defender with different surfaces of the foot

PLAYER ACTIONS: Vision, Body position, Ball manipulation

ORGANIZATION: Within a 20W x 20L field.

Each player has a ball and tries to keep the taggers from tagging them. If tagged the player must hold the ball above their head and create a goal using their legs. Players can be unfrozen when another player plays the ball through their legs. The players should try to use the following 6 surfaces when evading the tagger: Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel.



Week 6

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 / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Knock Out (10 mins)

OBJECTIVE: Improve the player's ability to maneuver the ball away from the defender with different surfaces of the foot

PLAYER ACTIONS: Vision, Body position, Ball manipulation, Shielding, Protecting the ball

ORGANIZATION: Within a 15W x 20L field.

Each player has a ball and tries to keep the coach from knocking their ball out of the field. The players should try to use the following 6 surfaces Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel.



Week 7

Typical Flow of practice

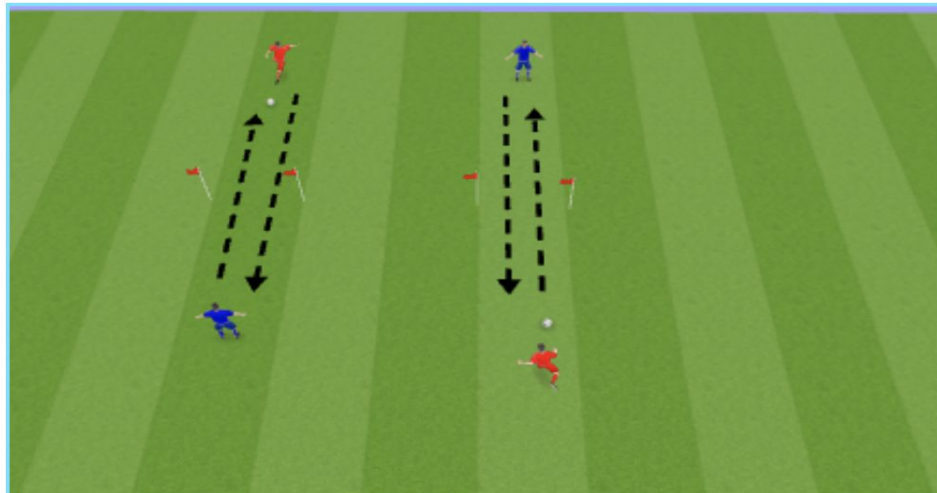
Technical Warm- up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

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

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Skill Acquisition - Improve the Technique of Shooting



Shooting at an Empty Goal (10 mins)

Description

- Two players stand facing each other with a goal between them.
- The size of the goal (1-3 yards) and the distance of the players from the goal depend on the accuracy in which they can shoot.
- The players take a short run and try to shoot the stationary ball into the goal.
- Who scores the most goals?



Week 8

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 / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Don't Feed the Monkeys (10 mins)

Objective

Accuracy and weight of passing, control, dribbling, first touch, anticipating and intercepting passes, shooting

1-2 Monkeys are placed in the middle of the circle (cage), they are guarded by 3-4 zookeepers in the next zone, outside the circle the Zoo visitors are dribbling to search for a possibility to pass to a monkey. If the zookeepers win the ball they score in one of the 4 outside goals which are defended by the visitors

Play it with throwing at first

Play it with passing and dribbling - 1 ball per team

Play it with dribbling and shooting - 1 ball per player



Week 9

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 / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min



Space Invaders (10 mins)

Objective

Dribbling and close control, passing accuracy and pace, one touch passing, space and time awareness

25-30 L 10-15 W

Players on the sides pass the ball (laser) back and forth. The players- Invaders on the end run or dribble through and try not to get hit or get their ball hit by a laser. If they are hit they leave the zone and if they reach the safety zone on the other side, they are safe and turn and go again. Switch roles after a few minutes

- 1) running through the passers
- 2) dribbling through the passers and protect the ball
- 3) dribbling through the passers and protect the ball and do not get hit on your body



Week 10

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



Save Image: 

PLAY - 3v3 FUNINO or 2v2 Dribble Futbol (15 mins)

PLAY - Set up 2v2 Dribble Futbol, 3v3 FUNINO or 3v3 FUNINO + target / support neutrals (U8 or something we work up to)

Ball goes out, always start from the back and central each time so they players can PLAY from BACK, Players stay on the field and coach can keep a good supply of balls. The players must take initiative to start the game and look to take advantage of the other team. Coach can also carry a few balls and say NEW BALL and throw a ball in to space, players away from the last situation and help spread the kids out and to create opportunities to dribble forward (pass, shoot).

WE HAVE THE BALL - PLAY from Back (Possession to pass or dribble forward)

Our Half - TEAM BASED

Make it big - Go forward when possible

Technical - Running with the ball, Tactical - Decision making on the ball (passing/dribbling choice)

Create positive environment, assess level, get to know names - learn by playing

