

# WE ARE ROSEVILLE SOCCER

*Soccer Done the Right Way.*

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Club Philosophy, Style of Play & Coaching Principles



# Moments & Areas

WE have the ball

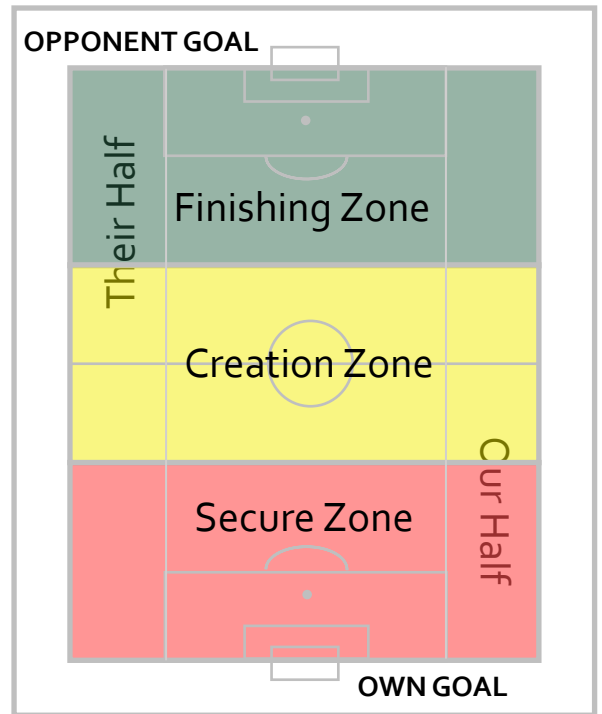
Possession of the ball in the final third near the opponent's goal  
**Aim:** Score goals and create chances

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 Channel      Outside Right



# Tactical Principles: WE have the ball

**WE have the ball**

- Play From Back
- Possession
- Attack
- Score

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



# Tactical Principles: THEY have the ball

THEY have the ball

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

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



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



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

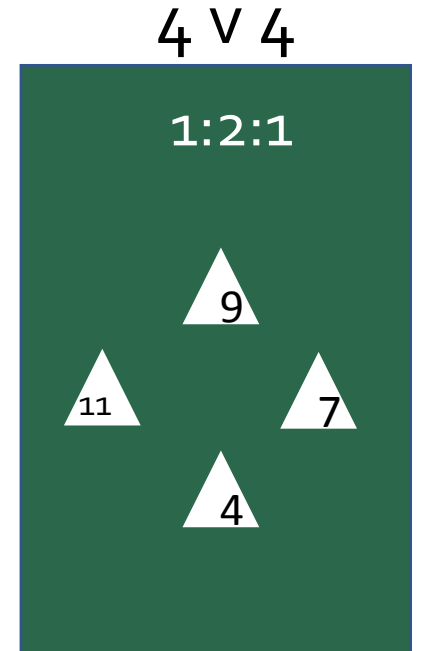




# U8 / 4v4 – Boys & Girls: Season Plan

## 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

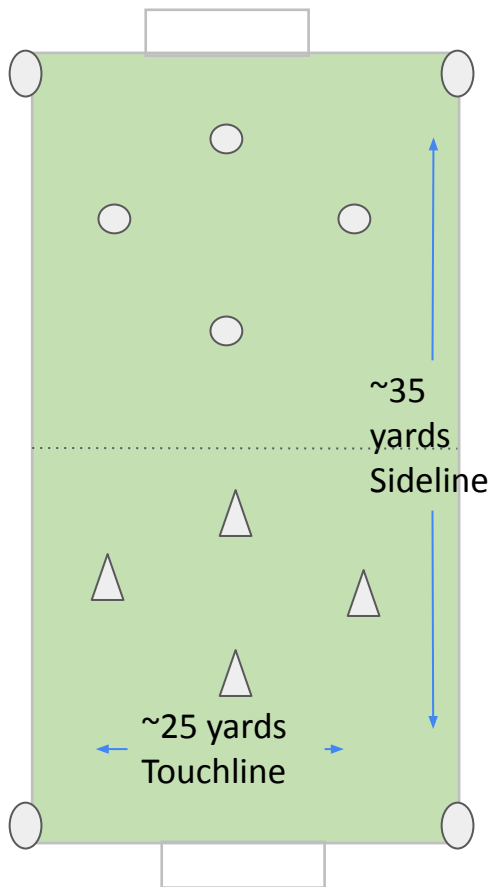


Play for FUN



# 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.

