

# WE ARE ROSEVILLE SOCCER

*Soccer Done the Right Way.*

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Club Philosophy, Style of Play & Coaching Principles



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# About this Document

The Roseville Youth Soccer Club (RYSC) is a non-profit, volunteer-based organization supporting 4,500+ youth soccer playing members in Roseville and surrounding communities.

RYSC offers a seasonal recreational program in the Fall and a year-round competitive program, branded as Roseville Premier, which competes at the highest levels throughout the State.

This document explains the Club's philosophy, introduces its style of play, and reviews the Club's efforts to provide coaches with the resources necessary to achieve success. It is intended as a resource for coaches to excel, as well as players and parents interested in understanding how playing soccer with Roseville prepares them for long-term success and a lifelong love of the game.

**Roseville Youth Soccer Club and Roseville Premier employ the same guiding principles and methods described in the Curriculum ensuring unity, and leveraging the strengths of both programs.**



# Summary (1 of 2)

## About RYSC

- RYSC is a non-profit, volunteer-based soccer club with 4,500+ players
- The Club offers a seasonal recreational program in the Fall and a year-round competitive program called Roseville Premier
- RYSC guiding principles and methods described in this document ensure unity, and leverage the strengths of both programs

## Club philosophy

RYSC strives to...

- Foster a love of the game within each player
- Create community within each team and throughout the club
- Establish a reputation as intelligent, hard-working, and winning teams
- Provide coaches with the resources to accomplish the above
- Provide an exceptional player,

## Style of play

- Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club
- We play team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense
- Systems of play are age specific; our base formation for the youth



# Summary (2 of 2)

## How we teach soccer

- In order to realize our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played
- We leverage US Soccer methodology, breaking down the game into 'moments' in order to simplify the game:
  - 'WE' means that our team has the ball

## Player development

- Game complexity increases as player age increases
- RYSC defines specific technical and tactical skills taught and mastered at each playing stage (4v4, 7v7, 9v9, and 11v11) to thoughtfully develop soccer players to be successful
- Standards foster continuous player development, allows transition from recreational to competitive program, and the

## Coaches

- RYSC coaches are credentialed volunteers, passionate about soccer, dedicated to player & personal development
- They adhere to Club expectations for conduct, trainings & game management
- Utilize Club teaching and training methodologies
- Receive resources from the Club to excel at coaching and





# About The Roseville Curriculum

The Roseville Curriculum creates a platform on which coaches, families and players look upon to understand how the club teaches, plays and enjoys the game. Where as we strive to have our own unique style and methods, we base our technical and tactical content on US Soccer Federation standards. Roseville coaches and staff teach the game based on the style, philosophy and principles described in this document.

## Guiding principles

1. Develop our players to appreciate a lifelong passion for the game.
2. We strive to teach the components of our curriculum at all levels of play.
3. Players have access to both recreational and the most competitive playing platform.
4. Develop players to succeed at their High School programs
5. Develop players to attend showcase tournaments and events to lay the foundation for Roseville players to achieve scholarships and play at their College & University of choice
6. Offer national and international player pathways for players to participate at showcase events.



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# CLUB PHILOSOPHY

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Love of the game ~ Community ~  
Intelligence ~ Hard-Working ~ Winning





# CLUB PHILOSOPHY

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Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



# Love of the Game

- **Soccer is a Game** – The world’s most *loved* game, and we create an environment that players enjoy—as opposed to having soccer feel like a job.
- **Player Retention**– While many of our teams will win championships and players will go on to have successful careers, the primary measurement of our club’s success will be in how many players want to continue playing soccer with Roseville because we have created an environment that they love.
- **Mutual Respect** – Players respond well when encouraged to actively participate in their own development.
- **Coaching for Success** – Coaches should employ “guided discovery” that encourages players’ independent thinking and intelligence whenever possible, reserving “direct” coaching for when new skills or principles are being introduced.



# Community

- **Players** think of Roseville soccer not as *something I do*, but rather, *part of who I am*.
- **Parents** support their children, volunteer for the team and club, and encourage relationships that players will maintain for life.
- **Coaches** give of themselves, confident that not only can their team play exceptional soccer, but they can also form strong, important bonds.
- **The Club** provides coaches with resources to be successful, facilitates education as needed, and manages one of the nation's largest and most successful youth programs.



# Reputation: Key Attributes

- **Intelligence** – Roseville players are coached to think for themselves, to understand the game, and to make smart choices based on how play develops during each game. This is accomplished through coaching that emphasizes guided discovery over directed, repetitive drills.
- **Hard Work** – Roseville players are taught to persevere through adversity. Effort generates more than sweat: it plants the seeds for ongoing success. Coaches have high expectations of players and demand commitment and intensity.
- **Success** – Roseville teams aim to win. Both our recreational teams and our Premier teams that compete with the State's best recognize that winning is the reward for intelligent play and hard work. Our Club's Philosophy aims to maximize player development while fostering a love for the game and exhibiting superlative sportsmanship.



# Supported Coaches

- **Volunteer Coaches** – The Club is grateful to its volunteer coaches and strives to provide them with resources to effectively achieve the club's Style of Play.
- **Singular Style of Play** – While each team and coach are different, Roseville has established a Style of Play that provides coaches with clear objectives and guidance.
- **Evolution by Age** – Six-year-olds playing a 4x4 format for the first time should be taught differently from sixteen-year-olds planning for college visits. The Club instructs coaches on how to evolve the Club's Style of Play as players' skills evolve.
- **Resources** – The club has designed activities, practices, and materials to help coaches accomplish the club's mission and style of play. These resources are customized by age, highlight the principles and coaching objectives being targeted, and aid the coach in fostering player education and intelligence.



# GAME MODELS

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How the Game is Explained, Components and  
Structure of the Game



# The Game Model - Component Overview

## GAME MODELS

**Game Moments:** Attacking (WE), Defending (THEM), Transition (WE-THEY), (THEY-WE), Set Pieces

**Areas of the Field:** Secure Zone, Creative Zone, Finishing Zone (Their Half, Our Half @ 4v4-7v7)

**Team Tactical Principles:** individual or collective actions by players in tools to execute strategies

**Style of Play:** Our style is a team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense

**Player Qualities:** technical, tactical, personality and physical demands that are required to perform and execute a specific task in a game moment

**Systems of Play:** Ways to arrange players on the field

**Player Roles:** specific responsibilities in a position



# MOMENTS & PRINCIPLES OF THE GAME:

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Moments of the Game: 'WE' and 'THEY' ~ Areas of  
the Field





# MOMENTS & PRINCIPLES

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In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer\* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

\*'WE' and 'THEY' concepts and the related materials on the following four slides come directly from NORCAL PREMIER SOCCER materials.



# MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

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



# Moments & Principles: 'WE' & THEY Area

WE HAVE THE BALL

4v4 and 7 v 7

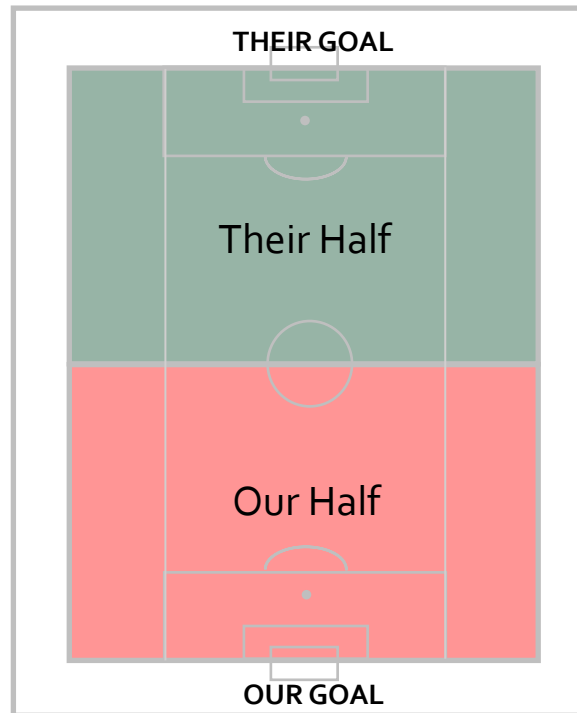
THEY HAVE THE BALL

•**Definition:** Possession of the ball in their half up to the opponent's goal

•**Aim:** Advance into their half while keeping the ball, create chances and score goals.

•**Definition:** Possession of the ball in our half

•**Aim:** To advance into the opponent's half while keeping the ball.



•**Definition:** Opponent possession of the ball in their half

•**Aim:** Win the ball back, prevent the opponent from advancing

•**Definition:** 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

Outside Left

Center  
Channel

Outside Right



# Moments & Principles: 'WE' & THEY Area

## WE HAVE THE BALL

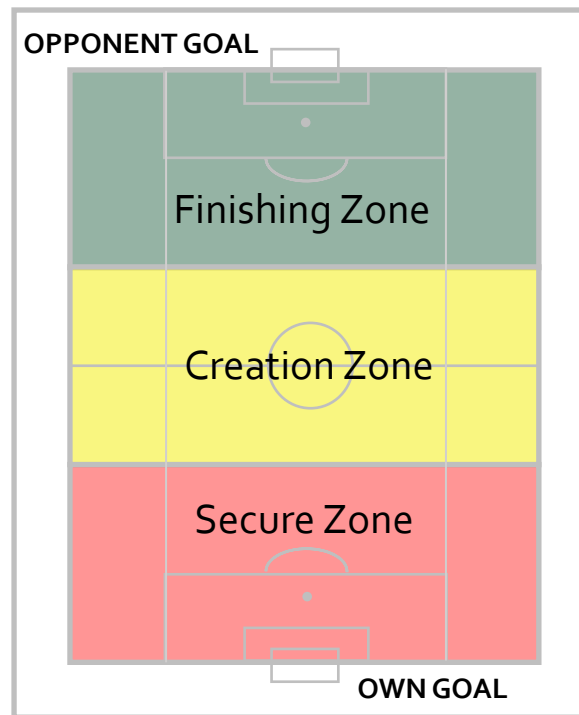
## 9v9 and 11v11

## THEY HAVE THE BALL

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

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

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



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

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

- Definition:** 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



# Moments : WE have the ball

<b>WE – CREATE CHANCES TO SCORE GOALS</b>		
<b>WE</b>	<b>AIM</b>	<b>GENERAL PRINCIPLES</b>
<b>SECURE ZONE</b>	Possession to pass or dribble forward (in order to create in the offensive third)	Exploit the opponent when unbalanced / disorganized
		Unbalance / disorganize the opponent
<b>CREATION ZONE</b>	Possession to pass or dribble forward (in order to create chances in the offensive third)	Exploit the opponent when unbalanced / disorganized
		Unbalance / disorganize the opponent
<b>FINISHING ZONE</b>	Possession to create chances Scoring goals	Exploit the opponent when unbalanced / disorganized
		Unbalance / disorganize the opponent



# Moments : THEY have the ball

<b>THEY – DENY CHANCES TO PREVENT GOALS</b>		
<b>THEY</b>	<b>AIM</b>	<b>GENERAL PRINCIPLES</b>
<b>FINISHING ZONE</b>	Prevent the opponent from playing forward or deny penetration from dribble Force an inaccurate pass and/or ball that is hard to control Regain the ball	Get organized and balanced
		Stay organized and balanced
<b>CREATION ZONE</b>	Prevent the opponent from playing forward or deny penetration from dribble Force an inaccurate pass and/or a ball that is hard to control Regain the ball	Get organized and balanced
		Stay organized and balanced
<b>SECURE ZONE</b>	Prevent the opponent from playing forward or deny penetration from dribble Deny chances Prevent goals Force an inaccurate pass and/or a ball that is hard to control Regain the ball	Get organized and balanced
		Stay organized and balanced



# 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>





# STYLE OF PLAY

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Team-Based ~ Intelligence ~ Possession ~  
Dynamic Attack ~ High-Pressure Defense



# FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

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Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



## 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.

## Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic  
Attack

High-  
Pressure  
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



# Style of Play: Core Elements

- **Team-Based** – Whether playing 4v4 or 11v11, soccer is a team sport. While individual effort can produce exceptional plays, long-term team success requires that players work jointly, understand each other, and intentionally execute a game-plan.
- **Intelligence** – Great players make great decisions. Roseville players are coached to understand the game, recognize what is happening in the moment, and make smart choices on and off the ball to help the team win.
- **Possession** – Maintaining possession allows a team to control the flow of a game, pursue its desired strategy, and put its opponent on its heels.
- **Dynamic Attack** – Rapidly identifying opportunities, exploiting mistakes, and executing plays leads to quick goals.
- **High-Pressure Defense** – Recovering the ball quickly prevents the opponent from implementing its own objectives/strategy.



# Style of Play: General Principles

- **Build from the Back** – Our teams seek to maintain possession, starting with distribution from the goalkeeper and defenders.
- **Organized but Adaptive** – Having a system and structure is important, but intelligently adapting to different situations is necessary. That is why we teach decision making.
- **Position** – ‘Position’ means more than where on the field a player has been asked to play. Whether a goalkeeper or striker, each player must understand the flow of each game and adapt at every moment to where s/he should be on the field at that moment.
- **Movement** – Whether to receive the ball, serve as a decoy, or take the ball away from an opponent, Roseville players continually move to ensure that they support one another and enable the team to succeed.
- **High-Pressure Defense** – Intensity should *escalate* when the ball is lost, and our teams leverage an organized, high-pressure approach to winning the ball back.



# Style of Play: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim win, but not at any cost. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



# Style of Play: Key Qualities – by age group

Technique	U8-U10	U11-U13	U14-U19
Ball comfort – ball manipulation – touch	x	x	x
Shooting	x	x	x
Receive/open/pass with 2 feet (short and long)	x	x	x
Defending a player or the ball	x	x	x
Protects the ball (shielding)-turning	x	x	x
Running with the ball-change of direction	x	x	x
Passing – short, medium distance	x	x	x
Passing – long distance		x	x
Receive-1st touch opening up right/left	x	x	x
Defend the ball or man 1v1 THEY	x	x	x
Beat a man 1v1 WE	x	x	x
Insight	U8-U10	U11-U13	U14-U19
Decision making on and off the ball		x	x
Decision making on the ball (passing/dribbling/shooting choice)	x	x	x
Decision making off the ball (when/where/how to move off the ball)		x	x
Decision Making In WE	x	x	x
Decision Making In THEY	x	x	x
Speed of thought and action (on and off the ball)		x	x
Speed of thought (how quickly can they come to their decision)		x	x
Speed of action (do they execute their action at the right speed)		x	x
Decision Making In Transition		x	x
Positioning & repositioning in relation to situation (s)	x	x	x
Creativity	x	x	x
Reading of Options	x	x	x
Belief in the Style of Play		X	x
Shares The Ball		x	x

Personality	U8-U10	U11-U13	U14-U19
Perseverance		x	x
Continues on when facing adversity & challenges	x	x	x
Emotional stability		x	x
Accountability		x	x
Coachable	x	x	x
Listens and implements feedback in training and games	x	x	x
Is involved and engaged in training sessions and exercises	x	x	x
Responsibility		x	x
Accepts responsibility for their own actions	x	x	x
Mental Toughness		x	x
Creates (helps create) a personal development plan and development goals			x
Organizes and manages their performance environment			x
Effort & Intensity	x	x	x
Social-works well with others	x	x	x
Communication – coaches teammates	x	x	x
Movement without the ball (can create and use space)		x	x
Team Spirit	x	x	x
Adaptability			x
Speed & Agility	U8-U10	U11-U13	U14-U19
Coordination/agility		x	x
Endurance		x	x
Uses their body effectively		x	x
Power/speed (quickness)		x	x
Cardio Fitness	x	x	x



# STYLE OF PLAY: EVOLUTION BY AGE

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Each core element of our Style of Play is emphasized differently for 4x4, 7v7, 9v9 and 11v11 formats





# How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense □ defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement



# 4v4: Style of Play Elements to Emphasize

Coaches of 4v4 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Help players understand the concept of changing direction as a team, where everyone moves from attacking to defending as a unit.
- **Intelligence** – Develop core skills (dribbling, passing, shooting) but create opportunities to identify *when* one is more appropriate than the other.
- **Possession** – Players practice shielding the ball and looking to pass to a teammate.
- **Dynamic Attack** – Emphasize 1v1 play to goal and encourage players to shoot quickly.
- **High-Pressure Defense** – Teach players to remain in formation and work together to force the opponent towards the sideline.



Play for FUN



# 7v7: Style of Play Elements to Emphasize

Coaches of 7v7 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Teach players to move even when they don't have the ball. Players should begin guiding one another on the field by communicating opportunities and pressures.
- **Intelligence** – Encourage players to think about *where* they should be—and *when*. They should learn to pass the ball, thereby freeing up space for themselves to get it back.
- **Possession** – Adapt to considerably larger field and larger number of players, be aware of *where* space is on the field, and be willing to pass backwards or sideways as needed.
- **Dynamic Attack** – With larger fields, identify and make use of available space; exploit opponents' offensive and defensive mistakes.
- **High-Pressure Defense** – Introduce pressure+cover+balance, encouraging team to work as a unit to prevent the opponent from moving the ball out of their half.



Play to LEARN



# 9v9: Style of Play Elements to Emphasize

Coaches of 9v9 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Emphasize overlapping runs, the opportunities this can create, and the required defensive coverage that results.
- **Intelligence** – Dynamic decision-making that assesses in real-time how the game is unfolding on offense, defense, and in transition. WE + THEY.
- **Possession** – Understanding how a player's position and reposition dynamically unfolds.
- **Dynamic Attack** – Players are encouraged to explore creativity, be adaptive to teammates' and opponents' spontaneity, and act on full-field vision.
- **High-Pressure Defense** – Offensive players learn to rapidly recover as “defenders,” with team shifting to deny opponents outlets.



Learn to TRAIN



# 11v11: Style of Play Elements to Emphasize

Coaches of 11v11 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Players recognize that they and their teammates see the entirety of the field; voluminous on-field communication serves as real-time coaching/instruction.
- **Intelligence** – A complete reading of the game—offense, defense, and transitions. Improved decision-making and complete understanding of WE > THEY and THEY > WE.
- **Possession** – Dynamic movement, irrespective of position, leverages ongoing possession into opportunities for creativity and dynamic attack.
- **Dynamic Attack** – Identifying and playing towards opponents' structural weaknesses, as well as temporary lapses that create momentary opportunity.
- **High-Pressure Defense** – Adapting to opponents' play, recognizing the type of pressure, coverage, and effort that effectively generate turnovers.



U13/14 Learn to Perform | U15-16 Learn To Compete  
U17+ Compete to WIN



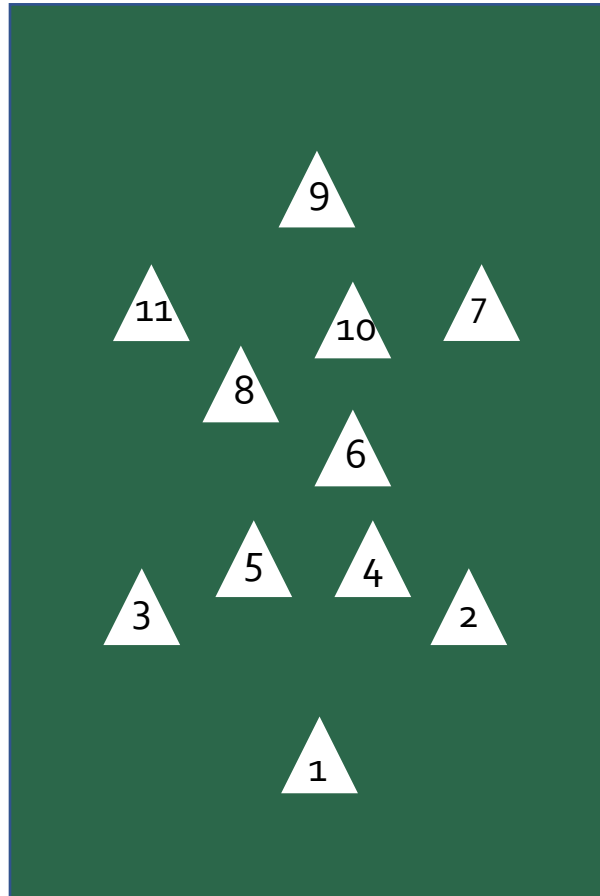
# SYSTEMS OF PLAY & PLAYER ROLES

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Formations for 4x4, 7v7, 9v9 and 11v11,  
Player Positions, Key Position Attributes  
Responsibilities



# US Soccer: Player Positions Defined\*



1 - Goalkeeper - last line of defense and only player who may use hands in the field of play..

2, 3 - Right/Left Back - rear defenders who protect sides of field. Strong 1v1 defensive ability. Also called fullbacks.

4, 5 - Center Backs - rear, central defenders. Strong players capable of covering ground and tackling well. Also called stoppers.

6 - Defensive Midfielder - in front of defenders and responsible for intercepting passes and smart distribution.

8 - Central Midfielder - responsible for center of the field, both attacking and defending. Requires hard work and creative playmaking.

10 - Attacking Midfielder - between midfield and offensive line, responsible for dribbling, attacking, and scoring.

7, 11 - Right/Left Wingers - responsible for both attack and defense, exploiting the outsides of the field. Strong 1v1 and fitness required.

9 - Center Forward or Striker - primary focus is on attacking and finishing goals. Often receives ball with back to goal, must turn and go.



*\*RYSC recommends formations for each age. U.S. Soccer numbers are used to correspond as closely as possible to the player roles in each RYSC formation (see following page).*



# Position Specific Profiles

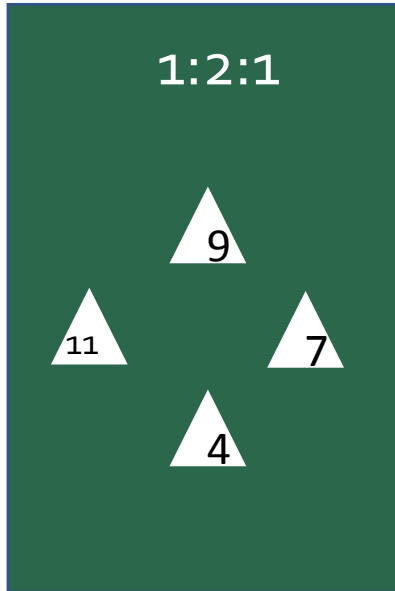
Position	1 / GK	2 & 3 / Outside Backs	4 & 5 / Inside Backs	6 / Def Mid
Technical Roles/Attributes	<ul style="list-style-type: none"> <li>WE: Collecting, handling &amp; serving with hands &amp; feet.</li> <li>THEY: Tackle, regain possession 1 v 1</li> </ul>	<ul style="list-style-type: none"> <li>WE: Full 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>
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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</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</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>
Mental 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>





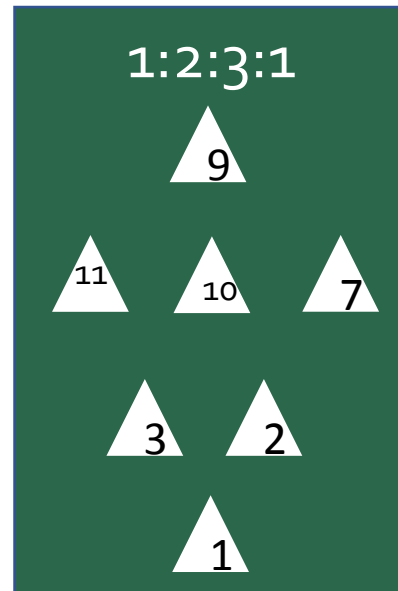
# Systems of Play / Modified Game Formations

4 v 4



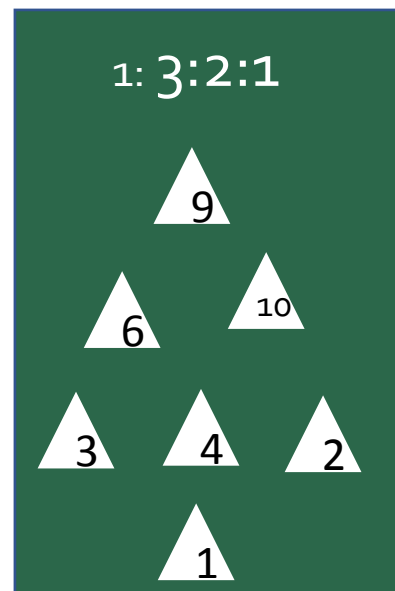
- Creates angles
- Diamond shape give support in We and They

7 v 7



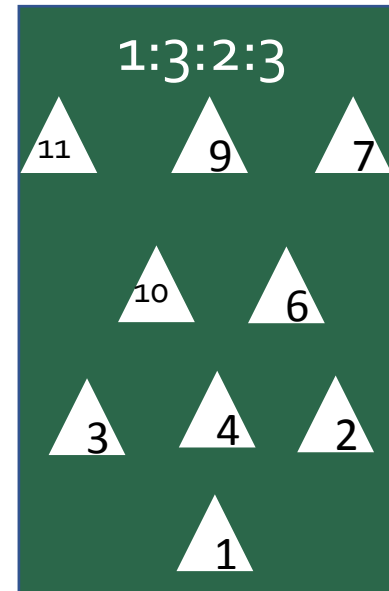
- Strong in Attack with wide players
- Midfield must give support while in They

7 v 7



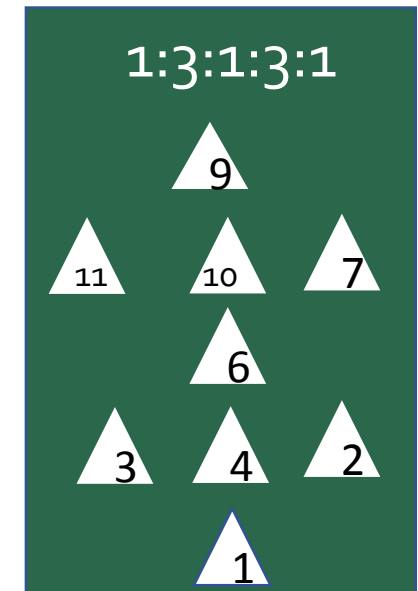
- Strong for play from back
- Midfield must support the attack
- Def to make runs on attack

9 v 9



- Strong for play from back
- Midfield involved in We and They
- Def to make runs on attack

9 v 9



- Great for play from back
- (2) Diamonds give full field coverage
- High Press game with one lone sweeper
- Mid must support lone striker

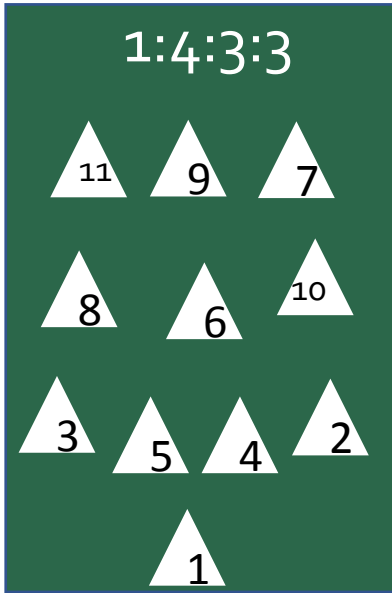


Formations should be played to ensure consistency and tactical understanding as the game size expands. Players at these stages should be rotated into all positions to maximize a greater understanding of the tactical impact of player positioning and player responsibilities.

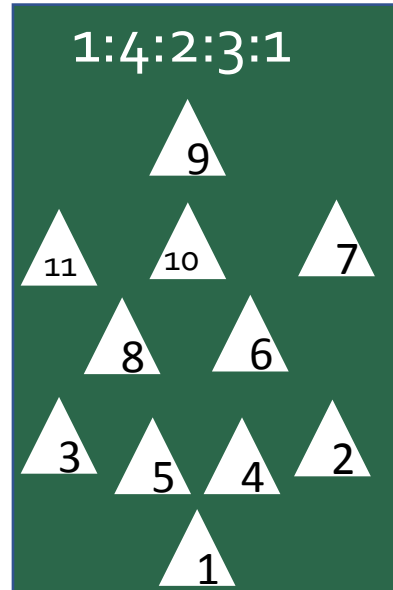


# Systems of Play /

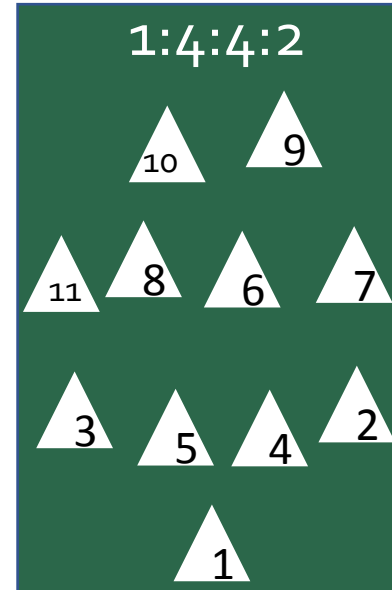
# Formation 11v11



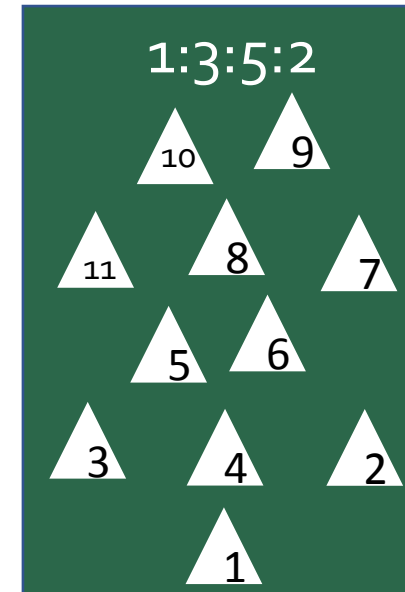
- Well balanced
- Good for possession
- Good for counter attack with 2/3 making runs
- Midfield can be stretched



- 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.



# 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>
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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
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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>



# PLAYER DEVELOPMENT GOALS

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Player Skill & Game Understanding Expectations

By Age Group



# Development Focus by Stage

**U6-U8 / 4v4**

Play for FUN

**U9-U10 / 7v7**

Play to LEARN

**U11-U12 / 9v9**

Learn To TRAIN

**U13-U14 / 11v11**

Learn To PERFORM

**U15-U16 / 11v11**

Learn to COMPETE

**U17-U19 / 11v11**

Compete to WIN



# 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)



Play for FUN



# U9 & U10 / 7v7 – Boys & Girls: Season Plan

FUN with the BALL and the TEAM

- Move to 7v7
- Continued mastery of the ball - may need to encourage outside of training
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- Play and understand the system 7v7 (structure, shape, movement = how to identify 1v1's or 2v1's - creating and using space, scanning/shaping)
- Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight
- Encourage, reinforce player communication
- When WE have the ball WE get BIG - team shape
- Main emphasis for U9/10 is still WE have the ball
- WE to THEY - get it back where we lost it



Play to LEARN





# U11 & U12 / 9v9 – Boys & Girls: Season Plan

Playing Together – working with 2-3 players towards a line

- Move to 9v9
- Continued mastery of the ball - may need to encourage outside of training
- Play and understand the system 9v9 (structure, shape, movement = how to play together - creating and using space, scanning/shaping). Encourage, reinforce player communication
- Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight
- Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.
- Players should rotate in two or three different positions to avoid early specialization.
- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
- When WE have the ball WE get BIG - team shape, Main emphasis for U11/12 is still WE have the ball
- Begin to train in THEY - WE get SMALL, shape, pressure, cover
- WE to THEY - get it back where we lost it, defensive shape, setting a defensive line



Learn to TRAIN



# 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



# COACH MANUAL

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Expectations ~ Methodologies ~ Player  
Development ~ Style of Play ~ Lessons



# ROSEVILLE COACHES:

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Adhere to Club Expectations for General Conduct, Trainings & Game Day  
Leverage Club-Provided Methodologies and Methods for Training and Coaching  
Receive Resources from the Club to Facilitate Player Development  
Understand & Coach to Roseville's Style of Play  
Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



# 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.**



# Coaching Methodology: Training

Our club coaching curriculum and player development plan is guided by the following key principles:

**Teach our Players to make the right decision and how to properly execute them.**

Our curriculum does not attempt to cover a vast amount of wildly differing topics, rather it focuses more on achieving technical and tactical excellence. Premier level players are not better, they simply play faster. Faster decision, faster execution of decision, and with overall better technique at that speed.

**Quick, High Paced Training Sessions**

The organization of our training plan is essential to building confidence on and off the ball. This will then build in a logical progressive manner relative to our “possession with a purpose” style of play. For example our players will first learn how to “play out of the back”, so that we can build comfortable and sustained possession, which will act as a foundation for moving on to the next phase of the curriculum which is “attacking patterns” in the middle and final thirds of the field.

**Cumulative Progression Of Training**

Soccer can be explained as simple as: if you have possession, attack. If you don't have possession, get the ball back and/or don't let the other team score.

Weekly trainings do not need to be filled with brand new exercises. Simply re-visit the same unit and challenge players in more complex ways, for example with greater/fewer number of players, higher speed of play, smaller space, shorter time windows etc. requiring more precise application of technique and tactical decisions in game scenarios.



**ALWAYS FOCUS ON MOMENTS OF THE GAME: TRANSITION TO AND FROM WE/THEY**





# Coaching Methodology: Methods

Roseville Premier coaches are expected to communicate with players in a positive manner and demeanor, using clear and effective communication and language which is relative to the age of the players.

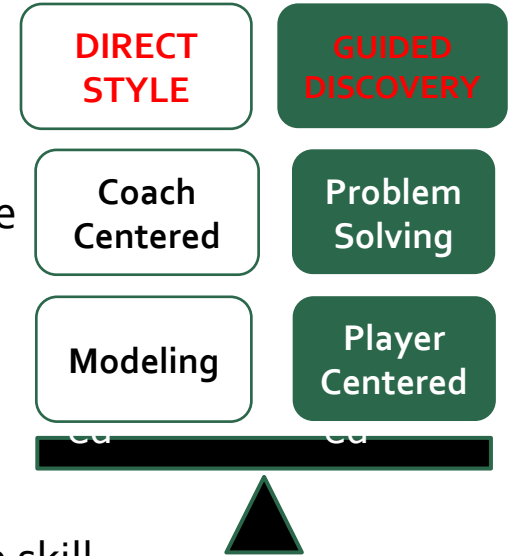
Some of the methods of coaching which coaches can employ to deliver the content to the players are outlined below:

**COMMAND (DIRECT)** – Coach explains, demonstrates and players copy

**GUIDED DISCOVERY** – Only coach aware of the goal, leads players to the answers

**PROBLEM SOLVING** – Coach poses a question, players have to figure it out

**MODELING** – Demonstration by coach or proficient player – other players try to copy the skill



Both “Direct” and “Guided Discovery” style coaching are key components of the learning process for youth players. One can not exist without the other, and both are vital in aiding player development. We want to produce technically proficient players, so a direct style of coaching is necessary to teach these components. At the same time we want our players to be good decision makers in game situations, so we must also develop their “soccer iq” and tactical understanding by using guided discovery in our teaching. The key comes in understanding which style is most effective in teaching at different times of the practice or game.



# Coaching Methodology: Individual vs. Team

Soccer is a team sport. It is a game that is played by individuals to create a cohesive, effective, unified effort to outplay the opponent by both attacking and defending strategically with the ultimate outcome of scoring at least one more goal than the opponent before the game ends.

Individual effort and talent is a critical part of developing our soccer players. This includes their technical skills, tactical understanding of the game also known as 'Soccer IQ' as well as their physical ability, their athleticism and their creativity with and without the ball during the game.

The club strives to always develop every player during every season to the highest of their ability. This does have to the effect that the outcome of the game, either a win or a loss, may be jeopardized for the sake of development of all players and not just the talented or the strongest players on the roster.

Players develop at different stages and wins and losses should not come at the expense of development until the full competition phase at U17-U19.



# COACHING RESOURCES

The club provides an online database with Individual sessions that Roseville coaches can and should use during training to support the Roseville's Game Model.

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Each session explains the activity, highlights objectives, poses guiding questions to facilitate education, and notes the age(s) likely to respond best to each lesson.



The club provides paid trainers to assist our volunteer coaches. These paid trainers are professional coaches with either a lot of experience, highly credentials with the USSF in terms of licensing or specialized in certain age groups reape active to player development.

# Trainer Overview with....

## New & Novice Coaches

- Assist with implementing Roseville Style of Play
- Assist with running weekly session plan
- Provide support and guidance
- Be a different voice to players
- be the DOC eyes and ears to make sure we are providing optimal development plan for players

## Experienced & Tenured Coaches

- Assist with implementing Roseville Style of Play
- Run full session at time to expose players to different voice and style of coaching
- Be a different outside opinion / be humble and receive the feedback.
- be the DOC eyes and ears to make sure we are providing optimal development plan for players





# Periodization of Training and Season Plans

- The Club makes available training and season periodization templates that integrate the club curriculum and style of play.
- Every coach is to evaluate their season objective, player development goals and overall approach to achieving these goal incl. training methodology and approach. The Periodization plan will be created with the Director of Coach Education prior to the season and re-evaluated throughout the season
- To support the team and development plans , the club will make available supporting training sessions that support teaching the club's style of play, desired key players characteristics and understanding of the Roseville Premier language re: areas of the field, tactical and team principles, methods and positions of play.



# Periodization of Training and Season Plans

Rosseville YSC and Roseville Premier Planning Tool						
		<h2>U8 4v4 Cycle ( 1 ) - Week ( 1 )</h2>				
		Objectives:				
		Training 1	Training 2	SATURDAY	SUNDAY	
	DAILY SCHEDULE					
	OBJECTIVE		Build up to advance by dribbling	Score by shooting or after 1v1 action		
	GAME MOMENTS		WE HAVE THE BALL	WE HAVE THE BALL		
	AREA OF FIELD		CREATION ZONE	FINISHING ZONE		
	TEAM TACTICAL PRINCIPLES	Principle 1	4. Get open to isolate the dribble (concept 1v1)	5. Get open/unmarked to score (anticipate adjust or readjust to shoot)		
		Principle 2				
		Principle 3				
	PLAYER TASKS		INDIVIDUAL	INDIVIDUAL		
	Player Behaviors		Read the game (vision, check your shoulder)	Read the game (vision, check your shoulder)		
			Space and Time (speed of teammates,			



# COMPETITIVE COACHING RESOURCES

Team

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Management



# Competitive Team Management

- Technical Staff
  - Director of Soccer (DOC) – Program Oversight
  - Technical Director re: Coaching Methodologies, Player Development & Technical Programs
  - Director of Coach Education / all questions regarding coaching soccer on the field
- Communication Coaches & Teams/Technical Staff
  - TeamSnap
    - Individual Team
    - All Coaches
    - All Technical Staff
- Google Drive – access for coaches / [https://drive.google.com/drive/folders/1dZ99f69xwpmZqngH1O16OGHC7QWdTg\\_n?usp=sharing](https://drive.google.com/drive/folders/1dZ99f69xwpmZqngH1O16OGHC7QWdTg_n?usp=sharing)
- Registration US Club only
  - No CalNorth player cards allowed
  - Rec players are registered via US Club as well starting 2021
  - Everything via Registrar – registrar@rosevillesoccer.com





# Competitive Team Management

- Budget – due June 1st
  - Tournaments & Leagues
  - Training – Z-Soccer (RP models and methodologies to be used)
  - Equipment
  - Events & Gear
  - Bank Account & Fee Collection /Individual Budget Sheets
  - Sponsorships
- Uniforms
  - Kombat Soccer / 1230 Sunset Blvd, Rocklin, CA 95765
    - DOC will forward online link to order uniforms / or in person to size / consist of Black and White Jersey, black shorts and 1-2 pair of socks
    - Coaches need to ensure players have unique numbers
  - Practice Jerseys / \$15 incl. logo only – all colors
  - (1) Fall practice jerseys incl. in registration fee
  - Online Squadlocker Store on [rosevillepremier.com](http://rosevillepremier.com)
  - Logo is in google drive
- Training
  - Fields separated by 7v7, 9v9, 11v11 - Mike Chadwell heads all requests and manages field assignments
  - Permits on google drive / changes in winter – time change
  - Rain & Heat Closure
  - Outside Paid Training
  - GK Training \$250
  - Session Planner
  - Fitness MD Speed & Agility Training
  - Winter Indoor Futsal / Please no Cal Fit Indoor



# Competitive Team Management

- Roster Formation
  - GotSoccer – via DOC & Registrar
  - Tournaments, how to register
  - Game Day / set up- rosters for Game Card
- Scheduling
  - All fields and times done by Scheduler (scheduling@rosevillesoccer.com)
  - All Referee via RP - [csledesmasoccer@gmail.com](mailto:csledesmasoccer@gmail.com)
  - Communicate with comp scheduler if needed to reschedule - scheduling@rosevillesoccer.com
  - Communicate with opposing coaches if need be to reschedule via getsoccer
- Licensing - <https://learning.ussoccer.com/coach>
  - Head Coach – Grass Roots & USSF National D at (11v11)
  - Asst Coach – GrassRoots
  - ALL COACHES: LifeScan, SafeSport, Concussion – perhaps already via RYSC
  - All expenses are reimbursed – check request form submit to DOC, google drive has form



# Competitive Team Management

- Competition
  - State Cup Registration – every team
    - You choose level of play – but Green plays min. Gold / White plays min. Silver
  - Fall League – every team
    - You choose level of play - but Green plays min. Gold / White plays min. Silver
  - Spring League – by choice or 1-2 Spring Tournaments to keep squad active prior to tryouts
  - Tournaments – min. 4-5 per season
    - You choose level of play
      - Schedule some challenging & non-challenging events, especially with younger age
- Guest Players
  - Can move players between RP rosters anytime, so long not in same division
  - Invite Guest players from other clubs for tournaments
    - Guest Player forms needed / utilize gotsoccer (player registers as guest player with tourney, you add him)
  - One player may not be on two rosters in any event



Any and all questions and related to the curriculum should be directed to the  
Technical Director or the Director of Coach Education

[techdirect@rosevillesoccer.com](mailto:techdirect@rosevillesoccer.com)



Updated April 2021



Following are shortened & modified 4v4,  
7v7, 9v9 & 11v11 curriculums.



# Modified 4v4 CURRICULUM

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Expectations ~ Methodologies ~ Player  
Development ~ Style of Play ~ Lessons



# About this Document

This document has been prepared exclusively and specifically for RYSC coaches of U6 through U8 teams that play 4v4 soccer. Players on these teams will be five, six, and seven years old.

Anchored in the Club's Philosophy and Style of Play, the first half of this document provides context, insights, and resources for coaches whose players are starting to play soccer in the (4v4) game model, the first 'game' structure that is introduced to young players.

The second half of this document is a quick resource for coaches to (1) understand 4v4 principles and (2) plan effective practices that will help their players improve.

**Questions about this document and/or 4v4 soccer within RYSC can be directed to [4v4@rosevillesoccer.com](mailto:4v4@rosevillesoccer.com)**



# Table of Contents

- Club Philosophy
- Expectations of RYSC Coaches
- Moments & Principles of the Game
- RYSC's Style of Play
  - 4v4 – Elements & Approach
- 4v4 "Cheat Sheet" with Formations, Rules, and Basic Strategies
- 4v4 Coaching Resources: Activities & Lessons





# CLUB PHILOSOPHY

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Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



# ROSEVILLE COACHES:

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- Adhere to Club Expectations for General Conduct, Trainings & Game Day
- Leverage Club-Provided Methodologies and Methods for Training and Coaching
- Receive Resources from the Club to Facilitate Player Development
- Understand & Coach to Roseville's Style of Play
- Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



# General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



# 4v4: Remember These Players' Ages

- **Fun with the ball & team** – Five, six and seven-year olds need to enjoy the game at an early age to fall in love with soccer. Limit technical instruction and focus on having fun, teaching physical movement, 1 v zero skills and positive encouragement.
- **Motor skills** – Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control. Get as many touches on the ball as possible.
- **New structure** – The 4v4 game has no goalkeepers, and positions are not important. Player need to play, play, play. We play grassroots style where players focus on 'we have the ball and we want to score' or 'they have the ball and we want the ball back'.
- **Emphasize player intelligence** – Encourage awareness and thinking about the game with open ended questions so that players learn and are not told.
- **Communication is key** – By communicating with each other throughout a practice and game, players help to coach themselves and improve one another.



# WHAT IS GRASSROOTS?

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At the grassroots level, children learn and develop to their full potential through game-like experiences in an enjoyable environment that supports individual growth.

Grass Roots aims to guide with questions rather than with commands. Guiding the decision making process on the field and proper execution with game like repetition.



# GRASSROOTS PHILOSOPHY

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U.S. Soccer Coaching Education Philosophy - There will be a holistic approach when looking at these different aspects of development. This means, input and consideration for all interconnected aspects of the game, the player and the desired outcome.

Reality Based- The game is what drives changes in behavior, reflection and decision making for the player/the team and the coach

Holistic Approach- Input and consideration for all interconnected aspects of the game, the athlete and the desired outcome

Experiential Learning- The evaluation, analysis and reflection of experiences to develop competencies and improve behavior

Experiential Learning- The evaluation, analysis and reflection of experiences to develop competencies and improve behavior



# GRASSROOTS METHODS

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## 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.



# US Soccer GrassRoots RoadMap





# U.S. SOCCER GRASSROOTS PLAYER DEVELOPMENT FRAMEWORK



GAME MODEL: 4v4

## 4v4

AGES: 6 - 8

	DEVELOPMENTAL GOALS	DEVELOPMENTAL NEEDS	KEY QUALITIES	ATTACKING PLAYER ACTIONS	DEFENDING PLAYER ACTIONS	PLAYER BEHAVIORS	COACH BEHAVIORS
AGE 6	<p><b>"The ball is playing with me... I am playing with the ball."</b></p> <p>Learning the fundamentals of the game in game-like situations. Understanding the purpose and structure of the game, direction of play, and basic rules.</p>	<p>Activity based games that emphasize exploration and experimentation.</p> <p>Ball experiences in game-like situations.</p> <p>Exploring physical abilities.</p>	<ul style="list-style-type: none"> <li>Reads and analyzes situations regarding the structure of soccer attacking/defending/transition</li> <li>Takes initiative-creates opportunities instead of reacting</li> <li>Wants to score</li> <li>Shows comfort with the ball</li> <li>Is involved and engaged throughout every game/training session</li> </ul>	<ul style="list-style-type: none"> <li>Shoot</li> <li>Pass or dribble forward</li> </ul>	<ul style="list-style-type: none"> <li>Protect the goal</li> <li>Steal the ball</li> </ul>	<p>Small, incidental things are important</p> <p>Always in motion</p>	<p>Appreciate the things they take seriously, even if you don't</p> <p>Use routines to manage them during practice and games</p>
AGES 7 - 8	<p><b>"Playing with my friends."</b></p> <p>Learning the basic understanding of attacking, defending, and transition by playing together..</p>	<p>Activities focused on the goals of attacking and defending and how to accomplish them</p> <p>Ball experiences in game-like situations with attention for the key qualities of a player</p> <p>Experiences of attacking and defending together (reading &amp; decision making)</p>	<p><b>In addition to the KQs listed above:</b></p> <ul style="list-style-type: none"> <li>Applies (basic) knowledge of the cues</li> <li>Understands where and when to move themselves and the ball</li> <li>Confronts situations</li> <li>Demonstrates bravery</li> <li>Delivers on agreements and promises</li> <li>Evaluates and reflects on their own performance</li> </ul>	<ul style="list-style-type: none"> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> <li>Plus all player actions above</li> </ul>	<ul style="list-style-type: none"> <li>Make it compact</li> <li>Keep it compact</li> <li>Plus all player actions above</li> </ul>	<p>Short attention span</p> <p>Live in the moment</p> <p>Focus is on self</p>	<p>Exercises are short and to the point, reminders are necessary</p> <p>Talk about what happens, not what happened</p> <p>Accept their behavior and praise when they share</p>

**A>D** Defend as quickly as possible (transition is always a part of attacking and defending but is not a focus for the Grassroots Coach).

**D>A** Attack as quickly as possible (transition is always a part of attacking and defending but is not a focus for the Grassroots Coach).



# U6 / Age Specific Objectives

**“The ball is playing with me...I am playing with the ball.”**

**Developmental Goals** - Learning the fundamentals of the game in game-like situations. Understanding the purpose and structure of the game, direction of play, and basic rules..

**Developmental Needs**- Activity based games that emphasize exploration and experimentation. Ball experiences in game-like situations. Exploring physical abilities

**Key Qualities** - Reads and analyzes situations regarding the structure of soccer attacking/defending /transition; Takes initiative-creates opportunities instead of reacting; Wants to score; Shows comfort with the ball; Is involved and engaged throughout every game/training session

**Player Behaviors**- Small, incidental things are important - always in motion

**Coach Behaviors** - Appreciate the things they take seriously, even if you don't Use routines to manage them during practice and games



Play for FUN



# U7 & U8 / Age Specific Objectives

## “Playing with my friends”

**Developmental Goals** - "Playing with my friends" Learning the basic understanding of attacking, defending, and transition by playing together.

**Developmental Needs**- Activities focused on the goals of attacking and defending and how to accomplish them. Ball experiences in game- like situations with attention for the Key Qualities of a player. Experiences of attacking and defending together (reading & decision making)

**Key Qualities** - Applies (basic) knowledge of the cues; Understands where and when to move themselves and the ball; Confronts situations; Demonstrates bravery; Deliver on agreements and promises; Evaluates and reflects on their own performance. Plus all KQs from U6

**Player Behaviors**- Short attention span, Live in the moment, Focus is on self

**Coach Behaviors** - Exercises are short and to the point, reminders are necessary, talk about what happens, not what happened, Accept their behavior and praise when they share



Play for FUN



# MOMENTS & PRINCIPLES OF THE GAME:

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Moments of the Game: 'WE' and 'THEY' ~ Areas of  
the Field



# MOMENTS & PRINCIPLES

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In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer\* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

\*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



# MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

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



# Moments & Principles: 'WE' & THEY Area

WE HAVE THE BALL

4V4

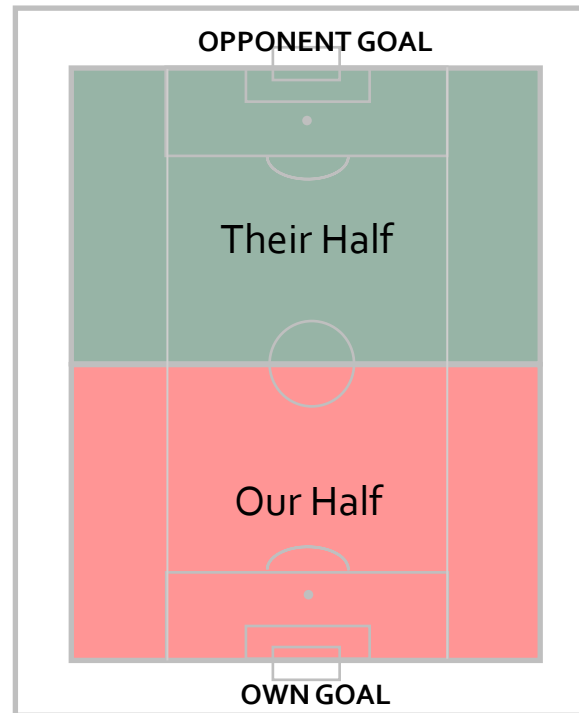
THEY HAVE THE BALL

•**Definition:** Possession of the ball in their half up to the opponent's goal

•**Aim:** Advance into their half while keeping the ball, create chances and score goals.

•**Definition:** Possession of the ball in our half

•**Aim:** To advance into the opponent's half while keeping the ball.



•**Definition:** Opponent possession of the ball in their half

•**Aim:** Win the ball back, prevent the opponent from advancing

•**Definition:** 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

Outside Left

Center  
Channel

Outside Right



# Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
<b>OUR HALF</b>	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
<b>THEIR HALF</b>	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>





# 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>	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> <li>Make it big</li> <li>Create triangles</li> <li>Go forward when possible</li> </ul>	<b>ATTACK</b>	<p>Go forward with numbers</p> <p>Recognize and use the 2v1 or 1v1</p> <p>Dribbling</p> <p>Movement off the ball</p> <p>Passing (ball movement)</p>
<b>POSSESSION</b>	<p>Go forward when possible</p> <p>Utilize available space</p> <p>Move - be an option for a teammate</p> <p>Create triangles</p>	<b>SCORE</b>	<p>Occupation in opponents half</p> <p>Anticipating shooting opportunity</p> <p>Adjust to shoot</p> <p>Look for scoring opportunities (try &amp; learn, try &amp; fail)</p>



# Tactical Principles: THEY have the ball

THEY have the ball

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

THEY	AIM	THEY	AIM
<b>DENY PLAY FROM BACK</b>	<ul style="list-style-type: none"> <li>• Make the field small by pressuring quickly</li> <li>• Closest player applies pressure on the ball</li> <li>• Teammates create cover</li> <li>• Force them where you want them to play (outside)</li> </ul>	<b>DENY ATTACK</b>	<ul style="list-style-type: none"> <li>• Press the player with the ball</li> <li>• Teammates cover</li> <li>• Prevent or defend chances created from:                             <ul style="list-style-type: none"> <li>○ Crosses</li> <li>○ Through balls</li> <li>○ Combination play</li> <li>○ Individual action (1v1)</li> </ul> </li> <li>• Make it small (space for the opponents to play in as small as possible)</li> <li>• Small distance between players</li> </ul>
<b>DENY POSSESSION</b>	<ul style="list-style-type: none"> <li>• Press the player with the ball                             <ul style="list-style-type: none"> <li>○ Teammates cover</li> </ul> </li> <li>• Prevent them from playing forward</li> <li>• Make it small (space for the opponents to play in as small as possible)                             <ul style="list-style-type: none"> <li>○ Small distance between players</li> </ul> </li> </ul>	<b>DENY SCORING</b>	<ul style="list-style-type: none"> <li>• Block the shot</li> <li>• Clear it if needed</li> </ul>



# Tactical Principles: Transition We to They

## Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> <li>• The closest player needs to put pressure on the ball</li> <li>• Pressure from the right direction (force the attacker to go where you want them to (outside)</li> <li>• Other players recognizing how this pressure affects their positioning (pressure, cover, balance)</li> </ul> <p><b>All principles in relation to space, time, teammates, opponents, &amp; the ball</b></p>		<p>Look up/go forward Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> <li>• Dribble or pass to go forward</li> <li>• Orientation, overview speed</li> </ul> <p>Create passing options Moving to be an option for a teammate</p> <ul style="list-style-type: none"> <li>• Create as many triangles as possible</li> <li>• Beat anticipated immediate pressure from opponent</li> </ul> <p><b>All principles in relation to space, time, numbers, &amp; the ball</b></p>



# STYLE OF PLAY

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Team-Based ~ Intelligence ~ Possession ~  
Dynamic Attack ~ High-Pressure Defense



# FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

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Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



## 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.

## Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic  
Attack

High-  
Pressure  
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



# How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense & defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement



# 4v4: Style of Play Elements to Emphasize

Coaches of 4v4 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Teach players to move even when they don't have the ball. Players should begin guiding one another on the field by communicating opportunities and pressures.
- **Intelligence** – Encourage players to think about *where* they should be—and *when*. They should learn to pass the ball, thereby freeing up space for themselves to get it back.
- **Possession** – Less of a focus at 4v4 but be aware of *where* space is on the field, and be willing to pass backwards or sideways as needed.
- **Dynamic Attack** – With a small field, identify and make use of available space; exploit opponents' offensive and defensive mistakes and try many 1v1's.
- **High-Pressure Defense** – Introduce pressure+cover+balance, encouraging team to work as a unit to prevent the opponent from moving the ball out of their half.



Play to LEARN





# 4v4 Stages of Development

Players should start to master these qualities	Players should start to work <u>towards</u> these qualities
<p>1v0 &amp; 1v1 – Comfort with the Ball</p> <p>Game Format Focus on core technical development:</p> <ul style="list-style-type: none"><li>● running with the ball,</li><li>● change of direction</li><li>● ball manipulation 1st touch</li><li>● turning and opening to receive with both feet</li><li>● Passing with the inside of the foot, instep and outside of the foot</li></ul> <p>Developing tactical player qualities especially “Vision”</p>	<p>Learning how to “play together” and “Reading the game”</p> <p>When to play 1v1 “in the appropriate Situation” and/or when recognizing to play 2v1</p> <p>Communication with 2-3 players</p> <p>Create a LOVE/PASSION for the BALL / GAME / CLUB</p> <p>Develop players responsible for their own development</p> <p>Give players the freedom to express their creativity and make mistakes, during training and competition</p>



# 4v4: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball and what is around them.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim to learn at this age, winning is NOT important. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort & success.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



# Style of Play: Key Qualities – by age group

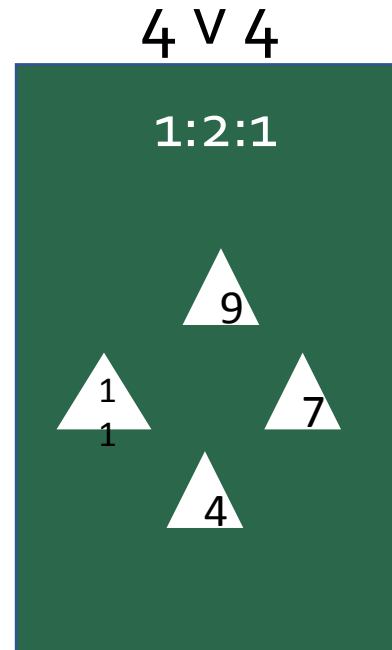
Technique	U6-U8	Personality	U8-U10
Ball comfort – ball manipulation – touch	x	Perseverance	
Shooting	x	Continues on when facing adversity & challenges	
Receive/open/pass with 2 feet (short and long)	x	Emotional stability	
Defending a player or the ball	x	Accountability	
Protects the ball (shielding)-turning	x	Coachable	x
Running with the ball-change of direction	x	Listens and implements feedback in training and games	x
Passing – short distance	x	Is involved and engaged in training sessions and exercises	x
Passing – long distance		Responsibility	
Receive-1st touch opening up right/left	x	Accepts responsibility for their own actions	
Defend the ball or man 1v1 THEY	x	Mental Toughness	
Beat a man 1v1 WE	x	Creates (helps create) a personal development plan and development goals	
Insight	U8-U10	Organizes and manages their performance environment	
Decision making on and off the ball		Effort & Intensity	x
Decision making on the ball (passing/dribbling/shooting choice)		Social-works well with others	x
Decision making off the ball (when/where/how to move off the ball)		Communication – coaches teammates	x
Decision Making In WE	x	Movement without the ball (can create and use space)	
Decision Making In THEY	x	Team Spirit	x
Speed of thought and action (on and off the ball)		Adaptability	
Speed of thought (how quickly can they come to their decision)		Speed & Agility	U8-U10
Speed of action (do they execute their action at the right speed)		Coordination/agility	
Decision Making In Transition		Endurance	
Positioning & repositioning in relation to situation (s)		Uses their body effectively	
Creativity	x	Power/speed (quickness)	
Reading of Options	x	Cardio Fitness	
Belief in the Style of Play			
Shares The Ball			



XXX Mastery  
 XX Working towards  
 X Advanced Player



# 4v4 Systems of Play / Game Formations



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



RYSC coaches should guide players to understand how their position works with and supports other positions on the field in order to play team offense and defense.



# 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.

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



# ONE TRAINING METHOD

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## 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

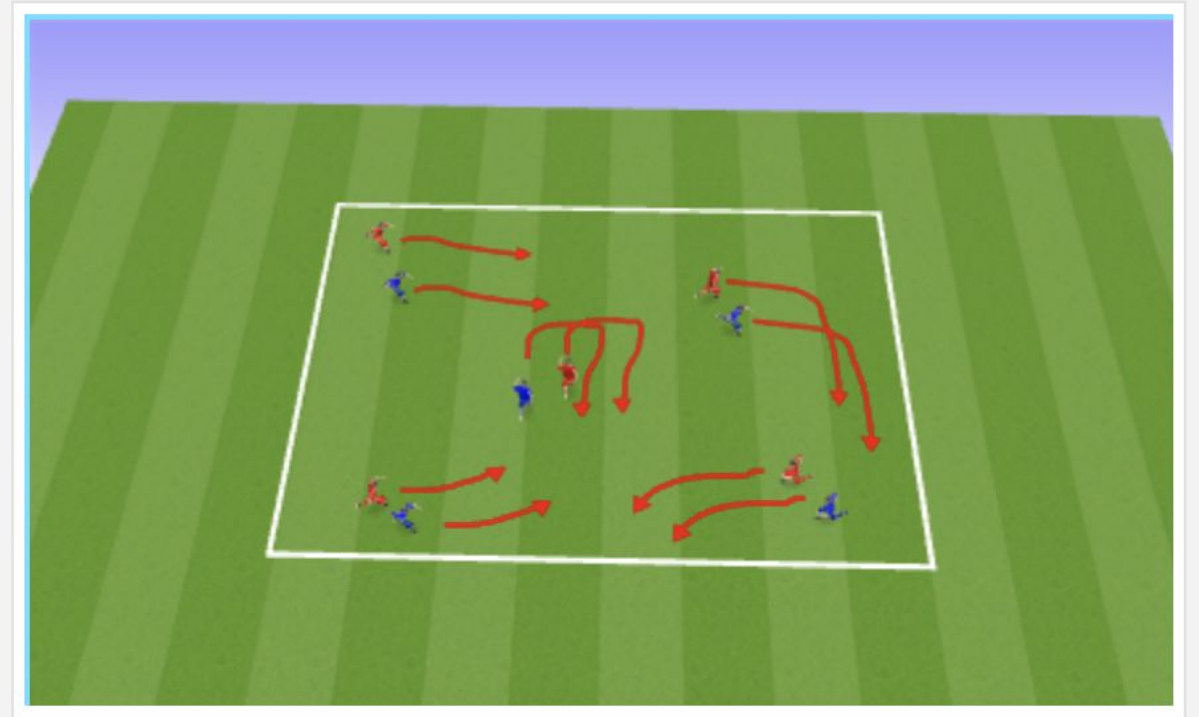
Practice - Below session / 10 min

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

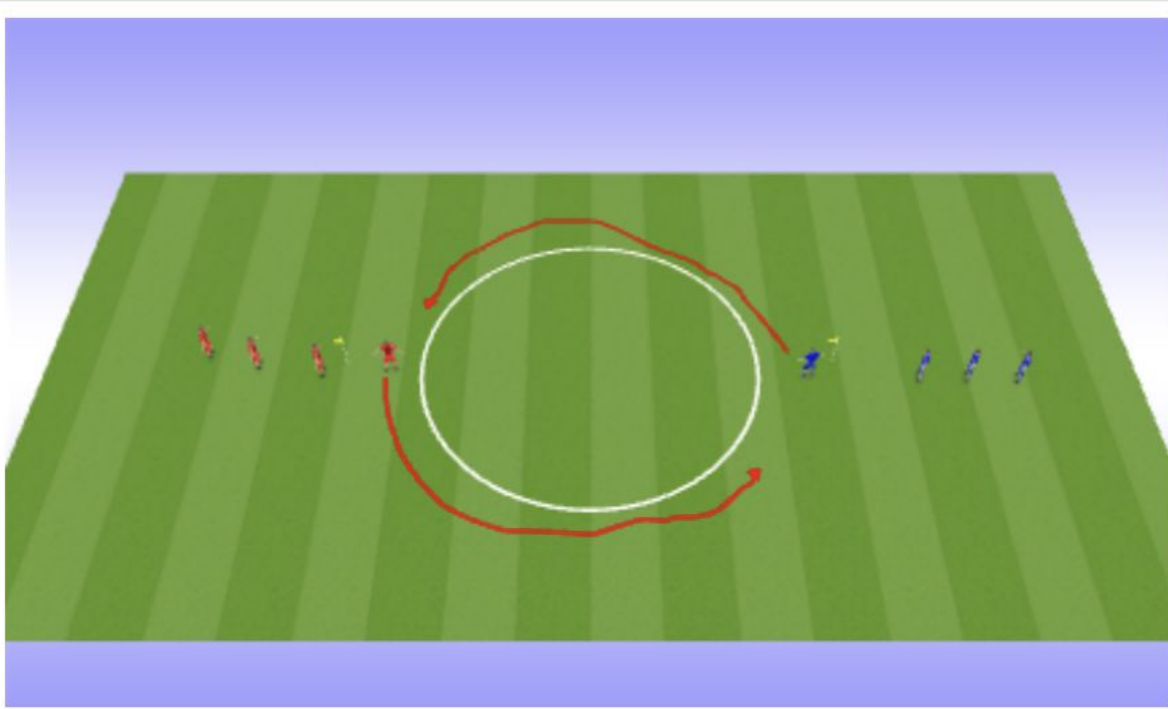
## Typical Flow of practice

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

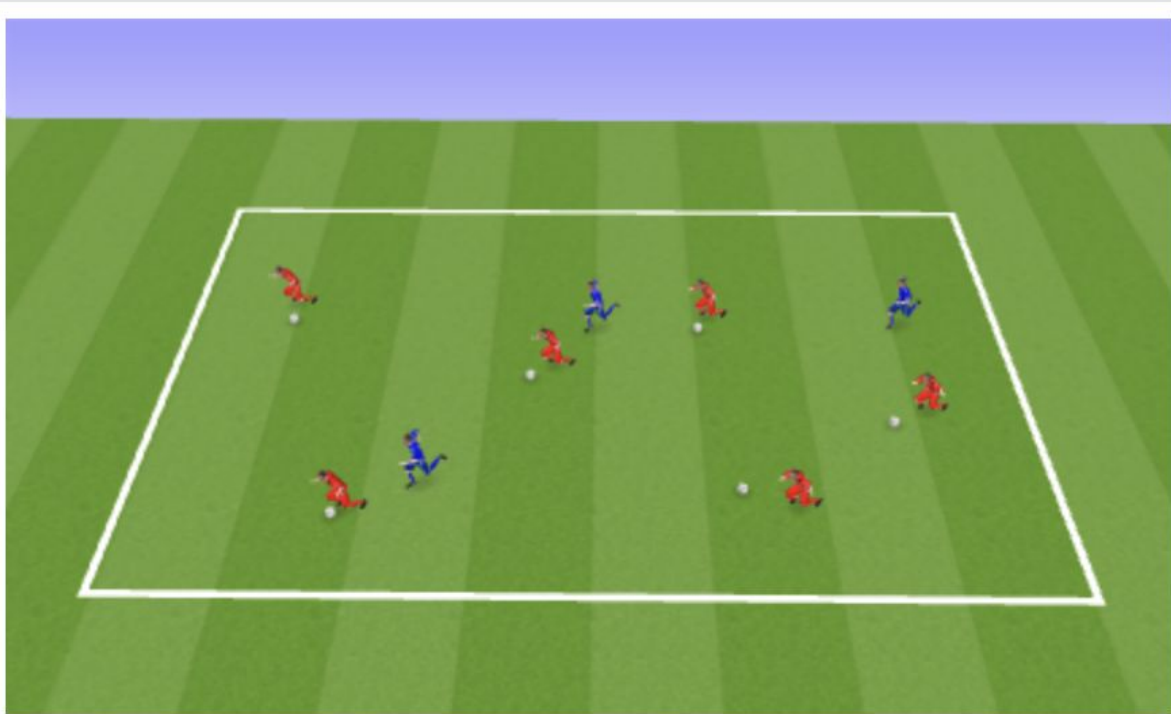
## Typical Flow of practice

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 (pinkie 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

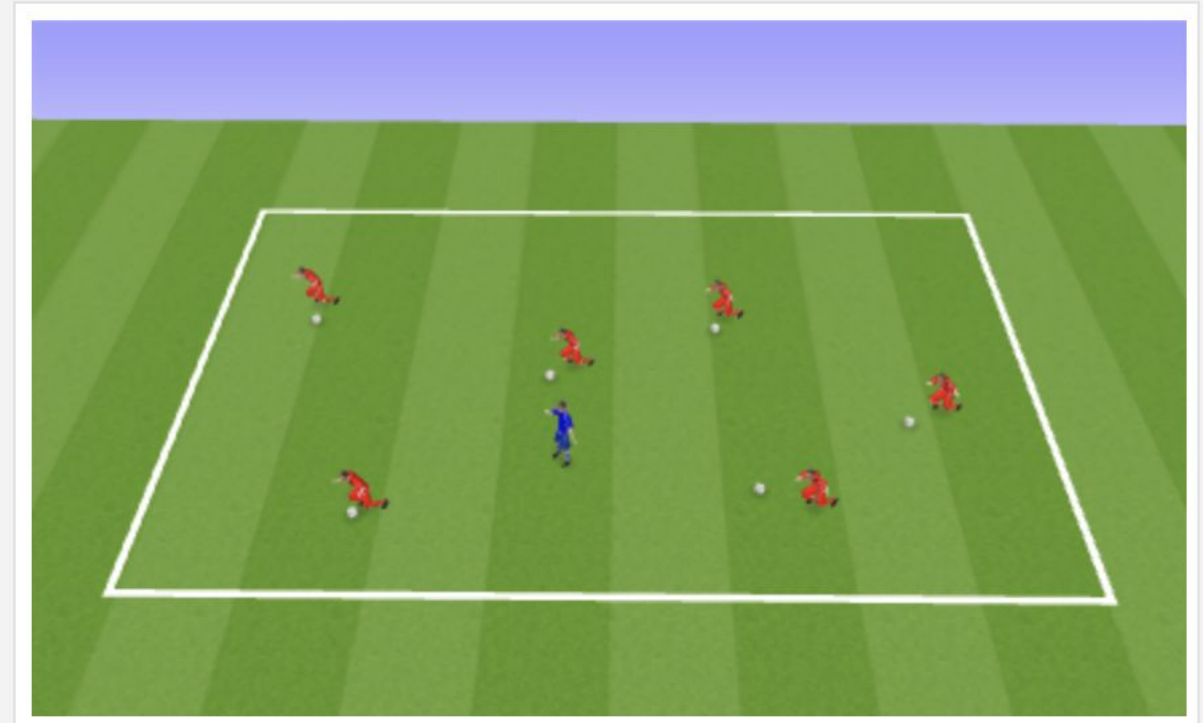
## Knock Out (10 mins)

**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

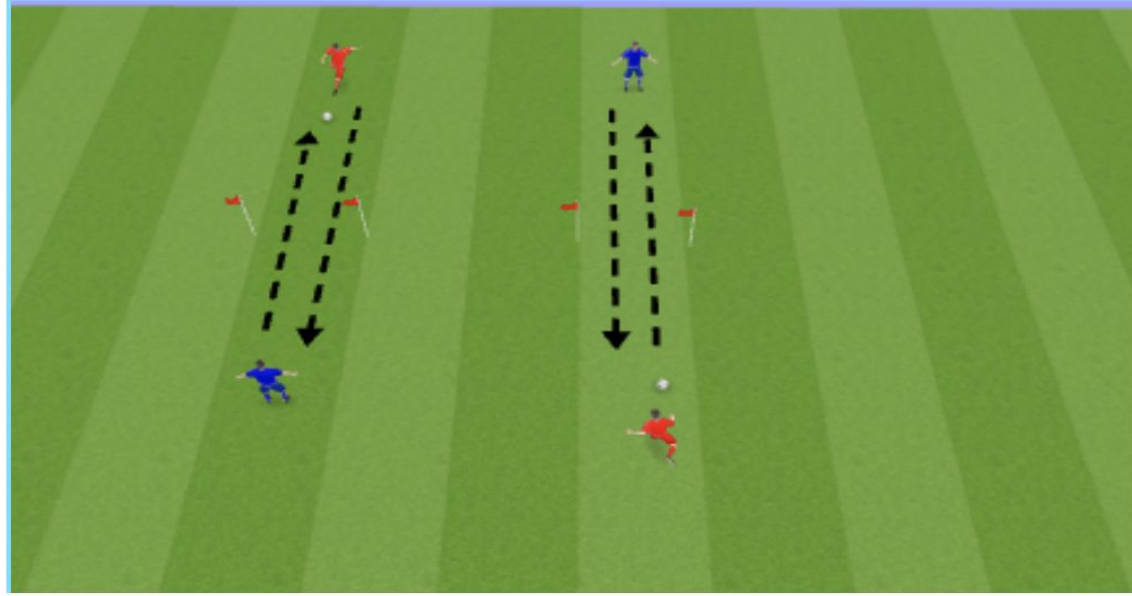
Technical Warm- up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

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

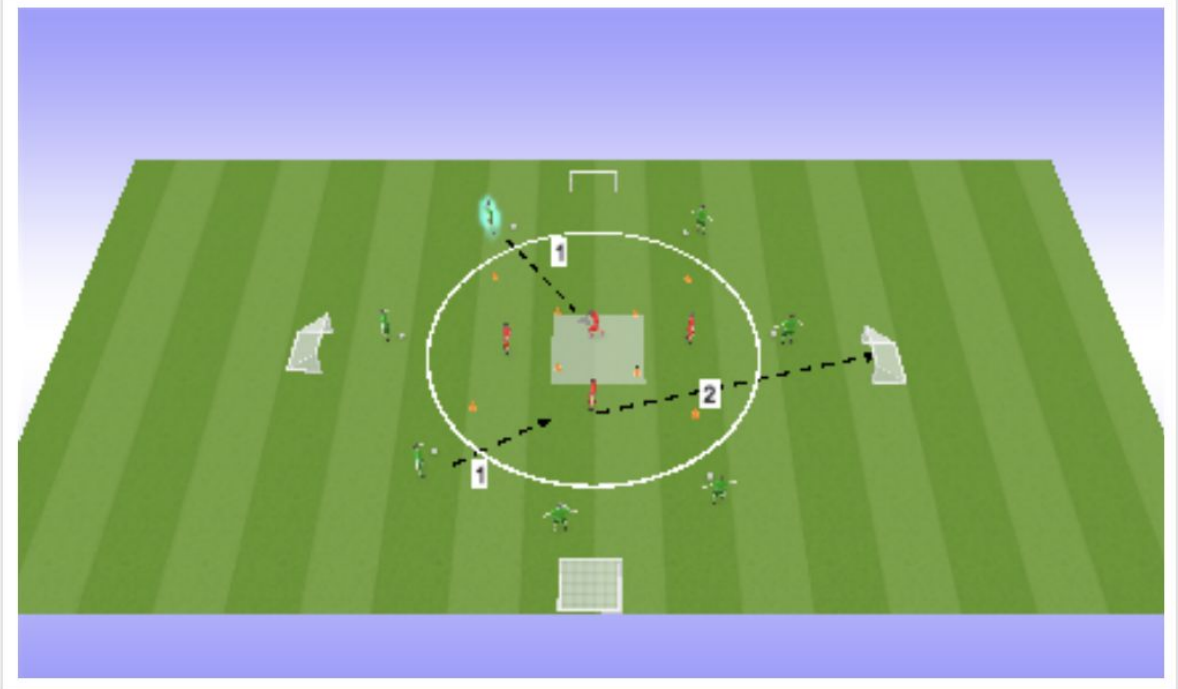
Accuracy and weight of passing, control, dribbling, first touch, anticipating and intercepting passes, shooting

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





# Modified 7v7 CURRICULUM

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Philosophy ~ Expectations ~ 7v7 Style of Play ~ 7v7  
Rules & Basics ~ 7v7-Specific Activities



# About this Document

This document has been prepared exclusively and specifically for RYSC coaches of U9 and U10 teams that play 7v7 soccer. Players on these teams will be seven, eight, and nine years old.

Anchored in the Club's Philosophy and Style of Play, the first half of this document provides context, insights, and resources for coaches whose players are transitioning from a smaller (4v4) format to a much larger field with goals, goalkeepers, a "build-out line," throw-ins, and referees.

The second half of this document is a quick resource for coaches to (1) understand 7v7 rules at a glance and (2) plan effective practices that will help their players improve.

**Questions about this document and/or 7v7 soccer within RYSC can be directed to [7v7@rosevillesoccer.com](mailto:7v7@rosevillesoccer.com).**



# Table of Contents

- Club Philosophy
- Expectations of RYSC Coaches
- Moments & Principles of the Game
- RYSC's Style of Play
  - 7v7 – Elements & Approach
- 7v7 "Cheat Sheet" with Formations, Rules, and Basic Strategies
- 7v7 Coaching Resources: Activities & Lessons



# CLUB PHILOSOPHY

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Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



# ROSEVILLE COACHES:

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- Adhere to Club Expectations for General Conduct, Trainings & Game Day
- Leverage Club-Provided Methodologies and Methods for Training and Coaching
- Receive Resources from the Club to Facilitate Player Development
- Understand & Coach to Roseville's Style of Play
- Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



# General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



# 7v7: Remember These Players' Ages

- **Fun with the ball & team** – Seven-, eight-, and nine-year olds want to enjoy the game. Balance technical instruction with fun, competition, and encouragement.
- **Motor skills** – Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- **New structure** – The 7v7 field size, introduction of goalkeepers, and positions are new since the 4v4 grassroots play. Help players understand the full game, but also how to create 1v1 and 2v1 situations throughout the field.
- **Emphasize player intelligence** – Encourage awareness and thinking about the game so that players improve themselves.
- **Communication is key** – By communicating with each other throughout a practice and game, players help to coach themselves and improve one another.



# MOMENTS & PRINCIPLES OF THE GAME:

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Moments of the Game: 'WE' and 'THEY' ~ Areas of  
the Field





# MOMENTS & PRINCIPLES

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In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer\* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

\*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



# MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

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



# Moments & Principles: 'WE' & THEY Area

WE HAVE THE BALL

4v4 and 7 v 7

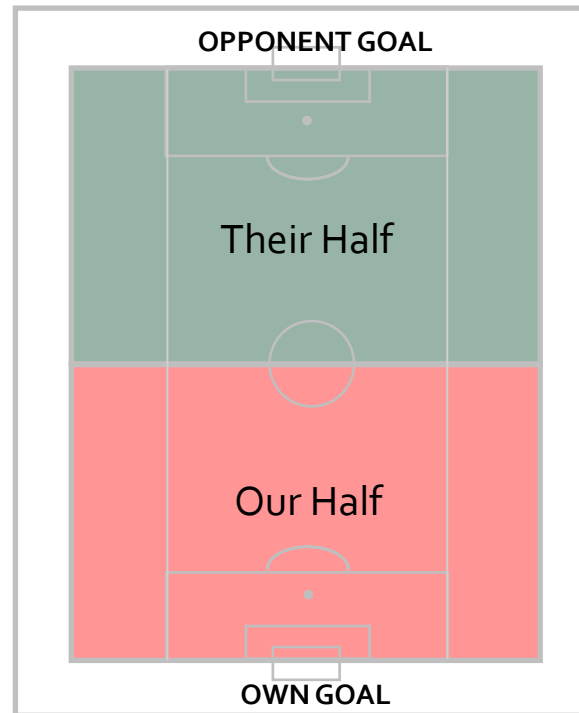
THEY HAVE THE BALL

•**Definition:** Possession of the ball in their half up to the opponent's goal

•**Aim:** Advance into their half while keeping the ball, create chances and score goals.

•**Definition:** Possession of the ball in our half

•**Aim:** To advance into the opponent's half while keeping the ball.



•**Definition:** Opponent possession of the ball in their half

•**Aim:** Win the ball back, prevent the opponent from advancing

•**Definition:** 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

Outside Left

Center

Outside Right

Channel



# Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
<b>OUR HALF</b>	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
<b>THEIR HALF</b>	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>



# 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>	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> <li>Make it big</li> <li>Create triangles</li> </ul> <p>Look forward first</p> <p>Go forward when possible</p>	<b>ATTACK</b>	<p>Play the early ball where there is space behind the defense</p> <p>Using either a cross, through ball, or combination when there is space behind the defensive line</p> <p>Go forward with numbers</p> <p>Recognize and use the 2v1 (stage 2) or 1v1 Create numerical superiority</p> <ul style="list-style-type: none"> <li>Dribbling</li> <li>Movement off the ball</li> <li>Passing (ball movement)</li> </ul>
<b>POSSESSION</b>	<p>Look forward first</p> <p>Go forward when possible</p> <p>Utilize available space</p> <p>Move - be an option for a teammate</p> <p>Create triangles</p>	<b>SCORE</b>	<p>Occupation in front of the goal</p> <p>Collective movement to occupy the spaces (near post, far post, penalty spot, space behind defenders, edge of box) Finishing</p> <p>Anticipating shooting opportunity</p> <p>Adjust to shoot</p>



# Tactical Principles: THEY have the ball

THEY have the ball

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

THEY	AIM	THEY	AIM
<b>DENY PLAY FROM BACK</b>	<p>Make it small</p> <p>Closest player applies pressure on the ball Teammates create cover</p> <p>Force them where you want them to play</p>	<b>DENY ATTACK</b>	<p>Press the player with the ball Teammates cover Prevent or defend chances created from:</p> <ul style="list-style-type: none"> <li>Crosses</li> <li>Through balls</li> <li>Combination play</li> <li>Individual action (1v1)</li> </ul> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>
<b>DENY POSSESSION</b>	<p>Press the player with the ball Teammates cover Prevent them from playing forward</p> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>	<b>DENY SCORING</b>	<p>Block the shot</p> <ul style="list-style-type: none"> <li>Clear it if needed</li> <li>Goalkeeping</li> <li>Shots / Crosses / Through-balls / 1V1</li> </ul>



# Tactical Principles: Transition We to They

## Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> <li>• The closest player needs to put pressure on the ball</li> <li>• Pressure from the right direction (force the attacker to go where you want them to)</li> <li>• Other players recognizing how this pressure affects their positioning (pressure, cover, balance)</li> </ul> <p><b>All principles in relation to space, time, teammates, opponents, &amp; the ball</b></p>		<p>Look/go forward</p> <p>Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> <li>• Skip players</li> <li>• Looking forward first</li> <li>• Dribble or pass to go forward</li> <li>• Orientation, overview speed</li> </ul> <p>Create passing options</p> <p>Moving to be an option for a teammate</p> <ul style="list-style-type: none"> <li>• Create Triangles</li> <li>• Create as many triangles as possible</li> <li>• Beat anticipated immediate pressure from opponent</li> </ul> <p><b>All principles in relation to space, time, numbers, &amp; the ball</b></p>



# STYLE OF PLAY

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Team-Based ~ Intelligence ~ Possession ~  
Dynamic Attack ~ High-Pressure Defense





# FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

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Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



## 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.

## Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic  
Attack

High-  
Pressure  
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



# How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense □ defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement



# 7v7: Style of Play Elements to Emphasize

Coaches of 7v7 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Teach players to move even when they don't have the ball. Players should begin guiding one another on the field by communicating opportunities and pressures.
- **Intelligence** – Encourage players to think about *where* they should be—and *when*. They should learn to pass the ball, thereby freeing up space for themselves to get it back.
- **Possession** – Adapt to considerably larger field and larger number of players, be aware of *where* space is on the field, and be willing to pass backwards or sideways as needed.
- **Dynamic Attack** – With larger fields, identify and make use of available space; exploit opponents' offensive and defensive mistakes.
- **High-Pressure Defense** – Introduce pressure+cover+balance, encouraging team to work as a unit to prevent the opponent from moving the ball out of their half.



Play to LEARN



# 7v7 Stages of Development

Players should start to master these qualities	Players should start to work <u>towards</u> these qualities
<p>1v0 &amp; 1v1 – Mastery of the Ball in 4v4 and 7v7</p> <p>Game Format Focus on core technical development:</p> <ul style="list-style-type: none"><li>● running with the ball,</li><li>● change of direction</li><li>● ball manipulation 1st touch</li><li>● turning and opening to receive with both feet</li><li>● Passing with the inside of the foot, instep and outside of the foot</li></ul> <p>Developing tactical player qualities especially “Vision”</p>	<p>Learning how to “play together” and “Reading the game”</p> <p>When to play 1v1 “in the appropriate Situation” and/or when recognizing to play 2v1</p> <p>Communication with 2-3 players and eventually a line (s)</p> <p>Create a LOVE/PASSION for the BALL / GAME / CLUB</p> <p>Develop players responsible for their own development</p> <p>Give players the freedom to express their creativity and make mistakes, during training and competition</p>



# 7v7: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim win, but not at any cost. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



# 7v7 Player Specific Qualities

Technical	U8-U9	Personality / Mental	U8-U9
Ball comfort – ball manipulation – touch	xxx	Emotional stability	xx
Shooting	xxx	Accountability	x
Defending a player or the ball	xx	Responsibility	x
Protects the ball (shielding)-turning	xxx	Mental Toughness	
Running with the ball-change of direction	xxx	Communication – coaches teammates	x
Passing – short, medium distance	xx	Teamwork (works well with others)	x
Passing – long distance	x		
Receive-1st touch opening up right/left	x		
Beat a man 1v1 WE	xxx		
Tactical	U8-U9	Physical	U8-U9
Decision making on the ball (passing/dribbling/shooting choice)	xxx	Agility/Balance/Coordination	xxx
Decision making off the ball (when/where/how to move off the ball)	x	Endurance (cardio fitness)	
Speed of thought (how quickly can they come to their decision)	x	Uses their body effectively	x
Speed of action (do they execute their action at the right speed)	xx	Power/speed (quickness)	
Decision Making In Transition	x	Cardio Fitness	
Positioning & repositioning in relation to situation (s)			
Creativity	xxx		
Belief in the Style of Play - change belief to understanding			
Shares The Ball - move to personality? / team spirit			

XXX Mastery  
 XX Working towards  
 X Advanced Player



# 7V7 COACHES "CHEAT SHEET"

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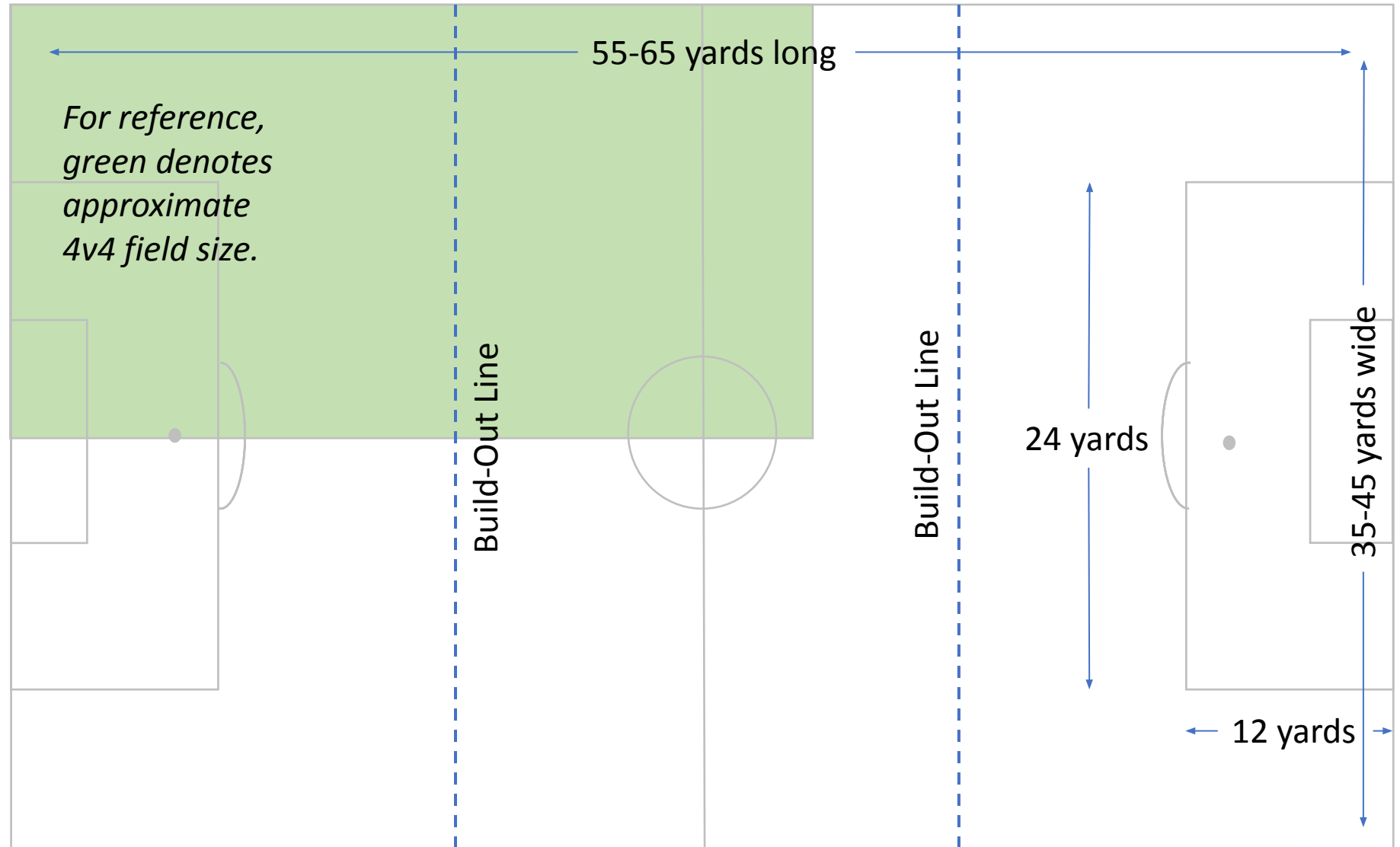
Field size  
Basic formations  
Basic rules





# 7v7 Field Size

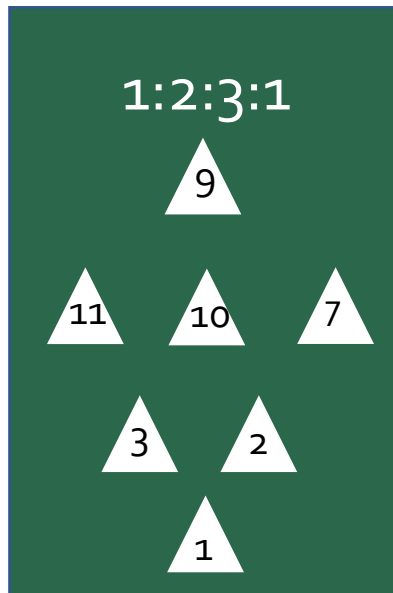
- Twice as wide and 50% longer\* than 4v4
- “Build-out” line establishes defensive position & offsides
- Goalkeepers with large box areas



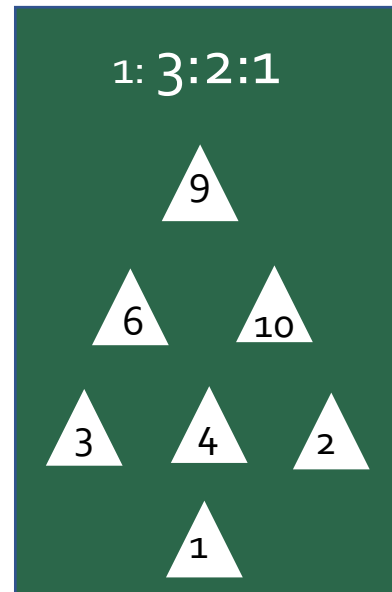
\*Lengths and widths are from [US Soccer](#), but actual field configurations will vary by club. Some clubs' 7v7 setup may be as narrow as 30 yards and as short as 47 yards. Thus, this diagram, while typical, is not exhaustive.



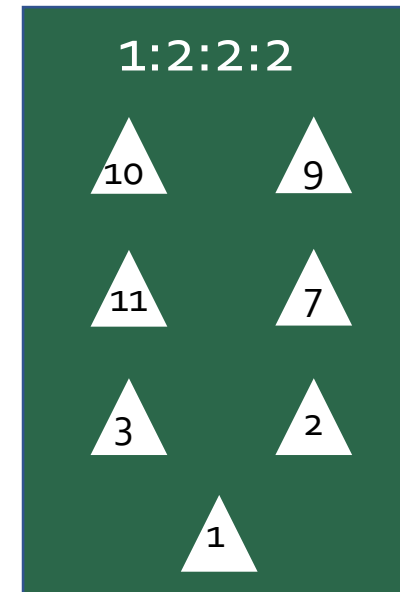
# 7v7 Systems of Play / Game Formations\*



- Wide players assist in strong attack
- Control middle of field
- Midfield must support when in **THEY**



- Strong for play from back
- Midfield must support the attack
- Defenders can make runs on attack



- Balanced play
- Difficulty playing to entire width of field
- Middle can be open
- *Not recommended*



\*RYSC refers to player positions by number, as defined by [US Soccer](#). Coaches should guide players to understand how their position works with and supports other positions on the field in order to play team offense and defense.



# 7v7: Basic Rules

The following are BASIC rules to help players and coaches transition from 4v4 to the 7v7 format:

- **Laws of the Game** – [FIFA's Laws of the Game](#) serve as the foundation for all soccer. *The referee has discretion based on each situation/scenario* but will whistle fouls for things such as kicking, pushing, tripping, holding, dissent, hand ball, etc.
- **Free Kick Distance** – Defenders must be seven (7) yards from the ball when a team is taking a free kick.
- **Throw-ins** – Players must have both hands on the ball, bring the ball behind and over the head with both hands, and throw in an uninterrupted forward motion without twisting one's arms. Players must keep both feet on the ground and either on the sideline or outside the field of play throughout the throw.
- **Slide Tackling** – Starting with U9/7v7 play, slide tackling is permissible so long it is performed safely on the ball, not on a player (as outlined in FIFA Law 12). RYSC strongly discourages slide tackling for U9 and U10 players; as such, coaches are encouraged not to teach players or encourage them to slide tackle.
- **Heading** – Intentional contact with the head is not permitted for U9 and U10 players and may result in an indirect free kick at the point of infraction (or, if inside the penalty area, the ball will be placed outside the penalty area).
- **Build-Out Line** – On each side of the field, equidistant from the center line and top of the goal box, is a "build-out line." This concept is unique to the 7v7 format and marks an area for the following:
  - When a team is taking a goal kick or the goalie possesses the ball, all of the other team's players must be beyond the build-out line
  - **Offsides:** A team may not pass the ball to a teammate who is beyond the opponent's build-out line *unless* two defenders (the goalie counts) are between the receiving player and the opponent's goal when the ball is kicked
- **Unsportsmanlike Conduct** – Players, *as well as coaches and parents*, are expected to perform in a dignified, encouraging manner—avoiding insults towards one another, officials, or opponents



Any and all questions and related to the curriculum should be directed to the  
Technical Director or the Director of Coach Education

[techdirect@rosevillesoccer.com](mailto:techdirect@rosevillesoccer.com)  
[andrewziemer@gmail.com](mailto:andrewziemer@gmail.com)



Updated June 2020



# 7v7 TRAINING RESOURCES

The activities that follow can be used at 7v7 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

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



# ONE TRAINING METHOD

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## 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.



## Team Sharks & Minnows

Style of Play element(s): Team-Based #1

**Moment:** WE have the Ball

**Area of the field:** Our half or their half

**Tactical Principle:** Go forward when possible, dribbling. Players to get in position to support from the back.

**Summary:** 1v1 or 2v1 situations where players incorporate help of team when needed.

### Coaching Objectives:

1. Encourage players to find space and dribble into space to get past defender.
2. Recognize when to make smart use of outside players and pass back before losing ball.

### Questions to Players:

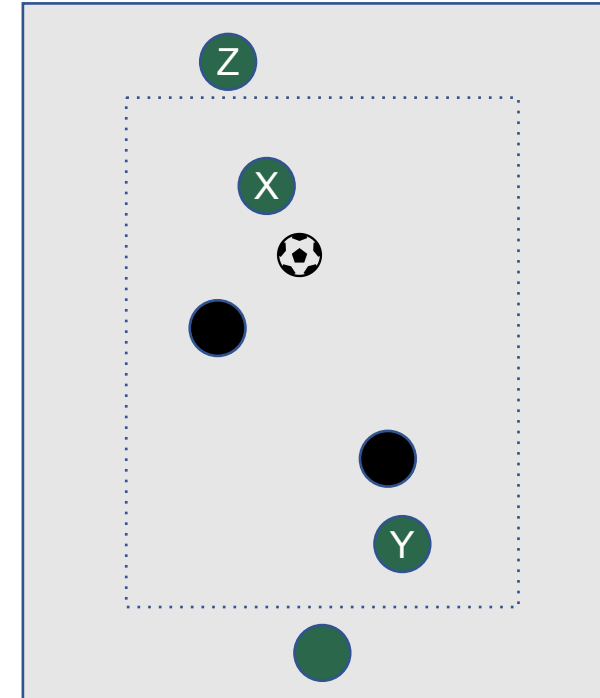
1. Why would you want to play back? Answer: to keep ball.
2. When do I want to play back? Answer: When I don't have a 1v1 mismatch or the space is filled.
3. How do players in back support their teammate? Answer: Movement with the direction of play.



Practice Session 7v7.1

- Setup: 20x15-yard playing grid. Divide players into three two-person teams. Two attacking group, and one defensive team.
- Play: Player X seeks to get from one side to the other. Try to go 1v1 to the opposite side; if the defender is too strong, X may pass to Y or may pass backwards to bring Z into the game. X is the player who must get through the other side with the ball (whether by dribbling or passing).
- Progression: Make space larger (easier) or smaller (harder). Increase difficulty by not allowing a pass to Z for 5-10 seconds.
- Additional Info/Option: Once ball gets through, the player at the other end becomes 'X' and restarts play the other direction. Rotate offense/defense.
- Rec. Time: 5 minutes, then rotate off/def.

Legend:  
Black - Defending  
Green - Attacking



## Transition & Pressure

Style of Play element(s): Team-Based #2

**Moment:** Transition

**Area of the field:** Our or Their half

**Tactical Principle:** Prevent opponents from playing forward by making it small, forcing inaccurate passes, and regaining the ball.

**Summary:** A 2v2 game where both teams try to score goals. However, the team on defense is permitted to bring in a third player, which means that the offense always has two players to go against three defenders.

### Coaching Objectives:

1. Defending teams delay attack until they get help.
2. Communicating as a team (pressure/cover) to regain possession.

### Questions to Players:

1. How can you slow the attack until 3rd teammate arrives? Answer: shield players to the sides.
2. How do I support my teammate? Answer: Quick burst of speed when running onto the field, body positioning, and reading the direction of play.

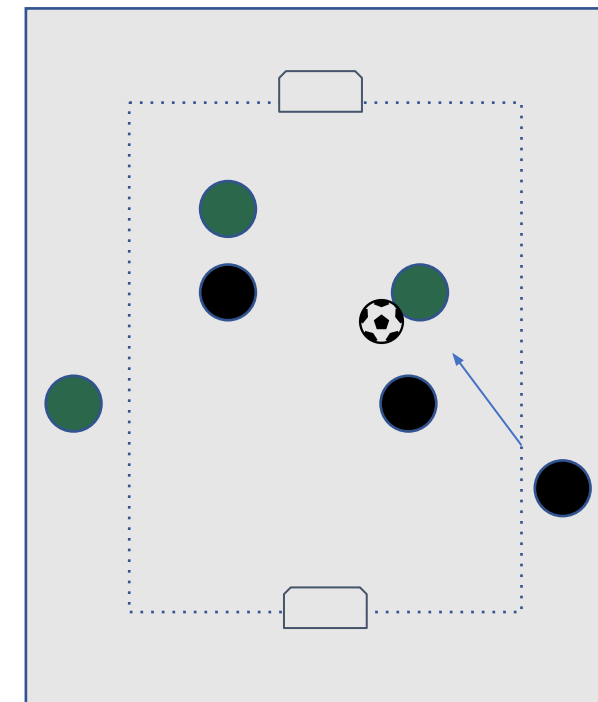


Practice Session 7v7.2

- Setup: 20x15-yard playing grid. Divide players into two groups of three-person teams.
- Play: Starting with 2v2 inside the grid, each team defends and attacks a goal. The team without the ball is allowed to bring its third player into the grid to defend and get the ball back. Once they win the ball back, the 3rd player leaves the grid, and opponents may bring in their 3rd player in to help defend. This teaches the transition from offense to defense: 2v3 to 3v2.
- Progression: To make game easier, use a larger space and have the outside player wait 5 seconds before entering. To increase difficulty, use a smaller space and allow defender to enter sooner.
- Recommended Time: 10 minutes per game, then alternate teams.

### Legend:

Line - Movement  
Green - Attacking  
Black - Defending





## 2v2v2

Style of Play element(s): Intelligence # 1

**Moment:** Transition to WE have the Ball

**Area of the field:** Our or Their Half

**Tactical Principle:** Utilize available space and move to be an option for a teammate and create triangles and passing options.

**Summary:** Teams of two “score” points by working together with other teams to achieve five or more passes.

### Coaching Objectives:

1. Encourage players to find space and get open for passes, triangles.
2. Make use of outside/neutral players to maintain possession. They (grey players) are always open.

### Questions to Players:

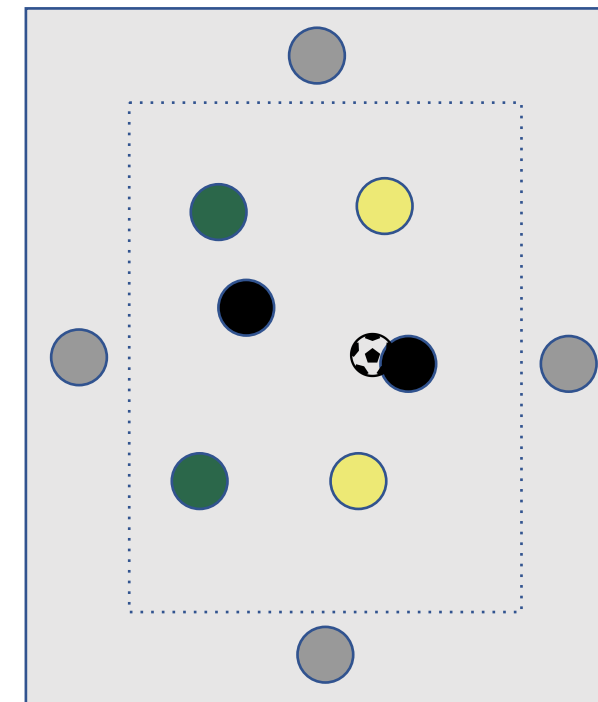
1. Why do you want possession? Answer: other team can't score.
2. How do I support my teammate? Answer: movement off the ball to create tactical space for a pass. Shield teammate to make a pass to neutral.



Practice Session 7v7.3

- ▶ Setup: 20x15-yard playing grid. Divide players into four or five two-person teams.
- ▶ Play: Three teams (green, yellow and black) are inside the grid. Two teams work together so that it is 4v2 against the third. The other players (grey) are neutral and may receive passes outside the grid. Teams connect as many passes as possible without the defenders disrupting play.
- ▶ Progression: Neutrals make game easier. Make space larger (easier) or smaller (harder). Expert mode: dynamically change which team is on defense when a team makes a mistake.
- ▶ Additional Info: Rotate neutral players into the grid. Change offense/defense.
- ▶ Recommended Time: Five minutes per game, then alternate teams.

Legend:  
Grey - Neutral



## 4v2 Quick Score

Style of Play element(s): Intelligence #2

**Moment:** WE have the ball

**Area of the field:** Their Half

**Tactical Principle:** Occupation in front of the goal, collective movement, anticipating shooting opportunities.

**Summary:** Attacking with numerical, time, and space advantages. Players seek to pass and move in order to get defenders out of position and create opportunities for a high probability of scoring.

### Coaching Objectives:

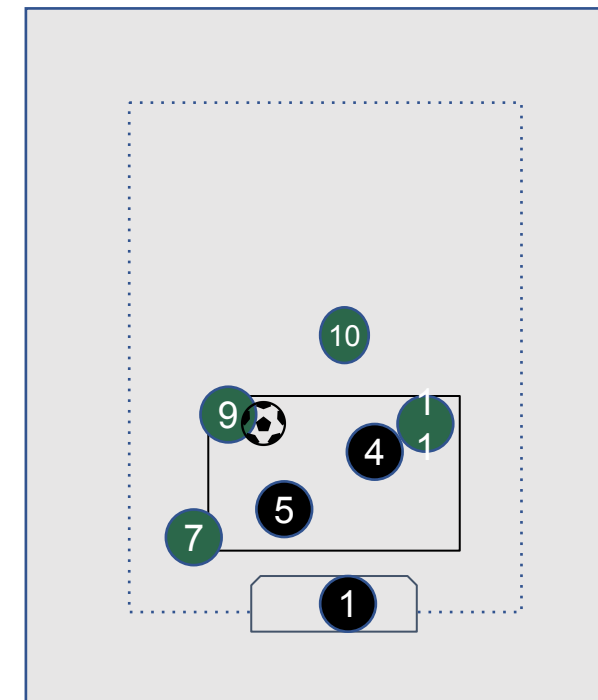
1. Encourage players without the ball to move, creating space by pulling defenders with them.
2. Take shots quickly when given the opportunity.

### Questions to Players:

1. Why do you want to move without the ball?  
Answer: to un-organize the defenders.
2. How do I support my teammate? Answer: movement off the ball to create tactical space for a pass or shield teammate for an opportunity to score.

- ▶ Setup: Create small 20 wide x 10 yard deep grid in front of goal. Divide players into two team, 4v2+1GK (four offensive players against two defenders plus one goalie).
- ▶ Play: One team attacks and tries to create chances by using their 4v3 advantage. Defending players may not leave 20x10 zone and can only defend.
- ▶ Progression: Allow 1 defender to leave zone to create higher pressure on possession team (harder). Make space larger (easier) or smaller space (harder).
- ▶ Recommended Time: Ten minutes per game, then alternate teams.

Legend:  
Green - Attacking  
Black - Defending



Practice Session 7v7.4



## 3v1 Rondo

Style of Play element(s): Possession #1

**Moment:** WE have the ball

**Area of the field:** Our half or their half

**Tactical Principle:** Create triangles; move to be an option to receive the ball.

**Summary:** Three players attempt to retain possession against a single defender.

### Coaching Objectives:

1. Every time a pass made, a player without the ball should immediately move into position so as to be an option to receive the next pass.
2. Look for coaching moment to discuss how communicating with or without the ball can assist one's players.

### Questions to Players:

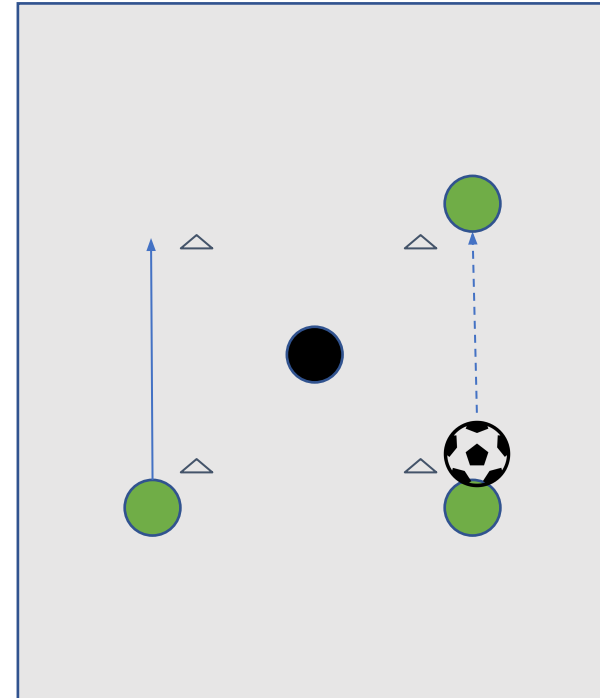
1. When should a player move? Answer: The player who is neither passing nor receiving should immediately move to create a new triangle.
2. What types of communication are helpful? Answer: Players without the ball guiding teammates for the next passing choice.



Practice Session 7v7.5

- ▶ Setup: Four cones create a square approximately 4-5 yards on a side. Players stand slightly outside the cones, not on them, to prevent ball from hitting cone.
- ▶ Play: Attackers occupy three out of the four positions on the square. The player with the ball should always have an option to pass to the left or right. Thus, each time a pass is made, a player needs to quickly run to the open cone to be a passing option. Defense: steal the ball.
- ▶ Progression: Larger (easier) or smaller (harder) space. Setting a touch limit increases difficulty.
- ▶ Additional Info: Rotate attackers and defenders.
- ▶ Recommended Time: 10-15 minutes, being sure to rotate roles.

Legend:  
Triangle - Cone  
Green - Attacking  
Black - Defending  
Line - Movement  
Dotted Line - Pass



# Keepaway with Neutral

Style of Play element(s): Possession #2

**Moment:** We have the Ball

**Area of the field:** Our half or their half

**Tactical Principle:** Utilize available space; move - be an option for a teammate; create triangles.

**Summary:** Three players work together with an additional neutral player, to maintain possession as long as possible. Switch after turnover.

## **Coaching Objectives:**

1. Teach decision when to pass or dribble.
2. Help players create triangles at all times and utilize neutral player frequently.
3. Movement into space to create space.

## **Questions to Players:**

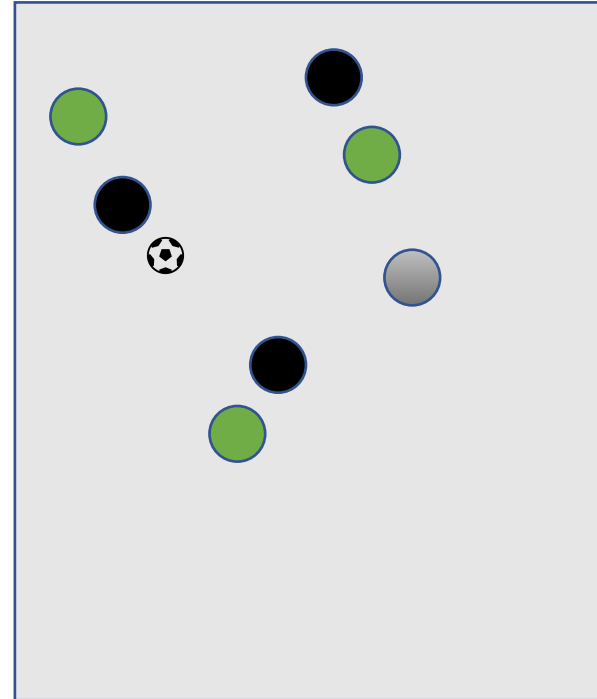
1. Who dictates where the ball goes? Answer: The player off the ball. Either for a pass or creating space with a tactical run.
2. How can you make it harder for defenders? Answer: make it big - use full area.



Practice Session 7v7.6

- ▶ Setup: 20x20 grid.
- ▶ Play: Two teams of three play inside of a grid to possess the ball as long as possible. It is a simple game of keepaway with one twist: the neutral player (grey) always assists the team that has the ball.
- ▶ Progression: Larger (easier) or smaller (harder) space. Fewer (easier) or more (harder) players in grid. 5 passes = 1 point, 10 passes = 5 points.
- ▶ Additional Info/Option: Rotate neutral players.
- ▶ Recommended Time: 15-20 minutes, ensuring that players have time to fully understand the concept of how movement without the ball allows team to maintain possession.

Legend:  
Grey - Neutral



## 2v1 to Goal

**Style of Play element(s):** Dynamic Attack #1

**Moment:** Transition to WE have the Ball

**Area of the field:** Their Half

**Tactical Principle:** Recognize and use the 2v1 or 1v1 (dribble & speed mismatch).

**Summary:** Two attacking players work together to get past a defender and shoot on goal.

### **Coaching Objectives:**

1. Encourage attacking players to go quickly to goal—pass, move, dribble, strike.
2. Look for coaching moment to share when a player should have tried to score vs. passing or visa versa.

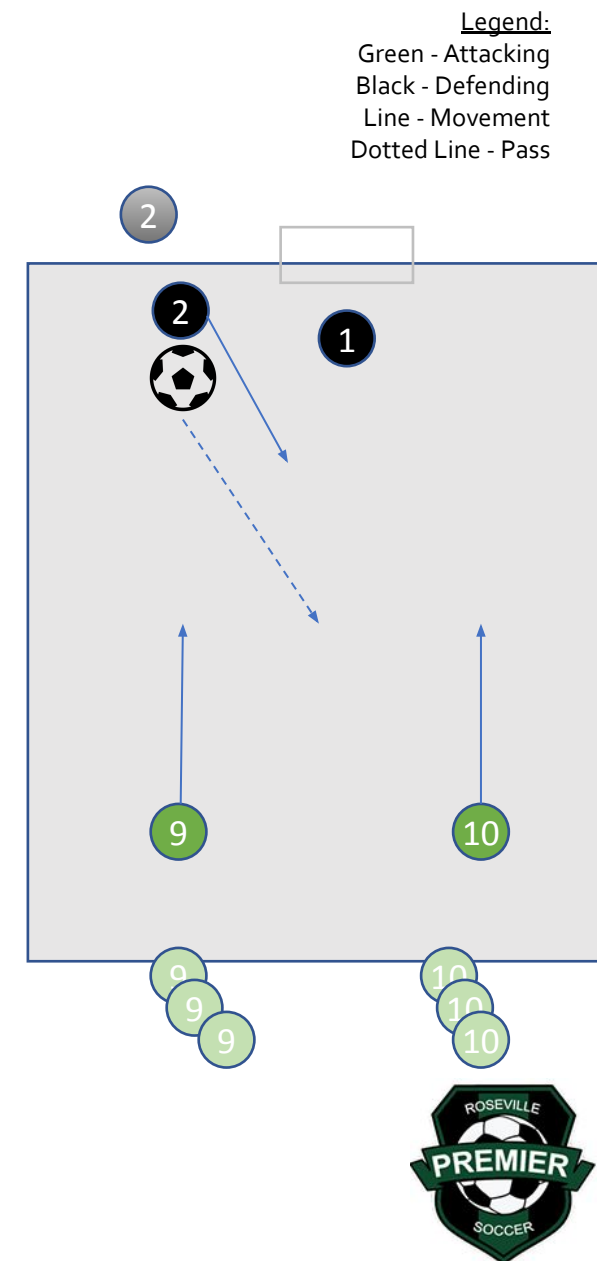
### **Questions to Players:**

1. Who dictates where the ball goes? Answer: The player off the ball. Either for a pass or creating space with a tactical run.
2. When do you want to pass or go solo to score? Answer: When defender or GK is out of position. Recognize the opportunity.



Practice Session 7v7.7

- ▶ Setup: A goalkeeper (1) + defender (2) are behind the goal with all balls, and all other players (9, 10) are ~30 yards away.
- ▶ Play: On coaches signal, a single defender (2) plays the ball to two attacking players (9, 10), creating a transition moment. The defender immediately applies pressure on the attacking players. The two attacking players immediately work together to pass or dribble, and score.
- ▶ Progression: Larger or smaller space, set a time limit for attackers to score. If scoring is too easy, add a second defender.
- ▶ Additional Info/Option: Rotate attackers and defenders.
- ▶ Recommended Time: 15-20 minutes, ensuring that players have the option to play both defensive and attacking roles.



# 1v1 Battle

Style of Play element(s): Dynamic Attack #2

**Moment:** We have the ball

**Area of the field:** Their Half

**Tactical Principle:** Finishing, anticipating shooting opportunity and adjusting to shoot.

**Summary:** Two attacking players work against each other to try to get to the ball first and then score a goal quickly.

**Coaching Objectives:**

1. Encourage attacking players to dribble quickly to goal and strike.
2. Look for explosive speed & agility. Quick movements to capitalize on space advantage.

**Questions to Players:**

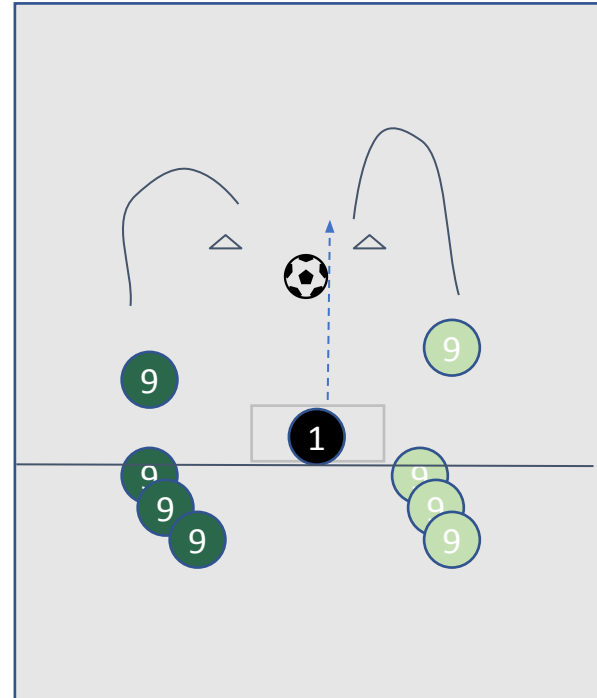
1. When do you shoot? Answer: When you have the opportunity.
2. What else do you need to do when attacking with little time? Answer: Look up, watch opponent and look for GK out of position.



Practice Session 7v7.8

- ▶ Setup: 20x30 area in front of a goal. Two cones to mimic a defender on each side.
- ▶ Play: Goalkeeper plays the ball in between the two cones, which represent defenders. Upon pass, two attackers race out around the cones (defenders) to get to the ball first and to score. The player who gets to the ball first attempts to score; the other player defends if still possible.
- ▶ Progression: Make field wider and larger to make activity easier. Make more difficult by moving cones in to make space smaller and narrower.
- ▶ Additional Info: Ensure that players are rotated in their 1v1 matchup.
- ▶ Recommended Time: 20 minutes, ensuring that all players have many opportunities to score.

Legend:  
Green - Attacking  
Black - Goalie  
Line - Movement  
Dotted Line - Pass





# Defending Against Goal Kicks

Style of Play element(s): High Pressure Defense #1

**Moment:** THEY have the Ball

**Area of the field:** THEIR Half

**Tactical Principle:** Prevent opponent from playing forward, dribbling, or passing. Force an inaccurate pass and/or a ball that is hard to control. Regain the ball.

**Summary:** Four attackers try to get the ball and score with high-intensity defending.

### Coaching Objectives:

1. Ensure players are 'pressing' in an organized fashion, not all to the ball. One should apply direct pressure, other cover appropriately.
2. Look for coaching moment where player over-commits rather than applying appropriate team-based pressure.

### Questions to Players:

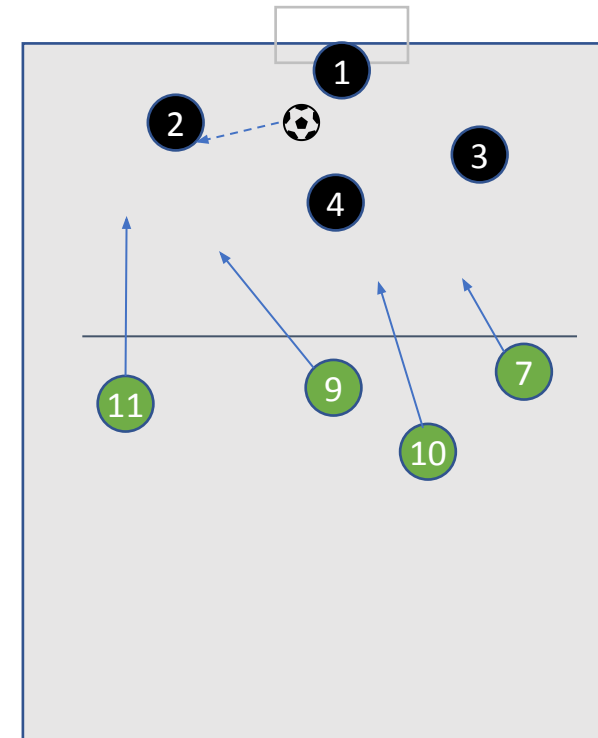
1. How do you apply pressure? Answer: By taking away the space and passing options of the player with the ball.
2. How do you stay organized? Answer: communicate with verbal cues of Pressure/Cover/Balance.



Practice Session 7v7.9

- ▶ Setup: 20-30 yards in front of the goal- create a build-out line with cones.
- ▶ Play: Goalkeeper makes a pass to one of his teammates, and the black team attempts to pass the ball out beyond the build-out line. Upon pass, the attacking team quickly applies pressure and tries to get the ball to then score.
- ▶ Progression: Larger (easier) or smaller space (harder), add (harder) or remove a defender (easier)
- ▶ Additional Info: Rotate attackers and defenders.
- ▶ Recommended Time: 20 minutes, ensuring that players understand pressing means not only on the ball but taking away options.

Legend:  
Green - Attacking  
Black - Defending  
Line - Movement  
Dotted Line - Pass



## 2v2 Flyers

**Style of Play element(s):** High Pressure Defense #2

**Moment:** THEY have the Ball

**Area of the field:** OUR or THEIR half

**Tactical Principle:** Press the player with the ball, Teammates cover, Make it small (space for the opponents to play in as small as possible).

**Summary:** two players try to get the ball with high intensity, short interval defending/pressing.

### **Coaching Objectives:**

1. Players to move quickly, smart and communicate with fellow teammate. Players outside the grid should be prepared to immediately enter and defend.
2. Look for coaching moments when teammate did not support the pressing or was not dynamic enough/taking away passing option.

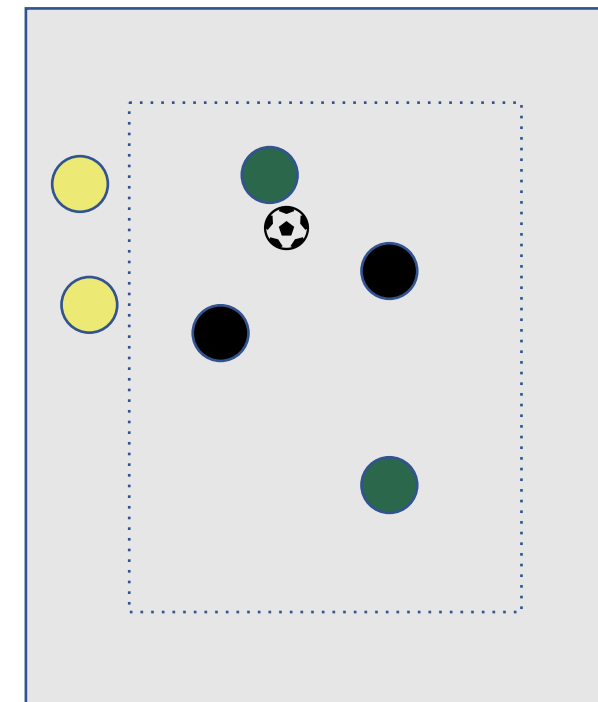
### **Questions to Players:**

1. How do you take away a pass option? Answer: defend not a player but the angle to the player
2. How can your defensive teammate assist? Answer: Communicate. "I've got ball!"

- ▶ Setup: 15x15 grid, three two-person teams, and one ball.
- ▶ Play: two teams play possession/keepaway in the grid 2v2. The moment one team loses the ball, they must immediately leave the grid, and the other team quickly enters to try to get the ball. The team with the ball attempts to hold possession as long as possible.
- ▶ Progression: Larger (easier) or smaller (harder) space. Add a neutral player if too difficult.
- ▶ Recommended Time: two 10 minutes games, ensuring that players have rest in between to ensure that the session is high intensity.

### Legend:

Green - Attacking  
Black - Defending  
Yellow - Enter as Defenders when Green Loses Ball and Exits



Practice Session 7v7.10





# Modified 9v9 CURRICULUM

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Expectations ~ Methodologies ~ Player  
Development ~ Style of Play ~ Lessons



# About this Document

This document has been prepared exclusively and specifically for RYSC coaches of U9 and U10 teams that play 9v9 soccer. Players on these teams will be nine to eleven years old.

Anchored in the Club's Philosophy and Style of Play, the first half of this document provides context, insights, and resources for coaches whose players are transitioning from a smaller (7v7) format to a slightly larger field with larger goals and no more "build-out line, and (3) referees.

The second half of this document is a quick resource for coaches to plan effective practices that will help their players improve.

Questions about this document and/or 9v9 soccer within RYSC can be directed to [9v9@rosevillesoccer.com](mailto:9v9@rosevillesoccer.com) .



# Table of Contents

- Club Philosophy
- Expectations of RYSC Coaches
- Moments & Principles of the Game
- RYSC's Style of Play
  - 9v9 – Elements & Approach
- 9v9 "Cheat Sheet" with Formations, Rules, and Basic Strategies
- 9v9 Coaching Resources: Activities & Lessons



# CLUB PHILOSOPHY

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Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



# ROSEVILLE COACHES:

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- Adhere to Club Expectations for General Conduct, Trainings & Game Day
- Leverage Club-Provided Methodologies and Methods for Training and Coaching
- Receive Resources from the Club to Facilitate Player Development
- Understand & Coach to Roseville's Style of Play
- Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



# General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



# 9v9: Remember These Players' Ages

- **Fun with the ball & team** – These young players want to enjoy the game but they are also taking it more serious. Balance technical instruction with fun, competition, and encouragement.
- **Motor skills** – Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control but also, improve the speed of these activities
- **New structure** – The 9v9 field size introduces two more players. Help players understand the full game, but also how to create 1v1 and 2v1 situations throughout the field.
- **Emphasize player intelligence** – Encourage awareness and thinking about the game so that players improve themselves.
- **Communication is key** – By communicating with each other throughout a practice and game, players help to coach themselves and improve one another.



# MOMENTS & PRINCIPLES OF THE GAME:

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Moments of the Game: 'WE' and 'THEY' ~ Areas of  
the Field





# MOMENTS & PRINCIPLES

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In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer\* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

\*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



# MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

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

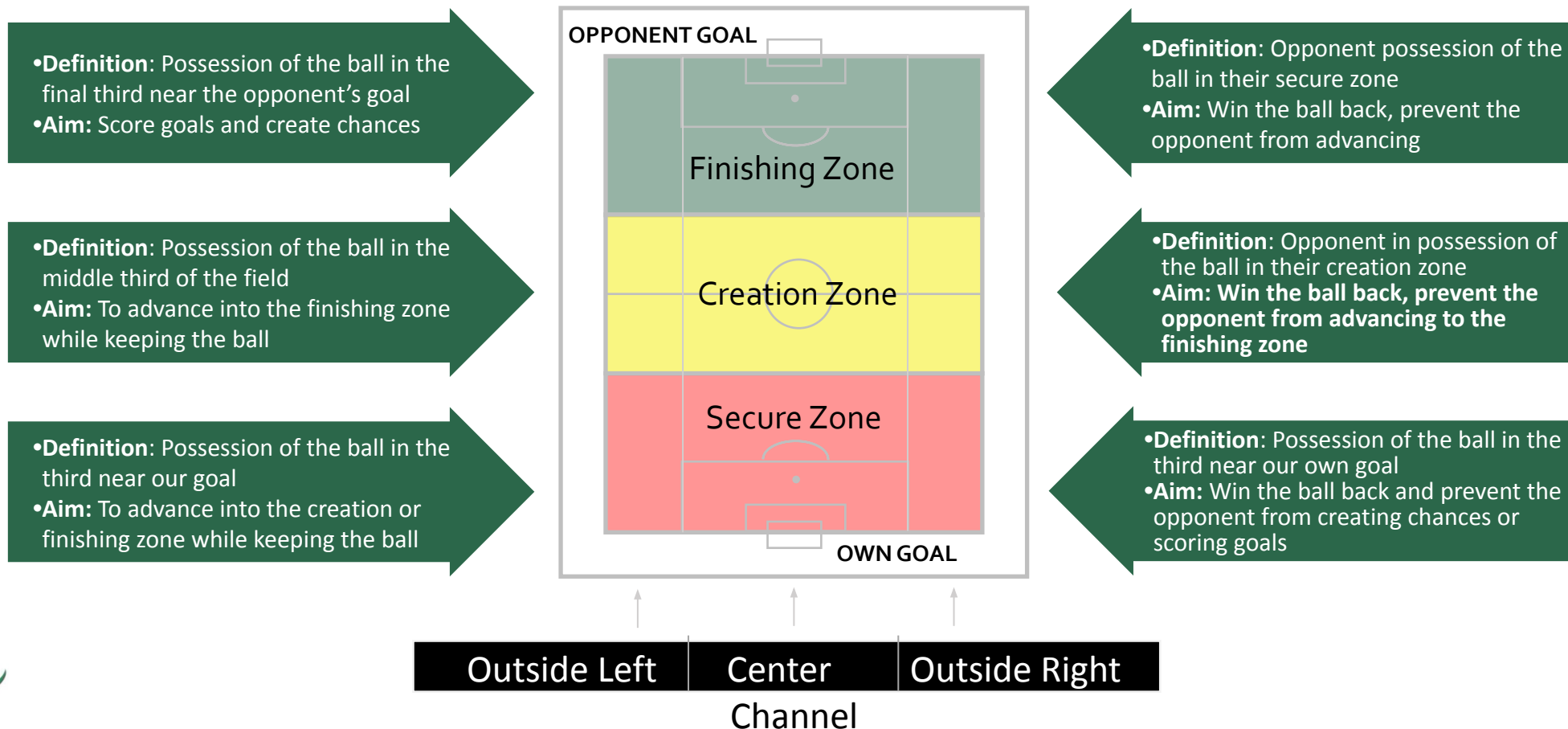


# Moments & Principles: 'WE' & THEY Area

## WE HAVE THE BALL

## 9v9 and 11v11

## THEY HAVE THE BALL



# Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
<b>OUR HALF</b>	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
<b>THEIR HALF</b>	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>



# 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>	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> <li>Make it big</li> <li>Create triangles</li> </ul> <p>Look forward first</p> <p>Go forward when possible</p>	<b>ATTACK</b>	<p>Play the early ball where there is space behind the defense</p> <p>Using either a cross, through ball, or combination when there is space behind the defensive line</p> <p>Go forward with numbers</p> <p>Recognize and use the 2v1 (stage 2) or 1v1 Create numerical superiority</p> <ul style="list-style-type: none"> <li>Dribbling</li> <li>Movement off the ball</li> <li>Passing (ball movement)</li> </ul>
<b>POSSESSION</b>	<p>Look forward first</p> <p>Go forward when possible</p> <p>Utilize available space</p> <p>Move - be an option for a teammate</p> <p>Create triangles</p>	<b>SCORE</b>	<p>Occupation in front of the goal</p> <p>Collective movement to occupy the spaces (near post, far post, penalty spot, space behind defenders, edge of box) Finishing</p> <p>Anticipating shooting opportunity</p> <p>Adjust to shoot</p>



# Tactical Principles: THEY have the ball

THEY have the ball

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

THEY	AIM	THEY	AIM
<b>DENY PLAY FROM BACK</b>	<p>Make it small</p> <p>Closest player applies pressure on the ball Teammates create cover</p> <p>Force them where you want them to play</p>	<b>DENY ATTACK</b>	<p>Press the player with the ball Teammates cover Prevent or defend chances created from:</p> <ul style="list-style-type: none"> <li>Crosses</li> <li>Through balls</li> <li>Combination play</li> <li>Individual action (1v1)</li> </ul> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>
<b>DENY POSSESSION</b>	<p>Press the player with the ball Teammates cover Prevent them from playing forward</p> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>	<b>DENY SCORING</b>	<p>Block the shot</p> <ul style="list-style-type: none"> <li>Clear it if needed</li> <li>Goalkeeping</li> <li>Shots / Crosses / Through-balls / 1V1</li> </ul>



# Tactical Principles: Transition We to They

## Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> <li>• The closest player needs to put pressure on the ball</li> <li>• Pressure from the right direction (force the attacker to go where you want them to)</li> <li>• Other players recognizing how this pressure affects their positioning (pressure, cover, balance)</li> </ul> <p><b>All principles in relation to space, time, teammates, opponents, &amp; the ball</b></p>		<p>Look/go forward Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> <li>• Skip players</li> <li>• Looking forward first</li> <li>• Dribble or pass to go forward</li> <li>• Orientation, overview speed</li> </ul> <p>Create passing options Moving to be an option for a teammate</p> <ul style="list-style-type: none"> <li>• Create Triangles</li> <li>• Create as many triangles as possible</li> <li>• Beat anticipated immediate pressure from opponent</li> </ul> <p><b>All principles in relation to space, time, numbers, &amp; the ball</b></p>



# STYLE OF PLAY

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Team-Based ~ Intelligence ~ Possession ~  
Dynamic Attack ~ High-Pressure Defense





# FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

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Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



## 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.

## Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic  
Attack

High-  
Pressure  
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



# How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense □ defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement



# 9v9: Style of Play Elements to Emphasize

Coaches of 9v9 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Emphasize overlapping runs, the opportunities this can create, and the required defensive coverage that results.
- **Intelligence** – Dynamic decision-making that assesses in real-time how the game is unfolding on offense, defense, and in transition. WE + THEY.
- **Possession** – Understanding how a player's position and reposition dynamically unfolds.
- **Dynamic Attack** – Players are encouraged to explore creativity, be adaptive to teammates' and opponents' spontaneity, and act on full-field vision.
- **High-Pressure Defense** – Offensive players learn to rapidly recover as “defenders,” with team shifting to deny opponents outlets.



Learn to TRAIN



# U11 & U12 / 9v9 – Boys & Girls: Season Plan

Playing Together – working with 2-3 players towards a line

- Move to 9v9
- Continued mastery of the ball - may need to encourage outside of training
- Play and understand the system 9v9 (structure, shape, movement = how to play together - creating and using space, scanning/shaping). Encourage, reinforce player communication
- Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight
- Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.
- Players should rotate in two or three different positions to avoid early specialization.
- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
- When WE have the ball WE get BIG - team shape, Main emphasis for U11/12 is still WE have the ball
- Begin to train in THEY - WE get SMALL, shape, pressure, cover
- WE to THEY - get it back where we lost it, defensive shape, setting a defensive line



Learn to TRAIN



# 9v9: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim win, but not at any cost. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



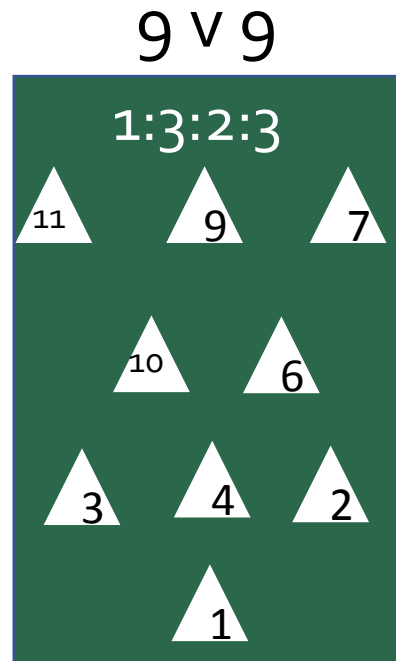
# Style of Play: Key Qualities – by age group

Technique	U8-U10	U11-U13	U14-U19
Ball comfort – ball manipulation – touch	x	x	x
Shooting	x	x	x
Receive/open/pass with 2 feet (short and long)	x	x	x
Defending a player or the ball	x	x	x
Protects the ball (shielding)-turning	x	x	x
Running with the ball-change of direction	x	x	x
Passing – short, medium distance	x	x	x
Passing – long distance		x	x
Receive-1st touch opening up right/left	x	x	x
Defend the ball or man 1v1 THEY	x	x	x
Beat a man 1v1 WE	x	x	x
Insight	U8-U10	U11-U13	U14-U19
Decision making on and off the ball		x	x
Decision making on the ball (passing/dribbling/shooting choice)	x	x	x
Decision making off the ball (when/where/how to move off the ball)		x	x
Decision Making In WE	x	x	x
Decision Making In THEY	x	x	x
Speed of thought and action (on and off the ball)		x	x
Speed of thought (how quickly can they come to their decision)		x	x
Speed of action (do they execute their action at the right speed)		x	x
Decision Making In Transition		x	x
Positioning & repositioning in relation to situation (s)	x	x	x
Creativity	x	x	x
Reading of Options	x	x	x
Belief in the Style of Play		X	x
Shares The Ball		x	x

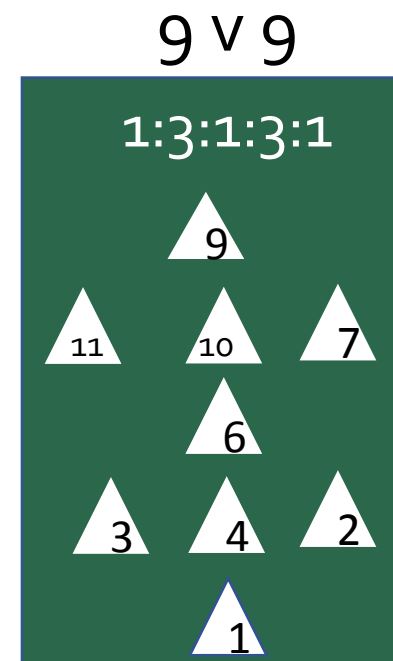
Personality	U8-U10	U11-U13	U14-U19
Perseverance		x	x
Continues on when facing adversity & challenges	x	x	x
Emotional stability		x	x
Accountability		x	x
Coachable	x	x	x
Listens and implements feedback in training and games	x	x	x
Is involved and engaged in training sessions and exercises	x	x	x
Responsibility		x	x
Accepts responsibility for their own actions	x	x	x
Mental Toughness		x	x
Creates (helps create) a personal development plan and development goals			x
Organizes and manages their performance environment			x
Effort & Intensity	x	x	x
Social-works well with others	x	x	x
Communication – coaches teammates	x	x	x
Movement without the ball (can create and use space)		x	x
Team Spirit	x	x	x
Adaptability			x
Speed & Agility	U8-U10	U11-U13	U14-U19
Coordination/agility		x	x
Endurance		x	x
Uses their body effectively		x	x
Power/speed (quickness)		x	x
Cardio Fitness	x	x	x



# Systems of Play / Modified Game Formations



- Strong for play from back
- Midfield involved in We and They
- Def to make runs on attack



- Great for play from back
- (2) Diamonds give full field coverage
- High Press game with one lone sweeper
- Mid must support lone striker

Formations should be played to ensure consistency and tactical understanding as the game size expands. Players at these stages should be rotated into all positions to maximize a greater understanding of the tactical impact of player positioning and player responsibilities.





# 9v9 TRAINING RESOURCES

The activities that follow can be used at 9v9 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

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



# ONE TRAINING METHOD

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## 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 scoring 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: 5v5 to goal - two counter goals

**MOMENT:** WE have the ball

**OBJECTIVE:** To create scoring chances and score goals.

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

**ORGANIZATION:** In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. 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 Scoring Goals # 2

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

**KEY QUALITIES** Read the game, Be proactive, 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: 5v5 to goal

**OBJECTIVE:** To score goals.

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

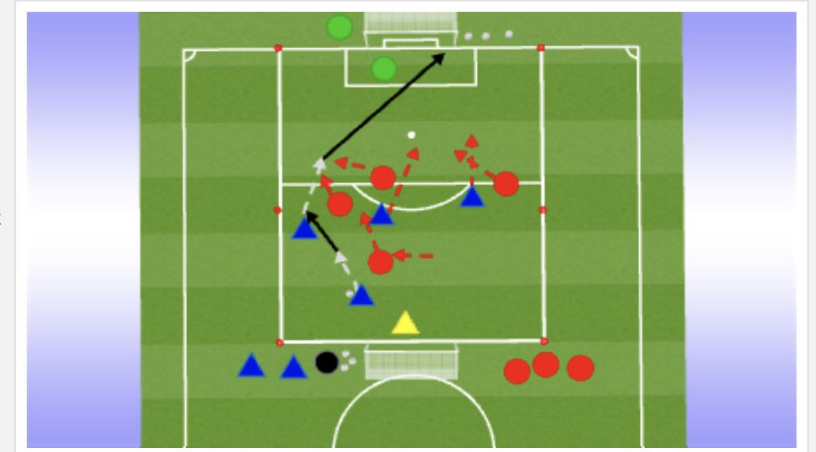
**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 1 midfielder. Both teams will score in the opponent's goal. All laws of the game in effect. If the 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: 6v4 to goal & 2 small goals

**MOMENT:** THEY have the ball

**OBJECTIVE:** To deny scoring chances.

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

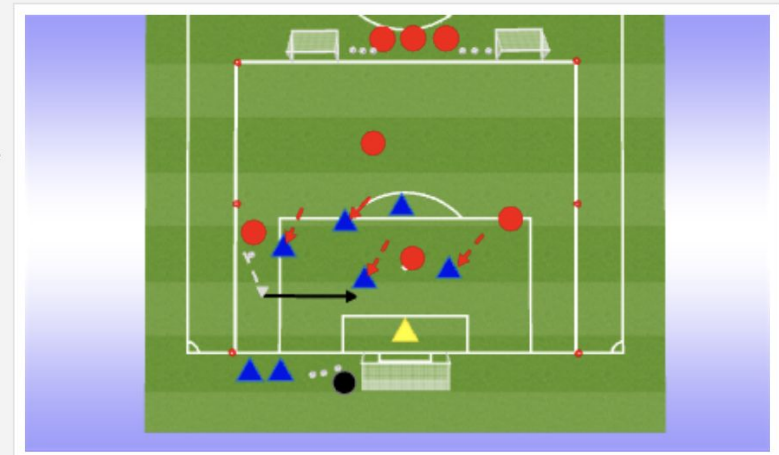
**ORGANIZATION:** In our secure zone of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1 striker will try to score 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 compact - 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

**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: 6v5 to regular goals

**OBJECTIVE:** Deny Scoring chances.

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

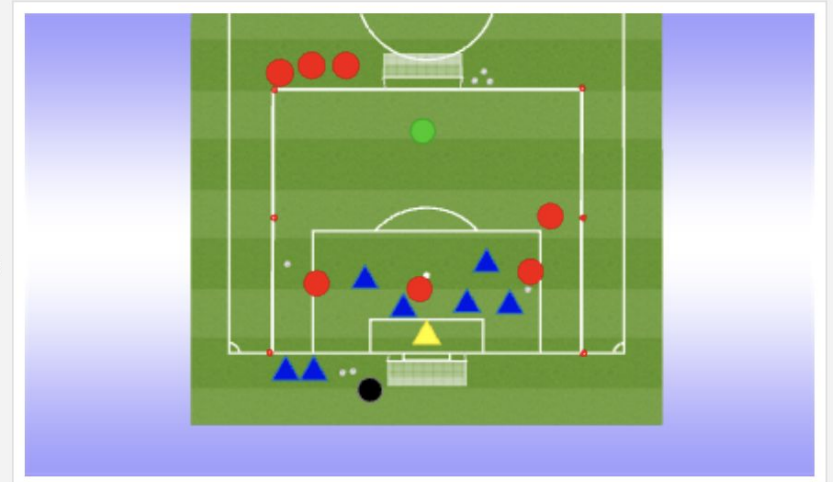
**ORGANIZATION:** In our secure zone of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 5 Red players: 1GK, 1 midfielder, 2 wingers and 1 striker will try to score in the Blue's goal. 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:** Block the shot, Pressure, Help and Double.

**GUIDED QUESTIONS:** 1. How can a defender block the shot to goal? 2. Who will hassle 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:** Creative & Secure Zone

**GOAL:** Improve the build up from our Secure Zone in order to move the ball into the Creative Zone # 1

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

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

**PRINCIPAL:** Build Up From Back

**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: 6v5 to goal and dribbling gates

**OBJECTIVE:** Move the ball forward into the opponent's half.

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

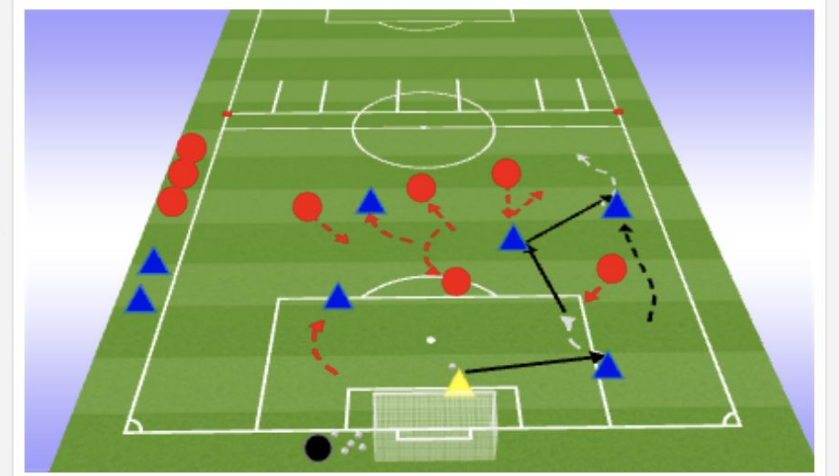
**ORGANIZATION:** In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers, and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game are 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 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:** Creative & Secure Zone

**GOAL:** Improve the build up from our Secure Zone in order to move the ball into the Creative Zone #2

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack

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

**PRINCIPAL:** Build Up From Back

**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

**OBJECTIVE:** Pass or dribble to move the ball forward into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack.

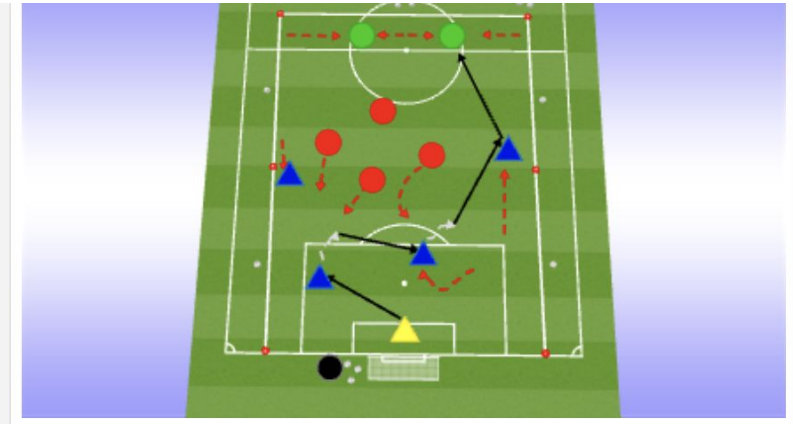
**ORGANIZATION:** In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the 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:** Disperse, Connect, Take it and Options.

**GUIDED QUESTIONS:** 1. Where should we go to disperse? 2. When is a good time to connect around the defenders 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?

**ANSWERS:** 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.





# Week 7

## Description

**MOMENT:** THEY have the ball

**AREA:** Creative Zone

**GOAL:** Improve preventing the opponent from building up in 'their Secure Zone'

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure, Cover & Balance

**KEY QUALITIES:** Make decisions, Focus, Optimal physical abilities

**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: 6v7 to goals and two targets

**OBJECTIVE:** To regain the ball in the Creative Zone

**PLAYER ACTIONS:** Protect the goal, Create Transition moment by stealing the ball, Pressure, Cover & Balance.

**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: 1GK, 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:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY WORDS:** Prevent, Pinch, Pressure and Help.

**GUIDED QUESTIONS:** 1. Who and how should we be preventing the forward pass? 2. When is a good time to pressure the attacker with the ball? 3. Who should help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball should protect the goal by getting in between the ball and goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should provide cover and balance.



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# Week 8

## Description

**MOMENT: THEY** have the ball

**AREA:** Creative & Secure Zone

**GOAL:** Improve preventing the opponent from building up and creating scoring chances in our Secure Zone

**PLAYER ACTIONS** Protect the goal, Pressure, Cover & Balance, Make and Keep it Small

**KEY QUALITIES** Read the game, Be Pro-active, Focus

**PRINCIPAL:** 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: 6v5 to regular goals

**OBJECTIVE:** To prevent the opponent from moving the ball forward and regain the ball.

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

**ORGANIZATION:** In the defensive half of a 9v9 field, set up a 50Wx30L field with 4 small goals as shown. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 4 Red team: 1 midfielder, 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.



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# Week 9

## Description

**MOMENT:** WE have the ball

**AREA:** Creative & Finishing Zone

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

**PLAYER ACTIONS** Pass or dribble forward, Spread out (GO BIG), 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: 5v6 to goal - two counter goals

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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out (GO BIG), Support the attack, Create a 2v1 or 1v1.

**ORGANIZATION:** In the Secure and Finishing Zone of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score in one of the two counter goals. 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.

**KEY WORDS:** Get wide (Go BIG), Possess, Penetrate, Combine.

**GUIDED QUESTIONS:** 1. What do we create 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. Where should we be to combine with the attacker with the ball?

**ANSWERS:** 1. By spreading out we create an opening to play through - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane.



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# Week 10

## Description

**MOMENT:** WE have the ball

**AREA:** Creative & Finishing Zone

**GOAL:** Improve the build up in the Creative and Finishing Zone in order to create scoring chances #2

**PLAYER ACTIONS** Pass or dribble forward, Spread out (GO BIG), 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: 5v6 to goal and end zone

**OBJECTIVE:** To pass and dribble forward to create scoring chances.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out (GO BIG), Create a 2v1 or 1v1, Change the attack.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score by dribbling or passing to a teammate running into the end zone. 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.

**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 a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?

**ANSWERS:** 1. We spread out (GO BIG) - 2. Possess the ball, pass around the defenders to move the ball forward - 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.



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# Week 11

## Description

**MOMENT:** THEY have the ball

**AREA:** Finishing Zone

**GOAL:** Improve preventing the opponent from building up in the Secure Zone

**PLAYER ACTIONS** Pressure, cover and balance, Get and make it compact/'Small', Create Transition Moment

**KEY QUALITIES** Understand the game, Focus, Take initiative

**PRINCIPALS:** DENY POSSESSION/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: 5v6 to Goal & Two Counter Goal

**OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.

**PLAYER ACTIONS:** Pressure, cover and balance, Get and make it compact, Steal the ball

**ORGANIZATION:** Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Blue attackers, 5 Red defenders and their goalkeeper. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Attack the ball, Work together, Tackle or poke.

**GUIDED QUESTIONS:** 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

**ANSWERS:** 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.



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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



# Modified 11v11 CURRICULUM

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Expectations ~ Methodologies ~ Player  
Development ~ Style of Play ~ Lessons



# About this Document

This document has been prepared exclusively and specifically for RYSC coaches of U9 and U10 teams that play 11v11 soccer. Players on these teams will be nine to eleven years old.

Anchored in the Club's Philosophy and Style of Play, the first half of this document provides context, insights, and resources for coaches whose players are transitioning from a smaller (7v7) format to a slightly larger field with larger goals and no more "build-out line, and (3) referees.

The second half of this document is a quick resource for coaches to plan effective practices that will help their players improve.

**Questions about this document and/or 11v11 soccer within RYSC can be directed to [11v11@rosevillesoccer.com](mailto:11v11@rosevillesoccer.com) .**





# Table of Contents

- Club Philosophy
- Expectations of RYSC Coaches
- Moments & Principles of the Game
- RYSC's Style of Play
  - 11v11 – Elements & Approach
- 11v11 "Cheat Sheet" with Formations, Rules, and Basic Strategies
- 11v11 Coaching Resources: Activities & Lessons



# CLUB PHILOSOPHY

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Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



# ROSEVILLE COACHES:

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- Adhere to Club Expectations for General Conduct, Trainings & Game Day
- Leverage Club-Provided Methodologies and Methods for Training and Coaching
- Receive Resources from the Club to Facilitate Player Development
- Understand & Coach to Roseville's Style of Play
- Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



# General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



# MOMENTS & PRINCIPLES OF THE GAME:

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Moments of the Game: 'WE' and 'THEY' ~ Areas of  
the Field



# MOMENTS & PRINCIPLES

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In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer\* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

\*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



# MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

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

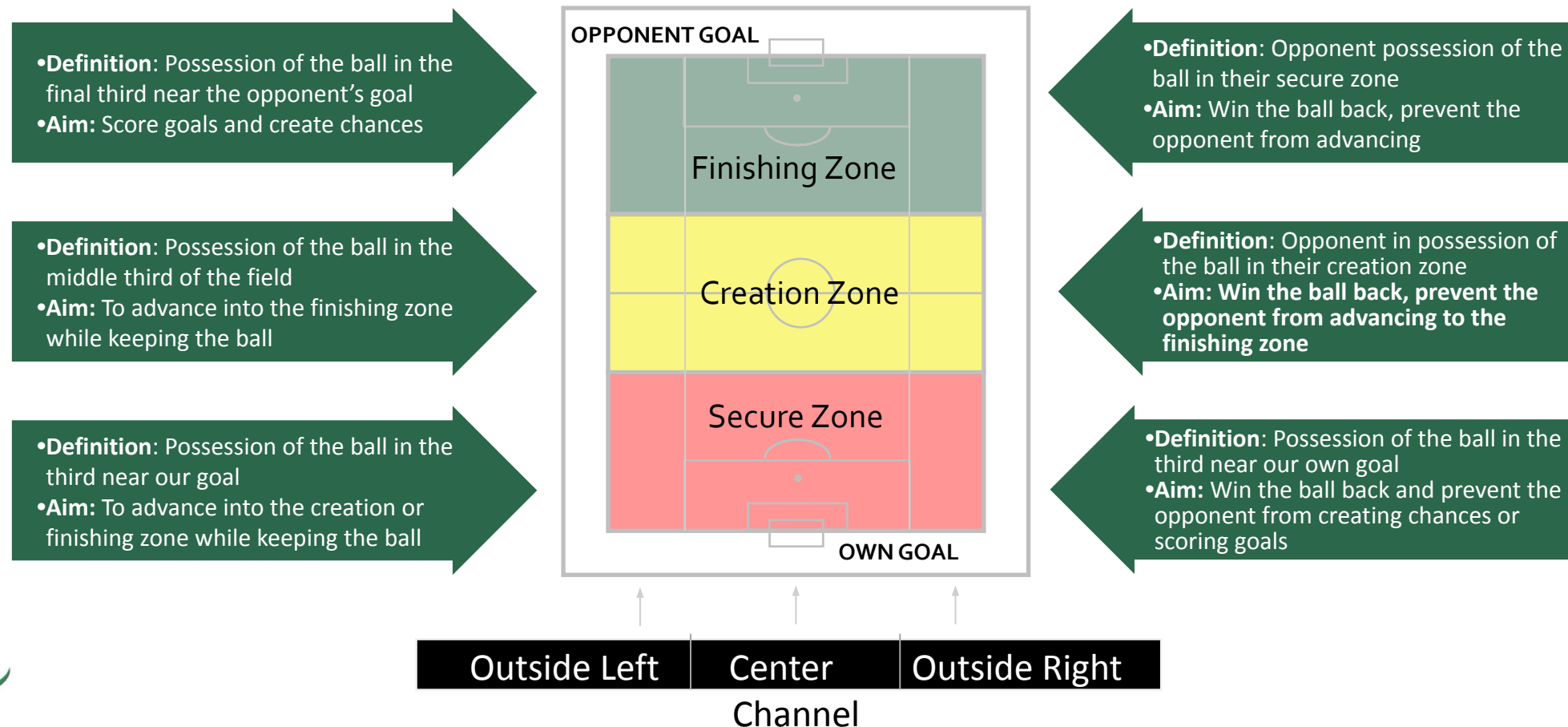


# Moments & Principles: 'WE' & THEY Area

## WE HAVE THE BALL

## 9v9 and 11v11

## THEY HAVE THE BALL





# Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
<b>OUR HALF</b>	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
<b>THEIR HALF</b>	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>



# 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>	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> <li>Make it big</li> <li>Create triangles</li> </ul> <p>Look forward first</p> <p>Go forward when possible</p>	<b>ATTACK</b>	<p>Play the early ball where there is space behind the defense</p> <p>Using either a cross, through ball, or combination when there is space behind the defensive line</p> <p>Go forward with numbers</p> <p>Recognize and use the 2v1 (stage 2) or 1v1 Create numerical superiority</p> <ul style="list-style-type: none"> <li>Dribbling</li> <li>Movement off the ball</li> <li>Passing (ball movement)</li> </ul>
<b>POSSESSION</b>	<p>Look forward first</p> <p>Go forward when possible</p> <p>Utilize available space</p> <p>Move - be an option for a teammate</p> <p>Create triangles</p>	<b>SCORE</b>	<p>Occupation in front of the goal</p> <p>Collective movement to occupy the spaces (near post, far post, penalty spot, space behind defenders, edge of box) Finishing</p> <p>Anticipating shooting opportunity</p> <p>Adjust to shoot</p>



# Tactical Principles: THEY have the ball

THEY have the ball

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

THEY	AIM	THEY	AIM
<b>DENY PLAY FROM BACK</b>	<p>Make it small</p> <p>Closest player applies pressure on the ball Teammates create cover</p> <p>Force them where you want them to play</p>	<b>DENY ATTACK</b>	<p>Press the player with the ball Teammates cover Prevent or defend chances created from:</p> <ul style="list-style-type: none"> <li>Crosses</li> <li>Through balls</li> <li>Combination play</li> <li>Individual action (1v1)</li> </ul> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>
<b>DENY POSSESSION</b>	<p>Press the player with the ball Teammates cover Prevent them from playing forward</p> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>	<b>DENY SCORING</b>	<p>Block the shot</p> <ul style="list-style-type: none"> <li>Clear it if needed</li> <li>Goalkeeping</li> <li>Shots / Crosses / Through-balls / 1V1</li> </ul>



# Tactical Principles: Transition We to They

## Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> <li>• The closest player needs to put pressure on the ball</li> <li>• Pressure from the right direction (force the attacker to go where you want them to)</li> <li>• Other players recognizing how this pressure affects their positioning (pressure, cover, balance)</li> </ul> <p><b>All principles in relation to space, time, teammates, opponents, &amp; the ball</b></p>		<p>Look/go forward Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> <li>• Skip players</li> <li>• Looking forward first</li> <li>• Dribble or pass to go forward</li> <li>• Orientation, overview speed</li> </ul> <p>Create passing options Moving to be an option for a teammate</p> <ul style="list-style-type: none"> <li>• Create Triangles</li> <li>• Create as many triangles as possible</li> <li>• Beat anticipated immediate pressure from opponent</li> </ul> <p><b>All principles in relation to space, time, numbers, &amp; the ball</b></p>



# STYLE OF PLAY

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Team-Based ~ Intelligence ~ Possession ~  
Dynamic Attack ~ High-Pressure Defense



# FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

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Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



## 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.

## Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic  
Attack

High-  
Pressure  
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



# How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense □ defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement





# 11v11: Style of Play Elements to Emphasize

Coaches of 11v11 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Players recognize that they and their teammates see the entirety of the field; voluminous on-field communication serves as real-time coaching/instruction.
- **Intelligence** – A complete reading of the game—offense, defense, and transitions. Improved decision-making and complete understanding of WE > THEY and THEY > WE.
- **Possession** – Dynamic movement, irrespective of position, leverages ongoing possession into opportunities for creativity and dynamic attack.
- **Dynamic Attack** – Identifying and playing towards opponents' structural weaknesses, as well as temporary lapses that create momentary opportunity.
- **High-Pressure Defense** – Adapting to opponents' play, recognizing the type of pressure, coverage, and effort that effectively generate turnovers.



# 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

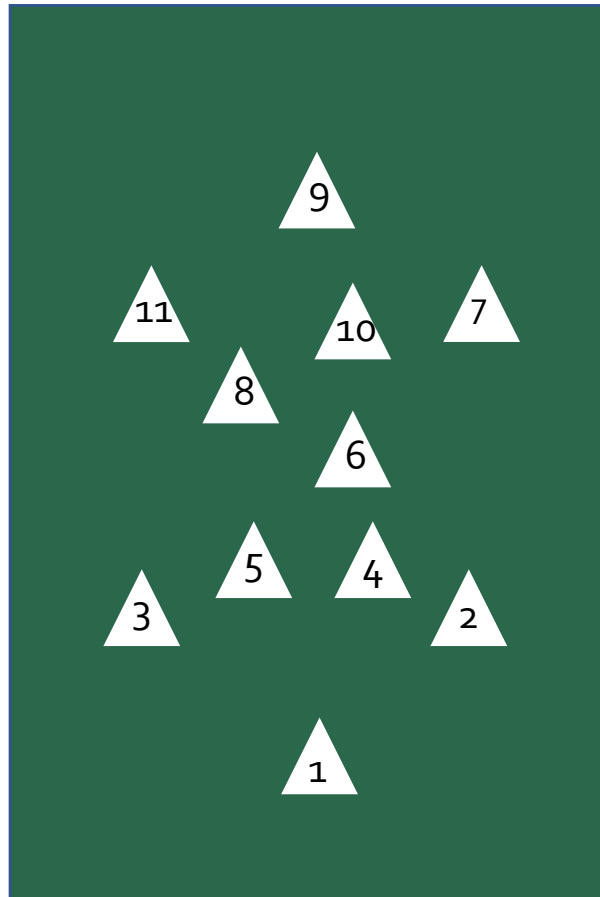
- Tactical training and small-sided games continue to be an essential part of the training at this stage. All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
- The physical aspect of the game is key at this stage: endurance, strength 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



# US Soccer: Player Positions Defined\*



- 1 - Goalkeeper - last line of defense and only player who may use hands in the field of play..
- 2, 3 - Right/Left Back - rear defenders who protect sides of field. Strong 1v1 defensive ability. Also called fullbacks.
- 4, 5 - Center Backs - rear, central defenders. Strong players capable of covering ground and tackling well. Also called stoppers.
- 6 - Defensive Midfielder - in front of defenders and responsible for intercepting passes and smart distribution.
- 8 - Central Midfielder - responsible for center of the field, both attacking and defending. Requires hard work and creative playmaking.
- 10 - Attacking Midfielder - between midfield and offensive line, responsible for dribbling, attacking, and scoring.
- 7, 11 - Right/Left Wingers - responsible for both attack and defense, exploiting the outsides of the field. Strong 1v1 and fitness required.
- 9 - Center Forward or Striker - primary focus is on attacking and finishing goals. Often receives ball with back to goal, must turn and go.



*\*RYSC recommends formations for each age. U.S. Soccer numbers are used to correspond as closely as possible to the player roles in each RYSC formation (see following page).*



# Position Specific Profiles

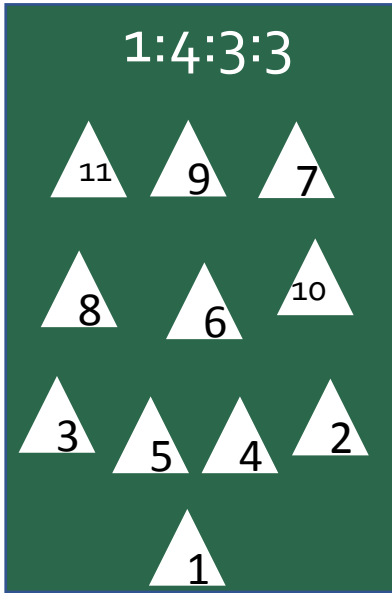
## 7v7

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>
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</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</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>
Mental 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>

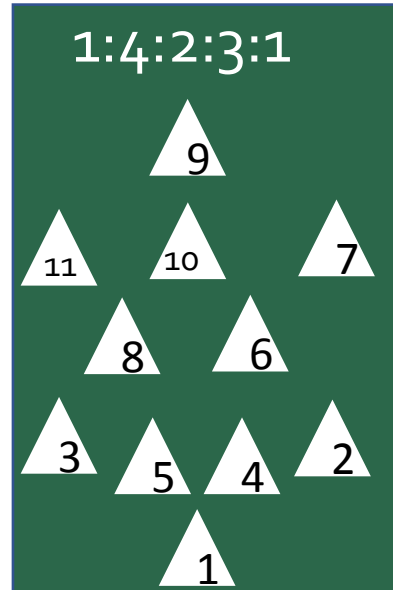


# Systems of Play /

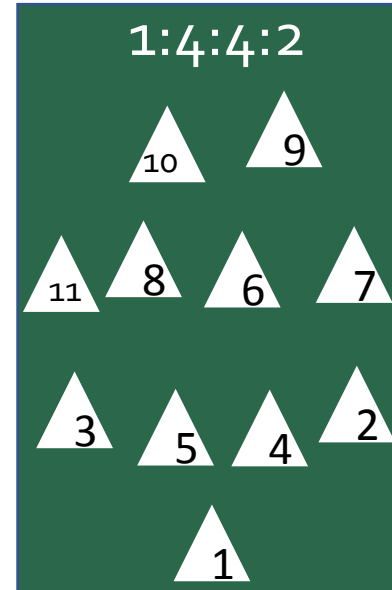
# Formation 11v11



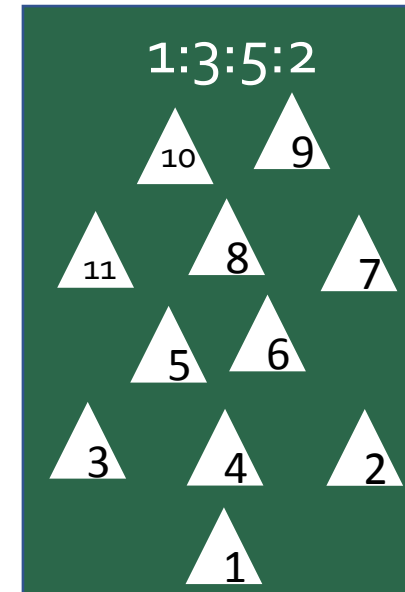
- Well balanced
- Good for possession
- Good for counter attack with 2/3 making runs
- Midfield can be stretched



- 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.



# 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>
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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>



# Style of Play: Key Qualities – by age group

Technique	U8-U10	U11-U13	U14-U19
Ball comfort – ball manipulation – touch	x	x	x
Shooting	x	x	x
Receive/open/pass with 2 feet (short and long)	x	x	x
Defending a player or the ball	x	x	x
Protects the ball (shielding)-turning	x	x	x
Running with the ball-change of direction	x	x	x
Passing – short, medium distance	x	x	x
Passing – long distance		x	x
Receive-1st touch opening up right/left	x	x	x
Defend the ball or man 1v1 THEY	x	x	x
Beat a man 1v1 WE	x	x	x
Insight	U8-U10	U11-U13	U14-U19
Decision making on and off the ball		x	x
Decision making on the ball (passing/dribbling/shooting choice)	x	x	x
Decision making off the ball (when/where/how to move off the ball)		x	x
Decision Making In WE	x	x	x
Decision Making In THEY	x	x	x
Speed of thought and action (on and off the ball)		x	x
Speed of thought (how quickly can they come to their decision)		x	x
Speed of action (do they execute their action at the right speed)		x	x
Decision Making In Transition		x	x
Positioning & repositioning in relation to situation (s)	x	x	x
Creativity	x	x	x
Reading of Options	x	x	x
Belief in the Style of Play		X	x
Shares The Ball		x	x

Personality	U8-U10	U11-U13	U14-U19
Perseverance		x	x
Continues on when facing adversity & challenges	x	x	x
Emotional stability		x	x
Accountability		x	x
Coachable	x	x	x
Listens and implements feedback in training and games	x	x	x
Is involved and engaged in training sessions and exercises	x	x	x
Responsibility		x	x
Accepts responsibility for their own actions	x	x	x
Mental Toughness		x	x
Creates (helps create) a personal development plan and development goals			x
Organizes and manages their performance environment			x
Effort & Intensity	x	x	x
Social-works well with others	x	x	x
Communication – coaches teammates	x	x	x
Movement without the ball (can create and use space)		x	x
Team Spirit	x	x	x
Adaptability			x
Speed & Agility	U8-U10	U11-U13	U14-U19
Coordination/agility		x	x
Endurance		x	x
Uses their body effectively		x	x
Power/speed (quickness)		x	x
Cardio Fitness	x	x	x



# 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.

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



# ONE TRAINING METHOD

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## 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.

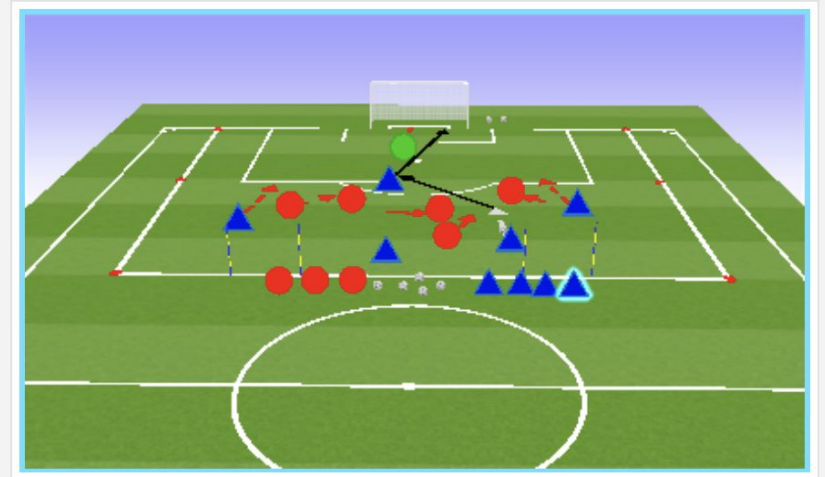
**ORGANIZATION:** In a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling 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 scores 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.

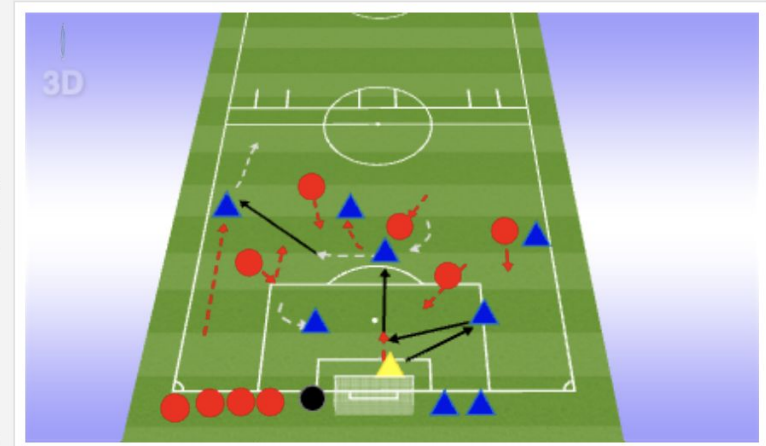
**ORGANIZATION:** In a 11v11 field, set up a 70Wx65L playing area with a regular goal and three 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. 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.

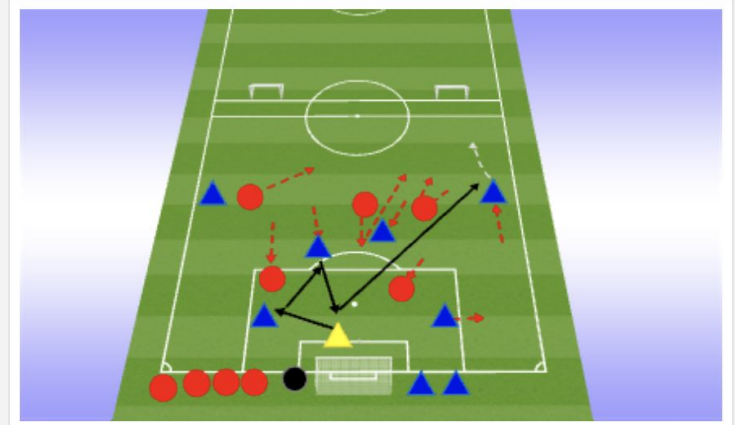
**ORGANIZATION:** In a 11V11 field, set up a 70Wx65L playing area with a regular goal and two counter goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 1 midfielder, 2 wingers and 2 strikers. Blue team scores by passing into one of two counter goals. Red scores in 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 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.



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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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