

U9 – U19 Indy Burn Curriculum

Philosophy

The development of a soccer player is a long process in which player's progress gradually from a simple to a more complex involvement in the game. This progression requires proper guidance and direction from quality, knowledgeable, licensed coaches. This process can not be rushed, but players should always compete at a level that is both challenging and demanding. There is no guarantee that a player will reach his or her potential, but at least we must give the player the opportunity to become "The Best They Can Be."



Conclusion

It is our belief that every player should want to have the ball at his/her feet. By doing so this shows a tendency of supreme confidence in his/her technical ability on the ball under pressure. The ball should do the work but the player must remain the master of the ball. At the same time we must develop the player to understand the game and think and solve problems for themselves on the pitch. If we as a club maintain the standards put forward in this document, we will help to maintain the standards needed to develop soccer player's not just athletes.

David Proctor PSC, Technical
Director of Coaching


("Intro"-The skill is introduced, otherwise players must be proficient in training by year's end) U9

Technical	Tactical	Fitness	Psychology	Practice
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p><u>Receiving and Control</u></p> <ul style="list-style-type: none"> • Inside of foot • Out side of foot • Sole of foot • Intro: top of thigh • Intro: chest & juggling <p><u>Turning</u></p> <ul style="list-style-type: none"> • Inside of foot • Outside of foot • Intro: Shielding • Intro: Coerver turns <p><u>Dribbling (steady/change of pace)</u></p> <ul style="list-style-type: none"> • Inside of foot • Laces • Intro: outside of foot <p><u>Moves & Turns</u></p> <ul style="list-style-type: none"> • Shifting ball foot to foot • Change direction • Faking a run / kick <p><u>Passing</u></p> <ul style="list-style-type: none"> • Inside of foot • Instep • Intro: outside of foot <p><u>Shooting</u></p> <ul style="list-style-type: none"> • Use of laces • Instep <p><u>Tackling:</u></p> <ul style="list-style-type: none"> •Intro: Front Block •Intro: Marking <p><u>Heading</u></p>	<p>Objective: Confidence to use skills in a game.</p> <p><u>Individual offensive tactics:</u></p> <ul style="list-style-type: none"> •Run with the ball until in shooting range <p><u>Individual defensive tactics:</u></p> <ul style="list-style-type: none"> •Watch the ball •Patience •Tackle <p><u>Attacking:</u></p> <p>1v1</p> <ul style="list-style-type: none"> •Ability to beat opponent •Create width and Depth <p><u>Defending:</u></p> <p>1v1</p> <ul style="list-style-type: none"> •Ability to beat opponent •Pressure Ball •Goal side •Tackling <p>Start to develop the complete player by playing a variety of positions. The game should remain fun & enjoyable. Playing time should be equal!</p>	<ul style="list-style-type: none"> •Controlling body through changes of direction and pace •Co-Ordination whilst running <p>The four S's</p> <ul style="list-style-type: none"> •Speed •Strength •Stamina •Suppleness <div data-bbox="820 951 1125 1239" data-label="Image"> </div> <p>David Proctor PSC, Technical Director of Coaching.</p>	<ul style="list-style-type: none"> •Learn basic laws of the game •Courage to attempt the skills •Discipline <p><u>Benefits of soccer to children.</u></p> <ul style="list-style-type: none"> •Provides healthy activity •Encourages fitness & exercise •Builds confidence •Helps the child to socialize •Develops self-discipline •Encourages a sense of self-respect & respect for others •Develops teamwork & co-operation •Helps the child to handle success & failure •Helps to develop communication skills •Provides a challenge •Enables the child to make friends •Encourages parental involvement. <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Experienced •Knowledgeable •Articulate •Patient <p><u>Recommended License:</u> USSF National Youth.. NSCAA, Equivalent</p>	<p>There should not be dedicated tactical practices. Teach individual skills.</p> <p><u>Practices:</u></p> <ul style="list-style-type: none"> • 2 a week outdoors, spring & fall. • 1 a week indoors (winter) <p>Topics</p> <ul style="list-style-type: none"> • Receiving / running with the ball. • Passing & shooting • Dribbling / shielding / moves & turns (1v1) • Tackling 1v1 <p><u>Recommended System:</u> put players out on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. When playing 6v6, play 2-3 or 3-2. Most importantly, players should enjoy the great game!</p> <p>*A great deal of coaching/teaching within 4v4 games*</p> <p>REPEAT SEQUENCE</p>


("Intro"-The skill is introduced, otherwise players must be proficient in training by year's end) U10

Technical	Tactical	Fitness	Psychology	Practice
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p><u>Receiving and Control (low ball and ½ volleys)</u></p> <ul style="list-style-type: none"> • Inside of foot • Out side of foot • Sole of foot • top of thigh • chest & juggling <p><u>Turning</u></p> <ul style="list-style-type: none"> • Inside of foot • Outside of foot • Intro: Shielding • Intro: Coerver turns <p><u>Dribbling (steady/change of pace)</u></p> <ul style="list-style-type: none"> • Inside of foot • Laces • Intro: outside of foot <p><u>Moves & Turns</u></p> <ul style="list-style-type: none"> • Shifting ball foot to foot • Change direction • Faking a run / kick <p><u>Passing: ½ volley</u></p> <ul style="list-style-type: none"> • Inside of foot • Instep • Intro: outside of foot <p><u>Shooting</u></p> <ul style="list-style-type: none"> • Use of laces • Instep <p><u>Tackling:</u></p> <ul style="list-style-type: none"> •Intro: Front Block •Intro: Marking <p><u>Heading</u></p>	<p>Objective: Confidence to use skills in a game.</p> <p><u>Individual offensive tactics:</u></p> <ul style="list-style-type: none"> •When to go 1v1 Vs.Pass •Diagonal run •Showing for the ball <p><u>Individual defensive tactics:</u></p> <ul style="list-style-type: none"> •Watch the ball •How to mark •Patience <p><u>Intro: Players offensive tactics:</u></p> <ul style="list-style-type: none"> •Wall pass •Give & go •2v1 situations •Throw-ins <p><u>Attacking:</u></p> <ul style="list-style-type: none"> •Create 1v1 and 2v1 situations •Support width and Depth <p><u>Defending:</u></p> <p>1v1</p> <ul style="list-style-type: none"> •Pressure Ball •Goal side •Recovery Run •Creating mentality <p>Start to develop the complete player by playing a variety of positions. The game should remain fun & enjoyable. Playing time should be equal!</p>	<ul style="list-style-type: none"> •Controlling body through changes of direction and pace •Co-Ordination whilst running <p>The four S's</p> <ul style="list-style-type: none"> •Speed •Strength •Stamina •Suppleness <div align="center" data-bbox="807 953 1094 1239"> </div> <p>David Proctor PSC, Technical Director of Coaching.</p>	<ul style="list-style-type: none"> •Learn basic laws of the game •Courage to attempt the skills •Discipline •Competitive drive <p><u>Benefits of soccer to children.</u></p> <ul style="list-style-type: none"> •Provides healthy activity •Encourages fitness & exercise •Builds confidence •Helps the child to socialize •Develops self-discipline •Encourages a sense of self-respect & respect for others •Develops teamwork & co-operation •Helps the child to handle success & failure •Helps to develop communication skills •Provides a challenge •Enables the child to make friends •Encourages parental involvement. <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Experienced •Knowledgeable •Articulate •Patient <p><u>Recommended License:</u> USSF National Youth NSCAA, Equivalent</p>	<p>There should not be dedicated tactical practices.</p> <p>The tactics are an extension of the technical work. For example after passing with the inside of the foot, ask two players to pass to beat a defender: this is introduction to the 2v1.</p> <p><u>Practices:</u></p> <ul style="list-style-type: none"> • 2 a week outdoors, spring & fall. • 1 a week indoors (winter) <p>Topics</p> <ul style="list-style-type: none"> • Receiving / running with the ball. • Passing & shooting • Dribbling / shielding / moves & turns (1v1) • Tackling 1v1 <p><u>Recommended System:</u> put players out on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. When playing 6v6 play 2-3 or 3-2. Most importantly, players should enjoy the great game!</p> <p>*A great deal of coaching/teaching within 4v4 games*</p> <p>REPEAT SEQUENCE</p>


("Intro"-The skill is introduced, otherwise players must be proficient in training by year's end) U11

Technical	Tactical	Fitness	Psychology	Practice
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p><u>Receiving and Control (low ball and ½ volleys)</u></p> <ul style="list-style-type: none"> • Inside of foot • Out side of foot • Sole of foot • top of thigh • chest & juggling <p><u>Turning</u></p> <ul style="list-style-type: none"> • Inside of foot • Outside of foot • Intro: Shielding • Intro: Coerver turns <p><u>Dribbling (steady/change of pace)</u></p> <ul style="list-style-type: none"> • Inside of foot • Laces • Intro: outside of foot <p><u>Moves & Turns</u></p> <ul style="list-style-type: none"> • Shifting ball foot to foot • Change direction • Faking a run / kick <p><u>Passing: ½ volley</u></p> <ul style="list-style-type: none"> • Inside of foot • Instep • Intro: outside of foot <p><u>Shooting</u></p> <ul style="list-style-type: none"> • Use of laces • Instep <p><u>Tackling:</u></p> <ul style="list-style-type: none"> •Intro: Front Block •Intro: Marking <p><u>Heading</u></p>	<p>Objective: Confidence to use skills in a game.</p> <p><u>Individual offensive tactics:</u></p> <ul style="list-style-type: none"> •When to go 1v1 Vs.Pass •Diagonal run •Showing for the ball <p><u>Individual defensive tactics:</u></p> <ul style="list-style-type: none"> •Watch the ball •How to mark •Patience •6 Steps to defending <p><u>6 Defending steps</u></p> <ol style="list-style-type: none"> 1.In line with the ball 2.Pressure quickly 3.Touch tight 4.Boxer stance 5.Watch the ball 6.Be patient <p><u>Intro: Players offensive tactics:</u></p> <ul style="list-style-type: none"> •Wall pass •Give & go •2v1 situations •Throw-ins <p><u>Intro: Players defensive tactics:</u></p> <ul style="list-style-type: none"> •Angle and distance of cover •1v2 & 2v2 situations <p>Start to develop the complete player by playing a variety of positions. Playing time should be equal.</p> <p>Running with the ball</p>	<ul style="list-style-type: none"> •Controlling body through changes of direction and pace •Co-Ordination whilst running <p>The four S's</p> <ul style="list-style-type: none"> •Speed •Strength •Stamina •Suppleness <p>Recommended License: D License or higher. USSF National Youth. NSCAA, Equivalent</p>  <p>David Proctor PSC, Technical Director of Coaching.</p>	<ul style="list-style-type: none"> •Learn basic laws of the game •Courage to attempt the skills •Discipline •Competitive drive <p><u>Benefits of soccer to children.</u></p> <ul style="list-style-type: none"> •Provides healthy activity •Encourages fitness & exercise •Builds confidence •Helps the child to socialize •Develops self-discipline •Encourages a sense of self-respect & respect for others •Develops teamwork & co-operation •Helps the child to handle success & failure •Helps to develop communication skills •Provides a challenge •Enables the child to make friends •Encourages parental involvement. <p>The game should still remain FUN and ENJOYABLE, but now players hopefully have a PASSION!!!!</p> <ul style="list-style-type: none"> •Increase demands •Establish Training Targets •Maintain Discipline •Encourage to watch high level soccer •Imagination and Creativity <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Experienced •Knowledgeable •Articulate •Disciplinarian •Patient 	<p>There should not be dedicated tactical practices.</p> <p>The tactics are an extension of the technical work. For example after passing with the inside of the foot, ask two players to pass to beat a defender: this is introduction to the 2v1.</p> <p><u>Practices:</u></p> <ul style="list-style-type: none"> • 2 a week outdoors, spring & fall. • 1 a week indoors (winter) <p>Topics</p> <ul style="list-style-type: none"> • Receiving / running with the ball. • Passing & shooting • Dribbling / shielding / moves & turns (1v1) • Tackling 1v1 <p><u>Recommended System:</u> put players out on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. When playing 8v8 play a 2-3-2. Most importantly, players should enjoy the great game!</p> <p>*A great deal of coaching/teaching within 4v4 games*</p> <p>REPEAT SEQUENCE</p>

("Intro"-The skill is introduced, otherwise players must be proficient in training by year's end) U12


Technical	Tactical	Fitness	Psychology	Practice
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p><u>Receiving and Control (low ball and ½ volleys)</u></p> <ul style="list-style-type: none"> • Inside of foot • Out side of foot • Sole of foot • top of thigh • chest & juggling <p><u>Turning</u></p> <ul style="list-style-type: none"> • Inside of foot • Outside of foot • Intro: Shielding • Intro: Coerver turns <p><u>Dribbling (steady/change of pace)</u></p> <ul style="list-style-type: none"> • Inside of foot • Laces • Intro: outside of foot <p><u>Moves & Turns</u></p> <ul style="list-style-type: none"> • Shifting ball foot to foot • Change direction • Faking a run / kick <p><u>Passing: ½ volley</u></p> <ul style="list-style-type: none"> • Inside of foot • Instep • Intro: outside of foot <p><u>Shooting</u></p> <ul style="list-style-type: none"> • Use of laces • Instep <p><u>Tackling:</u></p> <ul style="list-style-type: none"> •Intro: Front Block •Intro: Marking <p><u>Heading</u></p>	<p>Objective: Confidence to use skills in a game.</p> <p><u>Individual offensive tactics:</u></p> <ul style="list-style-type: none"> •When to go 1v1 Vs.Pass •Diagonal run •Showing for the ball <p><u>Individual defensive tactics:</u></p> <ul style="list-style-type: none"> •Watch the ball •How to mark •Patience •6 Steps to defending <p><u>6 Defending steps</u></p> <ol style="list-style-type: none"> 1.In line with the ball 2.Pressure quickly 3.Touch tight 4.Boxer stance 5.Watch the ball 6.Be patient <p><u>Intro: Players offensive tactics:</u></p> <ul style="list-style-type: none"> •Wall pass •Give & go •2v1 situations •Throw-ins <p><u>Intro: Players defensive tactics:</u></p> <ul style="list-style-type: none"> •Angle and distance of cover •1v2 & 2v2 situations <p>Start to develop the complete player by playing a variety of positions. Playing time should be equal.</p> <p>Running with the Ball</p>	<ul style="list-style-type: none"> •Controlling body through changes of direction and pace •Co-Ordination whilst running <p>The four S's</p> <ul style="list-style-type: none"> •Speed •Strength •Stamina •Suppleness <p><u>Recommended License:</u> D License or higher. USSF National Youth. NSCAA, Equivalent</p>  <p>David Proctor PSC, Technical Director of Coaching.</p>	<ul style="list-style-type: none"> •Learn basic laws of the game •Courage to attempt the skills •Discipline •Competitive drive <p><u>Benefits of soccer to children.</u></p> <ul style="list-style-type: none"> •Provides healthy activity •Encourages fitness & exercise •Builds confidence •Helps the child to socialize •Develops self-discipline •Encourages a sense of self-respect & respect for others •Develops teamwork & co-operation •Helps the child to handle success & failure •Helps to develop communication skills •Provides a challenge •Enables the child to make friends •Encourages parental involvement. <p>The game should still remain FUN and ENJOYABLE, but now players hopefully have a PASSION!!!!</p> <ul style="list-style-type: none"> •Increase demands •Establish Training Targets •Maintain Discipline •Encourage to watch high level soccer •Imagination and Creativity <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Experienced •Knowledgeable •Articulate •Disciplinarian •Patient 	<p>There should not be dedicated tactical practices.</p> <p>The tactics are an extension of the technical work. For example after passing with the inside of the foot, ask two players to pass to beat a defender: this is introduction to the 2v1.</p> <p><u>Practices:</u></p> <ul style="list-style-type: none"> • 2 a week outdoors, spring & fall. • 1 a week indoors (winter) <p>Topics</p> <ul style="list-style-type: none"> • Individual: 1v1 situations in attack and defense. Play 1v1 frequently •Small Group: 2v1, 2v2, 3v1, 3v2, 3v3, 4v2, 4v3, 4v4. •Play a variety of positions; Develop an awareness / complete player. Basic principles of play. •<u>Attacking:</u> Keep possession; Encourage risk taking; take players on 1v1 in proper areas of the Field. Support. Basic combination play (Wall pass, takeover). Promote attacking soccer. •<u>Defending:</u> Proper pressure (in front and behind); Channel player; Immediate chase; Cover; Marking. <p><u>Recommended System:</u> put players out on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. When playing 8v8 play a 2-3-2.</p>

"Intro"-The skill is introduced, otherwise players must be proficient in training by year's end) U13


Technical	Tactical	Fitness	Psychology	Practice
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p><u>Receiving and Control (low ball and ½ volleys)</u></p> <ul style="list-style-type: none"> • Inside of foot • Out side of foot • Sole of foot • top of thigh • chest & juggling <p><u>Turning</u></p> <ul style="list-style-type: none"> • Inside of foot • Outside of foot • Intro: Shielding • Intro: Coerver turns <p><u>Dribbling (steady/change of pace)</u></p> <ul style="list-style-type: none"> • Inside of foot • Laces • Intro: outside of foot <p><u>Moves & Turns</u></p> <ul style="list-style-type: none"> • Shifting ball foot to foot • Change direction • Faking a run / kick <p><u>Passing: ½ volley</u></p> <ul style="list-style-type: none"> • Inside of foot • Instep • Intro: outside of foot <p><u>Shooting</u></p> <ul style="list-style-type: none"> • Use of laces • Instep <p><u>Tackling:</u></p> <ul style="list-style-type: none"> •Intro: Front Block / pivot •Intro: Marking / pressure <p><u>Heading</u></p>	<p>Objective: Confidence to use skills to solve problems Master all 2 player tactics Introduce 3 player tactics.</p> <p><u>Principles of Attacking: (Penetration)</u></p> <ul style="list-style-type: none"> • Short pass <p>(Mobility)</p> <ul style="list-style-type: none"> • When to go for 1v1 • Diagonal / blind side runs • Separation • Recognize open space <p>(Width)</p> <ul style="list-style-type: none"> • Dummy run • Off the ball movement <p>(Support)</p> <ul style="list-style-type: none"> • Angle / distance • Angled passes • Checking run • Overlapping run • Cross over run • Give & go • Wall pass • Chip pass • Overlap • Situations: (1v2, 3v2,4v2,4v4) <p><u>Principles of defense:</u></p> <ul style="list-style-type: none"> • Intro: pressure / cover / balance • Man marking • Intro: Zonal defense • Situations: (1v2, 2v2, 2v3, 3v3,4v4 • Intro: 4v4 possession <p>Running with the Ball</p>	<ul style="list-style-type: none"> •Controlling body through changes of direction and pace •Co-Ordination whilst running <p>•Anticipate the movement of the ball: be first to the ball</p> <p>The four S's</p> <ul style="list-style-type: none"> •Speed •Strength •Stamina •Suppleness <p><u>Recommended License:</u> C License or higher. NSCAA, Equivalent</p>  <p>David Proctor PSC, Technical Director of Coaching.</p>	<ul style="list-style-type: none"> •Learn basic laws of the game •Courage to attempt the skills •Discipline •Competitive drive <p><u>Benefits of soccer to children.</u></p> <ul style="list-style-type: none"> •Provides healthy activity •Encourages fitness & exercise •Builds confidence •Helps the child to socialize •Develops self-discipline •Encourages a sense of self-respect & respect for others •Develops teamwork & co-operation •Helps the child to handle success & failure •Helps to develop communication skills •Provides a challenge •Enables the child to make friends •Encourages parental involvement. <p>The game should still remain FUN and ENJOYABLE, but now players hopefully have a PASSION!!!!</p> <ul style="list-style-type: none"> •Increase demands •Establish Training Targets •Maintain Discipline •Encourage to watch high level soccer •Imagination and Creativity <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Experienced •Knowledgeable •Articulate •Disciplinarian •Game Management. 	<p>There should not be dedicated tactical practices.</p> <p>The tactics are an extension of the technical work. For example after practicing tacking, show how the pressure-cover-balance principles work to allow tackling.</p> <p>Practice set plays as an application of skill. Allow show-how a new practice applies into the game so the players become aware of "when" & "where" in addition of "how"</p> <p>Practices:</p> <ul style="list-style-type: none"> • 2 a week outdoors, spring & fall. • 1 a week indoors (winter) <p>Topics:</p> <p>Team: Attacking: Keep possession. Play the ball away from pressure. Maintaining balance in the chosen system. Interchange of positions during the run of play. Encourage attackers to take defenders on in the final third. Keeper as an integral part of the attack (play balls back to the keeper). Players play a variety of positions.</p> <p>Defending: Maintain good "shape". Zonal concepts. Knowing when to "delay" or "step." Clear decision on where the "line of confrontation" will be. Maintaining good "pressure & cover" through all three thirds of the field.</p> <p>Playing time should be equal! REPEAT SEQUENCE</p>

("Intro"-The skill is introduced, otherwise players must be proficient in training by year's end) U14


Technical	Tactical	Fitness	Psychology	Practice
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p><u>Receiving and Control (low ball and ½ volleys)</u></p> <ul style="list-style-type: none"> • Inside of foot • Out side of foot • Sole of foot • top of thigh • chest & juggling <p><u>Turning</u></p> <ul style="list-style-type: none"> • Inside of foot • Outside of foot • Intro: Shielding • Intro: Coerver turns <p><u>Dribbling (steady/change of pace)</u></p> <ul style="list-style-type: none"> • Inside of foot • Laces • Intro: outside of foot <p><u>Moves & Turns</u></p> <ul style="list-style-type: none"> • Shifting ball foot to foot • Change direction • Faking a run / kick <p><u>Passing: ½ volley</u></p> <ul style="list-style-type: none"> • Inside of foot • Instep • Intro: outside of foot <p><u>Shooting</u></p> <ul style="list-style-type: none"> • Use of laces • Instep <p><u>Tackling:</u></p> <ul style="list-style-type: none"> •Intro: Front Block / pivot •Intro: Marking / pressure <p><u>Heading.</u></p>	<p>Objective: Confidence to use skills to solve problems Master all 2 player tactics Introduce 3 player tactics.</p> <p><u>Principles of Attacking:</u> <u>(Penetration)</u></p> <ul style="list-style-type: none"> • Short pass <p><u>(Mobility)</u></p> <ul style="list-style-type: none"> • When to go for 1v1 • Diagonal / blind side runs • Separation • Recognize open space <p><u>(Width)</u></p> <ul style="list-style-type: none"> • Dummy run • Off the ball movement <p><u>(Support)</u></p> <ul style="list-style-type: none"> • Angle / distance • Angled passes • Checking run • Overlapping run • Cross over run • Give & go • Wall pass • Chip pass • Overlap • Situations: (1v2, 3v2,4v2,4v4) <p><u>Principles of defense:</u></p> <ul style="list-style-type: none"> • Intro: pressure / cover / balance • Man marking • Intro: Zonal defense • Situations: (1v2, 2v2, 2v3, 3v3,4v4 • Intro: 4v4 possession <p>Running with the Ball.</p>	<ul style="list-style-type: none"> •Controlling body through changes of direction and pace •Co-Ordination whilst running <p>•Anticipate the movement of the ball: be first to the ball</p> <p>The four S's</p> <ul style="list-style-type: none"> •Speed •Strength •Stamina •Suppleness <p><u>Recommended License:</u> C License or higher. NSCAA, Equivalent</p> <div align="center" data-bbox="809 921 1094 1206"> </div> <p>Proctor David PSC, Technical Director of Coaching.</p>	<ul style="list-style-type: none"> •Learn basic laws of the game •Courage to attempt the skills •Discipline •Competitive drive <p><u>Benefits of soccer to children.</u></p> <ul style="list-style-type: none"> •Provides healthy activity •Encourages fitness & exercise •Builds confidence •Helps the child to socialize •Develops self-discipline •Encourages a sense of self-respect & respect for others •Develops teamwork & co-operation •Helps the child to handle success & failure •Helps to develop communication skills •Provides a challenge •Enables the child to make friends •Encourages parental involvement. <p>The game should still remain FUN and ENJOYABLE, but now players hopefully have a PASSION!!!!</p> <ul style="list-style-type: none"> •Increase demands •Establish Training Targets •Maintain Discipline •Encourage to watch high level soccer •Imagination and Creativity <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Experienced •Knowledgeable •Articulate •Disciplinarian •Patient 	<p>There should not be dedicated tactical practices. The tactics are an extension of the technical work. For example after practicing tacking, show how the pressure-cover-balance principles work to allow tackling. Practice set plays as an application of skill. Allow show-how a new practice applies into the game so the players become aware of "when" & "where" in addition of "how"</p> <p><u>Practices:</u></p> <ul style="list-style-type: none"> • 2 a week outdoors, spring & fall. • 1 a week indoors (winter) <p>Topics: Team: <u>Attacking:</u> Keep possession. Play the ball away from pressure. Maintaining balance in the chosen system. Interchange of positions during the run of play. Encourage attackers to take defenders on in the final third. Keeper as an integral part of the attack (play balls back to the keeper). Players play a variety of positions. <u>Defending:</u> Maintain good "shape". Zonal concepts. Knowing when to "delay" or "step." Clear decision on where the "line of confrontation" will be. Maintaining good "pressure & cover" through all three thirds of the field.</p> <p>Playing time should be equal!</p> <p>REPEAT SEQUENCE</p>

Technical / Physical	Tactical	Tactical Continued	Psychology	Practice
<p>Skills should be mastered leading to artistry and improvisation: All under match conditions.</p> <ul style="list-style-type: none"> • Individual skill covered during the warm-up, and/or in competitive situations. • Increase technical speed. (It is important that technique is still highly emphasized at this age.) • Strike balls cleanly over distance with accuracy under pressure. <p><u>Physical:</u> Fitness work with and without the ball</p> <ul style="list-style-type: none"> • Flexibility – Static stretching after training / matches • Dynamic flexibility – partner stretching • Importance of discipline for warm-up and cool-down • Agility – with and without the ball • Footwork – keeping the feet active when moving / playing • Endurance – Aerobic and anaerobic • Strength – Upper and lower body. Core strength and stability • Balance • Nutrition – Proper diet – pre-game, post-game, tournaments, etc.. • Prevention and care of injuries • Importance of rest/recover – schedule issues relative to the physical demands 	<p>Increase tactical speed (decision making)</p> <p>Individual: Decisions based on thirds of the field.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Application of varied technical abilities in order to increase tactical options. • Aggressive attacking mentality in final third. • Emphasis placed on predicting what the game will need next.. • Knowing what each player's specific roles and responsibilities are leads to greater understanding of the big picture. <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Clear understanding of how the quality of pressure effects team defending success. • Being able to take options away from the attacker. <p>Small Group: 4v4, 7v7, 9v9</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Balance of needing possession and penetration • Combination play: Wall pass, take over, overlap, double pass, third man running • Penetration • Creativity in solving problems • Mobility- movement without the ball • Crossing- picking out a runner rather than putting it in the box. • Box organization – Penetration, width and support for every ball played in the box. 	<ul style="list-style-type: none"> • Attacking as a group of 3 (forwards, midfielders and defenders) • Set plays (80% success rate: where we get: 1) Goal 2) Shot on Goal, or 3) Corner Kick <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Compactness • Cover, Delay, Dictate and Recover • Communication (who, what, when, where) • Defending as a group of 3 (forwards, midfielders and defenders) • Enjoy winning possession of the ball and dictating the play • Set plays <p><u>Recommended License:</u> C License or higher. NSCAA, Equivalent</p>  <p>David Proctor PSC, Technical Director of Coaching.</p>	<p>This is a critical time in the player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons. Players tend to lack mental toughness and self-confidence. They tend to be self-critical and struggle with their desire to be competitive or need to be more competitive. There is a need for attention and security. A great focus on team spirit, leadership and discipline within the team.</p> <p><u>Coach:</u></p> <ul style="list-style-type: none"> • Charismatic • Experienced • Knowledgeable • Articulate • Disciplinarian • Game Management skills • Patient <p><u>Psychological:</u></p> <ul style="list-style-type: none"> • Increased concentration • Leadership / Player responsibilities • Discipline • Respect for the game • Goal setting • Vary program – Satisfy player's urge for competition • Establish pre practice and pre game routine (as individuals and team) • Encourage players/teams to watch professional and national team soccer on TV. 	<p>Clearly defined team tactics... how the team decides to play as a group.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Comfort with direct and indirect styles • Sustained possession as a means to break down the opponent's defense • Understanding how to counter attack • Decisions based on thirds of the field <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Comfort with "high pressure" and "delayed high pressure" styles • Understanding of zonal and man-to-man marking play • Goalkeeper as the last defender • Keeping good team compactness • Stopping the counter attack • Decisions based on thirds of the field and different systems of play <p><u>Recommended systems:</u> Expose players to various systems using a 4-4-2, 3-4-3 & 4-3-3.</p> <p>*A great deal of coaching/teaching within 7v7 and 9v9 games*</p>


(Development of Individual Skills. Individual, Group & Team Tactics.) U16

Technical / Physical	Tactical	Tactical Continued	Psychology	Practice
<p>Skills should be mastered leading to artistry and improvisation: All under match conditions.</p> <ul style="list-style-type: none"> • Individual skill covered during the warm-up, and/or in competitive situations. • Increase technical speed. (It is important that technique is still highly emphasized at this age.) • Strike balls cleanly over distance with accuracy under pressure. <p><u>Physical:</u> Fitness work with and without the ball</p> <ul style="list-style-type: none"> • Flexibility – Static stretching after training / matches • Dynamic flexibility – partner stretching • Importance of discipline for warm-up and cool-down • Agility – with and without the ball • Footwork – keeping the feet active when moving / playing • Endurance – Aerobic and anaerobic • Strength – Upper and lower body. Core strength and stability • Balance • Nutrition – Proper diet – pre-game, post-game, tournaments, etc.. • Prevention and care of injuries • Importance of rest/recover – schedule issues relative to the physical demands 	<p>Increase tactical speed (decision making)</p> <p>Individual: Decisions based on thirds of the field.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Application of varied technical abilities in order to increase tactical options. • Aggressive attacking mentality in final third. • Emphasis placed on predicting what the game will need next.. • Knowing what each player's specific roles and responsibilities are leads to greater understanding of the big picture. <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Clear understanding of how the quality of pressure affects team defending success. • Being able to take options away from the attacker. <p>Small Group: 4v4, 7v7, 9v9</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Balance of needing possession and penetration • Combination play: Wall pass, take over, overlap, double pass, third man running • Penetration • Creativity in solving problems • Mobility- movement without the ball • Crossing- picking out a runner rather than putting it in the box. • Box organization – Penetration, width and support for every ball played in the box. 	<ul style="list-style-type: none"> • Attacking as a group of 3 (forwards, midfielders and defenders) • Set plays (80% success rate: where we get: 1) Goal 2) Shot on Goal, or 3) Corner Kick <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Compactness • Cover, Delay, Dictate and Recover • Communication (who, what, when, where) • Defending as a group of 3 (forwards, midfielders and defenders) • Enjoy winning possession of the ball and dictating the play • Set plays <p><u>Recommended License:</u> B License or higher. NSCAA, Equivalent</p> <div style="text-align: center;">  </div> <p>David Proctor PSC, Technical Director of Coaching</p>	<p>This is a critical time in the player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons. Players tend to lack mental toughness and self-confidence. They tend to be self-critical and struggle with their desire to be competitive or need to be more competitive. There is a need for attention and security. A great focus on team spirit, leadership and discipline within the team.</p> <p><u>Coach:</u></p> <ul style="list-style-type: none"> • Charismatic • Experienced • Knowledgeable • Articulate • Disciplinarian • Game Management skills • Patient <p><u>Psychological:</u></p> <ul style="list-style-type: none"> • Increased concentration • Leadership / Player responsibilities • Discipline • Respect for the game • Goal setting • Vary program – Satisfy player's urge for competition • Establish pre practice and pre game routine (as individuals and team) • Encourage players/teams to watch professional and national team soccer on TV. 	<p>Clearly defined team tactics... how the team decides to play as a group.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Comfort with direct and indirect styles • Sustained possession as a means to break down the opponent's defense • Understanding how to counter attack • Decisions based on thirds of the field <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Comfort with "high pressure" and "delayed high pressure" styles • Understanding of zonal and man-to-man marking play • Goalkeeper as the last defender • Keeping good team compactness • Stopping the counter attack • Decisions based on thirds of the field and different systems of play <p><u>Recommended systems:</u> Expose players to various systems using a 4-4-2, 3-4-3 and a 4-3-3.</p> <p>*A great deal of coaching/teaching within 7v7 and 9v9 games*</p>


(Development of Individual Skills. Individual, Group & Team Tactics.) U17

Technical / Physical	Tactical	Tactical Continued	Psychology	Practice
<p>Mastered skills leading to artistry: All at speed under match conditions – Demanding excellence. Individual skill covered during warm-up and competitive situations.</p> <p><u>Physical:</u> Fitness work with and without the ball</p> <ul style="list-style-type: none"> •Flexibility – Static stretching after training / matches •Dynamic flexibility – partner stretching •Importance of discipline for warm-up and cool-down •Agility – with and without the ball •Endurance – Aerobic and anaerobic •Strength – Upper and lower body. Core strength and stability •Balance •Nutrition – Proper diet – pre-game, post-game, tournaments, etc.. •Prevention and care of injuries •Importance of rest/recover – schedule issues relative to the physical demands 	<p>Increase tactical speed (decision making). Increased pressure and competition. Having the ability to change and adapt to game dynamics, up or down a goal, management of the clock and flow of the game.</p> <p>Individual: <u>Attacking:</u></p> <ul style="list-style-type: none"> • A good deal of time spent in functional training environments • Decisions based on thirds of the field • Comfort in playing in the different areas of the field/team (back, middle, front, center, wide). • Confidence to hold possession as an individual and solve problems at the individual level <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Clear understanding of how the quality of pressure effects team defending success. • Decisions based on thirds of the field • Comfort at playing two different positions <p>Small Group: <u>Attacking:</u></p> <ul style="list-style-type: none"> • Improvisation / deception encouraged • Advanced understanding of combination play and how to combine to break down a defense • Balance of possession and penetration with a purpose to score goals 	<ul style="list-style-type: none"> • Attacking in groups of 3 (forwards, midfielders and defenders) • realize opportunities to penetrate by a variety of means <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Pressure, cover, balance • Control of the game's speed and direction due to defending decisions • Recognition of double team opportunities • Defending in groups of 3 (forwards, midfielders and defenders) <p><u>Recommended License:</u> B License or higher. NSCAA, Equivalent</p> <div style="text-align: center;">  </div> <p>David Proctor PSC, Technical Director of Coaching.</p>	<p>Fulfillment of a player's potential depends on his/her own efforts, the support of his/her teammates and the unselfish guidance of his/her coach. He/She must be exposed to a playing and training environment, which extends his/her mental, physical, tactical and technical capabilities to the limit. He/She must have a sound understanding of the games' principles and concepts. Players should show emotional stability when confronted with pressure situations. Demanding and challenging training sessions and matches are a must!</p> <p><u>Coach:</u></p> <ul style="list-style-type: none"> •Charismatic •Well informed •Up to date •Experienced •Knowledgeable •Articulate •Disciplinarian – No doubts about his/her authority •Game Management. <p><u>Psychological:</u></p> <ul style="list-style-type: none"> •Increased concentration •Leadership / Player responsibilities •Discipline •Accountability •Respect for the game •Goal setting •Self Confidence, self motivation – goal setting •Vary program – satisfy player's urges for competition •Will to win. Mental toughness / Competitive Mentality 	<p>Understanding of lines and linkage. Positional and team needs.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Comfort with direct and indirect styles • Combination play with tactical implications • Sustained possession as a means to break down the opponent's defense • Speed of play: the game is faster and more physical • Creativity, quality of final ball to beat backs • Understanding how and when to counter attack • Serving runners in the box • Organizing the box with runners (penetration, width and support) • Decisions based on thirds of the field • Set plays (80% success rate: where we get: 1)Goal 2) shot on goal or 3) corner kick <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Comfort with "high pressure" and "delayed high pressure" styles • Understanding of zonal and man-to-man marking play • Goalkeeper as the last defender • Keeping good team compactness • Stopping the counter attack • Decisions based on thirds of the field and different systems of play • Pressing (when and where to pressure, channel and dictate defensively) <p><u>Recommended systems:</u> All. Based on variety of factors (individual/team abilities, opponent, field conditions, game management etc...)</p>

(Development of Individual Skills. Individual, Group & Team Tactics.) U18

Technical / Physical	Tactical	Tactical Continued	Psychology	Practice
<p>Mastered skills leading to artistry: All at speed under match conditions – Demanding excellence. Individual skill covered during warm-up and competitive situations.</p> <p>Physical:</p> <p>Fitness work with and without the ball</p> <ul style="list-style-type: none"> •Flexibility – Static stretching after training / matches •Dynamic flexibility – partner stretching •Importance of discipline for warm-up and cool-down •Agility – with and without the ball •Endurance – Aerobic and anaerobic •Strength – Upper and lower body. Core strength and stability •Balance •Nutrition – Proper diet – pre-game, post-game, tournaments, etc.. •Prevention and care of injuries •Importance of rest/recover – schedule issues relative to the physical demands 	<p>Increase tactical speed (decision making). Increased pressure and competition. Having the ability to change and adapt to game dynamics, up or down a goal, management of the clock and flow of the game.</p> <p>Individual:</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • A good deal of time spent in functional training environments • Decisions based on thirds of the field • Comfort in playing in the different areas of the field/team (back, middle, front, center, wide). • Confidence to hold possession as an individual and solve problems at the individual level <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Clear understanding of how the quality of pressure effects team defending success. • Decisions based on thirds of the field • Comfort at playing two different positions <p>Small Group:</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Improvisation / deception encouraged • Advanced understanding of combination play and how to combine to break down a defense • Balance of possession and penetration with a purpose to score goals 	<ul style="list-style-type: none"> • Attacking in groups of 3 (forwards, midfielders and defenders) • realize opportunities to penetrate by a variety of means <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Pressure, cover, balance • Control of the game's speed and direction due to defending decisions • Recognition of double team opportunities • Defending in groups of 3 (forwards, midfielders and defenders) <p><u>Recommended License:</u> B License or higher. NSCAA, Equivalent</p> <div style="text-align: center;">  </div> <p>David Proctor PSC, Technical Director of Coaching.</p>	<p>Fulfillment of a player's potential depends on his/her own efforts, the support of his/her teammates and the unselfish guidance of his/her coach. He/She must be exposed to a playing and training environment, which extends his/her mental, physical, tactical and technical capabilities to the limit. He/She must have a sound understanding of the games' principles and concepts. Players should show emotional stability when confronted with pressure situations. Demanding and challenging training sessions and matches are a must!</p> <p>Coach:</p> <ul style="list-style-type: none"> •Charismatic •Well informed •Up to date •Experienced •Knowledgeable •Articulate •Disciplinarian – No doubts about his/her authority •Managerial know how <p><u>Psychological:</u></p> <ul style="list-style-type: none"> •Increased concentration •Leadership / Player responsibilities •Discipline •Accountability •Respect for the game •Goal setting •Self Confidence, self motivation – goal setting •Vary program – satisfy player's urges for competition •Will to win. Mental toughness / Competitive Mentality 	<p>Understanding of lines and linkage. Positional and team needs.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Comfort with direct and indirect styles • Combination play with tactical implications • Sustained possession as a means to break down the opponent's defense • Speed of play: the game is faster and more physical • Creativity, quality of final ball to beat backs • Understanding how and when to counter attack • Serving runners in the box • Organizing the box with runners (penetration, width and support) • Decisions based on thirds of the field • Set plays (80% success rate: where we get: 1)Goal 2) shot on goal or 3) corner kick <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Comfort with "high pressure" and "delayed high pressure" styles • Understanding of zonal and man-to-man marking play • Goalkeeper as the last defender • Keeping good team compactness • Stopping the counter attack • Decisions based on thirds of the field and different systems of play • Pressing (when and where to pressure, channel and dictate defensively) <p><u>Recommended systems:</u> All. Based on variety of factors (individual/team abilities, opponent, field conditions, game management etc...)</p>

(Development of Individual Skills. Individual, Group & Team Tactics.) U19

Technical / Physical	Tactical	Tactical Continued	Psychology	Practice
<p>Mastered skills leading to artistry: All at speed under match conditions – Demanding excellence. Individual skill covered during warm-up and competitive situations.</p> <p>Physical:</p> <p>Fitness work with and without the ball</p> <ul style="list-style-type: none"> •Flexibility – Static stretching after training / matches •Dynamic flexibility – partner stretching •Importance of discipline for warm-up and cool-down •Agility – with and without the ball •Endurance – Aerobic and anaerobic •Strength – Upper and lower body. Core strength and stability •Balance •Nutrition – Proper diet – pre-game, post-game, tournaments, etc.. •Prevention and care of injuries •Importance of rest/recover – schedule issues relative to the physical demands 	<p>Increase tactical speed (decision making). Increased pressure and competition. Having the ability to change and adapt to game dynamics, up or down a goal, management of the clock and flow of the game.</p> <p>Individual:</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • A good deal of time spent in functional training environments • Decisions based on thirds of the field • Comfort in playing in the different areas of the field/team (back, middle, front, center, wide). • Confidence to hold possession as an individual and solve problems at the individual level <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Clear understanding of how the quality of pressure effects team defending success. • Decisions based on thirds of the field • Comfort at playing two different positions <p>Small Group:</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Improvisation / deception encouraged • Advanced understanding of combination play and how to combine to break down a defense • Balance of possession and penetration with a purpose to score goals 	<ul style="list-style-type: none"> • Attacking in groups of 3 (forwards, midfielders and defenders) • realize opportunities to penetrate by a variety of means <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Pressure, cover, balance • Control of the game's speed and direction due to defending decisions • Recognition of double team opportunities • Defending in groups of 3 (forwards, midfielders and defenders) <p><u>Recommended License:</u> B License or higher. NSCAA, Equivalent</p> <div style="text-align: center;">  </div> <p style="text-align: center;">David Proctor PSC, Technical Director of Coaching.</p>	<p>Fulfillment of a player's potential depends on his/her own efforts, the support of his/her teammates and the unselfish guidance of his/her coach. He/She must be exposed to a playing and training environment, which extends his/her mental, physical, tactical and technical capabilities to the limit. He/She must have a sound understanding of the games' principles and concepts. Players should show emotional stability when confronted with pressure situations. Demanding and challenging training sessions and matches are a must!</p> <p>Coach:</p> <ul style="list-style-type: none"> •Charismatic •Well informed •Up to date •Experienced •Knowledgeable •Articulate •Disciplinarian – No doubts about his/her authority •Game Management <p><u>Psychological:</u></p> <ul style="list-style-type: none"> •Increased concentration •Leadership / Player responsibilities •Discipline •Accountability •Respect for the game •Goal setting •Self Confidence, self motivation – goal setting •Vary program – satisfy player's urges for competition •Will to win. Mental toughness / Competitive Mentality 	<p>Understanding of lines and linkage. Positional and team needs.</p> <p><u>Attacking:</u></p> <ul style="list-style-type: none"> • Comfort with direct and indirect styles • Combination play with tactical implications • Sustained possession as a means to break down the opponent's defense • Speed of play: the game is faster and more physical • Creativity, quality of final ball to beat backs • Understanding how and when to counter attack • Serving runners in the box • Organizing the box with runners (penetration, width and support) • Decisions based on thirds of the field • Set plays (80% success rate: where we get: 1)Goal 2) shot on goal or 3) corner kick <p><u>Defending:</u></p> <ul style="list-style-type: none"> • Comfort with "high pressure" and "delayed high pressure" styles • Understanding of zonal and man-to-man marking play • Goalkeeper as the last defender • Keeping good team compactness • Stopping the counter attack • Decisions based on thirds of the field and different systems of play • Pressing (when and where to pressure, channel and dictate defensively) <p><u>Recommended systems:</u> All. Based on variety of factors (individual/team abilities, opponent, field conditions, game management etc...)</p>