

Fredericksburg Football Club Curriculum Structure

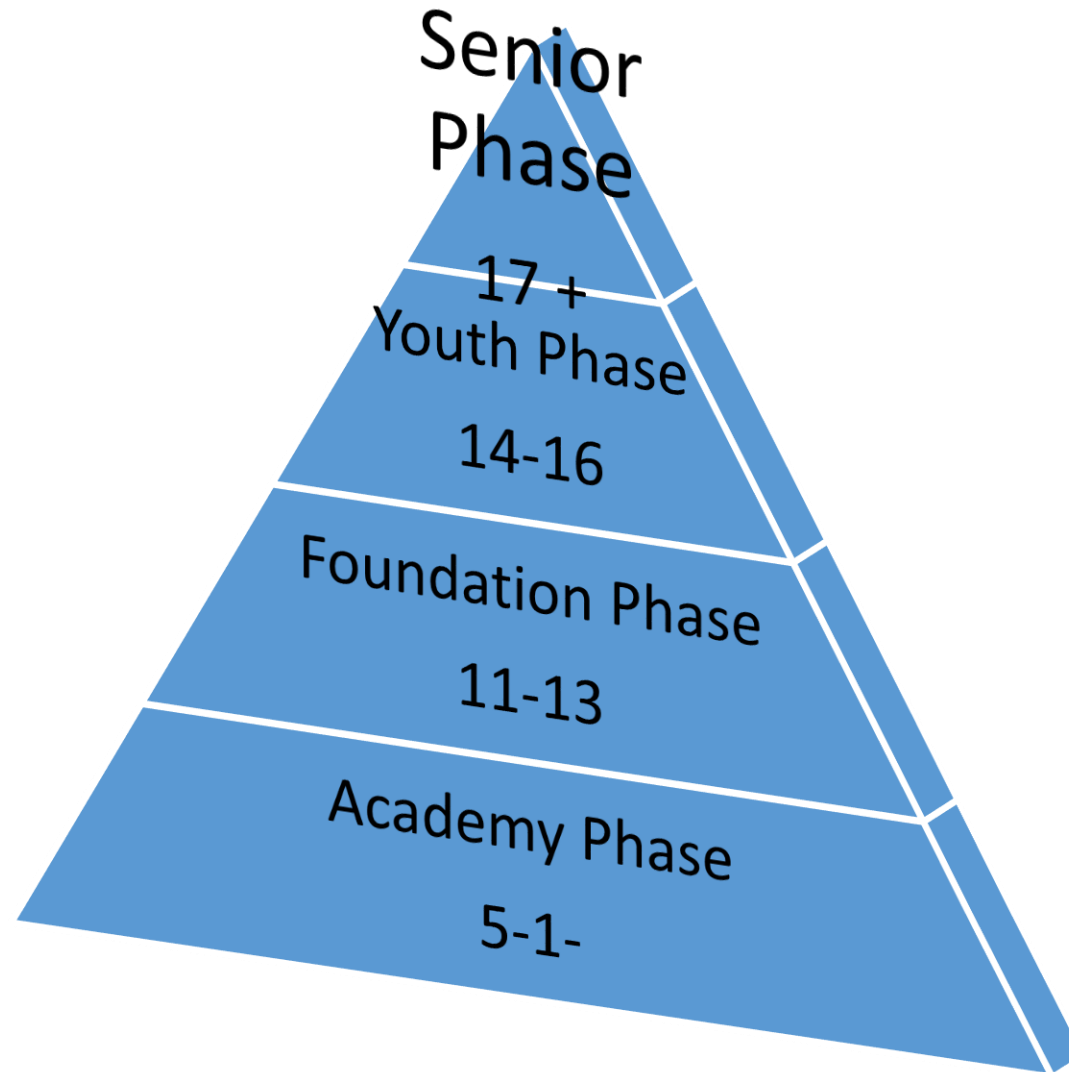


Structure Contents

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Club Structure and Phases

Club Structure Pyramid



Academy Phase: U5-10 Years Old

The Academy Phase objective and biggest emphasis is on ball manipulation, close control and developing great technique. But remember, at the youngest age groups coaching sessions are really about having fun and enjoying the game. It is very important that a fun and enjoyable environment is created for the players learn most efficiently.

Foundation Phase: U11-13 Years Old

Moving into the Foundation Phase, players are now adding their technique and creative ideas into a more consistent game situation. Introducing possession, transitional play, and combination play.

By the time the players leave this phase, they should be accountable in displaying very good technique in game situations. For this age, they should also now have a sufficient understanding of the game. Players decision making will start to make huge strides with tasks and problem solving in their respective age groups.

Youth Phase: U14-16 Years Old

The Intermediate Phase is where players begin to bridge the gap from Youth Soccer to Senior Soccer. Players are being introduced to a larger scale of tactical training, and are becoming more responsible as a player and an adult. These ages still need important and consistent technical work, but the technical work is now placed in larger pictures within the game.

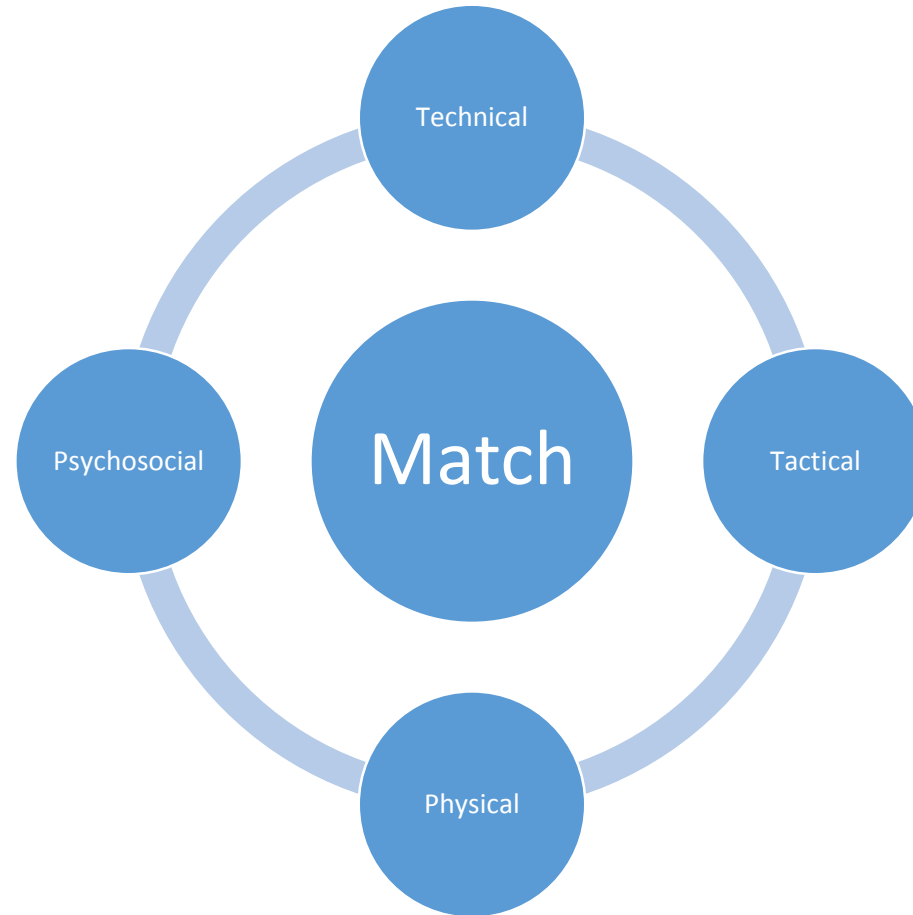
Senior Phase: U17+ Years Old

The final phase of the Club Pyramid is to collectively prepare players to play at the Collegiate Level and above. A large and majority of the emphasis is on tactical training and game understanding. Players need to practice and repeat scenarios that occur in game situations on a consistent weekly basis. This goes for both sides of the game, with and without the ball.

Styles and Principles of Play

Style of Play:

Most relevant points of each of the four key components



Style of Play: General

Key elements for Coaches and Players that define this Style of Play

Offensive Style

All players will be encouraged to display an offensive style of play based on dribbling to beat defenders, and with quick movement of the ball.

Defensive Style

All players will be encouraged to engage opposition players on the ball to delay quick attacks

Quick Transitions

Speed of play, avoiding over-dribbling, looking for an organized and quick movement of the ball to go to goal

Position Specific

All players are encouraged to try different positions offensively and defensively. However, players will look for spaces and movements to support forward when attacking by moving away from their original positions

Principles of Play:

For the Coach, the Player, and the Team

For the Coach

1. Possession games are a means to improve both the technique and tactical understanding of the players.
2. Opposition will be encouraged to increase the competitiveness of the players.
3. High-intensity games based on speed and agility. Short but intense working-periods.

For the Player

1, 2 or 3 touch maximum: Minimizing the number of touches improves the speed of play.

Keep the game simple: Do not force situations, over-dribble or be careless with the ball.

Keep the ball on the ground: A ball on the ground is easier to control and can be moved more efficiently by the team.

Accuracy and quality of the pass: Passing must be firm and accurate, with the proper weight.

First touch: Make a clean, controlled first touch without stopping the ball. Take the touch away from pressure and into free space.

Perception and awareness: All players with or without the ball should constantly scan the field.

1v1 situations: Encourage determination to regain control of the ball in defense and keep it simple in attack by taking a touch to the side, at speed, to beat the defender.

Individual transition: Players must react quickly when possession change from offense to defense and vice-versa.

Shooting: Always keep an eye on the goal. All players are encouraged to shoot.

Take risks: Soccer is an error prone sport and mistakes are part of the game and learning process. Players are encouraged to take risks in training session to increase the speed of play.

For the Team

All players attack and all players defend: All players must be involved in the game as a unit.

Numerical advantage: Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.

Flow of the ball: The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.

Triangle principle and passing options: The player in possession of the ball must receive constant support and have at least two passing options.

Speed of play: Quick movement of the ball creates 2v1 situations.

Movement off the ball: Find the best available space to create passing options for the player in possession of the ball.

Transition: Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.

Direction of the game: The game flows in two directions. Keep the essence of the game in the majority of your practices.

Concepts and Coaching Guidelines

Education Paradigms

[RSA Animate - Changing Education Paradigms - YouTube](#)

Coaching Philosophy

The Core

The objective of the training session is to developmentally prepare players for the next programs within the Club Structure. Each player will show the tactical, technical, physical and psychosocial aspects being taught within each program.

How Children Learn

All performing and learning is emotionally driven, and ultimately success in life is due to our social emotional competencies.

It is through our emotional intelligence that we access our full potential including our physical skills. Emotional intelligence helps us deal with the demands that a performance and learning environment brings. It's not the content of our learning programs that are ultimately crucial it is the processes and understanding that deliver success.

Any form of education including coaching children has to become child centered rather than coach centered in an attempt to connect real life events and to develop age appropriate deep understanding rather than just memorizing or drill and practice.

Stages of Learning



Create a Learning Environment

Actively Involved: 'Deliberate Practice'

Any learning requires the child to be active and constructive. Learning requires the child to pay attention, be observant, to commit to memory, develop real understanding, set goals and take on responsibility for their own skill development and learning. These abilities are just not possible without the active involvement, commitment, and engagement from the child or learner. Coaches must help students in an array of methods and techniques to become active and goal oriented by building on their natural desire to explore, to understand new things and to master them. Most people have heard of the 10000 hour rule that leads to expertise, however what they don't realize is that those 10000 hours must be deliberate and fully on task. This is something that the individual must be aware of and take account for.

We learn everything from our social activity. Empathy is key to learning; from social skills to physical skills. Without empathy we find it hard to learn and make decisions. Learning is primarily a social activity and participation in the social life of the club/team is central for learning to occur. **Sense of purpose: 'Meaningful Activities'**

We constantly search for meaning in everything we do. In fact without meaning we would literally opt out. Without meaning we have no motivation or passion. We give up easily and fail to persist and persevere. Children learn best when they participate in activities that are perceived to be useful in real life and are culturally relevant, i.e. they have meaning.

Understand Performance Behaviors

As young players (and as coaches) we have to learn about the why, the what, and the how. We have to learn and become aware of a performance. When we are performing well and when we are performing badly. Why do we behave in certain situations and under what circumstances when the pressure is on or the pressure is off. With self-awareness comes an understanding, and with understanding comes empowerment from young player to fully understand the behaviors that belief systems and their attitudes to mental skills can be taught and applied. We can then learn new behaviors, effective thought patterns and enhanced emotional states.

Being self-aware is a unique human quality and helps us to link into ways of behaving that both effective and efficient. Self-awareness is the crucial first step to a performance as it uses experiential knowledge to help gain control over our performance.

The understanding of self control and self determination and the creation of self awareness of performance profiles in being self motivated and goal directed. The role you the coach have in helping and to understand motivation to help the young player take responsibility for their own development and as you the coach to understanding your role as an important and potentially effective and affective motivator.

Dealing with Emotions

Relating to What They Already Know

The brain receives information and builds on its existing foundation. New knowledge is constructed on the basis of what is already understood and believed. All information is filtered through a system of generalizations, deletions, distortions, habits, experiences and most importantly beliefs. Beliefs can be held as known information, and as deep unknown rules that are called schemas **Being Strategic**

Adaptability and flexibility are keys to success. The more adaptable and flexible we are the more we can adjust to the changing environments. The more we are exposed to change the more we develop a repertoire of problem solving skills. People learn by employing effective and flexible strategies that help them to understand reason, memorize and solve problems. Strategy is based on application of tactics however those can only be delivered if we can time them correctly and with the right amount of momentum. **Looking in the Mirror.**

Self-awareness is the core of development and is central to all learning and development. We need to learn to be mindful rather than mindless to our thoughts, feeling and behaviors. Learners must know how to plan and monitor their learning, how to set their own learning goals and how to correct errors. **Changing What They Know**

We must overcome limiting knowledge and beliefs if we are to push on learning. Habits are so much part of our everyday functioning and are driven by our emotions. Sometimes prior knowledge can stand in the way of learning something new. Children must learn how to solve internal inconsistencies and restructure existing conceptions when necessary. **'Understanding' rather than 'memorization'.**

The mind-body works from a sense of whole (gestalt) and deals more effectively with information when it is related globally rather than in parts. Learning should always be related back to the full picture rather than stand alone snippets. Learning is better when material is organized around general principles and explanations, rather than when it is based on the memorization of isolated facts and procedures. **Transferring Knowledge to Real-Life**

Learning can't be isolated from real life. The greater the inference from practice to real life: the better the transference of skills. Skills also need to be learnt in context to real possibilities so as to develop adaptability. Learning becomes more meaningful when the lessons are applied to real-life situations. **Taking Time to Practice.**

Practice is worthless without effort and a high degree of deliberation. We learn better if we have to exert some effort into the learning itself. If the challenge required is simple we execute without having made any real learning; when challenged more significantly we have to deepen our concentration and engage more fully. Learning is a complex cognitive activity that cannot be rushed. It requires considerable time and periods of practice to start building expertise in an area.

Coaching Individuality

Taking Their 'Individuality' Into Consideration

Growth and development is of great importance and a fundamental area for the coach to understand. Children change dramatically in their concept of the self which is brought on in development of their physical and emotional competencies. Often these competencies do not run in parallel with each other, rather they are often out of sync. Children learn best when their individual differences are taken into consideration. We all have different learning styles and ways we engage with others and the environment around us. Personality is important as is performance state management. How we go about things is very varied and as coaches we should be aware of and accept different pathways to success.

Coaching Motivation

The sign of great athletes is their willingness to learn and change. We can have all the ability in the world genetically however without motivation we stagnate and lose our advantage. In fact motivation is probably the most valuable asset for any development of our potential. We have to believe in our potential and be motivated by the belief that we can release that potential.

Learning is critically influenced by learner motivation. Coaches can help children become more motivated learners by their behavior and the statements they make.

Coaching Focus

In a performance sense 'Focus is absolutely everything' - it directs all your abilities and motivation to a series of actions that if relevant connects you totally with that performance (being in the zone).

How can coaches help keep our players' focus during a performance (competitive game) and understand how a player reaches a focused state of mind; and how we can develop this as a skill and overcome the distractions to optimal performance?

When it comes down to it there is only one thing that you can do and that is to control the things that you can control. It is impossible to have control over the timing of training and matches, refereeing decisions, the weather, your opponents, teammates the crowd, media, travel etc. The only things that you can control are the things relating to you and how you personally perform, technique, timing, and mental strategies.

Focus is often the deciding factor in athletic competition.

Concentration is a 'behavior' and if we are going to progress it we must find out and describe the conditions that affect our concentration e.g. what will happen to our ability to concentrate under certain circumstances, and how do we strengthen it. Our focus is a limited capacity and if we start to fill it up with useless information then we leave little room for the relevant cues and hence we overload.

We have to develop the skills to keep focus and deal with distractions. Focus also has many uses and we must make sure that we are using the correct focus style for the presenting competitive demand, be that used for analyzing, assessing, rehearsing or performing. The incorrect focus can lead to performance problems, the correct one can keep us in the zone.

Coaching Self-Confidence

Confidence is regarded by manager, coaches, players and support staff as the key ingredient of success. It is a fragile commodity how do we develop it keep it and make it robust. Staying positive is not enough: Staying positive is a good goal, but not realistic all the time. Self-talk including self-criticism happens to everyone. You cannot easily stop these thoughts, nor should you try. You can develop strategies to manage self-talk more effectively.

What is Self-Confidence?

Self-confidence is the belief that you can handle the demands and challenges of the game. It is based, in part, on how you have performed in previous games. It also depends on how well you manage your inner critic and the way you think and feel about football. Self belief is the ultimate motivator and is built on five key foundations. Every thought causes a reaction in your body. What ever your mind dwells upon your body acts upon. Your challenge is to direct your mind into slump bust, consistency giving beliefs.

Firstly- Drawing on personal experience and past achievements is the most powerful source of developing confidence. If you have had major match presence and have been successful then that is easy to carry you will know what it feels like to compete and perform well. It is using those past experiences daily to boost your belief system that is important to consistency.

Secondly- You will know someone who at your age and ability has performed and succeeded. Using the experience of others (especially if they are of similar age and ability) to help you feel more confident about putting your game into the performance environment.

Thirdly- 'Winning the battle of the inner voices' is an important aspect for better performance and confidence development. The player can use predetermined competition self-statements to reinforce and help execute their game in the match.

Fourth- Is your understanding of your ideal performance state and being able to access it easily and consistently (psyching up and psyching down).

Finally- What anchors your ideal performance state, what triggers it is your ability to safely manage your emotions in the service of best performance and developing a pre-performance routine that allows you to control and maintain it combining many of the above methods.

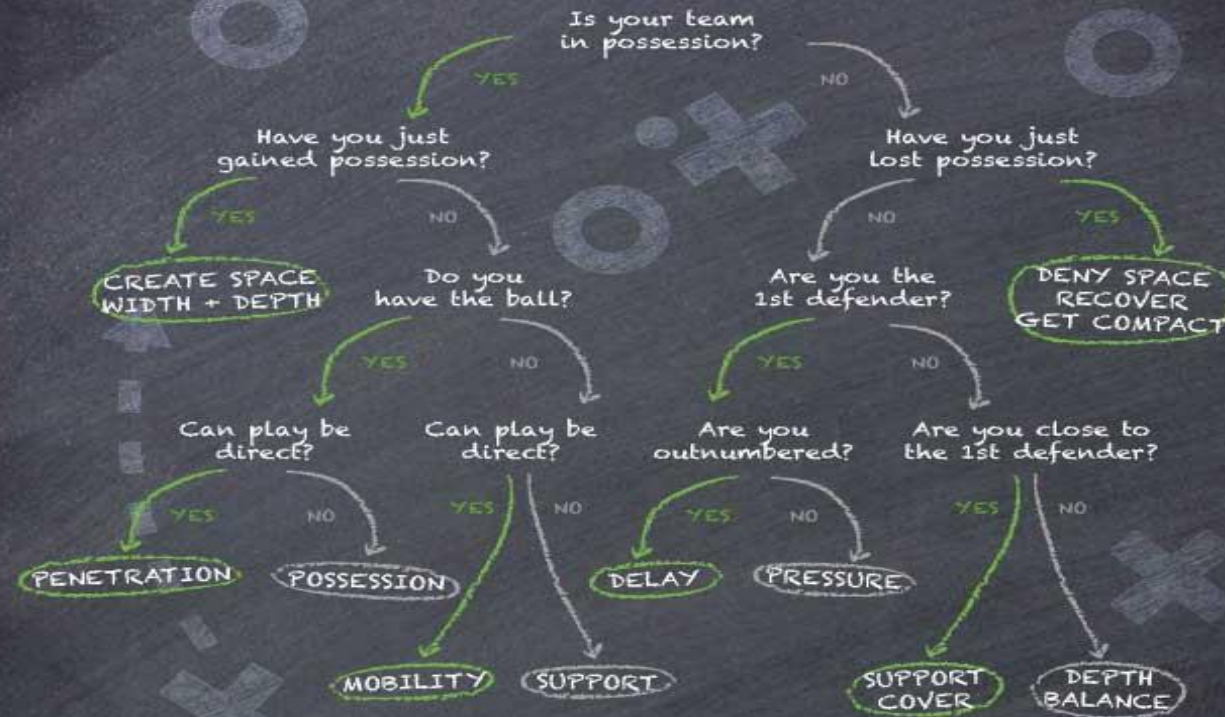
Principles of Play:

Decision Making

The principles of play are the fundamental strategies which a soccer team employ in order to overcome their opponent's; their the universal laws which successful teams share.

Developing a deep understanding of the principles of play is vital to us as coaches, and a huge benefit to our players. Technique and specific tactics are only effective within the framework of the principles of play, and sharing them with your players helps give them a decision-making 'cheat-sheet'.

PRINCIPLES OF PLAY & Decision Making



Principles of Play:

Attacking

The five attacking principles are:

1. Penetration refers to getting inside and behind the defense's shape.
2. Support / Depth in reference to the angle and distance from the Ball and Opposition.
3. Mobility is an offense's movement and flexibility, so its shape and direction are never predictable or repetitive.
4. Width is the ability to use the entire width of the field to stretch the defense
5. Creativity or improvisation is the offense's attacking freedom.

Principles of Play:

Defending

The five Defending Principles are:

1. Pressure is when the closest Defender immediately closes the gap between them and the ball / problem
2. Delay is the defense's ability to slow down an offense to disrupt the pace and/or numerical advantage of an attack
3. Depth is a defense's placement on the field - too deep and there is too much space for an offense to hold the ball in front of them, too shallow and there is too much space for an offense to get behind.
4. Balance refers to a defense's strength all over the field, not just those directly defending the ball.
5. Compactness is the Defense's focus and concentration, which is critical to avoid simple mistakes like miskicks that can give opponents undeserved opportunities.

Create an Appropriate Environment:

Four Major Components

1. Game Understanding
2. Quality
3. Intensity
4. Competitiveness

Game Understanding

This component is related to the TACTICAL side of the game. Developing vision and game awareness is crucial from an early age. In soccer, one action is never repeated in exactly the same way and game situations change constantly. Collective practice and experience in different game situations aids the player by improving his/her knowledge of the game

Quality

This component is related to the TECHNICAL side of the game. A quality first touch of the ball is indispensable to the tactical side of game-efficiency. Technique in soccer allows for great diversity; therefore repeating specific technical actions in a game context provides the player with a wide range of technical movements. Coaches will insist on a clean touch on the ball as well as quality technique.

Intensity

This component is related to the PHYSICAL side of the game. Practices must be performed at game intensity. Short working periods of high-intensity develops the technical quality and the quick, tactical decisions required in the game. Reproducing game intensity during training sessions is essential to the improvement of the different types of speed and endurance.

Competitiveness

This component is related to the PSYCHOSOCIAL part of the game. Opposed and high-intensity practices are essential in the development of high-quality and competitive players. Developing committed and competitive players from an early age is an indispensable aspect in the creation of successful teams.

Four Complimentary Components:

Tactical, Technical, Physical, Psychosocial

Tactical

This component helps the player fit into the Club Style of Play. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.

Technical

All players in the program have to be technically individually competent to play each position. For example, a central midfield player will need different techniques and expertise as compared to an outside back.

Physical

Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

Psychosocial

The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.

U5-10 Academy Phase

Coaching Content

U5-8: Technique, Tactical, Physical & Psychosocial

Technique	Tactical	Physical	Psychosocial
Dribbling & Running with Ball	Overloads	Speed	Motivation & Determination
Turning	Defending Principles	Coordination & Balance	Self Confidence
1v1 Defending	Attacking Principles	Agility	Competitiveness
1v1 Attacking		Basic Motor Skills	Cooperation
Passing & Receiving		Perception & Awareness	Decision Making
Shooting			Respect & Discipline
Ball Control & Manipulation			

U9-10: Technique, Tactical, Physical & Psychosocial

Technique	Tactical	Physical	Psychosocial
Dribbling & Running with Ball	Overloads	Speed	Motivation & Determination
Turning	Transitional Play - Small	Coordination & Balance	Self Confidence
1v1 Defending	Attacking Principles	Agility	Competitiveness
1v1 Attacking	Defending Principles	Basic Motor Skills	Cooperation
Passing & Receiving		Perception & Awareness	Decision Making
Shooting			Respect & Discipline
Ball Control & Manipulation			

U11-13 Foundation Phase

Coaching Content

U11-13: Technique, Tactical, Physical & Psychosocial

Technique	Tactical	Physical	Psychosocial
Dribbling & Running with Ball	Overloads	Speed	Motivation & Determination
Receiving to Turn	Transitional Play - Large	Coordination & Balance	Self Confidence
1v1 Defending	Attacking Principles	Agility	Competitiveness
1v1 Attacking	Defending Principles	Flexibility and Mobility	Cooperation
Passing & Receiving	Finishing	Perception & Awareness	Decision Making
Shooting	Possession	Endurance	Respect & Discipline
Ball Control & Manipulation	Combination Play		Commitment
Heading	Playing out of the Back		Concentration
			Self Control
			Communication

U14-16 Youth Phase

Coaching Content

U14-16: Technique, Tactical, Physical & Psychosocial

Technique	Tactical	Physical	Psychosocial
Crossing & Finishing	Overloads	Speed	Motivation & Determination
Receiving to Turn	Transitional Play & Countering	Coordination & Balance	Communication
1v1 Defending	Attacking Principles	Agility	Competitiveness
1v1 Attacking	Defending Principles	Strength	Cooperation
Passing & Receiving	Finishing	Perception & Awareness	Decision Making
Shooting	Possession	Endurance	Respect & Discipline
Heading the Ball	Combination Play	Flexibility and Mobility	Commitment
Shielding the Ball	Playing out of the Back		Concentration
	Zonal Defending		Self Control
	Switching the Play		
	Pressing, Retreating & Recovering		

U17+ Senior Phase

Coaching Content

U17+: Technique, Tactical, Physical & Psychosocial

Technique	Tactical	Physical	Psychosocial
Crossing & Finishing	Pressing, Retreating & Recovering	Speed	Motivation & Determination
Receiving to Turn	Transitional Play & Countering	Coordination & Balance	Communication
Shooting	Attacking Principles	Agility	Competitiveness
Heading the Ball	Defending Principles	Strength	Cooperation
Passing & Receiving	Finishing	Perception & Awareness	Decision Making
	Possession	Endurance	Respect & Discipline
	Combination Play	Flexibility and Mobility	Commitment
	Playing out of the Back	Strength	Concentration
	Zonal Defending		Self Control
	Switching the Play		
	Pressing, Retreating & Recovering		

Coaching Style:

General guidelines and preparations for Coaches

1. Methodology
2. Organization
3. Coaching the Player
4. Coaching the Team

Methodology

Competitive

All games will have a competitive component, rewarding the winning team and creating a healthy competitive spirit and training environment.

Ball

All practices must be done with the ball whenever possible. Each player must have a ball to themselves as much as possible to ensure as much contact when they are within the Club environment.

Fun

The coach must use his/her creativity to design fun practices which apply to soccer, especially for younger players.

Coaching Organization

Preparation

All coaches will prepare and review a session plan before the session. A record of all sessions should be kept by the coach to ensure a process and plan is being followed.

During the session

Do not stop the session too often. Players must learn to find solutions without constant coaching. Give clear and accurate coaching points and quickly restart the practice.

Evaluation

Take a few minutes after the session to review and note what worked well and what needs improvement. Do not take more than 2-3 minutes to do this. Players are tired mentally and physically after training, which means little or nothing is sticking when you talk to them.

Coaching the Player

Ball control and passing

The technique of the player is based upon ball control as well as accuracy of the pass. The quality and direction of the first touch is of paramount importance.

Perception and awareness

Emphasize keeping the head up and scanning the field at all times. Perception and awareness are major parts of the game.

Speed and reaction

All practices will incorporate speed in perception, decision making and execution. Increasing individual speed will increase the speed of the game.

Coaching the Team

Space and movement

Creating space in order to receive the ball and offer passing options are essential. Demonstrate to players how to move at the right time.

Attack - defense

All players must attack and defend. We look for players to see these moments, and we must encourage when they do it well and correct it when they do not.

Speed of play

The main objective of the player is to be able to play at a maximum speed. When trying to pass to team mates they must reduce the number of touches on the ball to increase the speed of play.

Coaching Organization:

Aspects to prepare to the training session

1. Preparation
2. Before Session
3. During Session
4. After Session

Preparation

Session plan

In order to be efficient during training sessions, all coaches must prepare a session plan. Regardless of a coach's experience, preparation prior to training is essential to a dynamic and rewarding training session.

Time

The coach has to plan and manage time during the session. For effective management, the coach should indicate the time spent on each exercise in the session plan.

Key points

Each exercise should have 1 or 2 key coaching points gathered in the session for these ages. Players can absorb a lot, but not all at once.

Before Session

Equipment

Have all the necessary materials prepared. Goals, balls, multicolor cones and 3 or 4 sets of pinnies should be enough to prepare your session.

Initial set up

Make sure that you have the spaces organized and plan for a smooth transition from one exercise to another. Minimize the number of cones that you have to pick up or reset.

Review

Take a few minutes just before the training session to review the session plan and the coaching points.

During Session

Position during practice

Coaches should occupy a central but sidelines position during practice which allows a clear, general vision of training and simultaneously permits the observation of small details.

Flexible

A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task.

Coaching points

Coaches should cover necessary coaching-points in the session plan depending on players performance and adaptation.

After Session

Discussion with the players

Do not under estimate the value and impact of a positive comment or individual feedback to a player after the training session.

Review your session plan

Review the session plan at the end of the training session and note what worked well and what needs to improve. Do not talk too much. Be clear and short.

Evaluate yourself

Do not be ashamed to ask for constructive feedback and the opinion of your colleagues in relation to your coaching management and structure of the session.

Age Group Organization

Initial Stage

Academy Phase: U5 - 10

Initial stage - 5 to 8 years old

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

Principles of Age Appropriate Development:

Training characteristics based on human development

Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games. Players must spend the maximum time possible in contact with the ball and experiment by themselves. For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team. Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

Season Plan:

U5 - 8

U5-7 Season Plan							
Objectives		Organization		Contents Distribution			
Game: Take up good positions during the game Technical: Improve basic individual technique Physical: Develop coordination and basic motor skills with and without the ball Psychosocial: Feel comfortable and confident with the ball		Sessions Per Week - 2	Session Time - 60				
		Players Per Team - 5	Game Time - 30				
		Session Structure	Aspects to Consider				
		Warm Up - 10	<ul style="list-style-type: none">• Size and time of practice• intensity of the practice• rules,• number of players				
		Physical - 15					
		Technique -20					
		Game -20					
		Warm Down - 5					
By the end of the Season -		Comments - Individual games are essential for players of this age to experiment with the ball		Game 35%	Tech 35%	Tac 0%	Phy 30%
Content							
Technical	Tactical	Physical		Psychosocial			
Passing & Receiving	Overloads	Coordination & Balance		Motivation & Determination			
Dribbling & Running with Ball	Attacking Principles	Agility		Self Confidence			
Shooting	Defending Principles	Basic Motor Skills		Cooperation			
Ball Control & Manipulation		Perception & Awareness		Decision Making			
1v1 Defending & Attacking		Speed		Respect & Discipline			
Turning				Competitiveness			

Season Plan:

U9 - 10

U8-9 Season Plan						
Objectives		Organization		Contents Distribution		
Game: Balance in relation to the ball and team mates during the game Technical: Individual basic and collective techniques Physical: Develop speed, coordination and basic motor skills with and without the ball Psychosocial: Interact with team mates during the training session	Sessions Per Week - 2	Session Time - 75				
	Players Per Team -	Game Time - 40				
	Session Structure	Aspects to Consider				
	Warm Up - 15	<ul style="list-style-type: none">• Size and time of practice• intensity of the practice• rules• number of players				
	Physical - 15					
	Technique -25					
	Game -25					
Warm Down - 5						
By the end of the Season -	Comments - Collective games are essential for the player to interact with team mates		Game 35%	Tech 35%	Tac 0%	Phy 30%
Content						
Technical	Tactical	Physical		Psychosocial		
Passing & Receiving	Overloads	Speed		Motivation & Determination		
Dribbling & Running with Ball	Transitional Play - Small Numbers	Coordination & Balance		Self Confidence		
Shooting	Attacking Principles	Agility		Cooperation		
Ball Control & Manipulation	Defending Principles	Basic Motor Skills		Decision Making		
1v1 Attacking & Defending		Perception & Awareness		Respect & Discipline		
Turning				Competiveness		

Basic Stage

Foundation Phase: U11 - 13

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding.

Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

Principles of Age Appropriate Development:

Training characteristics based on human development

Pre-pubescent players from age 9 to 13 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. Use small-sided games to develop basic attacking and defensive principles.

Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will 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.

Season Plan:

U11 - 13

U13/14 - Season Plan							
Objectives		Organization		Contents Distribution			
Scrimmage: Coordinate playing out from the back, possession, transition, combination play and finishing during the game Tactical: Application of attaching principles to create combination play Technical: Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces Physical: General development of endurance, speed and strength Psychosocial: Competition in individual and team situation		Sessions Per Week - 3	Session Time – 90				
		Players Per Team -	Game Time - 70				
		Session Structure	Aspects to Consider				
		Warm Up - 10	Size, time, intensity of the practice, rules, number of players, time of contact with the ball				
		Physical - 15					
		Technique -15					
		Tactics - 20					
		Game - 25					
	Warm Down - 5						
By the end of the season: 1. Playing short and long accurate passes in collective practices. 2. Combination play and communication with teammates 3. Combine endurance and speed during the game		Comments - Use the contrast of small spaces for possession practices and bigger spaces for transition practices. Match: 11v11 games.		Game 30%	Tech 20%	Tac 25%	Phy 25%
Content							
Technical	Tactical	Physical	Psychosocial				
Passing & Receiving	Overloads	Speed	Motivation & Determination				
Dribbling & Running with ball	Possession	Coordination & Balance	Self Confidence				
Shooting	Transitional Play - Large	Agility	Cooperation				
Ball Control & Manipulation	Finishing	Flexibility & Mobility	Decision Making				
Heading	Combination Play	Perception & Awareness	Respect & Discipline				
Receiving to Turn	Playing out of the Back	Endurance	Competiveness				
1v1 Attacking & Defending	Attacking Principles		Self Control				
	Defending Principles		Communication				
			Commitment				
			Concentration				

Intermediate Stage

Youth Phase: U14 - 16

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

Principles of Age Appropriate Development:

Training characteristics based on human development

At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage.

Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.

Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions

Season Plan:

U14 - 16

U15/17 - Season Plan						
Objectives	Organization		Contents Distribution			
Scrimmage: develop transition and finishing at speed as well as organization for pressing, retreat & recovery Tactical: improvement of quick transitions, attacking in the final third and pressing technical: focus on perception and quick execution of passing, ball controlling and finishing at speed in the game Physical: increase of aerobic power, acyclic speed and explosive strength Psychosocial: maintaining concentration in training sessions and games	Sessions Per Week - 3	Session Time – 90				
	Players Per Team -	Game Time - 70				
	Session Structure	Aspects to Consider				
	Warm Up - 10	Size, time, intensity of the practice, rules, number of players, time of contact with the ball				
	Physical - 15					
	Technique -15					
	Tactics - 20					
	Game - 25					
Warm Down - 5						
By the end of the season: 1. Making passes and finishing at speed in SSG. 2. Coordinating with teammates in fast transition and pressing when possession is lost 3. Good technique in high-intensity, aerobic power practices	Comments - Use the contrast of small spaces for possession practices and bigger spaces for transition practices. Match: 11v11 games.		Game 30%	Tech 20%	Tac 25%	Phy 25%
Content						
Technical	Tactical	Physical	Psychosocial			
Passing & Receiving	Overloads	Speed	Motivation & Determination			
Dribbling & Running with ball	Possession	Coordination & Balance	Concentration			
Shooting	Transitional Play & Countering	Agility	Cooperation			
Crossing & Finishing	Finishing	Flexibility & Mobility	Decision Making			
Heading	Combination Play	Perception & Awareness	Respect & Discipline			
Receiving to Turn	Playing out of the Back	Endurance	Competiveness			
1v1 Attacking & Defending	Attacking & Defending Principles	Strength	Self Control			
	Zonal Defending		Communication			
	Switching the Play		Commitment			
	Press, Retreat, Recover					

Advanced Stage

Senior Phase: U17 +

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge

Principles of Age Appropriate Development:

Training characteristics based on human development

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. Important aspects of the tactical training are 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. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).

The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine. Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.

Planning and Training

Introduction

Training Plan and Organization

Planning the session correctly, for the week and the season, will help the coach identify the players needs and deliver a more efficient training session. Properly preparing a training session gives the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. A good coach is a good planner.

Principles of Seasonal Planning

1. Seasonal Plan
2. Macrocycle
3. Microcycle
4. Training Session Structure
5. Training Session Template

Seasonal Plan

This section will help the coach to quickly organize the season into competitive periods, transition periods (in between competitive periods) and offseason periods in the case of the older age groups. For younger groups, it will be even more essential to have a broader vision of the objectives, content, distribution and means of use during the season.

Here is the organization for the season based on three 'x'-week cyclic periods. Each one of these 'x'-week periods is called a macrocycle. This 'x'-week period will be similar in structure in all three stages of the season.

1. Competitive: Period when the team is training and playing games regularly.
2. Transition: Period when the team is training but not playing regularly.
3. Off-season: Period when the team is not training or playing regularly

Macrocycle

The Macrocycle distribution of content ensures that all key elements in the curriculum are covered for each stage and age group. It is organized in two-week periods to give the player enough time to show significant improvement in the specific categories. Please note, this content distribution follows an appropriate order for developing the style and principles of play.

U5-8 12 Week Macrocycle Example

Type	2 Weeks	2 Weeks	1 Week	1 Week	2 Weeks	2 Weeks	1 Week	1 Week
Technical	Ball Manipulation & Control	Passing and Receiving	Shooting	SOG's	Dribbling	1v1's	Shooting	SOG's
Physical								

Microcycle

The Microcycle helps the coach organize weekly training sessions. Each week has a main technical, tactical and physical objective specified in the Macrocycle. However, each team is different and has its own learning dynamic. Therefore, the weekly plan is flexible. The team will evolve week after week and the coach must continually identify the team's needs.

U5-8 1 Week Microcycle Example

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Two Sessions 60 min		<ul style="list-style-type: none">• Warm Up• Reaction• Ball Manipulation & Control• Game		<ul style="list-style-type: none">• Warm Up• Reaction• Ball Manipulation & Control• Game		Game	

Session

Sessions are the last step of the planning process. In this section the coach can see what sessions look-like for the different stages. Each session is structured the same way, including the following parts: warm-up, main part and scrimmage. The main part contains technical, tactical and physical exercises. The coach can use the exercises in the library to select appropriate drills for the team and create his/her own training sessions.

Some of the specific organization for the season applies only to the intermediate and advanced stages. The advanced and intermediate stages may change training organization throughout the season in order to be more efficient in competition. The initial and basic stages emphasize development consistency of session structure, in order to consolidate the basics of soccer.

Training Session Structure:

Flexible Components

SPACE	Keep the organization of the space simple. The initial set up, with small changes, should be maintained throughout the whole session. Resetting cones during a session can easily disturb the flow of the session.
TIME	Time is flexible. Let the practice flow and make the coaching points at the right time, using breaks to give feedback.
INTENSITY	Use short periods of time at high-intensity and utilize resting periods to explain the practices or to make coaching points.
RULES	Use different rules to adapt the practices to the characteristics of the players and make the exercise age appropriate.
NUMBER OF PLAYERS	Practices should progress from small to larger numbers.

Training Session Plan Example:

Organization Set Up: U5-8

Date: 11.4.14	Age: U7-8	Duration: 60 min
Objectives		
Technical	Part 1 - Dribbling and awareness, Part 2 - Dribbling to shoot, or beat a defender	
Physical	Perception & Awareness, Coordination and Basic Motor Skills	
Psychosocial	Cooperation and Self Confidence	
Organization		Time
Arrival: Juggling and Dynamic Stretches Every Player to a ball. Juggle with both feet using feet and knees. Dynamic Stretches.		10 Mins
Warm Up: Numbers and Actions Game Working in pairs, players take it in turns to count from 1 to 3 and back to 1. Eventually replace all 3 numbers with football specific movements. For example 1 could be a side step, 2 could be a jump and head, 3 could be forward sprint. Skill Development - Dynamic movement, concentration, communication, decision making. Coaching Points - Stay alert and concentrate, Have FUN!		10 Mins
Main 1: Skills Corridor Area divided into 3 channels. Players have a ball each and must dribble the ball/touch either 2 sides of the corridor before turning sharply at the end of the corridor. They then return to the start point down the channels on the outside. Start them off in groups of 3. Skill Development - Awareness, build confidence, footwork, coordination. Coaching Points - Lots of touches, Use both feet, Sharp turns Main 2: Skills Corridor Plus Area divided into 3 channels with the middle being the "skills corridor". At the end of the corridor is a goal. At the end of both outside channels is a miniature goal/target (cones will suffice) with 1 defender, in the way. 3 players with a ball dribble down the corridor. The player in the middle has a shot on goal at the end of the corridor. The 2 outside players turn back into the channels and try to beat the defender and score into the mini goals when they get to the end of the channels. Skill Development - Shooting, finishing, tackling, 'jockeying', and turning. Coaching Points - Use skills and pace to beat the defender, Imagination, try new skills, Be patient and keep the ball moving		20 Mins
Game: 2v2 to Small Goals Game is 2v2 to two Small Sided Goals. Skill Development - Identifying shooting opportunities, handling, shot stopping, finishing technique, speed agility and quickness. Coaching Points - Decision making, Skills/pace to beat defender, End product, (P 2v1) Combinations/off the ball runs		20 Mins

Training Session Plan Example:

Practical Set Up: U5-8

Motivate your Players to be the Best!

<https://www.youtube.com/watch?v=IJoyFr5aq98>