



U15 – U18 (11v11)

Philosophy:

Though the development of the player to reach a higher level is always paramount, results become more of a priority. Teams believe in playing an attractive, attacking brand of soccer that is balanced by highly organized, disciplined, and fit teams. At this stage an increased level of commitment must exist in order to meet team expectations and standards set by the club.

These players should be held to the highest standards of the club on and off the field, players and teams are expected to compete at their highest level on a daily basis. On the field, players are expected to be technically sound and tactically proficient, thereby allowing position specific training in various systems of play.

Areas of Focus:

Building a competitive culture with high expectations and standards where players, coaches, and teams are committed to the same goals. The concentration on the physical requirements of the game increases in importance and sophistication. A winning mentality and culture become apparent and prominent throughout the club. A significant amount of time should be spent on technical proficiency and tactical awareness. These concepts should be included while focusing on speed of play dictated by field size, touch limitations, based on game like training. Situational training should be used to prepare players to protect a lead, score goals, counter attack, transition and defend. A high level of fitness should be an expectation both during training and outside of formal training. All of this should be focused on while expecting the players to be responsible and accountable on and off of the field for their actions and performance.

Recommended Systems of Play:

Note: We should take opportunities to expose players to different systems and train them in their roles in each system if possible.

1-4-4-2 Most traditional system and widely used. Roles are easily defined and recognizable.

1-4-3-3 Frequently used, gives defensive security while allowing attacking freedom.

1-3-5-2 Less common in today's game, gives extra player in midfield for creativity and possession but leaves more vulnerability with only 3 defenders.

1-3-4-3 Most difficult to teach, "Dutch System," but distributes players evenly throughout the field.

1-4-5-1 Defensive system used to close games out.

Recommended Structure of Sessions:

90 mins with breaks for water and rest

3-4 Activities w/25 - 30 minutes of game play included

Focus on teaching within the game.

Learning within Game Play is key and is also part of the most updated teaching strategy of the USSF

General Principle:

Focus on getting repetitions within “game like” situations and roles. The translation from training to match play should be much simpler at this age.

<u>Technical Ideas</u>	<u>Attacking/Defending Ideas</u>	<u>Psychological/Physical</u>
<p><u>Dribbling</u> Solidify 3-4 moves Change of pace and change of direction may be most effective Dribbling at pace</p> <p><u>Passing/Ball Striking</u> Driven and Flighted Balls Bending Balls</p> <p><u>Receiving</u> Receiving away from pressure Purposeful first touch Ability to use all surfaces 1st touch passing and lay offs</p> <p><u>Finishing</u> Shooting from distance Bending balls to score Finishing 1v1</p> <p><u>Heading</u> Focus on technique Heading w/ control</p>	<p><u>Attacking</u> Building out of the back Ability to change point of attack Recognition of where to attack (wide, central, combinations) Running off of the ball Understanding risk/reward based on location on the field and game situations Focus on development of crossing based off ball position and running in the box</p> <p><u>Defending</u> Zonal Defending Basic Principles: Pressure, Cover, Balance, Delay Defending Set Pieces Team Shape and Defensive movement High Pressure v. Low Pressure Defending Line of confrontation</p>	<p><u>Psychological</u> Handling Constructive Critique Individual Evaluation Goal Setting Team v. Individual Developing a competitive attitude Self-evaluation Passion for the game</p> <p><u>Physical</u> Nutrition Resistance/Strength training for sport Understanding warm up and cool down Coordination Core stability and strength Interval based fitness</p>