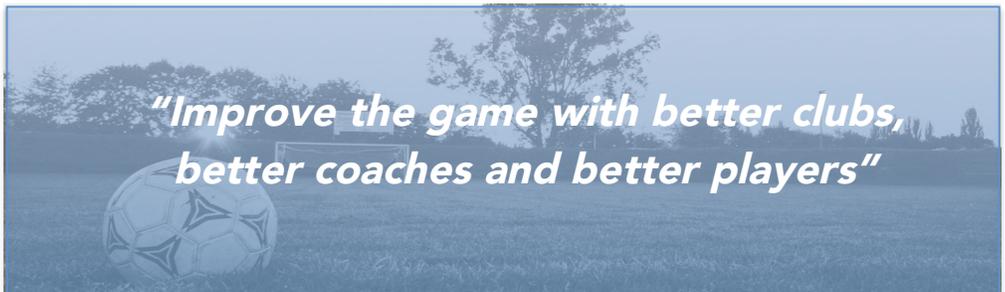


COACHES EDUCATION MANUAL – LEVEL 1



*“Improve the game with better clubs,
better coaches and better players”*

THE WORLD'S GAME



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	voetbal
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	jalkapallo
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	soka
	فوتبال



“BETTER COACHES = BETTER PLAYERS”

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PREFACE



The intent of this manual is to address the importance of teaching age specific characteristics, fundamental concepts and principles of the game for ages 8-12.

Worldwide, children are enjoying the “beautiful game” at a young age prior to joining clubs by playing pick up games or “street soccer”. Since children are currently playing less and less on their own, outside their clubs, our goal is to help teach coaches to recreate this type of street soccer within their training environment. Players need to develop a love and passion for the game in accordance with their natural development.

Every exercise and training should be based on teaching the player and game fundamentals. By making this a priority during the early ages, players will be better prepared in a later stage when the game becomes more complex and they can adapt to any playing system or style of play.

Building an individual player foundation should be the anchor, which guides the coach within all aspects of his/her work. Within the complexity of the game and the environment of dealing with players and parents, it is vital for the coaches to have a clear picture of the players needs in these important ages. This will insure that the coach stays on the correct path during the development process.

NORCAL PREMIER MISSION

NorCal Premier places a high priority in assisting our coaches to become as knowledgeable and experienced as possible. For the good of the game, Norcal coaching education programs aim is to help and influence the clubs to improve their training environment for the players.



GENERAL INFORMATION



1.1 AIM OF COURSE

Influence and assist you, the clubs, to provide proper training content for the Golden Age of Learning (8-12 years old).

To provide players age 8-12 the best training environment to develop a passion for the game to reach their full potential.

1.2 MAIN TOPICS

The course content will be based on:

Game - A clear understanding of the NorCal Vision, Philosophy and Style of Play

Player - Optimize 4 areas: Technical, Tactical, Personality, and Physical (T²P²)

Coach - Leadership/Mentorship, Training and Game Environment, Planning

Club - Vision, Culture, Environment and Parents

1.3 PROFILE OF PARTICIPANTS

Influential leaders in Golden Age of Learning within a NorCal Premier Club

- Years of coaching experience
- Commitment to continuous education
- Years of playing
- Licenses, Diplomas, Certificates, NorCal Coaching Education
- Position – Title in the Club (DOC, TD, Head Coach)

Note: Course Capacity is a maximum of approx. 30 coaches

1.4 COURSE STRUCTURE

Course information/hours:

- 8 month course, one time per month
- 16 hours Field Sessions
- 20 hours Classroom Sessions
- Assignments, Individual and Group

Field Training: Actively observing trainings in groups

Each group will be observing:

- Structure and Aim of the training
- Progression of the stages of the training
- Content within the progression (exercises)
- Players qualities and behavior
- Coaches qualities and behavior

Note: Participant(s) may coach in training session

Classroom:

- Discussion of training session
- Discussion and presentation of assignment with instructor and group participation
- Presentation: Introduction of new topics
- Closing: Summary and next assignment

GENERAL INFORMATION



1.5 ASSIGNMENTS

Assignments are based on:

- Classroom topics
- Training session
- Participants working environment

Notes: Participants are expected to completed and prepared each assignment to present.

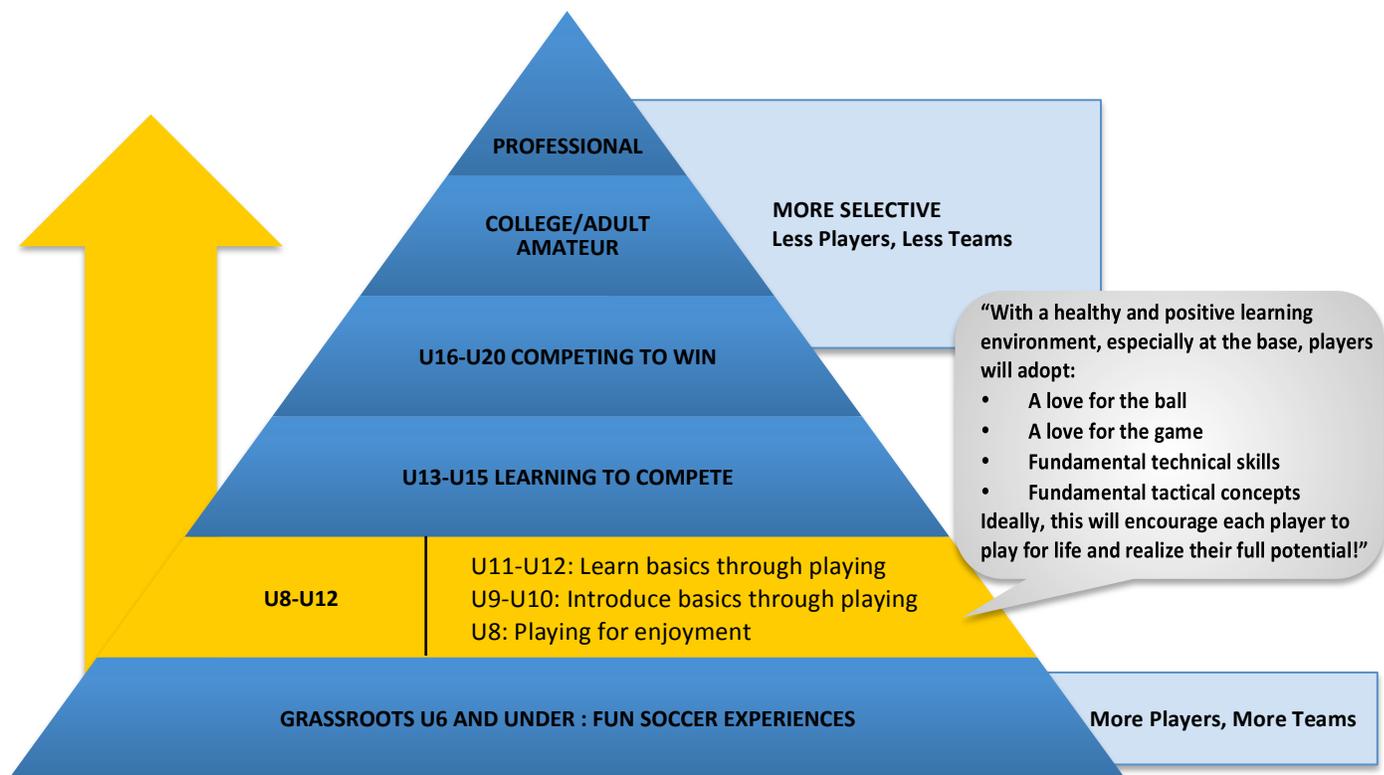
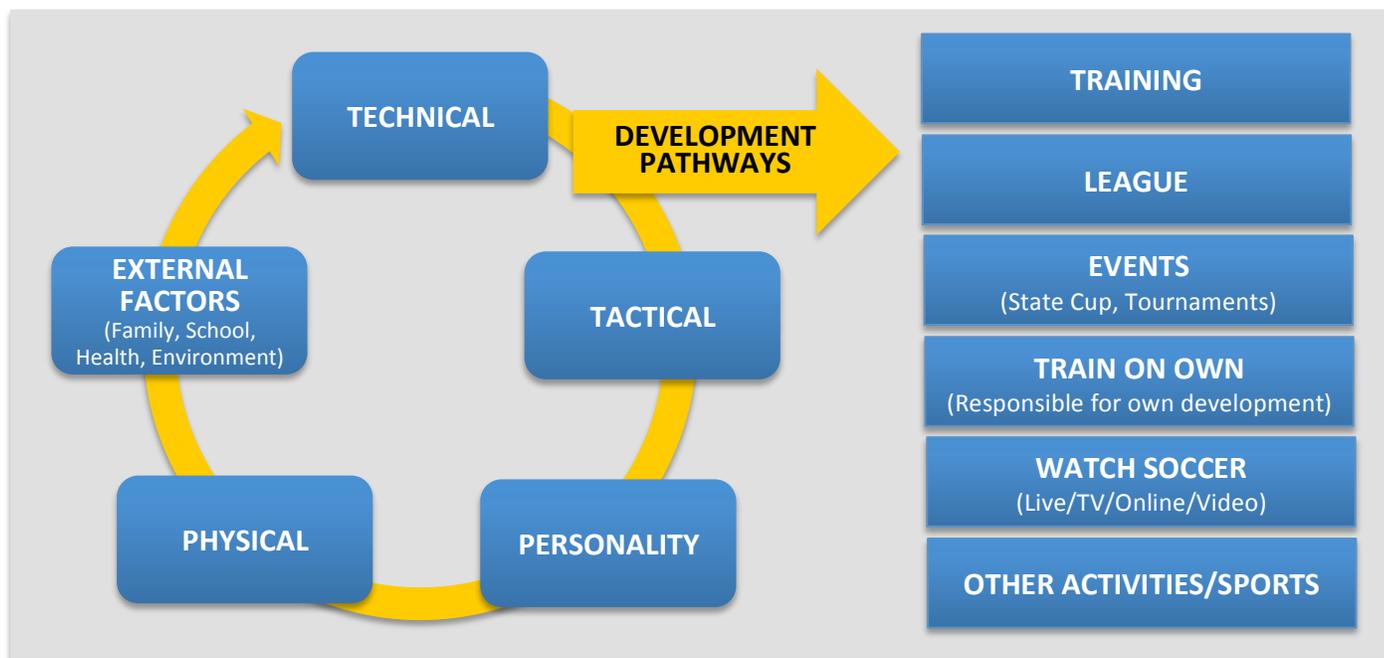
1.6 COURSE STANDARDS

- Club signed agreement with NorCal
- Mandatory attendance to classroom and field sessions
- Mandatory completion of assignments
- Respond in a timely manner to NorCal communication throughout course (email, phone, text)
- Be respectful
- Be on time
- Active involvement and participation in the course
- Basic knowledge of technology

GENERAL INFORMATION

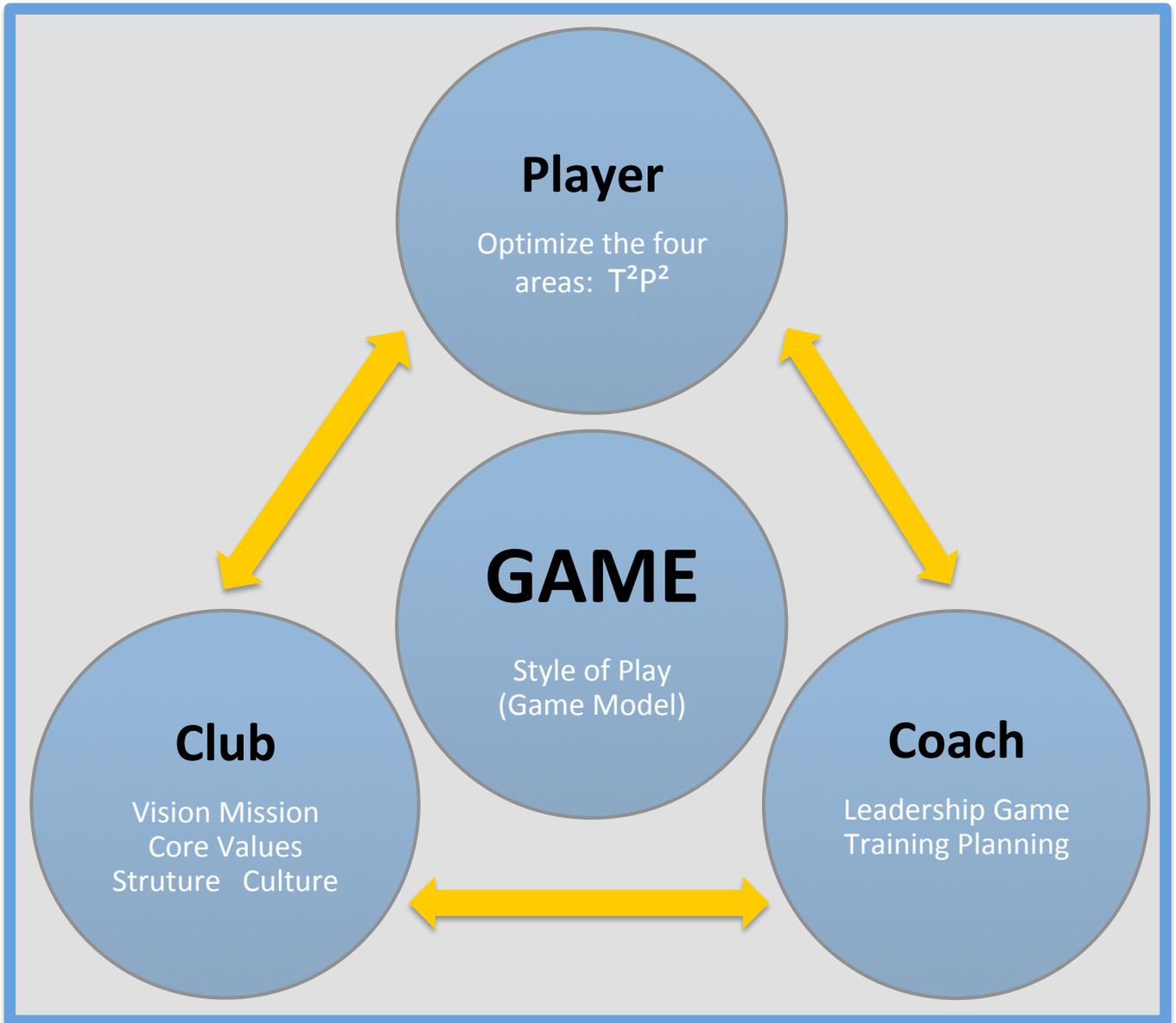


NORCAL PREMIER SOCCER LANDSCAPE (OUR REALITY)



FOUNDATIONS OF SOCCER - INTRO

GAME



FOUNDATIONS OF SOCCER - INTRO



GAME

NORCAL GAME MODEL

In order to teach proficiently a coach should structure the game as a starting point. The process begins with a style of play and ends with the player qualities needed to execute that style. We encourage coaches to use the NorCal Game Model as a base example. This structure will help create your curriculum, player profiles, coach's profiles and your own game model.



FOUNDATIONS OF SOCCER - INTRO



PLAYER: T²P² – **T**echnical**T**tactical**P**ersonality**P**hysical



OBJECTIVE: To Create COMPLETE PLAYERS

TECHNIQUE: Ball OPTIMIZATION:

- Total Control/Master of the Ball (Total Control of the ball with all techniques)

TACTICAL: Controlling the Play

- Vision: Reads the game and situations related to ball, teammates, opponents and goals
- Space and Time Awareness
- Decision Making: Choosing best option quickly
- Communication (Audio and Visual Cue)
- Perception: Individual and collective
- Adaptability: Adjust to continuous changes in the game
- Efficiency: Using the most relevant information
- Mental Speed

PERSONALITY: Controlling the Mind

- Joy and passion for the sport (sleep with the ball)
- Maximizing effort
- Being a good teammate
- Embracing the competition
- Ability to handle pressure

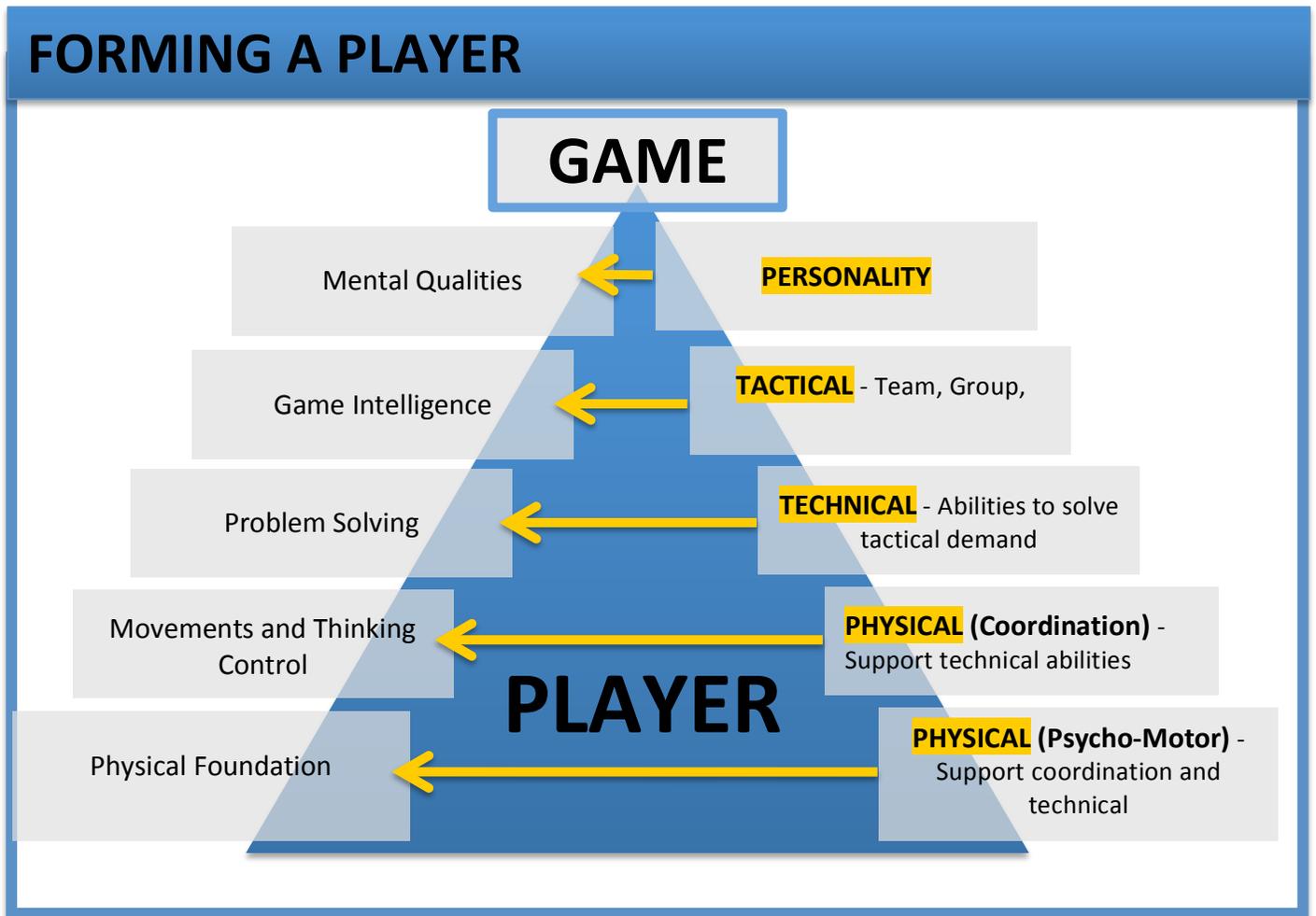
PHYSICAL: Ability to Control the Body Movement

- Psycho-Motor Skills: Knowledge of the own body and surrounding environment
- Coordination: Control of body movements and thinking
- Conditioning: Handling workload demand of the game (13 and older)
- Injury Prevention: Prevention-Proprioception

FOUNDATIONS OF SOCCER - INTRO



PLAYER: T²P² – Technical Tactical Personality Physical



FOUNDATIONS OF SOCCER- INTRO



COACH: Leadership, Game, Training, Planning



NORCAL COACH QUALITIES

- Observe, read, analyze and understand the game with an attention to detail
- Create a positive game-like, reality based, training environment
- Demonstrate a holistic player centered approach (teach the person, then the player)
- Is a self-reflective, active learner
- Has soccer knowledge and understands player needs
- Is a leader, teacher, mentor and manager
- Is a role model, setting an example
- Is focused, prepared, has a plan (can adapt)
- Good communicator (actively listen and communicate openly)

FOUNDATIONS OF SOCCER- INTRO

COACH: Leadership, Game, Training, Planning



PHASES OF DEVELOPMENT (LEARNING)					
DEVELOPMENT PHASE	AGE		GAME FORMAT	NCP COURSE	AGE GROUP
Grassroots	> 6		2v2	US Soccer or within club	Fun soccer experiences
1	8-12	6-8	4v4	Level 1	Playing/Learning for enjoyment
		9-10	7v7		Learning through playing
		11-12	9v9		Learning by playing
2	13-15		11v11	Level 2	Learning to compete
3	16-20		11v11	Level 3	Competing to win

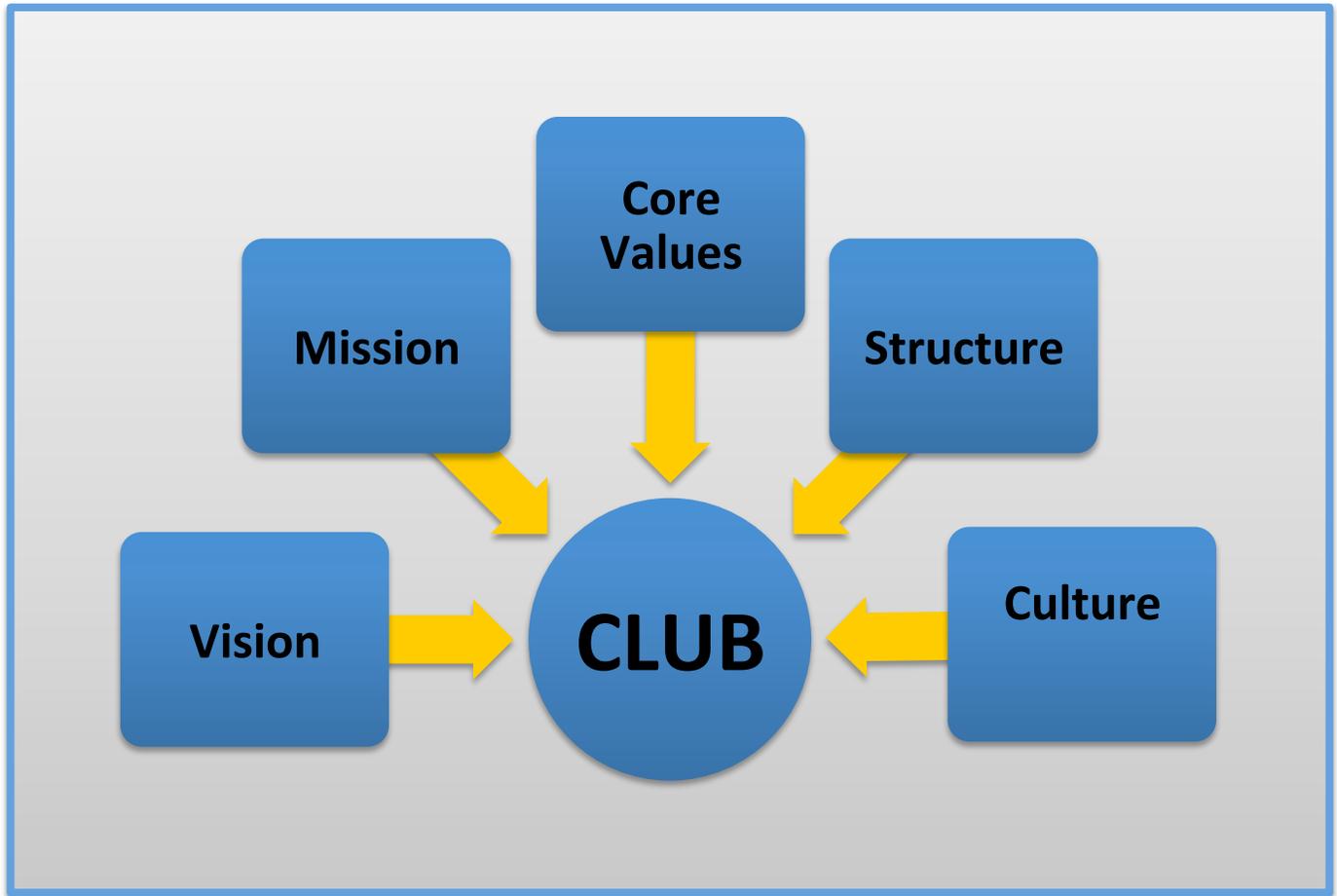


“Let us say that you and I coach two teams with kids that are 10, 11, and 12 years old and all are about equally good. You try to teach them to play good football, a passing game and with tactical basics while I tell mine to only play long balls and try to shoot. I can assure you that [at first] I will always win against you, by using your mistakes. Intercept a pass and score. If we however continue with the same training methods during a three-year period, you will most likely win every game against us. Your players will have learned how to play while mine haven’t. That’s how easy it is.”

Laureano Ruiz
 Father of Spanish Futbol,
 Explaining his Philosophy on Futbol

FOUNDATIONS OF SOCCER- INTRO

CLUB



CLUB DEVELOPMENT

Our goal is to assist each soccer community to progress in the development of their clubs.

Club Development includes:

- **Club Vision...** Who you are as a club
- **Club Mission...** What you want to do as a club
- **Club Core Values...**The beliefs of the club
- **Club Structure...**The organogram of the club
- **Club Culture...** The traits of a club

FOUNDATIONS OF SOCCER - GAME



NORCAL GAME MODEL

In order to teach proficiently a coach should structure the game as a starting point. The process begins with a style of play and ends with the player qualities needed to execute that style. We encourage coaches to use the NorCal Game Model as a base example. This structure will help create your curriculum, player profiles, coach's profiles and your own game model.



FOUNDATIONS OF SOCCER - GAME



STYLE OF PLAY

Our style of play is based on proactive brand of soccer with an emphasis on controlling the match with possession of the ball while creating multiple chances to score. Defensive balance and security are encouraged with collective pressing and quick transition.

NORCAL VALUES TO SUPPORT STYLE OF PLAY

Create a positive learning environment for our players to reach their maximum potential in the game of soccer and to help them become healthy, upstanding citizens and family members through honesty, discipline, courage, teamwork, tireless work ethic and humility.

- The collective above the individual
- Expression of talent through creativity
- Passion
- Intrinsic motivation
- Good attitude

KEY ELEMENTS IN ATTACK – WE HAVE THE BALL

- Ball possession (primarily ball on the ground)
- Creative play: exploiting space
- Attacking with numbers
- Using goalkeeper as a player
- Passing game which is entertaining
- Cultivates plenty of attacking options and opportunities

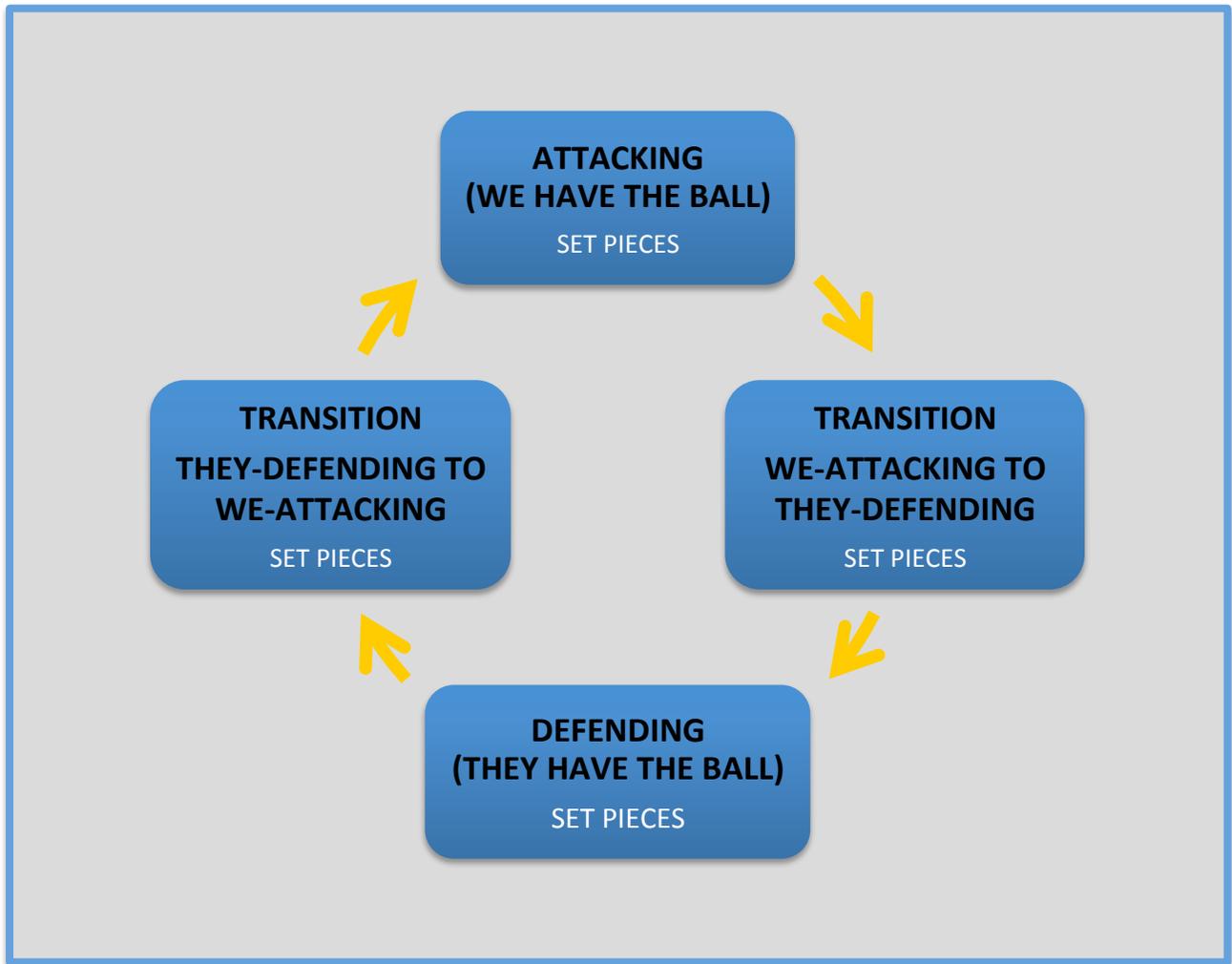
KEY ELEMENTS IN DEFENSE – THEY HAVE THE BALL

- Pressing: Immediate pressure
- Defend as far away from your goal as possible
- Win the ball back as quickly as possible
- Compactness
- Pressure: cover-balance

FOUNDATIONS OF SOCCER - GAME



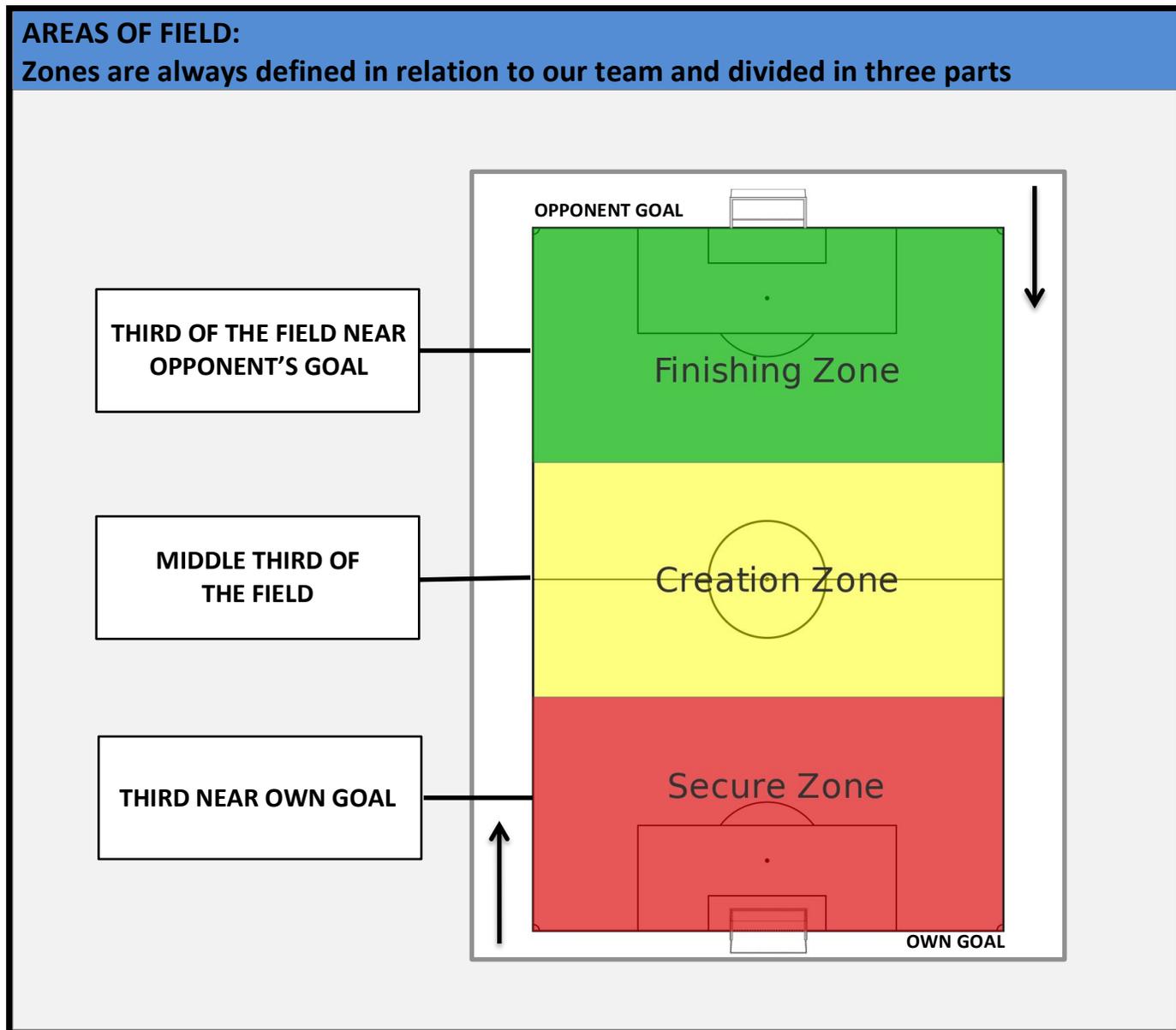
GAME MOMENTS



FOUNDATIONS OF SOCCER - GAME



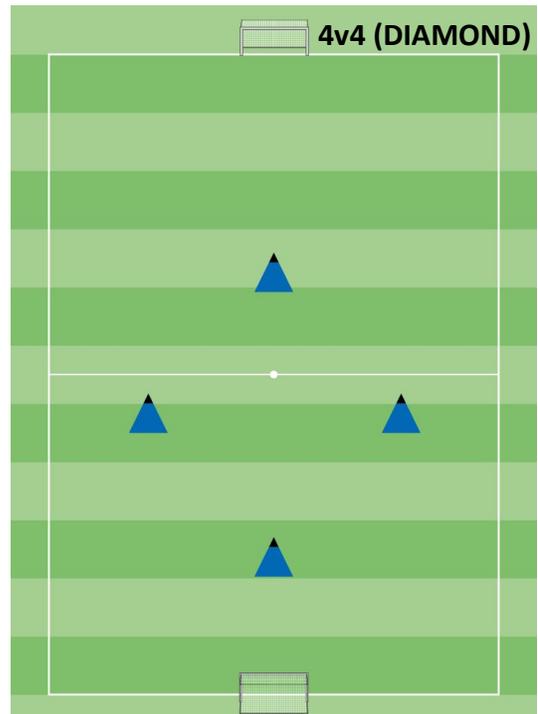
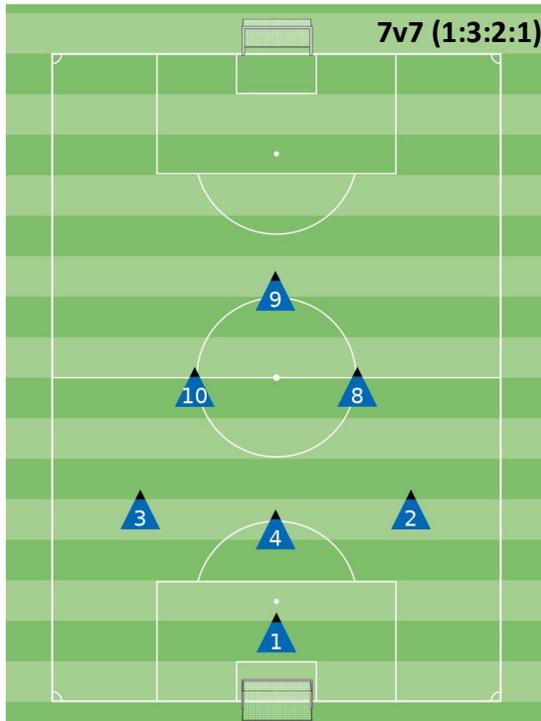
AREAS OF FIELD



FOUNDATIONS OF SOCCER - GAME



PLAYING SYSTEMS (FORMATIONS)



FOUNDATIONS OF SOCCER - GAME



TEAM TASKS (STRATEGIES): IN THE AREAS OF THE FIELD

WE HAVE THE BALL

FINISHING ZONE

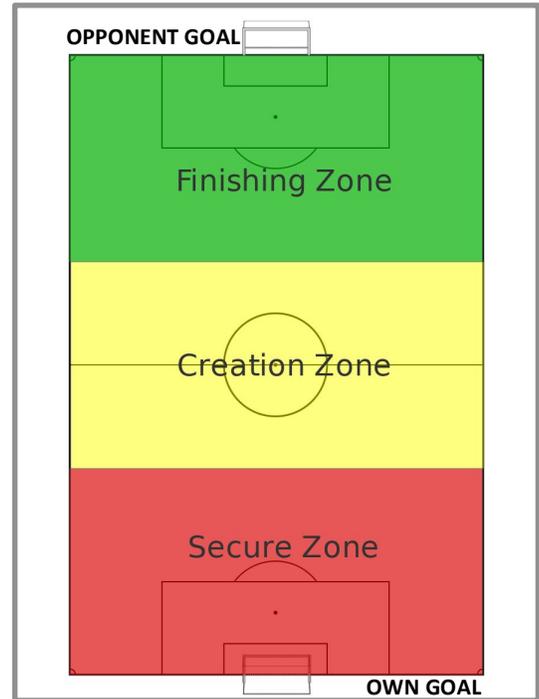
- **Definition:** Possession of the ball in final third near the opponent's goal
- **Aim:** Score goals and create chances

CREATION ZONE

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

SECURE ZONE

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



THEY HAVE THE BALL

FINISHING ZONE

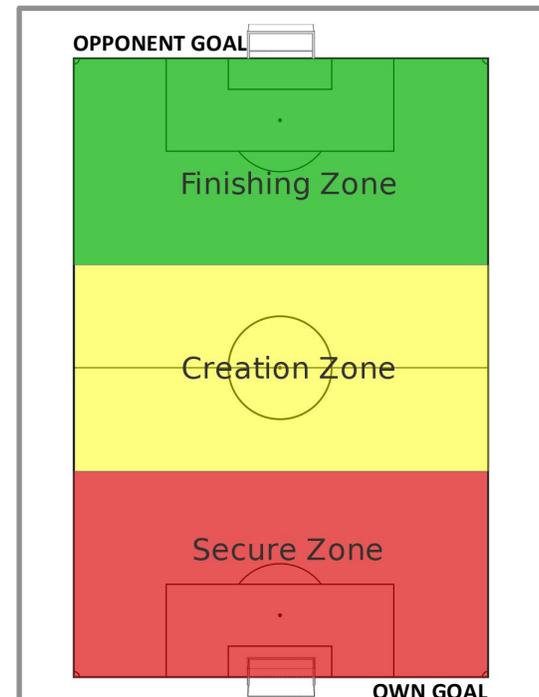
- **Definition:** Opponent possession of the ball in their secure zone
- **Aim:** Win the ball back, prevent the opponent from advancing

CREATION ZONE

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

SECURE ZONE

- **Definition:** Possession of the ball in the third near our own goal
- **Aim:** Win the ball back and prevent the opponent from creating chances or scoring goals



FOUNDATIONS OF SOCCER - GAME



TEAM TASKS (STRATEGIES): ATTACKING

WE - CREATE CHANCES TO SCORE GOALS			
WE	AIM	GENERAL PRINCIPALS	TEAM TACTICAL PRINCIPALS
SECURE ZONE	Possession to pass or dribble forward (in order to create in the offensive third)	Exploit the opponent when unbalanced / disorganized	<ol style="list-style-type: none"> 1. Create and utilize space based on game situations (depth and width) 2. Create triangles/lines for passing options (get open) 3. Play in the depth, pass or dribble forward as soon as possible to score 4. Get open to isolate the dribble (concept 1v1) 5. Get open/unmarked to score (anticipate adjust or readjust to shoot) 6. Switching point of attack 7. Create numerical superiority, 2v1 (find and use the free player and 3rd man) 8. Diagonal runs to play to get behind/between the defensive line(s) of the opponent 9. Play the early cross when there is space behind the defensive line 10. Get numbers in the attack 11. Balance: Always preparing for potential loss of possession
		Unbalance / disorganize the opponent	
CREATION ZONE	Possession to pass or dribble forward (in order to create chances in the offensive third)	Exploit the opponent when unbalanced / disorganized	
		Unbalance / disorganize the opponent	
FINISHING ZONE	Possession to create chances Scoring goals	Exploit the opponent when unbalanced / disorganized	
		Unbalance / disorganize the opponent	
WE TO THEY - DENY CHANCES TO PREVENT GOALS			
WE	AIM	GENERAL PRINCIPALS	TEAM TACTICAL PRINCIPALS
FINISHING ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force an inaccurate pass and /or ball that's hard to control Regain the ball	Quick transition to defending	<ol style="list-style-type: none"> 1. Pressure the ball immediately after losing it, using players closest to the situation 2. Get organized and balanced as quickly as possible; make it compact 3. Delay the opponent's attack when outnumbered
		Get organized and balanced	
CREATION ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force an inaccurate pass and/or a ball that's hard to control Regain the ball	Quick transition to defending	
		Get organized and balanced	
SECURE ZONE	Prevent the opponent from playing forward or deny penetration from dribble Deny Chances Prevent goals Force an inaccurate pass and /or a ball that's hard to control Regain the ball	Quick transition to defending	
		Get organized and balanced	

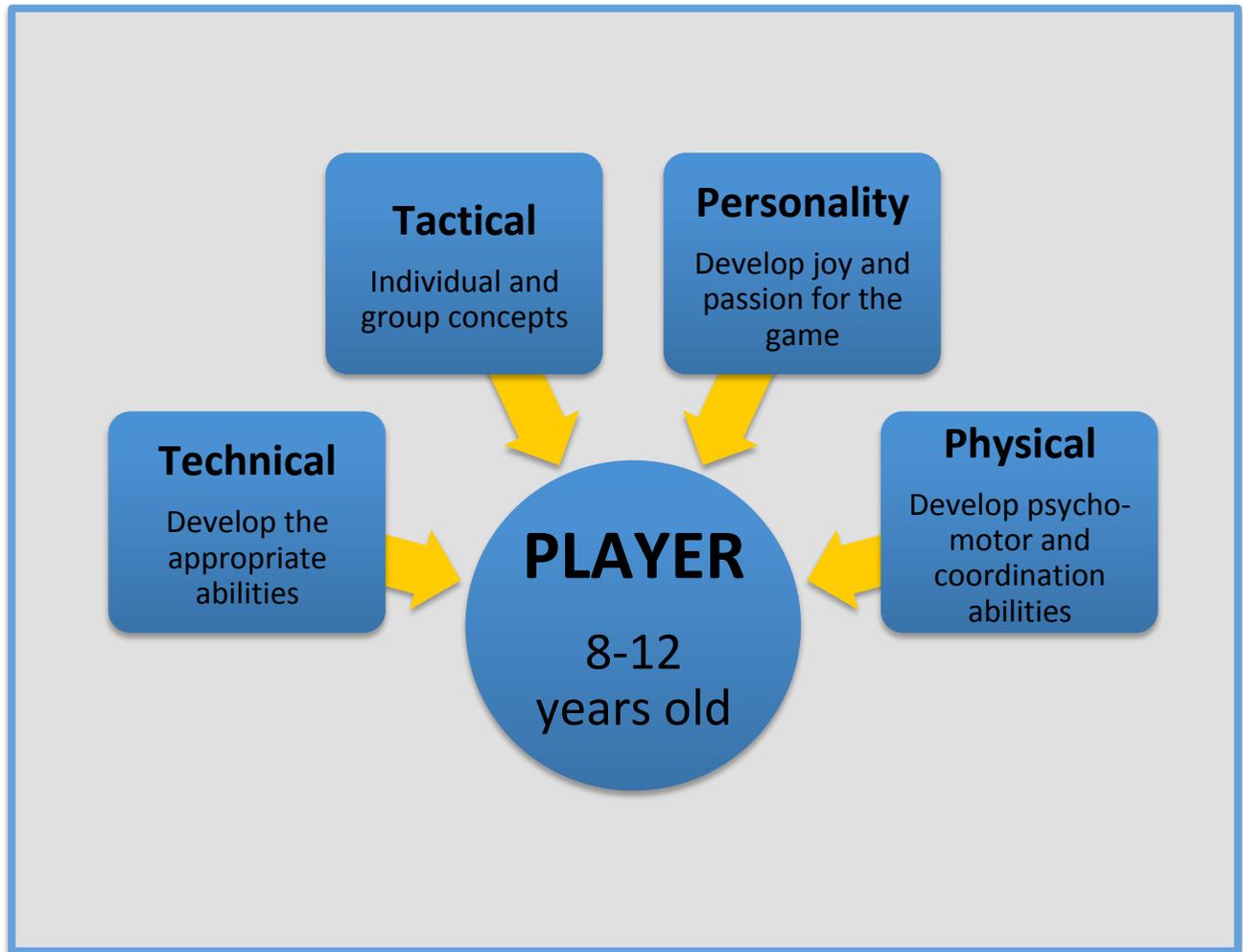
FOUNDATIONS OF SOCCER - GAME



TEAM TASKS (STRATEGIES): DEFENDING

THEY - DENY CHANCES TO PREVENT GOALS			
THEY	AIM	GENERAL PRINCIPALS	TEAM TACTICAL PRINCIPALS
FINISHING ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force an inaccurate pass and/or ball that is hard to control Regain the ball	Get organized and balanced	<ol style="list-style-type: none"> 1. Defend as far from your own goal as possible 2. Make and keep compact, close the space between the ball – own goal 3. Pressure the player with the ball, teammates cover and balance 4. Always press in the identified situations 5. Outnumber the opponent 6. Delay the opponents attack when outnumbered 7. Recognize when to switch from zonal marking to player tracking 8. Anticipate the long ball played behind the defensive line 9. The defensive line moves as a collective unit 10. Anticipated ball recovery to take attacking action
		Stay organized and balanced	
CREATION ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force an inaccurate pass and/or a ball that is hard to control Regain the ball	Get organized and balanced	
		Stay organized and balanced	
SECURE ZONE	Prevent the opponent from playing forward or deny penetration from dribble Deny chances Prevent goals Force an inaccurate pass and/or a ball that is hard to control Regain the ball	Get organized and balanced	
		Stay organized and balanced	
THEY TO WE - CREATE CHANCES TO SCORE GOALS			
THEY	AIM	GENERAL PRINCIPALS	TEAM TACTICAL PRINCIPALS
SECURE ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)	Quick transition to attacking	<ol style="list-style-type: none"> 1. Pass or dribble forward 2. Create passing lines 3. Give support 4. Keep the ball when you can't play forward 5. Push the defensive line up
		Exploit the opponent when unbalanced/disorganized	
CREATION ZONE	Possession to pass or dribble forward (in order to create chances in the offensive third)	Quick transition to attacking	
		Exploit the opponent when unbalanced/disorganized	
FINISHING ZONE	Possession to create chances Scoring goals	Quick transition to attacking	
		Exploit the opponent when unbalanced/disorganized	

FOUNDATIONS OF SOCCER - PLAYER



FOUNDATIONS OF SOCCER - PLAYER



NORCAL PLAYER QUALITIES: T²P²

FOCUS AND EXECUTE TASK TECHNICALLY, PHYSICALLY AND MENTALLY FOR ENTIRE MATCH

- **Technical:**
 - Optimization of the abilities**
 - Apply the abilities to a game situation
 - Increase the speed of execution
- **Physical:**
 - Psycho-Motor skills
 - Coordination
- **Mental:**
 - Concentration
 - Determination
 - Focused and Engaged
 - Sportsmanship

READ AND UNDERSTAND THE GAME AND MAKE THEIR OWN DECISIONS (TACTICAL AWARENESS)

- **Vision:** Reads the game and situations related to ball, teammates, opponents, goals
- **Communication** (Audio and Visual Cue)
- **Space and Time Awareness**
- **Adaptability:** Adjust to continuous changes in the game
- **Perception:** Individual and collective
- **Decision making:** The ability to set an objective and implement it in a specific action in the game
- **Efficiency:** Using the most relevant information
- **Mental Speed**

TAKE INITIATIVE AND EXPRESS CREATIVITY

- Be proactive
- Show freedom to express themselves
- Independently takes actions that will improve themselves on and off the field
- Tries new skills in trainings and games
- Communication: Verbal - non verbal

TAKE RESPONSIBILITY FOR THEIR OWN DEVELOPMENT AND PERFORMANCE

- Self-motivated to learn and become better
- Train on own
- Study the game (watching and reading)
- Process, not outcome, focused
- Player needs to focus on what they can control and block out what they can't control

ENJOYING PLAYING, TRAINING AND LEARNING

- Joy of playing individually and collectively
- Joy for training
- Love for the ball
- Love for the game

FOUNDATIONS OF SOCCER - PLAYER



AGE CHARACTERISTICS TECHNICAL AND TACTICAL FOCUS				
Age	Technical	Tactical Content	Achievement/ Motivation	Physical Appearance: Motor Development
7-8 years old	Dribbling-/unning with the ball, Shooting	1v1, 2v1, 2v2 :Work with a partner (1 other player) 4v4: Individual task (WE-THEY) Experience different positions	Learning to use own thoughts and opinions Lengthened attention span Team becomes important Begin to think ahead Refined gross and small motor skills Compare their achievements Imitation of idols	Recognizes between right and left Jumps with both feet together Runs in an agile manner Throws towards a target
9-10 years old	Running with the ball, Shooting, Passing (short/medium distance), Receiving	1v1, 2v1, 3v2, 4v3 4v4 Work with pairs and threes 7v7 Individual task (WE-THEY) Experience different positions	Motivated by visual example (mimic) Start to form an opinion of what they like or do not like The game begins to become social	Movements are more personal and original. Able to combine more basic motor skills. Coordination abilities begin to develop
11-12 years old	Dribbling, Guiding, protecting the ball, Passing and Receiving (on ground), Shooting	1v1-7v4 Different variations Teach individual task and cooperation with closest teammate(s) within a line (WE-THEY and Transition) Creating and using the 2v1 Experience different positions	Compare their achievements Imitation of idols Cognitive development, learning to use own thoughts and opinions	Begin to identify thru own gender. Able to perform complex actions and oriented towards an objective
13-15 years old	All techniques from above plus: Heading, Receiving (in air), Long Passing, Tackling	2v2-8v8/9v9 Understanding the cooperation between two lines (WE-THEY and Transition) Experience different positions	Re-evaluation of soccer/positioning Int heir own life other things distract them Cognitive development, problem solving competencies, interacting with adults	Body is identified by own gender. Basic motor skills are in "transitional crisis" during puberty
> 16 years old	All techniques from above related to tactical situations	4v4-11v11 Understanding the cooperation between all three lines (WE-THEY and Transition) Players should now have a specific position. Learn different systems of play	Criticize their own achievements Feeling responsible More self-sacrificing for the team Cognitive development structure the personality with the characteristics of an adult. Achievements objectivity Wants to express and prove himself	The body is ready to be trained and perform in a technically flawless manner athletic or motor activities. Basic motor skills are completely acquired.

FOUNDATIONS OF SOCCER- PLAYER



T²P² – **T**ECHNICAL **T**actical **P**ersonality **P**hysical

TECHNICAL

To make as perfect or effective as possible:

- Optimization of technical abilities
- Technique applied to tactical (TETA)
- Reduce time of execution (ball handling speed)

OPTIMIZATION OF TECHNICAL ABILITIES	TECHNIQUE APPLY TO TACTICAL (TETA)	REDUCE TIME OF EXECUTION (EFFICIENT)
Reaching the personal best or most effective ability. It's a continuous process of improvement.	Using the technical abilities to resolve the demands of game (situation).	Optimization of the technical abilities combined with decision-making, allows for faster execution, using less energy (focus).

FIRST STAGE: Age 6-12	SECOND STAGE: Age > 11
<ul style="list-style-type: none"> • Juggling • Dribbling: running with ball, change direction, fake-feints • Shooting • Passing • Receiving <p style="text-align: center; font-size: 48px; color: #4F81BD;">1</p>	<ul style="list-style-type: none"> • Long Passing • Heading • Tackle <p style="text-align: center; font-size: 48px; color: #4F81BD;">2</p>

FOUNDATIONS OF SOCCER- PLAYER



T²P² – **T**ECHNICAL **T**actical **P**ersonality **P**hysical

TECHNIQUE

TECHNICAL ABILITIES

Abilities to apply to any game situation

TECHNICAL ABILITIES DISTRIBUTION PER AGE GROUP							
Player Age	7-8	9-10	11-12	13-14	15-16	17-19	20 >
LONG PASSING	/	+	++	++++	+++++	+++++	+++++
HEADING	/	/	+	+++++	+++++	+++++	+++++
TACKLING	/	+	++	+++	+++++	+++++	+++++
SHOOTING	++++	+++++	+++++	+++++	+++++	+++++	+++++
RECEIVING	+	+++	++++	+++++	+++++	+++++	+++++
PASSING	+	+++	++++	+++++	+++++	+++++	+++++
DRIBBLING	+++++	+++++	++++	+++	++	++	++
JUGGLING	+++	+++++	+++++	++++	+++	++	++

FOUNDATIONS OF SOCCER- PLAYER



T²P² – **T**ECHNICAL **T**actical **P**ersonality **P**hysical

JUGGLING

- Good posture (balance & leaning on the front part of the foot)
- Arms out for balance
- Proper foot angle - lock the ankle
- Accurate touch foot - ball (low center)
- Different parts of the foot



DRIBBLING (Running with the ball)

Objective: Moving into space by keeping control of the ball

- Proper touch (long touch when there is space, short touch when space is tight)
- Supporting leg bent and well balanced
- At the time of ball contact, the knee and chest are over the ball, arms away from body for balance and protection
- The guiding ankle/foot is relaxed, and the proper surface of the foot (inside, outside, laces) makes contact on correct surface on the ball (Side of ball to make a cut, on the nose to go straight)
- Guide (dribble) the ball with fluid motion and appropriate change of pace and direction



DRIBBLING (1v1): Fake

Objective: To deceive/beat the defender

- Focus and watch defender and keep ball moving, keep your head up, athletic posture (lower center of gravity), rapid movement of trunk and leg around the ball, then a quick change of speed
- Touch ball into the proper space and angle away from the defender
- Watch defender posture, balance, and momentum then push ball into the opposite direction of defender's momentum
- Shield the ball from defender by keeping the ball on the foot away from defender and use body, shoulder, and arm to keep defender away
- Make body contact with defender in order to create separation



FOUNDATIONS OF SOCCER- PLAYER



T²P² – TECHNICAL Tactical Personality Physical

LONG PASSING

- Run up straight or at a slight angle with short quick steps for coordination/balance and proper timing and finish with a large last step for power
- Surface contact: On the moment of impact foot is rigid, instep between 1st and 2nd toe with foot externally rotated, shoelaces (power) straight foot toe down, inside-foot (accuracy) locks ankle 90° toes outward
- Supporting foot: Placed next to ball, enough distance from the ball, leg slightly bent, extend at moment of the shot, toe point to direction of the target
- Kicking foot: Wide and fast back-swing, knee over the ball at the moment of impact, follow through with good balance on the ground after the shot for next move and accuracy of the shot
- Arms: Act for balance, protection of the ball, opposite arm of kicking foot forward, the other one swings back



HEADING

- Take off: One foot (preferably on the run) both feet
- Front Heading: Ball contact with the center of the forehead directing it straight in front
- Lateral Heading: Ball contact with side of the forehead, twist of the torso with a tilt back, the ball sideways
- Arms: Moving upward help the jump, balance and protection
- Trunk: Arc backward for power



TACKLING

Front Tackle:

- Timing of tackle: Ball separate from the foot of the attacker
- Supporting leg slightly contracted with foot close to the ball
- Body behind the line of the ball
- Good balance with body weight distributes on good both feet
- Knees slightly bent help for balancing
- Tackling foot rotated outward for inside or instep contact with the ball

Lateral Tackle: Occurs when the defender is positioned laterally to the opponent and happens when the defender chases from behind the attacker moving towards the goal. The defender that comes from the side must rotate his body on the supporting foot that functions as a pivot; this must happen close to the opponent and in line with the ball.



FOUNDATIONS OF SOCCER- PLAYER



T²P² – TECHNICAL Tactical Personality Physical

SHOOTING

- Run up straight or at a slight angle with short quick steps for coordination and proper timing and finish with a large last step for power
- Look up before last big step
- Choose proper surface of the foot (inside foot-instep-shoe laces) according to distance
- Placement of supporting foot is next to the ball and pointing towards target
- Trunk covers ball
- Arms are up and out for balance and protection, and counter rotate compared to the kicking leg
- Keep eyes on the ball through kicking sequence, follow through kicking motion forward so that player lands on kicking leg



PASSING (medium short distance)

Objective: Connect-transfer the ball to a teammate

- Approach directly in line with the ball with short quick steps for coordination and timing, and finish with a larger last step to create power and precision
- At the time of impact the player should have an athletic posture, chest over the ball
- Place supporting foot next to the ball, toes pointing toward the target with the knee slightly bent
- The kicking leg swings back with hip rotating to 90°, then an explosive movement towards the ball, on impact ankle is locked and toes pointed upward
- Arms are away from body for protection and balance and counter rotate compared to the kicking leg



RECEIVING (Ball on the ground)

Objective: control of the ball to keep it in possession

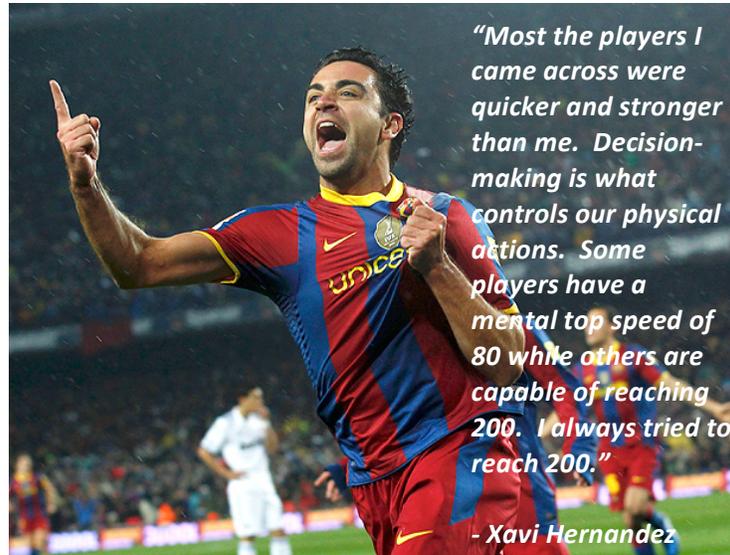
- Correct assessment of the angle, distance and speed, with which the ball is coming
- Move towards the incoming pass with proper posture to have good balance
- Keep eyes on the ball until the ball is controlled
- Right before impact the receiving leg reaches towards ball and starts retracting in the line of the ball's trajectory in order to cushion the balls motion
- The surface impacted by the ball needs to be relaxed and fluid to create a cradling motion. Arms up and out from the body for balance and protection
- Immediate awareness of your surroundings, and prepare for your next move with correct 1st touch

*Note: apply to surfaces of the foot (inside, outside, sole)



FOUNDATIONS OF SOCCER- PLAYER

T²P² – Technique **TACTICAL** Personality Physical



TACTICAL: Qualities Needed to Execute Player Actions (Tactical Awareness)

- **VISION**
- **SPACE AND TIME AWARENESS**
- **ADAPTABILITY** - adjust to continuous changes of the game

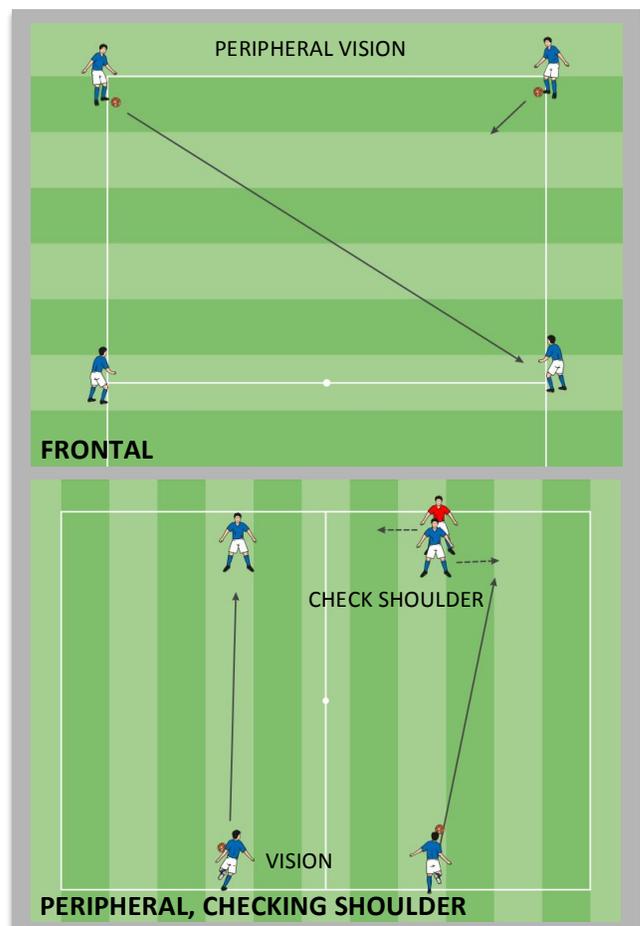
VISION

Definition: Faculty or state to be able to see.

- Frontal Vision
- Peripheral Vision
- Checking shoulder

Note: player must have a 360-degree vision to be able to make a correct decision.

Important to create exercises with conditions to force player to keep head up to see



FOUNDATIONS OF SOCCER- PLAYER



T²P² – **T**echnique **A**CTICAL **P**ersonality **P**hysical

SPACE AND TIME AWARENESS

Space: Ability to recognize field occupation of: yourself, teammate(s), opponent(s), ball, goal, and lines.

Time: Ability to perceive the traveling speed of yourself, teammates, opponents, and ball.

	ATTACKING	DEFENDING
WITH BALL	<ul style="list-style-type: none"> Recognize free space & when to dribble Recognize teammate in free space & when to pass Know where & when to shoot at goal Keep ball in play 	
WITHOUT BALL	<ul style="list-style-type: none"> Create space & when to move Own it & take advantage of free space Recognize where & when to receive in the right moment to keep the ball Help teammate with ball by being an option Occupy appropriate space at the correct moment to make difficult for opponents to recover the ball 	<ul style="list-style-type: none"> Recognize position & distance (time) in relation to the ball Where & When to move to reduce space Opponent(s) near (immediate challenge) Opponent(s) far (not immediate challenge) Teammate near (immediate help) Teammate(s) far (cooperation) Understand position on the field & distance to goal Understand position on the field & distance to line(s)

Space and time awareness allows one to constantly identify:

- Their position on the field
- The position of other participants

And perceive their traveling times

- Of teammates
- Opponents
- The ball

Note: Space and time are coordination abilities. The peripheral vision is actively connected to these abilities, which helps in game situation.



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T²P² – Technique **TACTICAL** Personality Physical

ADAPTABILITY

Allows for change of an action, or a movement already started, and replaces it with one considered more effective; it becomes essential, therefore, every time the point of reference changes.

Ready for changes in reference of actions-movements:

- Individual
- Teammate(s)
- Opponent(s)
- Ball-attacking to defending, defending to attacking
- Other circumstances (i.e. field, weather etc.)

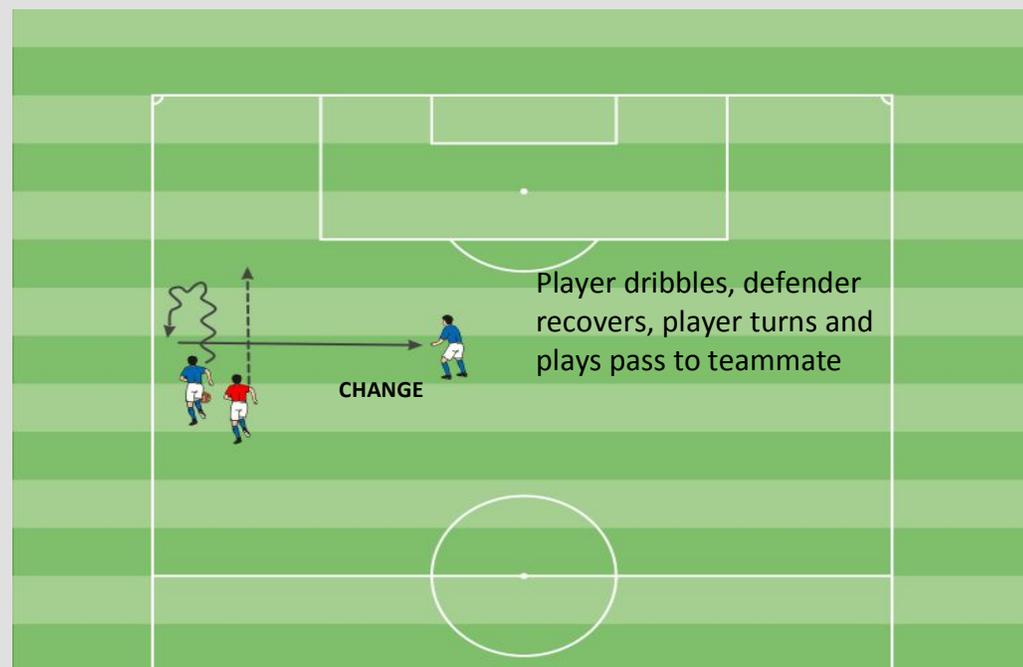
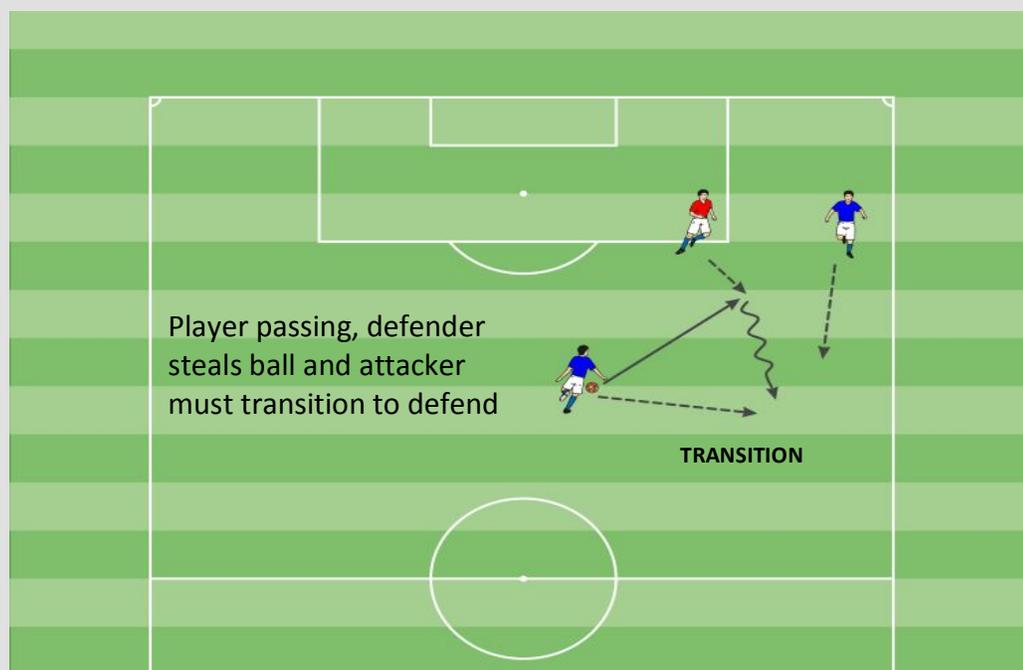
	ATTACKING	DEFENDING
ACTION (With Ball)	<p>Transition: Defending > Attacking</p> <ul style="list-style-type: none"> • Dribble, Pass, Shoot <p>1v1 situation:</p> <ul style="list-style-type: none"> • Dribble def. • Teammate(s) join bring #s up - dribble or pass? • Opponent(s) challenge bring #s up <p>Shoot:</p> <ul style="list-style-type: none"> • GK - in the goal, coming out • Opponent(s) 	
MOVEMENTS (Without Ball)	<p>Transition: Defending > Attacking</p> <p>Space:</p> <ul style="list-style-type: none"> • Mark to Get Open • Unmark to mark 	<p>Transition: Attacking > Defending</p> <p>Ball:</p> <ul style="list-style-type: none"> • Near-Far/Far to Near <p>Opponent(s)</p> <ul style="list-style-type: none"> • Joins to #s up <p>Teammate(s)</p> <ul style="list-style-type: none"> • Joins to #s up <p>Goal:</p> <ul style="list-style-type: none"> • Far to near • Near to far

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T²P² – Technique **TACTICAL** Personality Physical

ADAPTABILITY



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T²P² – Technique **TACTICAL** Personality **P** Physical

TACTICAL

MENTAL SPEED							
Perception, Decision, Action, intervention	/	+	+++	+++++	+++++	+++++	+++++
Player Age	7-8	9-10	11-12	13-14	15-16	17-19	20 >
PERCEPTION	<ul style="list-style-type: none"> It's the ability for athletes to filter continuously the information that is important for tactical situations and using the acoustic and optical sensor. A player with a good perception ability can better develop game intelligence. To develop perception the player must have a high level of motivation and attention. 						
DECISION	<ul style="list-style-type: none"> The ability for athletes to set some objectives and make decisions about the implementation of a specific actions in the game. During training, to optimize this ability, it is important to leave enough freedom and options for the player to make the decisions. 						
ACTION	<ul style="list-style-type: none"> The ability to perform specific actions in the game, and under the opponent's pressure. 						
INTERVENTION	<ul style="list-style-type: none"> The ability to act as quickly as possible with maximum efficiency using the cognitive, technical, physical and tactical abilities. 						

TECHNICAL QUALITIES RELATED TO TACTICS (TETA)

PASSING AND RECEIVING	DRIBBLING	SHOOTING
Angle of body 1st touch away from pressure and based on next action (intent) Speed, direction (accuracy) of pass	Vary touches (close to foot, away from the foot) Angle of dribble Angle of the cut/move Change of speed	Accuracy (placement with inside) Power (longer distance)

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T²P² – T echnique **TACTICAL** P ersonality P hysical

TACTICAL FUNDAMENTAL CONCEPTS: WE

The cognitive play has two moving references, the ball and defender. If the defender controls both, he has an advantage. When possible the attacking players must try and not allow the defender to see and control both the ball and support player.

BEHAVIOR OF PLAYERS	<ul style="list-style-type: none"> • Communication: verbal, visual • Look up and read the game (vision, check your shoulder) • Be aware of space and time (speed of teammates, opponent, pass or your own movement)
PLAYER WITH THE BALL	<ul style="list-style-type: none"> • Decision making with the ball (pass, dribble, shoot) • Player on the ball must always have two or more options (triangle, diamond) • Look to break lines of pressure by passing or dribbling • Look to pass to players between the lines • Protect the ball (shielding, use of body)
PLAYER WITHOUT THE BALL	<ul style="list-style-type: none"> • Movement: when and where to occupy space • Support players must read the situation of the ball (is teammate with ball under pressure or not) • Support between the lines of the opponents • Make triangles to create diagonal passing lines • Know your option(s) for next action before receiving • 3rd man run: try to move to get the ball from the player receiving off the first pass

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss and be aware of attackers and help team to quickly make it small.

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T²P² – **T**echnique **TACTICAL** **P**ersonality **P**hysical

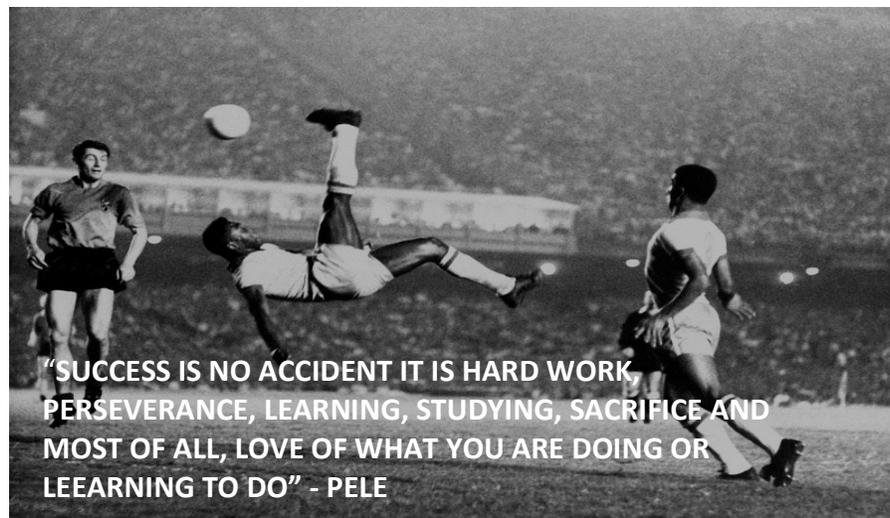
TACTICAL FUNDAMENTAL CONCEPTS: THEY	
<p>In defending there are two important references for the defender, the ball and the attacker. If the defender controls both, he has an advantage. The defender must be aware of both the ball and the attacker(s).</p>	
BEHAVIOR OF PLAYERS	<ul style="list-style-type: none"> • Communication: verbal, visual • Look up and read the game (vision, check your shoulder) • Defending the goal (constant awareness of where the goal is) • Be aware of space and time (speed of teammates, opponent, pass or your own movement)
FIRST DEFENDER	<ul style="list-style-type: none"> • Decision making to make attacker predictable • Defenders must read the situation of the ball (attacker situation, ball close or away from the foot) • Close down, proper angle and body position, force to a side • When to win the ball: Tackle or delay
COVER AND BALANCE	<ul style="list-style-type: none"> • Second defender provides cover to help first defender • Balance to stay compact to reduce field space (make field small) • Take up the best position to prevent dangerous/penetrating passes (block passing lines) • Zonal marking (creation and finishing zone) • Man marking (secure zone) • Look for right moment to win ball (intercept pass or dribble)
<p>Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. Quick transition upon recovering the ball to separate from the defender and help team to create space (make it big).</p>	

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T²P² – **T**echnique **T**actical **P**ERSONALITY **P**hysical

PLAYER TASKS (PERSONALITY)			
Read and understand the game and make their own decisions	+	+++	+++++
Take initiative, be pro-active, show freedom to express themselves (creativity)	+++	++++	+++++
Focus and execute task technically, physically, and mentally for entire game	++	+++	+++++
Take responsibility for their own development and performance	+	+++	+++++
Enjoy playing, training, and learning	+++++	+++++	+++++
PLAYER AGE	6-8	9-10	11-12



“SUCCESS IS NO ACCIDENT IT IS HARD WORK, PERSEVERANCE, LEARNING, STUDYING, SACRIFICE AND MOST OF ALL, LOVE OF WHAT YOU ARE DOING OR LEARNING TO DO” - PELE

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T²P² – Technique Tactical **PERSONALITY** Physical

Personality



JOY AND PASSON FOR THE SPORT

- Helping players develop a passion for the sport is the first step in shaping a player’s personality.
- The game must be played with joy in order to develop passion.
- During the Golden Years, coaches must structure learning so that joy is constant and passion is developed intrinsically.
- Being a committed teammate is part of being a great teammate.

How...

- The first step at the youngest age groups (U8-U10) is to focus on joy and passion for the ball and movement.
- Young players must love the ball. Passing it, dribbling it, shooting it, receiving it. The focus should be individual.
- The next step (U11-U12) is to foster a passion and enjoyment for the more detailed intricacies of the sport that involve general small-group cooperation, watching the game, talking about the game, living and breathing the game, while continuing to enhance each player’s attachment and joy with the ball and the sport.

Why...

- Players that develop a strong passion for the game and find joy in playing will have a special bond with the sport that will last a lifetime.
- When life, games, and/or practices get tough, players with a lot of passion will continue to strive for greatness even in the face of adversity.

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T²P² – Technique Tactical **PERSONALITY** Physical



DEVELOP GROWTH MINDSET (Ability to maximize efforts)

We should always be teaching our players to maximize their efforts

- Footballers at the youngest age groups should learn that maximizing their efforts would make the game more fun and increase learning.
- Developing a growth mindset in which players believe that ability can be grown through practice and effort is crucial.
- Combined with a passion for the sport, a growth mindset will lead to greater levels of learning and then in turn increase motivation, perseverance, determination, discipline and commitment to the sport.

How...

- Players must understand that mistakes are a welcomed part of learning as long as the effort is maximized.
- Players must understand that the more effort they give, the more the game will reward them. **There are no short cuts in development, it requires practicing with maximal efforts.**
- Coaches ensure training is done with the appropriate concentration, effort and intensity levels; and must also model the same effort levels.
- Talent is the starting point for any one person's potential but it is time and effort that shapes the degree to which that person's potential is realized.

Why...

- Maximizing one's efforts is a fundamental life skill that will be useful on and off the field for the rest of a player's life.
- This will in turn create a team climate in which effort is prioritized and learning is therefore maximal.

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T²P² – T echnique T actical P ERSONALITY P hysical



BEING A GREAT TEAMMATE AND PERSON

We should always be teaching our players to be a great teammate and person.

- Respect: For rules, teammates, opponents, coaches, officials, strangers, the field and equipment are crucial elements.
- Behavior: A player’s effort and behavior at practice and in games must always allow his or her teammates to maximize their learning.
- Cooperation: Learning teamwork in order to work as a team, in order to achieve collective goals that go beyond the scope of the individual’s needs and wishes.
- Communication: Learn how to communicate with teammates in a positive and supportive manner.

How...

- Coaches must set clear expectations, guidelines, and boundaries regarding **Respect, Behavior, Communication, Cooperation and Commitment.**
- Coaches must be sure to follow up on addressing behavior that does not coincide with being a great teammate and person (based on previously established expectations, guidelines and boundaries).
- Coaches must set an example and model behavior that demonstrates what it means to be a good teammate.

Why...

- Being a great teammate and person is a fundamental life skill that will be useful on and off the field for the rest of the player’s life.
- This will in turn create a team climate that is positive, supportive and caring.



FOUNDATIONS OF SOCCER- PLAYER

T²P² – Technique Tactical **PERSONALITY** Physical



EMBRACING COMPETITION IN A HEALTHY MANNER

This should be focused on towards the latter stages of the Golden Years.

- It is important that players learn to have a healthy relationship with competition.
- **This does not mean win at all costs!** This means to teach players the willingness to compete regardless of the final result.
- The desire to out PLAY your opponent with good sportsmanship.

How...

- It is crucial that coaches demonstrate that it is **COMPETING** that is important, not the end result.
- **We can lose and compete like champions.** The coach should be very proud because we gave effort, we hustled and we utilized the technical and tactical skills we worked on in practice even though we lost the game.
- **We can win and not compete.** The coach should be concerned and address the reasons. Maybe we cheated, we did not utilize the technical and tactical skills we worked on in practice, we did not give the appropriate effort but we were lucky and got the result.

How else...

- Make practices competitive (especially the final scrimmage).
- Coaches must emphasize that it is not important whether we win or lose, what is important is that we compete with all our effort.
- It is also important to teach the players how to deal with the result of competing.
- **When we lose**, we should be upset for a few minutes and then get over it and get ready for the next opportunity to compete and learn.
- **When we win**, we should be happy for a few minutes and then get over it and get ready for the next opportunity to compete and learn.

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T²P² – Technique Tactical PERSONALITY Physical

EMBRACING COMPETITION IN A HEALTHY MANNER (Cont.)

Why...

- Competing is an important quality to have in life and will serve a person well on and off the field for the rest of their lives.
- Learning how to compete in a healthy manner will increase the rate of learning both individually and as a team.
- Learning how to deal with the result of competing (success AND failure) is also a fundamental life skill that will be useful on and off the field for the rest of a player's life.

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T²P² – T echnique T actical P ERSONALITY P hysical



SELF-CONFIDENCE

We should always focus on developing self-confident players.

- Self-confident players are happier, more successful and more willing to persevere during difficult moments.
- Self-confident players develop a feeling of TRUST in one's abilities, qualities and judgment.
- A feeling of TRUST in one's abilities, qualities and judgment.

How...

- **Develop a growth mindset:** Coaches that adopt a mindset are more likely to develop players with a growth mindset.
- Players that develop a growth mindset are more confident to try challenging tasks and encounter failure because they understand mistakes and failures are not a judgment, but rather a part of the process of learning.
- **Maximize learning:** Effective teaching strategies that maximize learning in the physical, technical, tactical and mental domains is crucial.
- Learning that allows a player to be successful in competition will increase the chances of their self-confidence improving.

Why...

- Self-confidence is directly linked to happiness, productivity and success.
- Increasing individual self-confidence will increase team confidence and make the process of learning and competing more successful and enjoyable.
- It should be a priority to develop self-confident players so they can maximize their ability on and off the field.

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T²P² – Technique Tactical PERSONALITY Physical



EMOTIONAL BALANCE

We should always focus on developing self-confident players.

- Emotional balance is the ability to effectively manage and balance the positive and negative feelings an individual may feel at any moment.
- This includes the ability to control one's emotions during stressful moments, allowing a player to stay even keeled (not too anxious but not too calm).
- Having proper balance is important in order to maximize performance, learning and deal with adverse situations.
- Emotional balance is about getting the balance of pleasant and unpleasant feelings right.

How...

- Coaches that develop a growth mindset enable their players to play with more freedom because they understand mistakes as being part of the process of learning as long as effort is maximized.
- Coaches can teach strategies to players that deal with performance anxiety or do not have the appropriate levels of motivation to be successful in competition.
- Coaches can teach players appropriate reactions to adverse events such as going down a goal, making a mistake, losing a game or even winning a game.
- Coaches can set an example with their own actions when the team goes down a goal, makes a mistake, loses a game or wins a game.

Why...

- Emotional balance is a fundamental life skill that will be useful for the rest of a player's life on and off the field.
- Having a team of players that demonstrate emotional balance will develop a team climate that is more positive, productive and successful.

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T²P² – Technique Tactical Personality **PHYSICAL**

PHYSICAL FOCUS AREA BY AGE					
Psycho-Motor Skills	+++	+++	+	/	/
Coordination Abilities	+	++	+++	+++	++
Conditioning Abilities	/	/	+	++	+++
Proprioception	/	/	+	++	+++
Joint Mobility (Stretching)	/	/	+	++	+++
Player Age	< 8	9-10	11-12	13-14	15-16

PHYSICAL AREA 8-12 YEARS OLD	
PSYCHO-MOTOR	<ul style="list-style-type: none"> • Basic Motor Schemes • Postural Schemes • Senso-Perceptive Capacity • Pre-Acrobatic
COORDINATION ABILITIES	<ul style="list-style-type: none"> • Combine and Couple Movements • Space and Time Orientation • Differentiation • Reaction • Adapt and Transform • Rhythm • Anticipation • Motor Imagination

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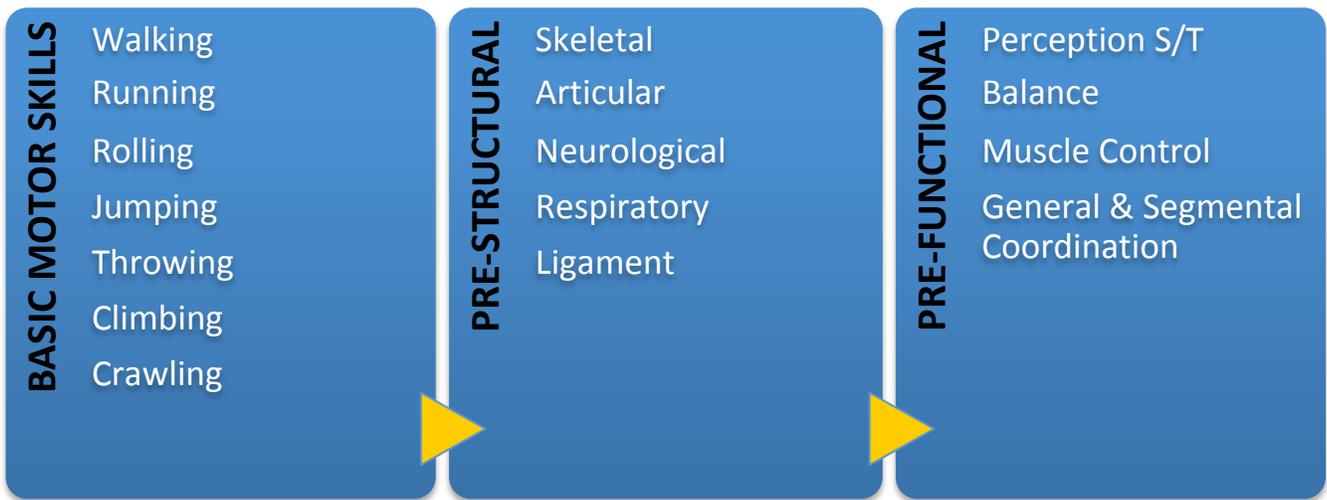


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PSYCHO-MOTOR SKILLS

- Kids don't play at the park or in the street anymore
- % of obesity is on the rise
- Motor activities in schools are disappearing

Sport activity by children age 8-12 years old needs to be preparatory for the “real sport” with a main focus on proper formation of the individual body. Each player must have knowledge of their own body for proper formation in both static and dynamic situations. This need is in relation to the current environment in the United States.



PSYCHOMOTRICITY: GENERAL OBJECTIVE

DEVELOPMENT OF BASIC MOTOR SCHEMES

Rolling Balancing Sliding Hanging Climbing Swinging	Walking Running Jumping Crawling	Launching Aiming Gripping Dodging Striking	Blocking Holding Pulling Punching Catching Orienting Turn Upside-Down Fighting
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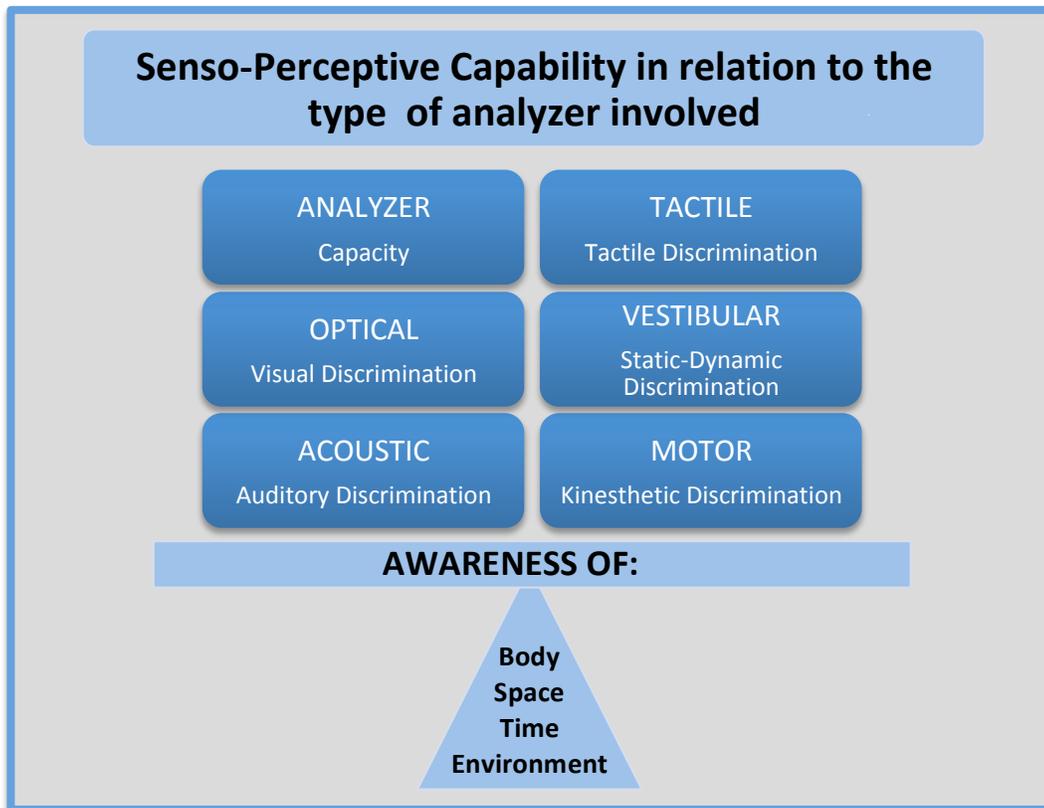
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PSYCHO-MOTOR SKILLS

General Objective: Development Senso-Perceptive Capacity



PRE-ACROBATIC

General Objective: Development of Pre-Acrobatic

- SOMERSAULT FORWARD**
- SOMERSAULT BACKWARD**
- TWISTING 180-360**
- HANDSTAND**
- CARTWHEEL (feet together)**
- CARTWHEEL (feet spread)**

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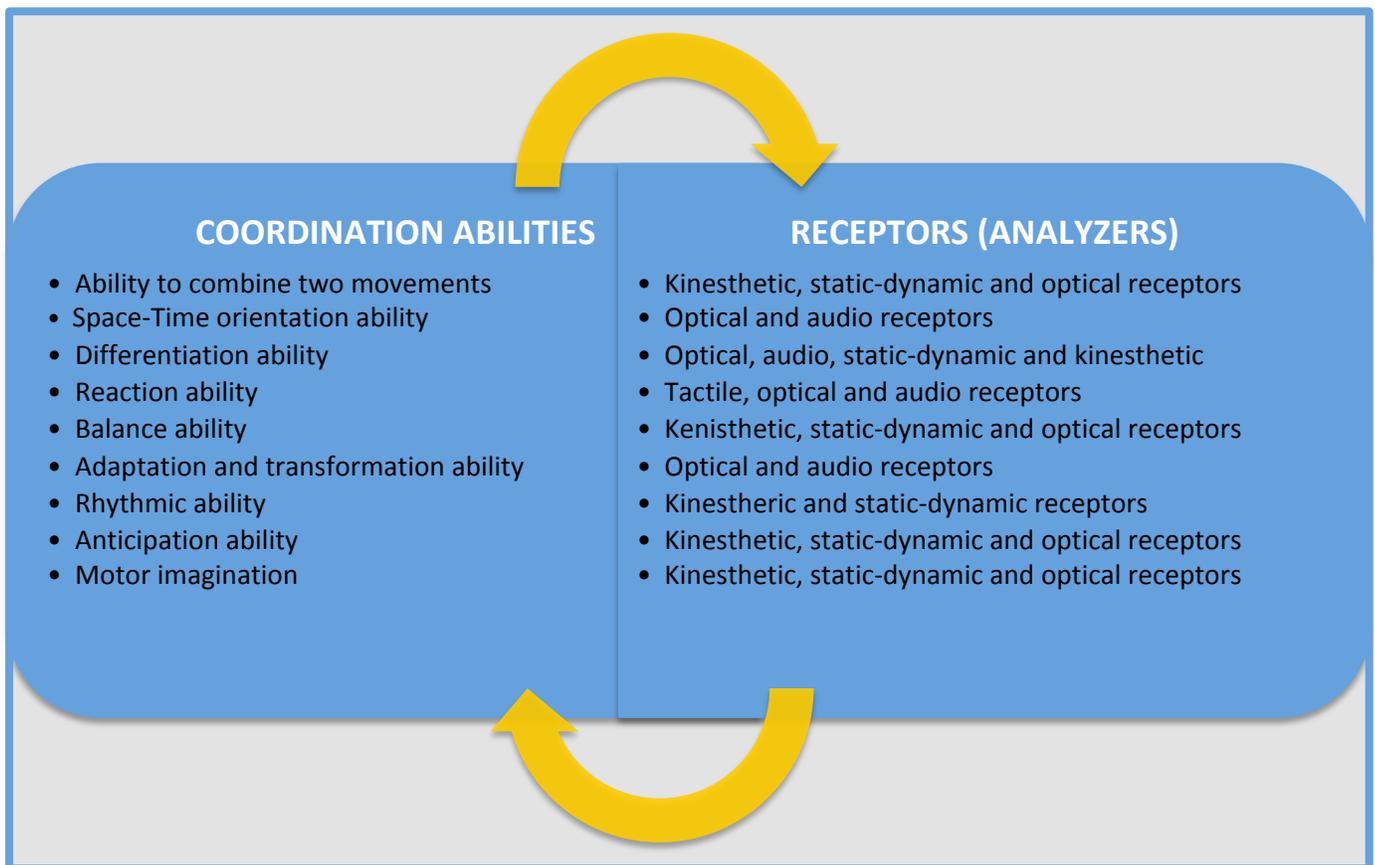
COORDINATION ABILITIES

Base of Coordination Abilities

Receptors:

Internal: Kinesthetic, Static-Dynamic

External: Tactile, Optical, and Acoustic



DEXTERITY

The ability to properly address a motor task, and use a combination of coordination abilities.

Tools and Methods to improve the coordination abilities:

- Use of equipment (hurdles, rings, poles)
- Duration 7-8 sec. (maximum recovery)

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T²P² – Technique Tactical Personality **PHYSICAL**

COORDINATION ABILITIES

Ability to combine 2 movements

Allows one to connect cyclic and acyclic movements such as running with the jump to head the ball, running with the shot on goal, running with the cross, etc. It therefore represents a crucial capacity for a soccer player who continually needs to combine and coordinate movements and actions.

Ability of space and time orientation

Allows one to constantly identify their position on the field and the position of other participants and perceive the traveling times of teammates, opponents and the ball. This ability participates actively in the structuring of the peripheral vision that allows the control of game development, using in this case, the optical receptors.

Ability of differentiation

All major receptors, such as optical, acoustic, dynamic and static-kinesthetic, participate in the structuring of this ability. It allows the dosage of the intensity of muscular effort as needed. For a player it is essential to have a good ability to differentiate, since it is crucial in the control and management of the ball and all the technical skills.

Ability of Reaction

Allows one to respond to visual, audio and tactile stimuli allowing the player to start an action or change one already under way in the shortest amount of time. This is particularly important in all movements of reaction to a fake move by the opponent and all the unforeseen events; therefore it assumes great importance especially

Ability of Balance

Allows one to maintain or regain static and/or dynamic balance in all situations of the game. The most important receptors that contribute to its optimal development are kinesthetic, static-dynamic and optical, but reflexes play a key role as well. With good balance the player has a stronger posture or can quickly come back into play after a fall, and above all, keep better control of the body during acrobatic actions.

Ability of Adapt and Transform

Allows for change of a movement already started replacing it with one considered more effective; it becomes essential, therefore, every time you change the point of reference. Its highest expression takes place during the actions of dribbling, the sudden recovery of the goalkeeper and in all those situations where a technical movement is quickly replaced with a more beneficial one. This situation can be easily seen when an immediate decision by the player is made to shoot on goal after the sudden perception that the goalkeeper is out of position.

Ability of Rhythm

All cyclical actions, as the run without the ball, shows the rhythmic muscle contraction and de-contraction. Knowledge of this physiological ability raises performance and 'economize' the movements. Many situations, typical of soccer, require a sudden change of pace with rapid accelerations and decelerations. This demonstrates the important role that this ability assumes in the training of the player.

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T²P² – Technique Tactical Personality **PHYSICAL**



Ability of Anticipation

The ability to anticipate is based on the knowledge and previous memorized experiences and can be developed through the refinement of perception and their continuous development.

The player must be educated to have a good view of the field in order to interpret the situations of the game by selecting the relevant information and discarding unnecessary ones. Player must especially learn to recognize the cues, namely those that allow you to predict the development of an action.

During the game the player must be able to, according to a probability calculation, predict the initiation, development and conclusion of a motor action or a play. For example, for the striker to score they have to predict the place where the ball falls, the bounce and/or the rebound to anticipate the defender and put them in a position to shoot.

Motor Imagination (Creativity)

Is the ability to use movements, in an original and creative way, to solve the technical and tactical situations outside of defined and rigid imitation. Motor imagination is not an innate motor gift difficult to develop and reserved only for the talented ones, but can be stimulated by multi-sports experiences with activities that involve coordination abilities. One can say that this is the result of all coordinative abilities possessed by a player. Developing individual strategies that result in the ability to activate multiple cognitive functions, such as:

Flow: Capacity to produce many ideas in a short time period and knowing how to translate them into motor action

Flexibility: Ability to change the categories to which the ideas or movements belong

Original Association Pattern: Ability to generate rare ideas and movements

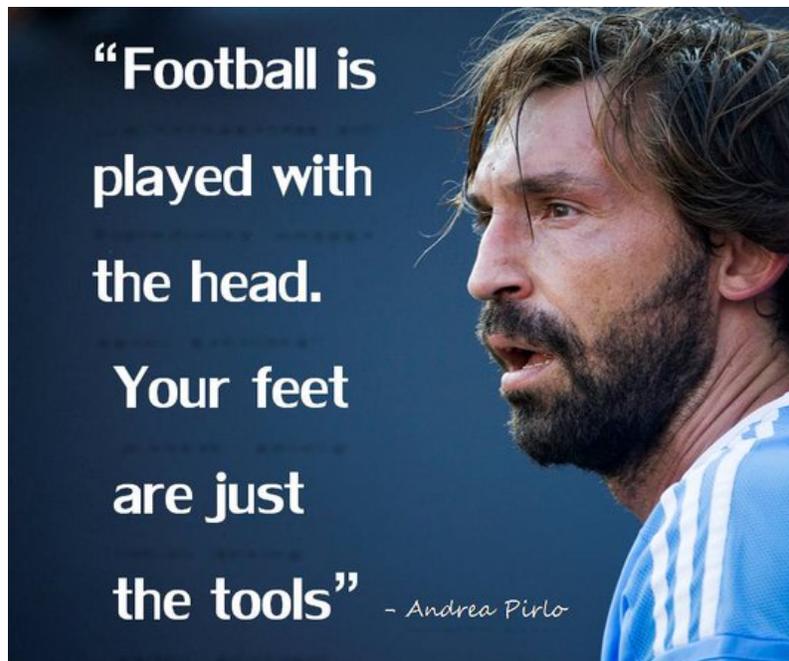
It's essential to have exercises that promote and give freedom to the player to find different solutions, which **encourage independent thinking** instead of imitating their teammates. For example, a striker to find different solutions to score.

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T²P² – **T**echnique **T**actical **P**ersonality **P**HYSICAL

TECHNICAL ABILITIES	THREE MOST IMPORTANT COORDINATION ABILITIES
1ST STAGE	
Juggle	Balance, Rhythm, Differentiation
Passing and Receiving	Combine Two Movements, Adapt-Transform, Space-Time Orientation
Running with the Ball	Dynamic Balance, Differentiation, Rhythm
Fake (opponent)	Adapt-Transform, Space-Time Orientation, Combine Two Movements
Shooting	Differentiation, Adaption-Transformation, Space-Time Orientation
Dribbling (1v1)	Adapt-Transform, Anticipation, Motor Imagination
2nd STAGE	
Heading	Anticipation, Combine Two Movements, Space-time Orientation
Long Passing	Reaction, Adapt-Transform, Motor Imagination
Tackle	Differentiation, Space-Time Orientation, Anticipation



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning



NORCAL COACH QUALITIES

- Observe, read, analyze and understand the game with an attention to detail
- Create a positive game-like, reality based training environment
- Demonstrate a holistic player centered approach (teach the person, then the player)
- Is a self-reflective, active learner
- Has soccer knowledge and understands player needs
- Is a leader, teacher, mentor and manager
- Is a role model, sets an example
- Is focused, prepared, has a plan (can adapt)
- Good communicator (actively listens and communicates openly)

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

PHASES OF DEVELOPMENT (Learning)					
DEVELOPMENT PHASE	AGE		GAME FORMAT	NCP COURSE	AGE GROUP
Grassroots	< 6		2v2	US Soccer or within club	Fun soccer experiences
1	8-12	7-8	4v4	Level 1	Playing/Learning for enjoyment
		9-10	7v7		Learning through playing
		11-12	9v9		Learning by playing
2	13-15		11v11	Level 2	Learning to compete
3	16-20		11v11	Level 3	Competing to win

FOUNDATIONS OF SOCCER- COACH



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PLAYER CENTERED APPROACH

“The task of the coach is to facilitate the players, to help them learn, play and enjoy the game”.

Implementation of a player-focused model based on enjoyment and skill and tactical development while reducing the emphasis on winning at all cost.

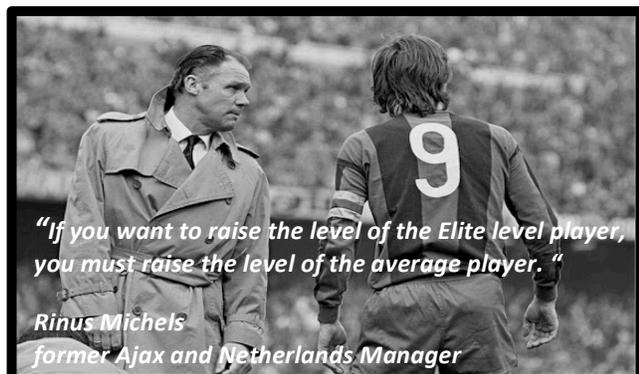
THE COACH IS...

A teacher when working with young people and specific skills are required. The coach needs to learn and develop the skills required to coach children to maximize their potential. Coaches who dictate to players all through the game undermine their confidence, hindering development.

THE PLAYER NEEDS...

Players need coaches whose focus is on player development. Helping to build confidence, motivation, and freedom of expression will create a positive learning environment, making playing and training enjoyable for the player.

Young players must learn to play as part of a team according to simplified guidelines when attacking (e.g. creating space, building up play and creating scoring opportunities) and when defending (e.g. defend together to win the ball back quickly). They must learn to deal with all elements of the game; team-mates, opponents, the officials, the laws of the game, weather conditions, the score etc.



PLAYER CENTERED COACHES SHOULD

- Act as good role models. Encourage and be positive during sessions so that players leave with a sense of achievement, always finish with a positive.
- Set challenging, realistic but achievable goals.
- Plan and prepare each session appropriately and ensure proper levels of supervision.
- Ensure that all activities are inclusive and allow all players to participate in an enjoyable way.
- Enforce the principles of fair play, treating each player equally
- Ensure that your players shake hands with their opponents before and after the game, regardless of the result
- Ensure that you cater for different learning styles within your squad, for example you could use your team talk- or a white board- or a demonstration or use players to demonstrate.
- Be aware of the developmental stages and needs of players.
- Avoid over training and over emphasis on competition.
- Involve parents/guardians and other club members in what you do.
- Be qualified and up to date with the latest coaching knowledge and skills.

FOUNDATIONS OF SOCCER- COACH



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TRAINING ENVIRONMENT: METHODOLOGY

- **Didactic** - easy to difficult: manipulate space, rules and number of players.
- **Intensity** - maximum effort and focus.
- **Progressions** - introduces the aims prior to training and build it up through the training to the game situation.
- **Fluidity** - the training should flow from beginning to end without too many interruptions.
- **Time management** - making sure that each exercise is the proper length based on the training plan. Always have time at the end for a game!
- **Competitiveness** - keep score and ensure the players have the maximum effort similar to a game.
- **Efficiency** - the coach needs to use every minute of training in the best way possible.
- **Stay focused on the objective** - coach **MAINLY** what is related to the aim.

DIDACTIC PROGRESSION: FROM EASY TO DIFFICULT

**Ball Standing
(no moving)**



**Ball Moving
Similar to game situation**



**Ball Moving Creating
“Game Situation”
(tactical def-att.)**

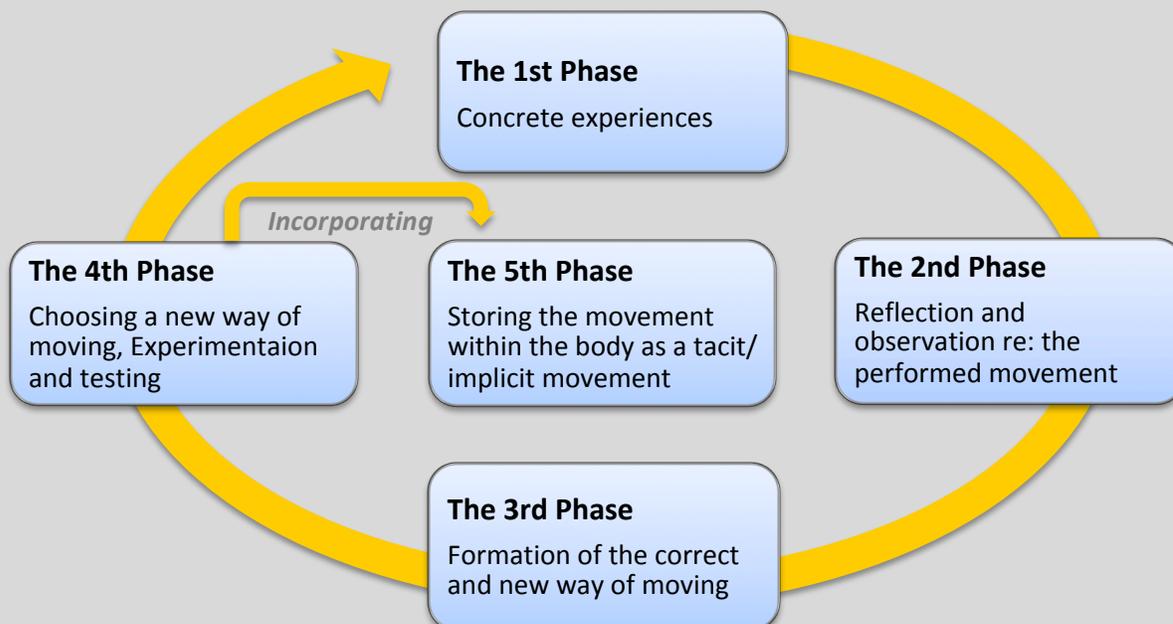


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LEARNING CYCLE (BY KOLBS)



1st Phase	Concrete Experiences: Player performs to the best of their ability with required speed and awareness a new skill or correcting bad habits. Either way by performing the action, the players gain some important experience, and can now move on to the next phase based on this experience.
2nd Phase	Reflections and observations in relation to the performed movement: This phase is where the player reflects on the skill, which has just been performed. Important questions by the coach: <ul style="list-style-type: none"> • What was your goal? • What happened? • What went well/not so well?
3rd Phase	Thoughts (Awareness to Assessment), Formation of the correct and new way of moving: The task is to find better solutions than the one that was just used. Hence, it is a stage where the player tries to analyze or create an overview of the situation. <ul style="list-style-type: none"> • What will you do next time, based on what just happened? • Are there other things you should be aware of?
4th Phase	Testing and making choices for a new way of moving forward: In this phase, the player works on altering the skill by experimenting with it. Based on the analysis in phase 3, and the experimentation of this fourth phase, the player can now choose their favorite way to perform the skill. To help the player out, you can ask the following questions: <ul style="list-style-type: none"> • What have you decided to do? • What will you focus on when you perform the skill?
5th Phase	The Information Storage Phase - 'Storing it in the memory bank' (2nd. nature, Automatization): The fifth phase is not strictly part of the learning cycle, but is no less important. It is one thing to work with developing a skill, but it is another to know it in your sleep, or more importantly, when you are under pressure. The fifth phase is about making the action automatic. Repeating the action over and over can do this, but the way in which you work with these repetitions is also important.

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

LEADING THE TEAM

The Coach's job is to lead the team by demonstrating coaching actions, which are guided by a player-centered philosophy, in order to accomplish defined team goals. In order to achieve this, it is helpful to reflect on coaching behaviors when leading individual players within the team.

Logical steps in leading the team:

- Set goals for the team development
- Prioritize individual/team development needs
- Teach players about healthy lifestyle and values (hard work, commitment, etc)
- Work on the team building process (manage the team development)
- Communicate with the team/players
- Teach roles within the team (on/off the field)
- Evaluate the team development process

LEADING THE PLAYER

The Coach's job is to lead the individual players by demonstrating coaching actions, which are guided by a player-centered philosophy, in order to accomplish defined team goals. In order to achieve this, it is helpful to reflect on coaching behaviors, when leading individual players within the team.

Logical steps in Leading the Player:

- Inform and advise individual players about on and off the field aspects
- Arrange learning situation appropriate for each individual player
- Getting to know the person, not just the player
- Empowering the player to take responsibility in his/her own development
- Give attention to each individual player
- Support each player to design a development plan based on his/her age/level

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

PROCESS FOR PLANNING FOR TEAM/PLAYER DEVELOPMENT			
ASSESS AND IDENTIFY	PLAN	IMPLEMENT	MONITOR AND ANALYZE
<ul style="list-style-type: none"> Develop Goals/Objectives Identify Challenges Club/Team Focused Player-Specific 	<ul style="list-style-type: none"> Develop Systematic Approach Apply Methodically Progress Appropriately Think Holistically 	<ul style="list-style-type: none"> Apply Methods Think Critically Refine Continuously Make Adjustments 	<ul style="list-style-type: none"> Monitor Responses Monitor Outcomes Analyze Effectiveness Adjust Fluidity
<p>Note: Coach should take into account the Stage of Development, Year/Season Training Cycle, Training Week, Training and Exercises</p>			

LEADING A PLAYER AS PART OF THE CLUB PHILOSOPHY

Coaches should develop each individual player and team within the Club Culture, Core Values and Club Identity. This includes guiding the development of proper player behavior both on and off the field, which is expected from the club.

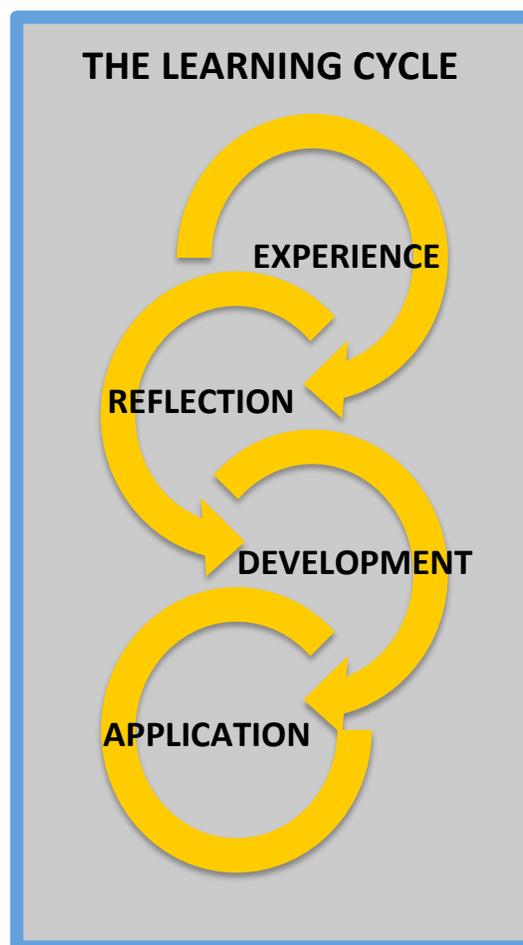
The coach is also responsible to develop the characteristics/qualities of each player based on the Club Player Profile.

In order for the coach to be an effective leader of the players and team, he must be able to first lead himself within the Philosophy of:

Reality Based Learning: The game is the starting point to change behavior, reflection and decision making for the player, the team and the coach.

Holistic Approach: The input of each part is explicable by referring to the whole and the chosen objective.

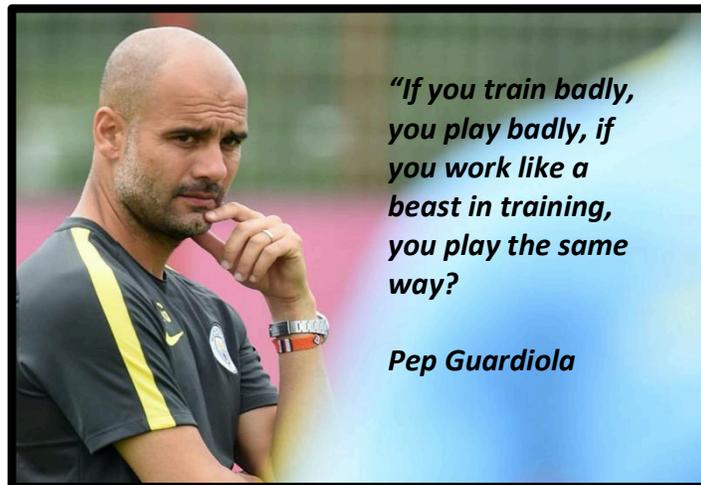
Experiential Learning: The evaluation, analysis and reflection of experiences to develop competencies and improve behavior.



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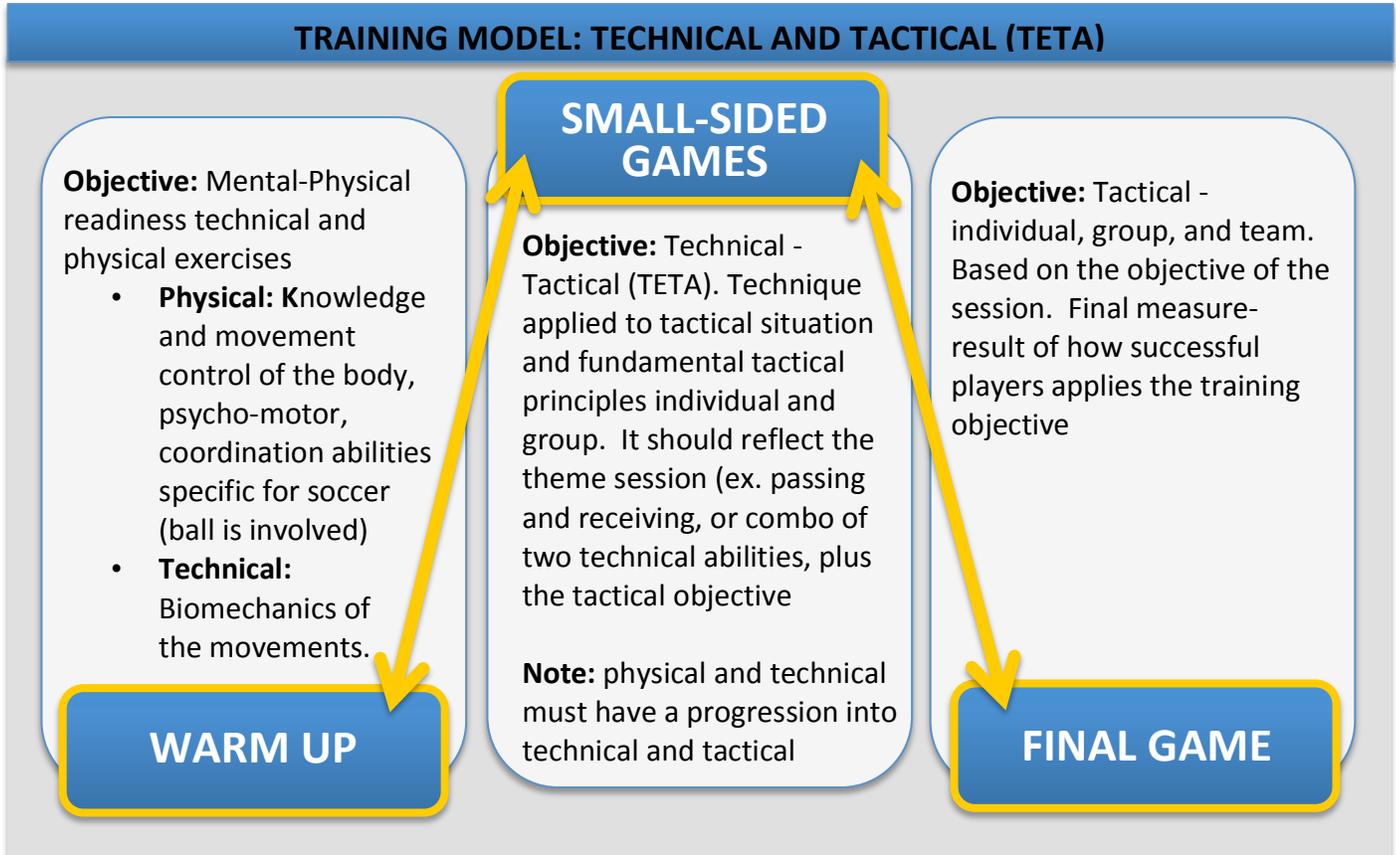


TRAINING ENVIRONMENT		
Coaches Responsibilities – All trainings must be game related		
CONTENT	COACHING	METHODOLOGY
<ul style="list-style-type: none"> • Planning • Objective • Choice of Exercises • Duration • Organization • Field Space • Equipment • Staff Responsibilities 	<ul style="list-style-type: none"> • Knowledge • Communication • Positioning • Observation • Style of Coaching: guided discovery, command • Adjustment • Positive Environment • Be Involved and Invested • Coach for the player not for yourself • Self Reflection 	<ul style="list-style-type: none"> • Didactic: Easy to difficult • Intensity (video) • Progression (video) • Fluidity • Time Management • Competitiveness • Efficiency • Stay Focus on the Objective

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TRAINING SESSION INGREDIENTS

All training sessions must be game related. For a training session to be game related as many elements as the real game must be included. If the named ingredients are not present within each exercise a coach must question if he is really training the game elements of soccer. For example, there is no game without attackers intending to score and defenders intending to prevent scoring.

- ✓ BALL
- ✓ GOAL
- ✓ DIRECTION
- ✓ ATTACKERS
- ✓ DEFENDERS
- ✓ TIME
- ✓ SPACE
- ✓ RULES

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TRAINING OBJECTIVE BASED ON 5 W'S

- **Planning** - based on year, meso, week. Where does the training session fit into the big picture?

Objective based on 5 W's for a specific training within Club System and Way of playing

1. **What** is happening in relation to soccer aims, quality/structure?
2. **Who** are the players involved?
3. **When** does it happen?
4. **Where** on the field does it happen?
5. **Which** specific elements that are connected to a game situation?

- **Choice of exercises** - related to age, level and aim
- **Duration** - length of each exercise, workload & rest ratio (3:1, 4:1, 2:1), be aware of the players physical & mental fatigue
- **Organization** - #s of players, rules, progressions, players' rotation, must be explained clearly & check for players' understanding
- **Field Space** - dimensions-rectangular shape (longer-depth, wider-width) based on the aim
- **Equipment** - balls, bibs, goals, cones, hurdles, ladder, whistle and tactical board
- **Staff Responsibilities** - head coach is in charge of planning and training, assistant coach specific duty assigned by the head coach

TRAINING SESSION: COACHING

- **Knowledge** - to have the experience (theoretical/practical) and confidence to teach and achieve the aim.
- **Communication** - clear & concise, command or guided discovery with the players.
- **Positioning** - where does the coach stand? Important to have right overview to see the whole situation.
- **Observation** - first let the exercise run, then look and analyze the players' behavior and understanding.
- **Adjustment** - after observations, do I need to make changes to better reach the aim?
- **Style of Coaching** - Leadership and Mentoring
 - Guided Discovery - ask questions to the players to help them understand the objective
 - Command - give player instructions
- **Positive Environment** - reward effort and find the moments of success, not only the moments of failure.
- **Be Involved and Invested** - stay engaged and alert the entire training session.
- **Coach for the player not for yourself** - do not overload the players with too much information. Find the balance between stoppings and fluidity of the exercise.
- **Self Reflection** - during and after the training ask yourself if you have achieved your objective.

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NUMBER OF PLAYERS TO USE IN TRAINING EXERCISES HIGHEST NUMBER OF PLAYERS ON ONE TEAM (POTENTIAL EXERCISES)				
9	WE-THEY: 9v9, 9v8, 9v7, 9v6, 9v5, 9v4			+
8	WE-THEY: 8v8, 8v7, 8v6, 8v5, 8v4, 8v3			+
7	WE-THEY: 7v7, 7v6, 7v5, 7v4, 7v3		+	++
6	WE-THEY: 6v6, 6v5, 6v4, 6v3		++	++++
5	WE-THEY: 5v5, 5v4, 5v3, 5v2		+++	+++++
4	WE-THEY: 4v4, 4v3, 4v2, 4v1	+	++++	+++++
3	WE-THEY: 3v3, 3v2, 3v1	++	++++	+++++
2	WE-THEY: 2v2, 2v1	+++++	+++++	++++
1	WE-THEY: 1v1, 1v0	+++++	+++++	++++
Player Age		6-8	9-10	11-12

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CORE EXERCISE EXPLANATION: BASED ON SITUATION	
Game Moment/Team Tasks (Strategies) /Area of the Field	Goal to achieve in the exercise and description of the exercise
Team Tactical Principles	Individual or collective actions by players to take advantage of opponent, tool to execute strategy
Player Task	Specific responsibilities for player to execute
Tactical Fundamental Concept (TFC) and Technical/Tactical (TETA)	Technical ability or abilities to resolve a tactical demand. IQ to read and make proper decision on the tactical demand of the game
Guiding Questions (Role of the coach)	Facilitate the player(s) with guided questions to understand and resolve the demand of the game situation

DESCRIPTION OF CORE EXERCISES

- **General possession exercise (Rondo):** Not position specific, ball circulation
- **Transition:** Both teams are changing who is defending depending on who lost the ball last. Can, but does not need, to be position or direction specific.
- **Directional:** One or both teams play to a goal(s), zone or line the entire game.
- **Bi-Directional:** Both teams can attack in both directions. Example: Attacking team scores a goal and then switches directions and scores on the opposite side.

Note: All Core Exercises can be general (players occupy a space within the exercise) or position specific (players occupy a space and full fill a function of a position within the age group Game Format)

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

NORCAL CORE EXERCISES: WE HAVE THE BALL

Possession Game (Rondo)	Transition - SSG or Possession/Position Game	Directional - SSG or Possession/Position Game	Bi-Directional - SSG or Possession/Position Game
		1v1	1v1
	1v1+1	2v1	1v1+1
3v1	1v1+2	3v1	1v1+2
4v2	2v2+2	4v2	2v2+2
5v2	2v2+3	5v2	2v2+3
5v3	3v3+2	5v3	3v3+2
6v3	3v3+3	6v3	3v3+3
7v4	4v4+3	7v4	4v4+3

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

WE HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 1v1 SSG

Organization: 10 x 10 line soccer

Game Moment: WE

TTP: WE

Play in the depth, pass or dribble forward as soon as possible to score

Tactical Fundamental Concepts (TFC):

- Decision making with the ball (dribble)
- Look to break lines of dribbling by reading the defender
- Protect the ball (shielding, use of body) - Do not lose the ball

Behavior of players:

- Look up and read the game (Vision)
- Be aware of space and time (speed of opponents or your own movement)

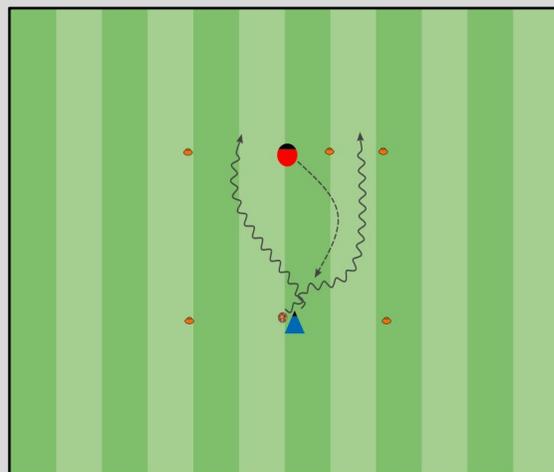
Technical/Tactical (TETA):

- Vary touches (close to foot, away from foot),
- Angle of dribble
- Angle of cut/move
- Change of speed

The Defender: Frontal, side, behind, pressure or away from the ball

How to guide the player(s):

- Where is the space to dribble into? (Position of defender)
- How can you protect the ball as you dribble?
- When should you dribble?



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CORE EXERCISE

WE HAVE THE BALL: SMALL-SIDED GAME

Exercise: 2v1

Organization: 15 x 15

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Play in the depth, pass or dribble forward as soon as possible to score
- Get open/unmarked to score (anticipate, adjust or readjust to shoot)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (dribble)
- Look to break lines of pressure by passing or dribbling
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Know your option(s) for next action before receiving

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small

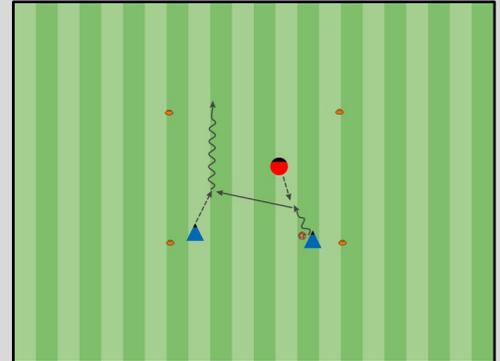
Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and based on the next action
- Speed, moment and direction (accuracy of pass)
- Vary touches (close to foot, away from foot)
- Angle of dribble
- Angle of cut/move
- Change of speed

The Defender: Pressure ball, delay and attempt to win it

How to Guide Player(s):

- When do you need to create a passing option? (When a teammate is under pressure)
- Where do you need to position yourself? (Far away from defender while still being an option)
- Where should you take your first touch? (Defenders position, teammates position)
- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)
- How can the player passing the ball insure that the defender cannot recover and get behind his teammate after he has received the ball? (First attacker dribbles at the defender and engages him when he is close which commits the defender before passing)



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Leadership, Game, Training, Planning



CORE EXERCISE

WE HAVE THE BALL: POSSESSION GAME (RONDO)

Exercise: 3v1

Organization: 10 x 10

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Create triangles/lines for passing options (get open)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (pass)
- Player on the ball must always have two options (triangle)
- Look to break lines of pressure by passing or dribbling
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Make triangles to create diagonal passing lines
- Know your option(s) for next action before receiving

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small

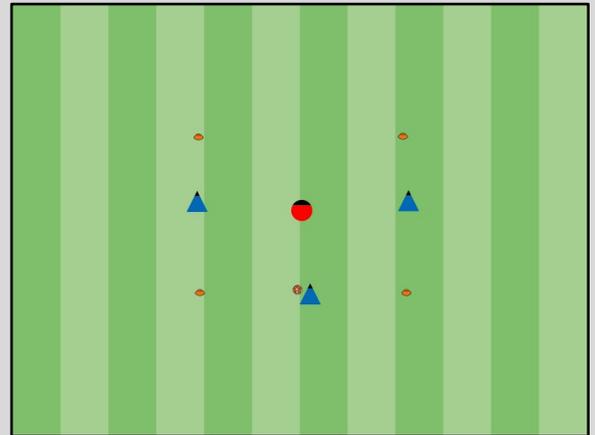
Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and based on the next action

The Defender(s): pressure, try to win the ball

How to Guide Player(s):

- What is the cue for the support player to create a passing option? (Pressure on teammate)
- Where do you need to position yourself? (Far away from defender while still being an option)
- Where should you take your first touch? (Defenders position, teammates position)
- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)



FOUNDATIONS OF SOCCER- COACH



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CORE EXERCISE

WE HAVE THE BALL: POSSESSION GAME (RONDO)

Exercise: 4v2

Organization: 12 x 12

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Create triangles/lines for passing options (get open)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (pass)
- Player on the ball must always have two or more options (triangle, diamond)
- Look to break lines of pressure by passing or dribbling
- Look to pass to players between the lines
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Support between the lines of the opponents
- Make triangles to create diagonal passing lines
- Know your option(s) for next action before receiving

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small.

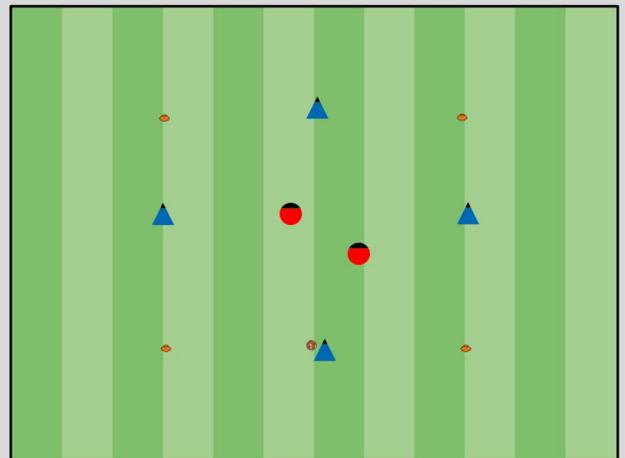
Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and based on the next action
- Speed, direction and accuracy of pass

The Defender(s): pressure, try to win the ball

How to Guide Player(s):

- What is the cue for the support player to create a passing option? (Pressure on teammate)
- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)
- If one defender presses the player, where is the solution? (Play to a player on the width)
- If both defenders drop and do not put immediate pressure on the ball, what is the solution? (Play in the depth or wide-back and split the defenders)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

WE HAVE THE BALL: POSSESSION GAME (RONDO)

Exercise: 5v2

Organization: 15 x 15

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Create triangles/lines for passing options (get open)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (pass)
- Player on the ball must always have two or more options (triangle, diamond)
- Look to break lines of pressure by passing or dribbling
- Look to pass to players between the lines
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Support between the lines of the opponents
- Make triangles to create diagonal passing lines
- Know your option(s) for next action before receiving

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small.

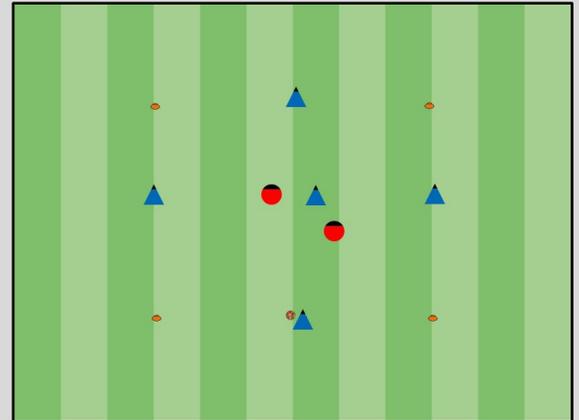
Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and based on the next action
- Speed, direction and accuracy of pass

The Defender(s): pressure, try to win the ball

How to Guide Player(s):

- What is the cue for the support player to create a passing option? (Pressure on teammate)
- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)
- How can the player in middle position himself to make it difficult on the defenders? (Support behind the defender(s) and stay in the middle with body open to create triangles and transfer the ball to the free player far away from the situation)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

WE HAVE THE BALL: POSSESSION GAME (RONDO)

Exercise: 5v3

Organization: 16 x 16

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Create triangles/lines for passing options (get open)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (pass)
- Player on the ball must always have two or more options (triangle, diamond)
- Look to break lines of pressure by passing or dribbling
- Look to pass to players between the lines
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Support between the lines of the opponents
- Make triangles to create diagonal passing lines
- Know your option(s) for next action before receiving
- 3rd man run: try to move to get the ball from the player receiving off the first pass

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small.

Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and bases on the next action
- Speed, moment and direction (accuracy of pass)

The Defender(s): pressure, try to win the ball

How to Guide Player(s):

- What is the cue for the support player to create a passing option? (Pressure on teammate)
- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)
- If the player on the ball cannot directly play the ball to a free player, what is a solution? (Play the player to the central player with a man on his back who can play the player with vision to transfer the ball to the other side – 3rd man run)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

WE HAVE THE BALL: POSSESSION GAME (RONDO)

Exercise: 6v3 (2 players in middle)

Organization: 18 x 18

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Create triangles/lines for passing options (get open)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (pass)
- Player on the ball must always have two or more options (triangle, diamond)
- Look to break lines of pressure by passing or dribbling
- Look to pass to players between the lines
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Support between the lines of the opponents
- Make triangles to create diagonal passing lines
- Know your option(s) for next action before receiving
- 3rd man run: try to move to get the ball from the player receiving off the first pass

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small.

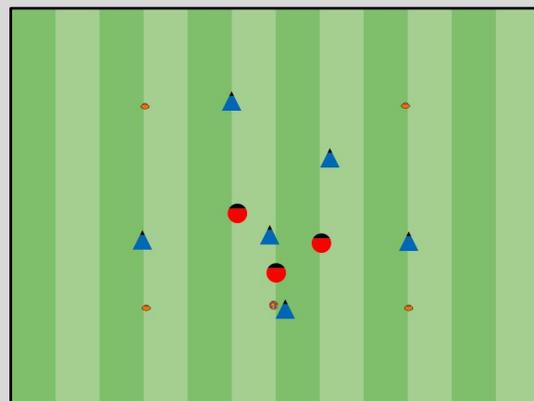
Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and bases on the next action
- Speed, direction and accuracy of pass

The Defender(s): pressure, try to win the ball

How to Guide Player(s):

- What is the cue for the support player to create a passing option? (Pressure on teammate)
- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)
- How can the 2 central players position themselves to give more options to their teammates on the outside? (Position on different horizontal and vertical lines and check shoulders/ communicate to properly collaborate)



FOUNDATIONS OF SOCCER- COACH

Leadership, Game, Training, Planning



WE HAVE THE BALL: POSSESSION GAME (RONDO)

Exercise: 7v4 (3 in spine or 3 in midfield)

Organization: 25 x 25

Game Moment: WE

TTP: WE

- Create and utilize space based on game situations (depth and width)
- Create triangles/lines for passing options (get open)

Tactical Fundamental Concepts (TFC):

Player with the ball:

- Decision making with the ball (pass)
- Player on the ball must always have two or more options (triangle, diamond)
- Look to break lines of pressure by passing or dribbling
- Look to pass to players between the lines
- Protect the ball (shielding, use of body) - Do not lose the ball

Player without the ball:

- Movement: where and when to occupy space
- Support players must read the situation of the ball (is teammate with ball under pressure or not)
- Support between the lines of the opponents
- Make triangles to create diagonal passing lines
- Know your option(s) for next action before receiving
- 3rd man run: try to move to get the ball from the player receiving off the first pass

Behavior of Players:

- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In possession, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon ball loss, be aware of attackers and help the team make it small.

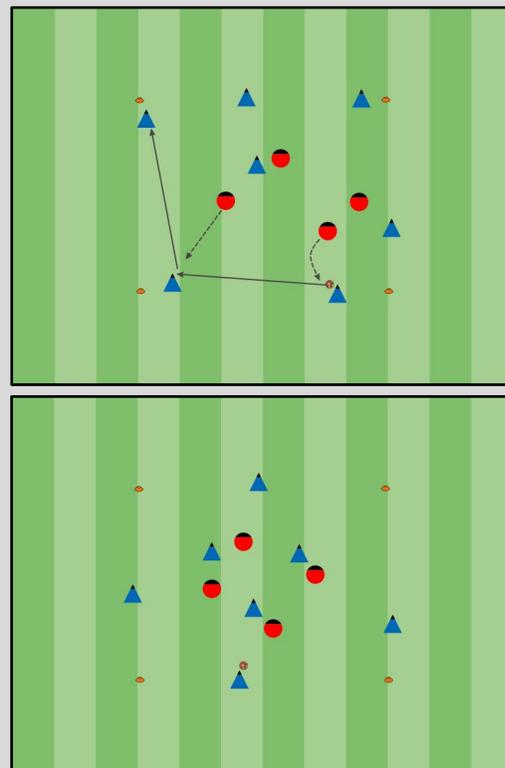
Technical/Tactical (TETA):

- Angle of body
- First touch away from pressure and bases on the next action
- Speed, moment and direction (accuracy of pass)

The Defender(s): pressure, try to win the ball

How to Guide Player(s):

- How can you make quicker decisions? (Body position to see the field, look and think before receiving the ball)
- If a defender presses the player, where is the solution? (play to a player on the width)
- If the defenders drop and do not put immediate pressure on the ball, what is the solution? (play in the depth, wide-back and split the defenders or play into a central player to attract the opponent who can play back to vision and then in the depth)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

NORCAL CORE EXERCISES: THEY HAVE THE BALL

Transitions	Directional	Bi-Directional
1v1	1v1	1v1
1v1+1	1v2	1v1+1
1v1+2	2v2	1v1+2
2v2+1	2v3	2v2+1
2v2+2	3v3	2v2+2
3v3+1	3v4	3v3+1

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

THEY HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 1v1

Organization: 10 x 10

Game Moment: THEY

TTP: THEY

- Pressure the player with the ball, teammates cover and balance

Tactical Fundamental Concepts (TFC) - Technical/Tactical (TETA):

Defender:

- Decision making to make the attacker predictable
- Defender must read the situation of the ball (Attacker situation-ball close or away from the foot)
- Close down, proper angle and body position: force to a side
- When to win the ball - tackle or delay

Behavior of Players:

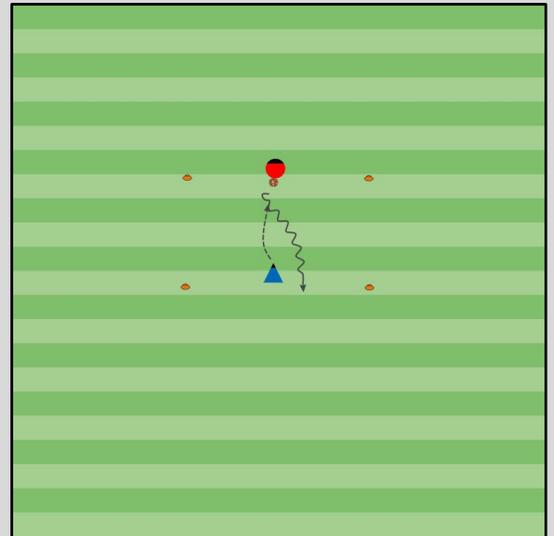
- Look up and read the game (vision)
- Defending the goal (constant awareness of where the goal is)
- Be aware of space and time (speed, opponent, or your own movement)

Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon recovering the ball and help the team to create space (make it big)

The Attacker: Try to attack as quickly as possible

How to Guide Player:

- When should you press the ball? (Facing backwards, bad touch)
- Which side do you want them to go to? (Non dominant foot, using the sideline as an extra defender)
- How do you approach the attacker? (Quick acceleration, then slow down and match speed)
- How do you win the ball? (Wait for the right moment, step in front of attacker when they take a big touch, tackle with correct foot)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

THEY HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 1v2

Organization: 10 x 10 line soccer

Game Moment: THEY

TTP: THEY

- Pressure the player with the ball
- Teammates cover and balance

Tactical Fundamental Concepts (TFC)-Technical/Tactical (TETA):

Defender:

- Decision making to make the attacker predictable
- Defender must read the situation of the ball (attacker situation-ball close or away from the foot)
- Close down, proper angle and body position- force to a side
- When to win the ball- tackle or delay

Behavior of players:

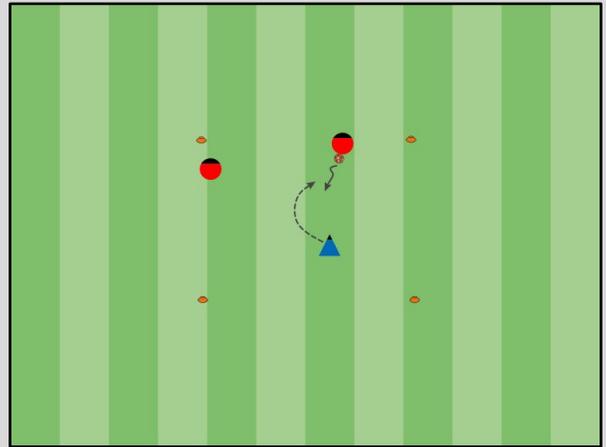
- Look up and read the game (Vision, check your shoulder)
- Defending the goal (constant awareness of where the goal is)
- Be aware of space and time (speed of opponent or your own movement)

Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon recovering the ball and help the team to create space (make it big)

The Attacker: Try to attack as quickly as possible

How to guide Player:

- Which side do you want them to go to? (Non dominant foot, using the sideline as an extra defender)
- How do you win the ball? (Wait for the right moment, step in front of attacker when they take a big touch, tackle with correct foot)
- How can the defender take away the option for the attacker to pass the ball? (Approach at an angle to take out the passing line to the support player, force the player to dribble forward to create a 1v1 situation)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

THEY HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 2v2

Organization: 15 x 15 line soccer

Game Moment: THEY

TTP: THEY

- Defend as far from your own goal as possible
- Make and keep compact, close the space between the ball-own goal
- Pressure the player with the ball, teammates cover and balance

Tactical Fundamental Concepts (TFC) - Technical/Tactical (TETA):

First Defender:

- Decision making to make the attacker predictable
- Defender must read the situation of the ball (attacker situation-ball close or away from the foot)
- Close down, proper angle and body position- force to a side
- When to win the ball- tackle or delay

Cover:

- Second defender provides cover to help first defender
- Stay compact and reduce field space (make the field small)
- Take up the best position to prevent dangerous/penetrating passes (block passing lines)
- Zonal marking

Behavior of Players:

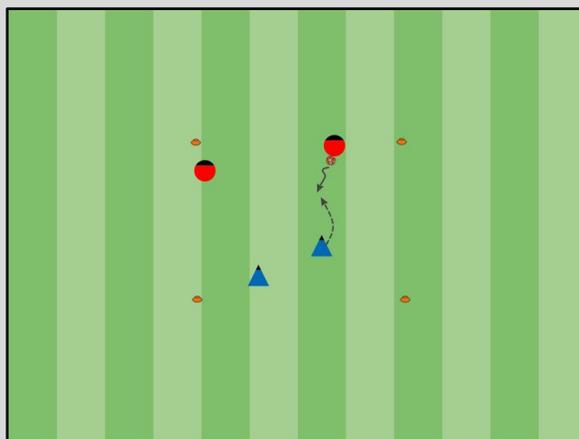
- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Defending the goal (constant awareness of where the goal is)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon recovering the ball and help the team to create space (make it big)

The Attacker: Try to attack as quickly as possible

How to Guide Player:

- How do you win the ball? (Wait for the right moment, step in front of attacker when they take a big touch, tackle with correct foot)
- What is the proper distance to cover your teammate? (Close enough to defend attacker if he gets beat and close enough to get you your attacker if the ball is played to him)
- How can you stop them from making a wall pass? (Do not defend on the same line, covering defender support at an angle to be able to see both references - ball, attacker)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

THEY HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 2v3

Organization: 15 x 15 with a 5 x 15 end zone/ line soccer

Game Moment: THEY

TTP: THEY

- Defend as far from your own goal as possible
- Make and keep compact, close the space between the ball-own goal
- Pressure the player with the ball, teammates cover and balance

Tactical Fundamental Concepts (TFC) - Technical/Tactical (TETA):

First Defender:

- Decision making to make the attacker predictable
- Defender must read the situation of the ball (attacker situation-ball close or away from the foot)
- Close down, proper angle and body position- force to a side
- When to win the ball- tackle or delay

Cover and Balance:

- Second defender provides cover to help first defender
- Balance to stay compact and reduce field space (make the field small)
- Take up the best position to prevent dangerous/penetrating passes (block passing lines)
- Zonal marking
- Man marking

Behavior of Players:

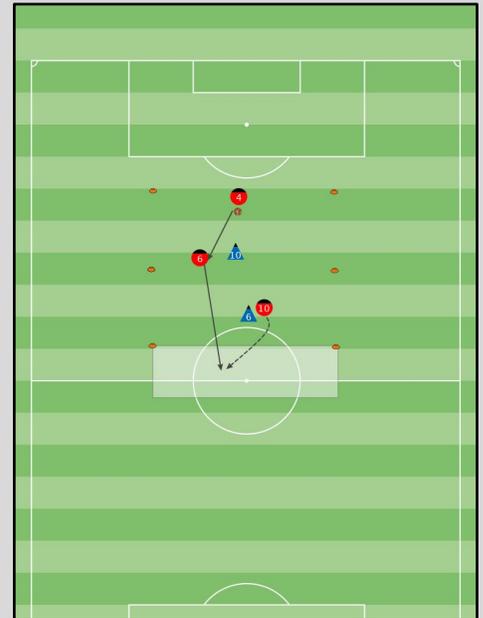
- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Defending the goal (constant awareness of where the goal is)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon recovering the ball and help the team to create space (make it big)

The Attacker: Try to attack as quickly as possible

How to Guide Player:

- When should you press the ball? (Facing backwards, bad touch)
- Which side do you want them to go to? (Non dominant foot, using the sideline as an extra defender)
- How do you approach the attacker? (Quick acceleration, then slow down and match speed)
- How do you win the ball? (Wait for the right moment, step in front of attacker when they take a big touch, tackle with correct foot)
- What is the proper distance to cover your teammate? (Close enough to defend attacker if he gets beat and close enough to get you your attacker if the ball is played to him)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

THEY HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 3v3

Organization: 20 x 20 to two goals/line soccer

Game Moment: THEY

TTP: THEY

- Defend as far from your own goal as possible
- Make and keep compact, close the space between the ball-own goal
- Pressure the player with the ball, teammates cover and balance

Tactical Fundamental Concepts (TFC) - Technical/Tactical (TETA):

First Defender:

- Decision making to make the attacker predictable
- Defender must read the situation of the ball (attacker situation-ball close or away from the foot)
- Close down, proper angle and body position- force to a side
- When to win the ball- tackle or delay

Cover and Balance:

- Second defender provides cover to help first defender
- Balance to stay compact and reduce field space (make the field small)
- Take up the best position to prevent dangerous/penetrating passes (block passing lines)
- Zonal marking
- Man marking

Behavior of Players:

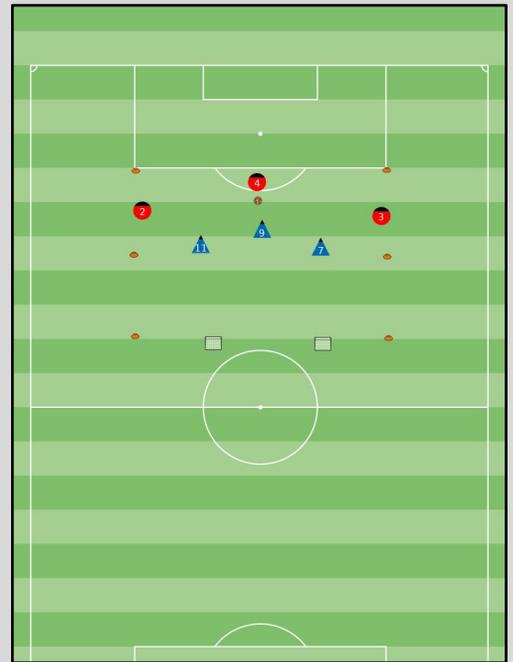
- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Defending the goal (constant awareness of where the goal is)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon recovering the ball and help the team to create space (make it big)

The Attacker: Try to attack as quickly as possible

How to Guide Player:

- How do you win the ball? (Wait for the right moment, step in front of attacker when they take a big touch, tackle with correct foot)
- What is the proper distance to cover your teammate? (Close enough to defend attacker if he gets beat and close enough to get you your attacker if the ball is played to him)
- How can the defenders position themselves to have pressure, cover? (Triangle with 1 pressuring forward and 2 covering back or 2 pressuring forward and 1 covering back)



FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

CORE EXERCISE

THEY HAVE THE BALL: SMALL-SIDED GAMES

Exercise: 3v4

Organization: 20 x 20 to two goals/line soccer

Game Moment: THEY

TTP: THEY

- Defend as far from your own goal as possible
- Make and keep compact, close the space between the ball-own goal
- Pressure the player with the ball, teammates cover and balance

Tactical Fundamental Concepts (TFC) - Technical/Tactical (TETA):

First Defender:

- Decision making to make the attacker predictable
- Defender must read the situation of the ball (attacker situation-ball close or away from the foot)
- Close down, proper angle and body position- force to a side
- When to win the ball- tackle or delay

Cover and Balance:

- Second defender provides cover to help first defender
- Balance to stay compact and reduce field space (make the field small)
- Take up the best position to prevent dangerous/penetrating passes (block passing lines)
- Zonal marking
- Man marking

Behavior of Players:

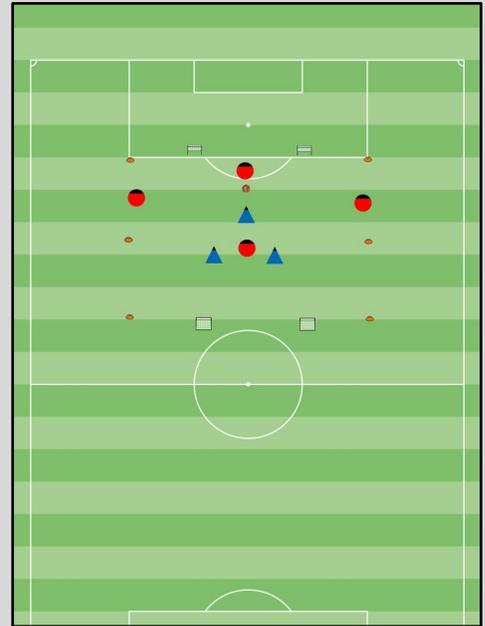
- Communication-Verbal, Visual
- Look up and read the game (Vision, check your shoulder)
- Defending the goal (constant awareness of where the goal is)
- Be aware of space and time (speed of teammates, opponents, pass or your own movement)

Note: In ball possession of the opponent, always be aware of positioning of opponents, teammates, space (lines), goal and the ball. All players must have quick transition upon recovering the ball and help the team to create space (make it big)

The Attacker: Try to attack as quickly as possible

How to Guide Player:

- What is the proper distance to cover your teammate? (Close enough to defend attacker if he gets beat and close enough to get you your attacker if the ball is played to him)
- Where is the most dangerous space to prevent them from attacking? (Central towards the goal)
- In a game situation , what would be one of the main objectives in a 3v4 situation? (Delay, buy time to allow another defender to recover and support)

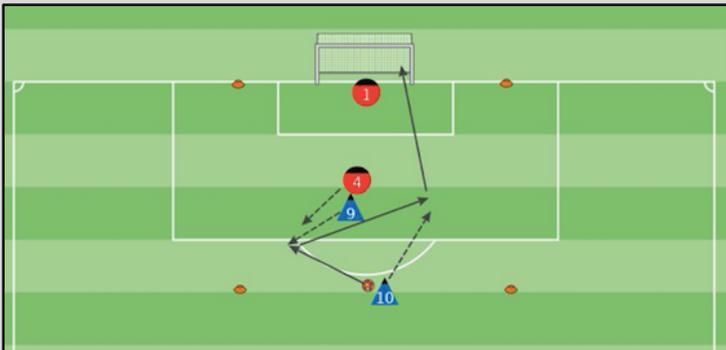


FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

EXAMPLE OF CORE EXERCISE BASED ON 2V1 SITUATION

<p>Game Moment/Team Tasks (Strategies) /Area of the Field</p>	 <ul style="list-style-type: none"> • WE 2v1: Finishing Zone • Possession to create chances and scoring goals by exploiting the opponent when unbalanced/disorganized or unbalancing/disorganizing the opponent
<p>Team Tactical Principles</p>	<ol style="list-style-type: none"> 1. Create and utilize space based on game situations (depth and width) 2. Create lines for passing options (get open) 3. Play in the depth, pass or dribble forward as soon as possible to score 4. Get open to isolate the dribble (concept 1v1) 5. Get open/unmarked to score (anticipate adjust or readjust to shoot).
<p>Player Task</p>	<ul style="list-style-type: none"> • Teach player tasks within the 4v4, 7v7 or 9v9 game format • Choose from game format section in manual
<p>Tactical Fundamental Concept (TFC) and Technical/Tactical (TETA)</p>	<p>Player with the ball: Decision making with the ball (dribble) Look to break lines of pressure by passing or dribbling Protect the ball (shielding, use of body) - Do not lose the ball</p> <p>Player without the ball: Movement: where and when to occupy space Support players must read the situation of the ball (is teammate with ball under pressure or not) Know your option(s) for next action before receiving</p> <p>Technical/Tactical (TETA): Angle of body First touch away from pressure and bases on the next action Speed, moment and direction (accuracy of pass)</p>
<p>Guiding Questions (Role of the coach)</p>	<ul style="list-style-type: none"> • What is the cue for the support player to create a passing option? (Pressure on teammate) • What is the cue for the attacker to dribble or pass forward? (Defenders position)

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

GAME DAY COACHING

PRE-GAME MEETING

1. **Welcome the Team:** Create a positive environment, make sure bench area is organized and players have proper equipment
2. **Line up:** Use previously taken notes with a few main points. Tell the players the line-up (on tactic board)
3. **Playing Style:** Remind team about the System and Style of play (use tactic board) in the structure WE, THEY, Transition. Less detail for you age groups--for example: U9 could only be about WE (make it big)
4. **Objective:** Set 2-3 main objectives "WE" and/or "THEY" for the team to focus (avoid to go over too many coaching points and use two way communication. Ask players questions!
5. **Individual Players:** Cover (briefly) players' responsibilities on learning objectives per position (this can be done individually during warm-up)

Aims should be age specific and based on the training topics from weekly training

WARM-UP (20-30 minutes)

1. Physical & Mental Activation (5min)
2. Technical & Coordination exercises with ball (5 min)
3. Small position game 4:4 + 2 (10 min.), shooting, 1v1 (can be based on aims)
4. 6v5 or 7v6 Offense (forward/midfield) vs Defense (gk/defenders/substitutes) or shadow play (7v0 or 9v0)
5. Drink water, team cheer

DURING GAME

1. **Observe:** How the players/team are doing in relation to aims & take notes
2. **Be positive:** Reward effort and correct intention and allow the players to get in the game
3. **Coaching:** One voice only from the coaching staff (if you have an assistant coach give him a role i.e. take notes, talk to subs, warm-up subs)
4. **Coaching Points:** should be based on aims
5. **Coach Moments:** Give feedback at right moment, avoid over coaching or play by play
6. **Substitutions:** To ensure everyone plays
7. **Prepare Halftime:** Prior to end of first half

HALFTIME TALK

Give players few minutes to hydrate and calm down

1. **Player Feedback:** Ask players "what do you think"? Listen! Try to ask questions such as: How are we doing with our aims for this game? Example: Communication, moving without the ball, performing our individual roles in WE or THEY, our goal of creating 4 chances each half or pressuring at loss of possession for 5 seconds etc.?
2. **Review the Aims/Objectives:** Within the structure "WE" & "THEY" (use the tactic board). Find something positive as well as areas to improve--(when possible--use their answers from first question).
3. **Coaching Points:** Adjustments and corrections.
4. **Line-up:** Give positions for the 2nd half.,Final Encouragement.

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

SECOND HALF

1. **Observe:** See if the players are doing better (based on halftime and game aims)
2. **Positive Coaching:** When they are doing well, encourage them and in a positive way recognize it verbally
3. **Coaching:** If they have not improved on half time points and aims, try to help them out by appropriately reminding them before and after situations, but not during the play itself
4. **Substitutions:** Continue to make substitutions and coach players who go onto or off the field
5. **Notes:** Take notes for future training aims/player feedback

POST GAME

1. **Closing Comments:** Be very brief (more details at next practice or next pre-game talk)
2. **Hydration and Nutrition:** Make sure they hydrate well and remind them to eat a healthy meal within an hour
3. **Positive Comments:** Find positive aspects based on their accomplishments and thank them for the effort
4. **Next Activity:** Remind players about the next training and to train on their own/watch soccer on T.V. in between
5. **Parent Press Conference:** Inform the parents about your perspective based on training/game aims.



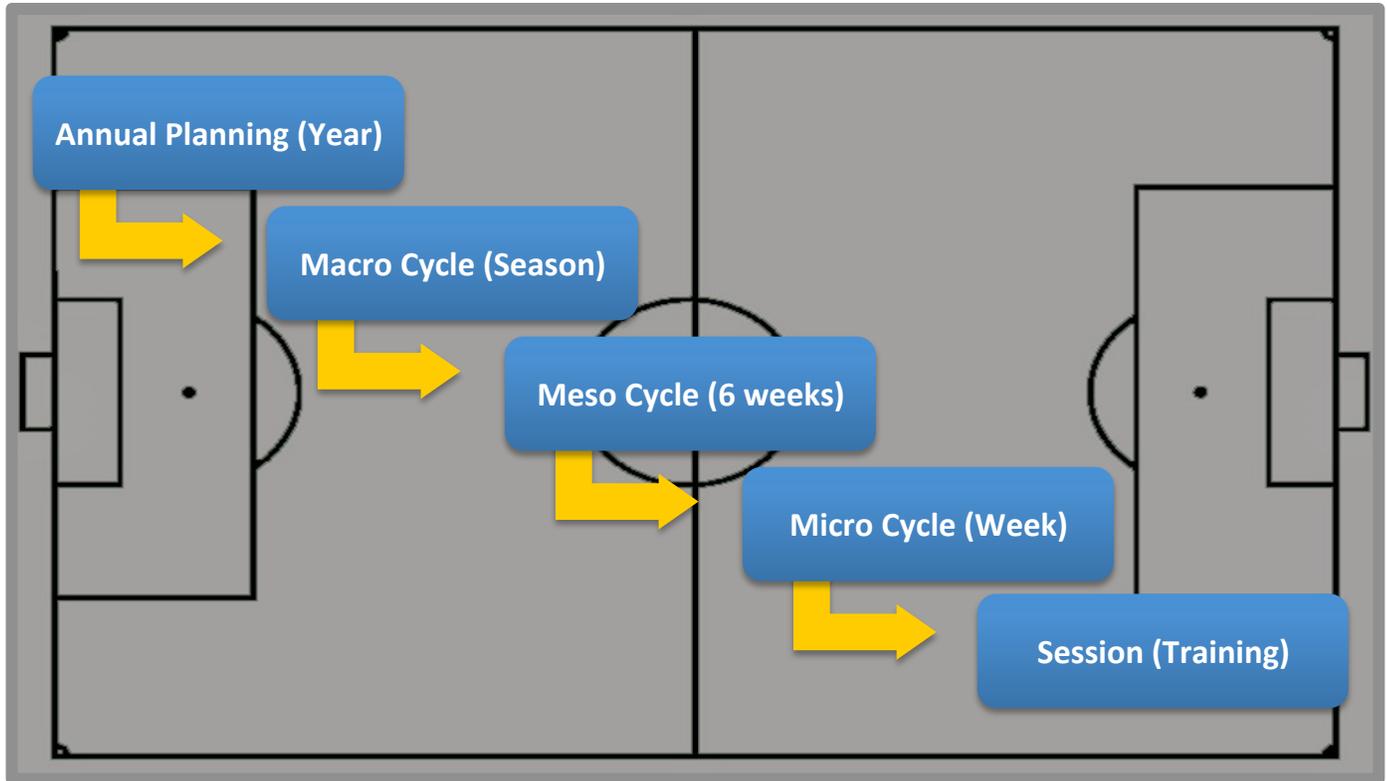
“Tactics interest me. Almost no one can easily explain team tactics. I’m interested in that stuff. The more easily you explain tactics, the better the players will understand it. “

*Johan Cruyff
Former Ajax and FC Barcelona
Manager*

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning



PLANNING

WHY IS PLANNING NECESSARY

- To achieve short and long term educational goals
- To avoid improvisation
- To avoid coaches working on feeling and what they like
- To allow the training to be monitored and evaluated against the curriculum
- To respect and monitor the main biological, physical and psychological factors that determine player development

PLANNING WILL DEPEND ON

- Age, level of development and TTPP characteristics of the player
- The objectives for each age category and group (team)
- The season schedule and training/games

NOTE: To download the excel file for planning, go to the NorCal website/Coach/ Library of Resources

FOUNDATIONS OF SOCCER- COACH



Leadership, Game, Training, Planning

U8 Training Hours by Category

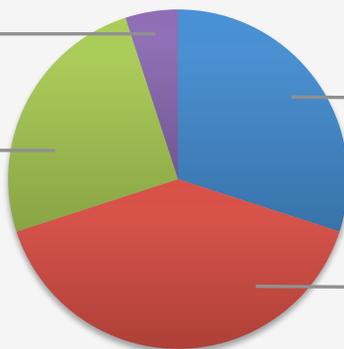
Based on 180 hours: 40 weeks, 3 sessions x 1.5 hours per week

GAME FORMAT

5% : 9 hours

GROUP TE-TA

25% : 45 hours



PHYSICAL

30% : 54 hours

INDIVIDUAL TE-TA

40% : 72 hours

U9-U10 Training Hours by Category

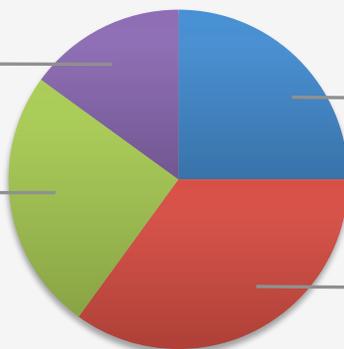
Based on 180 hours: 40 weeks, 3 sessions x 1.5 hours per week

GAME FORMAT

15% : 27 hours

GROUP TE-TA

25% : 45 hours



PHYSICAL

25% : 45 hours

INDIVIDUAL TE-TA

35% : 63 hours

U11-U12 Training Hours by Category

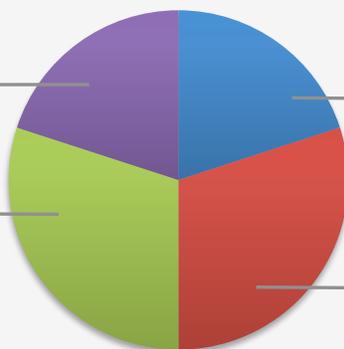
Based on 180 hours: 40 weeks, 3 sessions x 1.5 hours per week

GAME FORMAT

20% : 36 hours

GROUP TE-TA

30% : 54 hours



PHYSICAL

20% : 36 hours

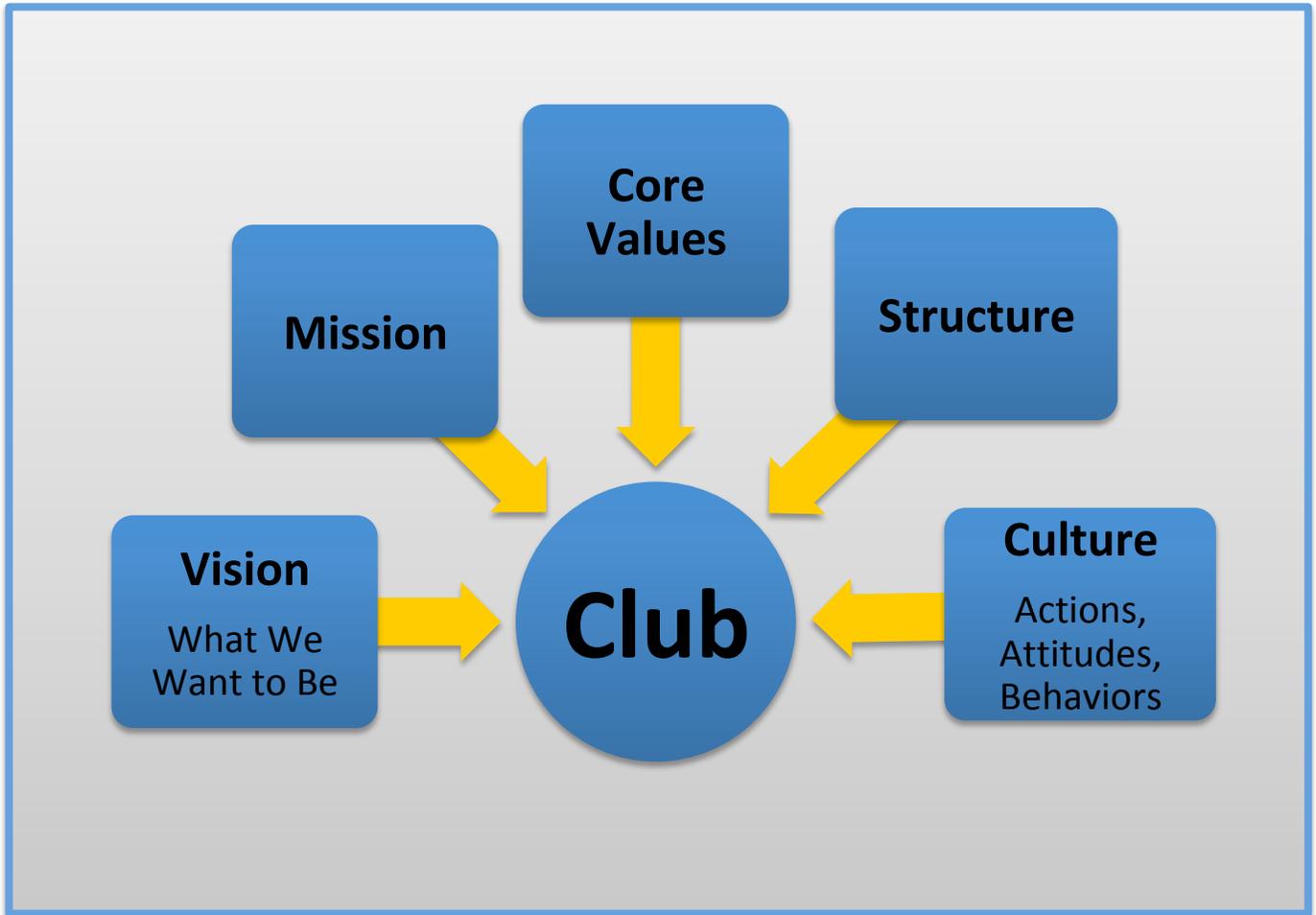
INDIVIDUAL TE-TA

30% : 54 hours

FOUNDATIONS OF SOCCER- CLUB



Vision, Mission, Core Values, Structure, Culture



FOUNDATIONS OF SOCCER- CLUB



Vision, Mission, Core Values, Structure, Culture

CLUB DEVELOPMENT

Our goal is to assist each soccer community to progress in the development of their clubs.

Club Development includes:

- **Club Vision...** Who you are as a club
- **Club Mission...** What you want to do as a club
- **Club Core Values...**The beliefs of the club
- **Club Structure...**The organogram of the club
- **Club Culture...** The traits of a club

CLUB VISION

What is your Club Vision?

Vision based on what you would like your club to be:

- Developing players/people/leaders
- Representing the community
- Assisting student athletes to attend college and/or professional
- and more...

An example of a Club Vision:

“To Develop young men to their full potential through the beautiful game of soccer”

CLUB MISSION

What is your Club Mission?

Mission – Statement to define your club vision

- What type of organization is your club?
- What level of players do you have?

An example of a Club Mission:

“To provide the best youth sports organization attainable that serves all levels of youth soccer players while providing consistent Club Core Values to develop life skills to our members”

CLUB CORE VALUES

What is your Club Core Values?

Core values represent your Mission and Vision: Behaviors, actions and attitudes

- Do all of your members believe in, understand and try to exemplify the core values?
- How can your club develop and implement core values (change behavior)?
- What is the connection to the game of soccer with your club values?
- What do you want to achieve with your players/teams in regards to behavior?

An example of a Club Core Values:

- **Integrity:** the quality of being honest and having strong morals
- **Accountability:** an obligation or willingness to accept responsibility and account for one’s actions
- **Perseverance:** continued effort to do or achieve something despite difficulties, failure or opposition
- **Sportsmanship:** conduct and attitude considered as benefitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing
- **Aspiration:** a strong desire to achieve something high or great

FOUNDATIONS OF SOCCER- CLUB



Vision, Mission, Core Values, Structure, Culture

WHAT DOES A CLUB NEED?

A CLUB NEEDS STRUCTURE

Every club should have a defined structure - an organization clearly visible to its members. This structure should define who is responsible for each area of the club.

Questions to ask:

1. What are the roles – organization chart for board of directors, team volunteers, and technical staff?
2. Does your Director administer more than coach, coach other teams or do they spend time on the field influencing teams and coaches? Do they have the qualities to assist and lead other coaches in your club?
3. Who oversees the Director?
4. Who oversees the coaches?
5. Who educates the parents?

A CLUB NEEDS COMMUNICATION

Much of the youth soccer problems are caused by a lack of communication.

Questions to ask:

1. How is your club's mission communicated?
2. Who educates parents... your director, your club or your coach?
3. Do you have a complaint flow chart?
4. Do parents know whom to approach about concerns?
5. Who oversees the club newsletters? Do you have one?

WHAT TYPE OF PEOPLE DO YOU HAVE IN YOUR CLUB?

People are the core of a great club and the processes you use to hire, promote, and reward them are vital.

Do you have enough good people in your club? How can you get good people more involved in your club?

Leadership has to play a role in the culture if the whole organization is to function and progress. It is important the leaders are a good example for club membership. If leadership exhibits the behaviors expected of coaches, teams and individuals, then people in the organization will follow suit.

Questions to ask?

Are the leaders and people in your club a good example and do they live the Club Values?

FOUNDATIONS OF SOCCER- CLUB



Vision, Mission, Core Values, Structure, Culture

WHAT IS CULTURE?

Culture is defined as:

A particular group or organization, which is characterized by his or her own:

- **Actions** - These are things you want (and don't want your culture to achieve).
Example: coaches and fans well behaved, all aspects of club are organized, good hosts to away teams, consistent communication, reliable people, work well with neighbor clubs
- **Behaviors/Attitudes** -The visible parts of your club's culture - the positive or negative actions people perform everyday that portray the club's image. Every action has a consequence - good or bad. Example: cheering, treatment of referees. Shaking each other hands prior to training, adopting a charity, clapping for an injured player, not yelling at referees, cleaning up your bench area, and working to reschedule a game are more examples.

Can you think of more examples for your own club?

DEVELOPING A SOCCER CLUB CULTURE

1. Club leadership consciously decides what type of person they want in their organization – player, coaches, parents, and volunteers.
2. They identify the actions, attitudes and behaviors that they want the club for which they want to be recognized.
3. Identifying the philosophy of soccer, style of soccer, style of coaching, style of cheering, etc.

WHICH TYPE OF CLUB IS YOUR SOCCER CLUB?

Know who you are and what you want to become as a club!

Are you a:

- **Recreational Soccer Club** - Volunteer run, volunteer coaches, provides soccer for enjoyment.
- **Competitive/ Developmental Soccer Club** - Volunteer administration, provides soccer for enjoyment and for players to reach high school and possibly college level.
- **Professional Competitive/Premier Soccer Club** - Full time Administrators & Coaches, provides soccer for enjoyment but primarily focused on players reaching college or possibly beyond.

Or are you another type of club? Again, define what type of club you are.

FOUNDATIONS OF SOCCER- CLUB



Vision, Mission, Core Values, Structure, Culture

EXAMPLES OF CLUB SLOGANS



NORCAL GAME FORMATS



4v4 – 9v9

DEVELOPMENT PHASES FOR AGES 8-12		
PLAYER AGE	PHASE	CORE REMARKS
< 6	* Fun Soccer Experiences	Learning Basic Techniques (Player and the Ball): You must somewhat be able to kick, dribble and stop the ball to play the game of soccer. Form a relationship with the ball
7-8	Playing for Enjoyment	Use and Develop Basic Techniques (Player, Ball and his friend): Learning to work with a teammate, develop a love for the ball and use technique in game situations
9-10	Introduce basic techniques through playing and working with teammates (individual tasks within groups of 3,4,5)	Learning to solve soccer situations and adapting to changing situations with teammates
11-12	Learning the basics through playing. Working with teammates (tasks with 2 players working together)	You have a deal with your own player(s) and the resistance from the opponent and controlling the ball in game situations.
What is next? Future Level 2 and 3 Course...		
13-16	Game Maturity Now you solve soccer situations in a particular place in a line (defense, midfield and forward) and with team.	You must now be able to cooperate with your teammates to overcome the opponent. The process of HOW you do it is ALWAYS more important than the outcome.
* This course is focused on ages 8-12, however we have included information on Grassroots Soccer (age <6). It is important for the younger players to get a proper start with the game prior to U8 so we have provided information.		

NORCAL GAME FORMATS



WHY 1:4:3:3?

NORCAL GAME FORMATS

The NorCal Premier Playing System (Formation) is the 1:4:3:3. Combined with our Player Development Philosophy, the 1:4:3:3-System of Play is the best format for young players.

Within this formation, the field has ideal field coverage with many triangles and lines. Roles can be outlined with clear player tasks. In Attack, the 1:4:3:3 provides many passing options, which supports possession and 1v1 duels. In Defense, the players are already in generally able to execute their task and quickly apply pressure.

This 11v11 game format facilitates learning and provides simple understanding and flexibility in attacking and defending. Furthermore the 1:4:3:3 is easily adaptable to the 9v9, 7v7 and 4v4 game formats.

All NorCal Game Formats relate to our Game Model and Style of Play by merely reducing the number of players to fit the age group player characteristics.

This is important to have a consistent structure, which gradually builds from 4v4 to the full 11v11 game.

Small-sided games are important to:

- Develop every players soccer skills and game understanding
- Teach relevant player qualities regarding T2P2 in accordance with their psychological, social and physical maturity
- Provide players more ball contact, involvement in the game and player enjoyment
- Realistic field sizes proportionate to age of players allows for more scoring and defending



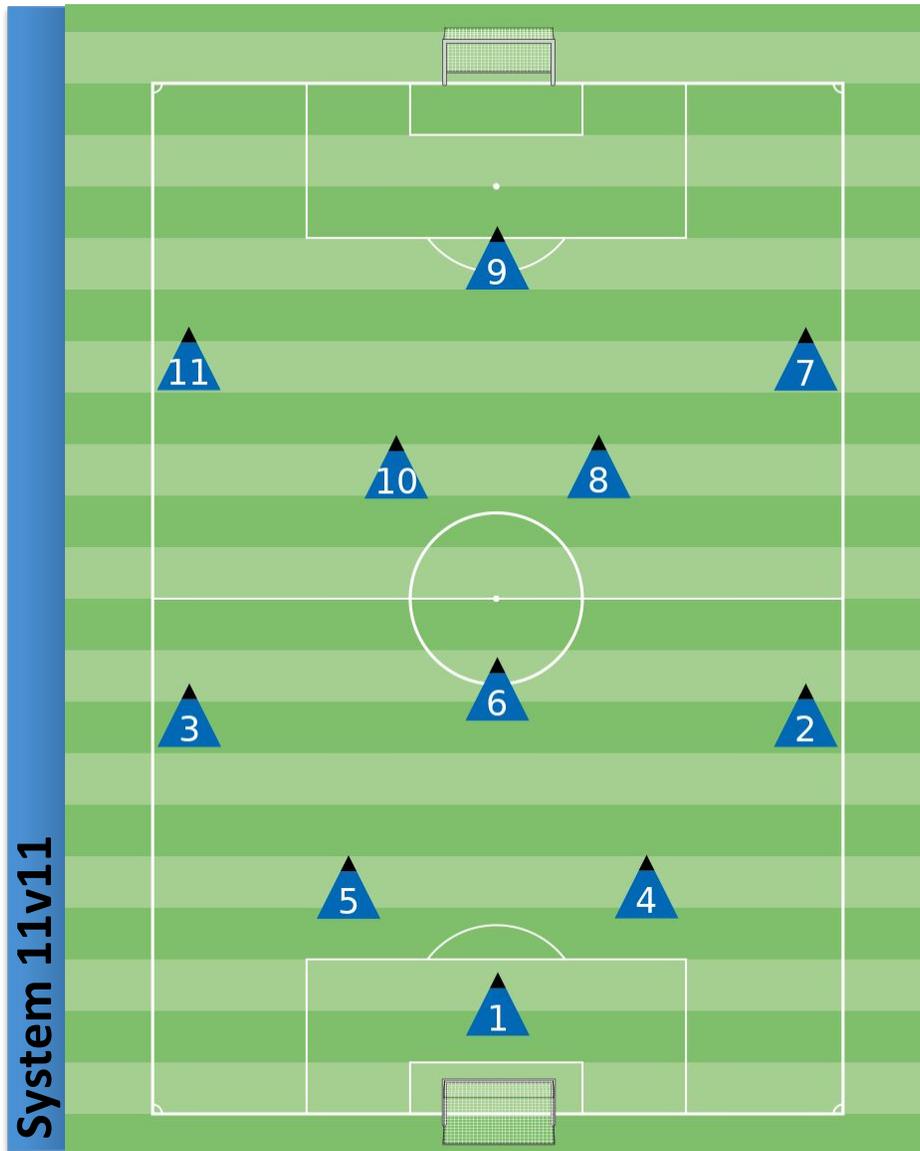
“Coaching should encourage young players to build up from the back, play through the midfield and link up with the attack. While the long ball can be effective, it is no longer considered the only method of attacking play.”

Ruud Dokter
FAI (Irish Football Federation)
High Performance Director

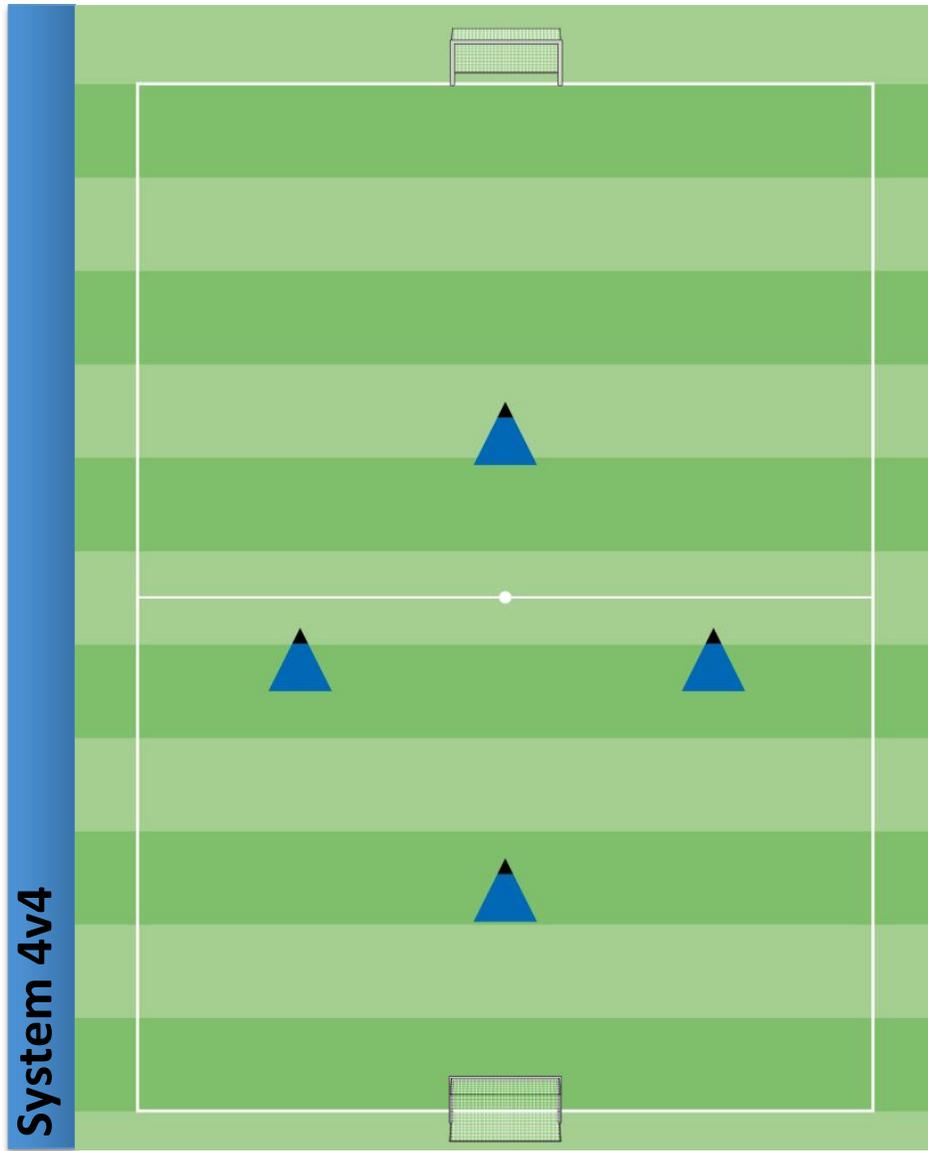
NORCAL GAME FORMATS



11v11



NORCAL GAME FORMATS – 4v4



NORCAL GAME FORMATS – 4v4



U7-U8 PLAYER T2P2 AND TEAM TACTICAL PRINCIPLES – PLAYING/LEARNING FOR ENJOYMENT			
T2P2	PLAYER QUALITIES	TEAM TACTICAL PRINCIPLES	
TACTICAL	<p>Read and understand the game and make their own decisions</p> <ul style="list-style-type: none"> • Vision: Reads the game and situations related to ball, teammates, opponents, goals • Space and Time Awareness • Decision making: Choosing best option quickly • Adaptability: Adjust to continuous changes in the game 	WE	<ul style="list-style-type: none"> • Create and utilize space based on game situations (depth and width) • Create triangles/lines for passing options (get open) • Play in the depth, pass or dribble forward as soon as possible to score
TECHNICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> • Ball optimization/Total mastery of the ball • Control with intent (TETA) • Protect the ball (TETA) 	WE - THEY	<ul style="list-style-type: none"> • Quick transition to defending
PHYSICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <p>Body Control:</p> <ul style="list-style-type: none"> • Psycho-Motor • Coordination <p>Can physically perform the whole game (stamina)</p>	THEY	<ul style="list-style-type: none"> • Defend as far from your own goal as possible • Make and keep compact
PERSONALITY	<p>Take initiative, be pro-active shows freedom to express themselves (creativity)</p> <ul style="list-style-type: none"> • Independently takes actions that will improve themselves on and off the field • Tries new skills in trainings and game • Communication: verbal-non verbal <p>Focus and execute task technically, physically and mentally or entire game</p> <p>Focused and engaged in all activities</p> <p>Take responsibility for their own development and performances</p> <ul style="list-style-type: none"> • Self motivated to learn, become better • Process, not outcome focused • Player needs to focus on what they can control and block out what they can't control. <p>Enjoy playing, training and learning</p> <ul style="list-style-type: none"> • Has a joy of playing individually and collectively • Has a joy for training • Love for the ball and the game 	THEY - WE	<ul style="list-style-type: none"> • Pass or dribble forward

NORCAL GAME FORMATS – 4v4



GAME STRATEGY U7-U8				
TEAM FUNCTION	TEAM TASKS	AIMS	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
WE	SECURE ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)	Exploit the opponent when unbalanced/disorganized Unbalance/disorganize the opponent	Create and utilize space based on game situations (depth and width) Create triangles/lines for passing options (get open) Play in the depth, pass or dribble forward as soon as possible to score
	CREATION ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)		
	FINISHING ZONE	Possession to create chances Scoring goals		
TRANSITION WE TO THEY	ALL ZONES	Deny chances in order to prevent goals Force a mistake (ex. Inaccurate or bad pass) Regain the ball	Quick transition to defending Pressure, cover and balance	Quick transition to defending
THEY	FINISHING ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. Inaccurate or bad pass) Regain the ball	Get balanced/organized Stay balanced/organized Pressure, cover and balance	Defend as far from your own goal as possible Make and keep compact, close the space between the ball – own goal
	CREATION ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. inaccurate or bad pass) Regain the ball		
	SECURE ZONE	Prevent the opponent from playing forward or deny penetration from dribble Deny chances & prevent goals Force a mistake (ex. Inaccurate or bad pass) Regain the ball		
TRANSITION THEY TO WE	ALL ZONES	Create chances in order to score goals Possession to create chances Possession to pass or dribble forward	Quick transition to attacking Exploit the opponent when unbalanced/disorganized	Quick transition to attacking, pass or dribble forward

NORCAL GAME FORMATS – 4v4



CHARACTERISTICS AND PSYCHOLOGY U7-U8

Phase: Playing for enjoyment

Use and Develop Basic Techniques and the Player, Ball and his Friend

Igniting a passion: The ball, my friend and Me

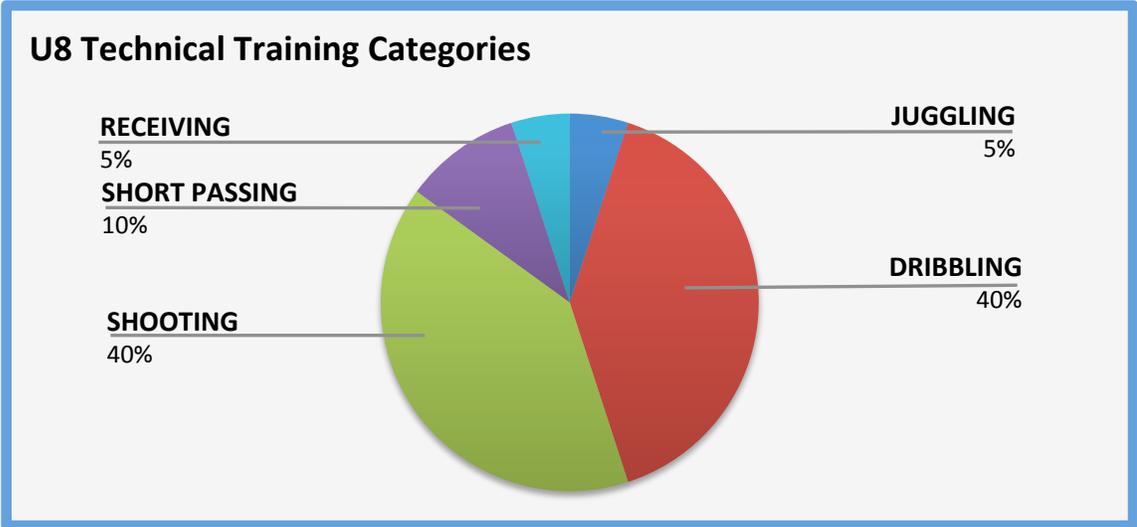
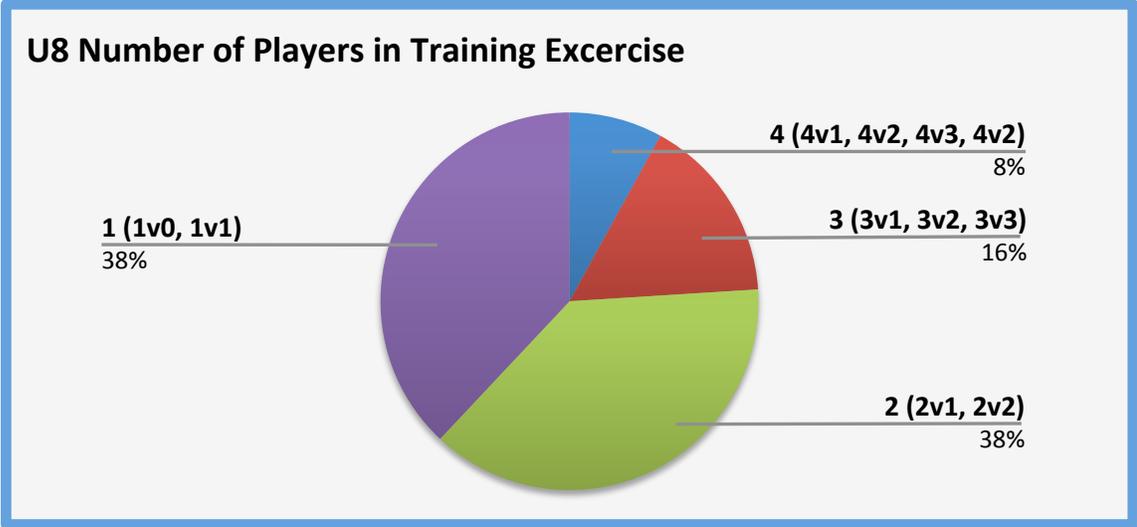
Igniting a passion for the game must be the number one objective for coaches of this age group. The objective of the fundamental stage is to learn all basic movement skills by building overall motor skills. During this fundamental stage an opportunity occurs for a lifelong love to the game.

Psychology: Developing self-esteem – activities should foster positive feedback and attainable positive success. Like to show what they can do – encourage trying new things. There is still a short attention span unless the player has peaked (keep interest high).

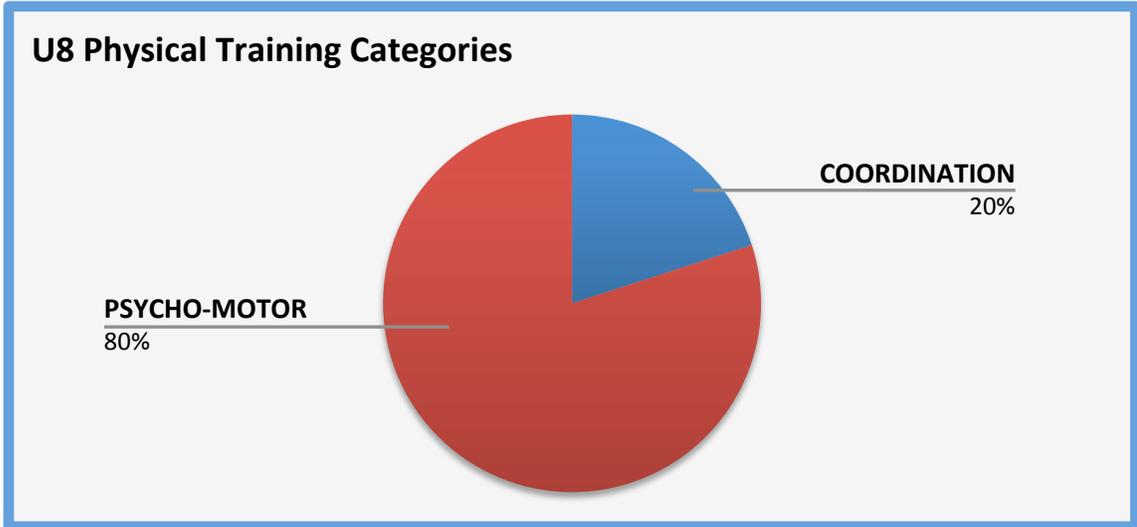
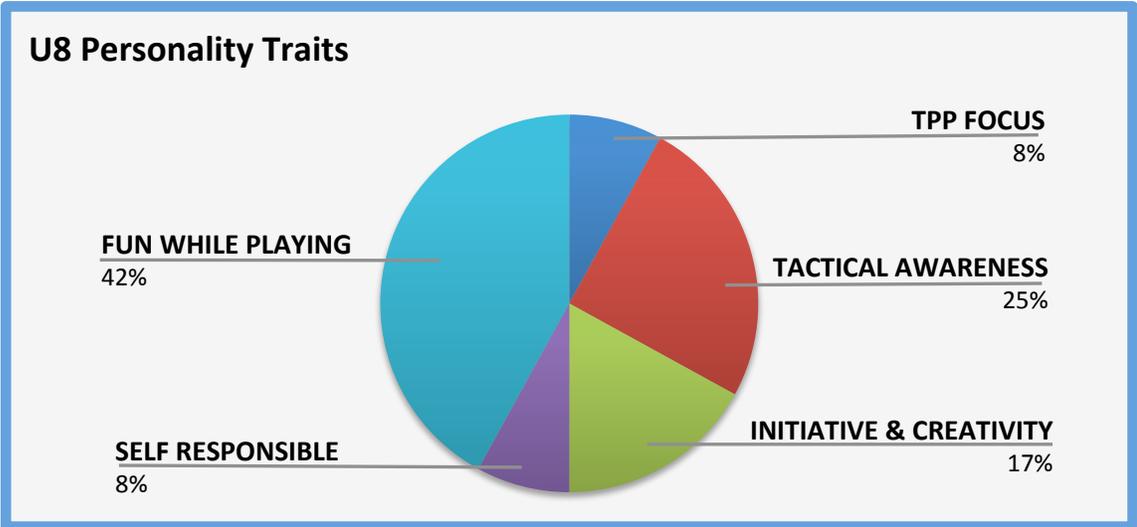
Focus on keeping the soccer experience fun, enjoyable and to foster a desire to play. This love of the game keeps people in the game for a lifetime. Encourage working in pairs, sportsmanship, parental involvement, how to play, emotional management, creative, dynamic activities, participation of all players and a safe and fun environment.

LEARNING PHASES	
AGE-DEVELOPMENT PHASE	7-8 Playing/Learning for Enjoyment
GAME FORMAT	4v4
TECHNICAL FOCUS	Dribbling (running with the ball), shooting (instep), 1v1
TACTICAL DEVELOPMENT GOALS & TRAINING CONTENT	1v1, 2v1, 2v2 - Work with a partner (1 other player) 4v4 - Individual task (WE - THEY) Experience different positions
GENERAL CHARACTERISTICS & PLAYER MOTIVATION	Likes to show skills - need approval Still very sensitive (does not like to fail in front of peers) Attention span is a bit longer than U6 Developing playmates Motivated by visual example (mimics) Imitation of the big buys (sports heroes become important) Start to form an opinion of what they like or dislike The game begins to become social and are inclined more to group activities

NORCAL GAME FORMATS – 4v4



NORCAL GAME FORMATS – 4v4



NORCAL GAME FORMATS – 4v4



WHY 4v4 for U7-U8?

Player Focused Philosophy, Fewer Players, More Development

7-8 years old: General Theme = Exploration (4v4 is ideal)

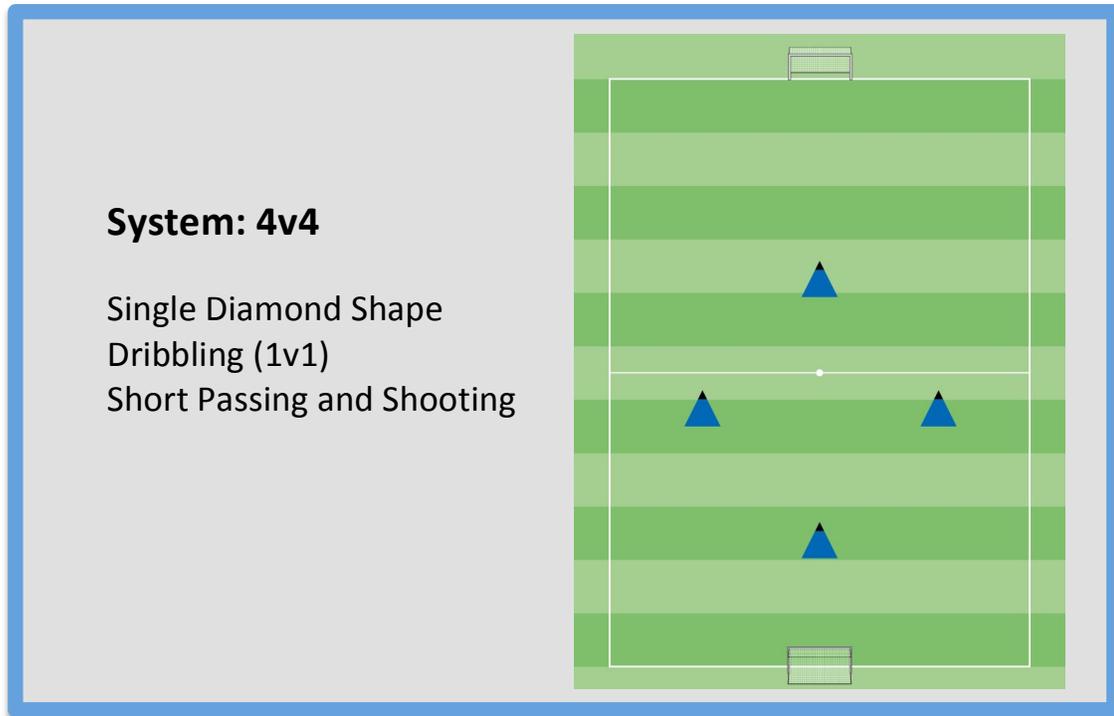
Each age group has its own specific requirements and characteristics. From a psychological, social, and physical viewpoint players' needs differ according to age and the game caters to the needs of each age group.

With fewer players on the field, players have a greater opportunity to play more meaningful minutes. They will be involved in the game, with or without the ball, much more than a full-sided game. Reading the game and decision-making are some of the most important qualities for a player that will benefit from playing small-sided games.

- Many ball contacts develops touch (comfort on the ball, technical development, 1v1) develop the necessary soccer skills
- 4v4 is considered the smallest format of the 11v11 game
- Players have 3 options when they are in possession (play forwards, sideways, or backwards)
- Players have more ball contact and are more involved in the game
- The focus is on scoring goals leading to greater players enjoyment
- Players are easily able to learn rules
- Players need to learn direction
- Players can easily learn cooperation with teammates (diagonal passing)
- Players can easily learn about space (diamond shape)
- Players are involved and therefore have more "fun"

Games in which direction, speed and precision are important

NORCAL GAME FORMATS – 4v4



MAIN AIMS WITHIN TEAM TASKS IN 4v4

We Have The Ball

Secure Zone:

A team in possession close to its own goal aims to build up. The main aspects are organization and taking up the right positions (make it big) with correct distances from each other (balance)

Finishing Zone: A player in possession near the opponent's goal aims to create a scoring opportunity or score himself.

They Have The Ball

Creation/Finishing Zone:

If the ball is at a safe distance from the defending teams goal, the aim is to disrupt the opponents build up (pressure) and: Above all, try not to get beaten, Play close to each other (make it small) Pressure the opponent

Secure Zone: Close to the defending team goal the first aim is to prevent goals and second is to regain the ball shield the goal and if necessary cover teammates backs, keep opponent and ball in front of you, block shots, win the ball, don't foul

Transition

Adapt immediately to the new situation in thinking and task

NORCAL GAME FORMATS – 4v4



4v4 POSITION TASK IN WE - FORWARD

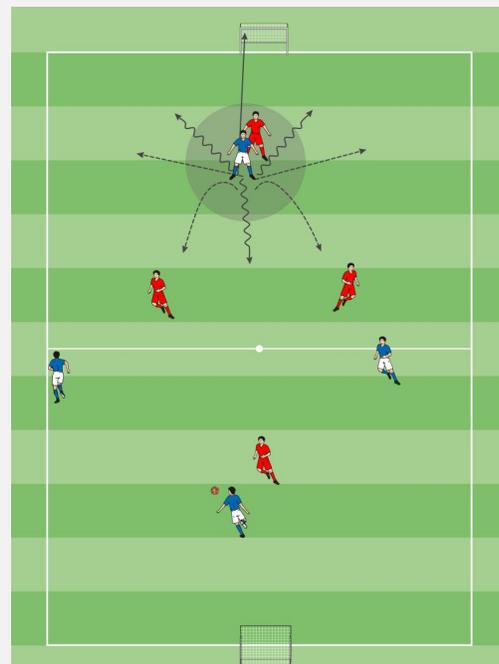
WE Have The Ball

Objective: Provide Depth (make it big), attacking and scoring

Technique: Receiving the ball and finding space, beating and opponent, scoring, passing and shielding the ball (individual possession)

Tactical: Keep space open, create space, build up with other players, anticipate, ask for the ball at the right moment, hold the ball, create space for advancing midfielders on flank (stay clear), goal orientated

Personality: Ask for the ball, want the ball, make yourself visible by moving towards the ball



4v4 POSITION TASK IN THEY - FORWARD

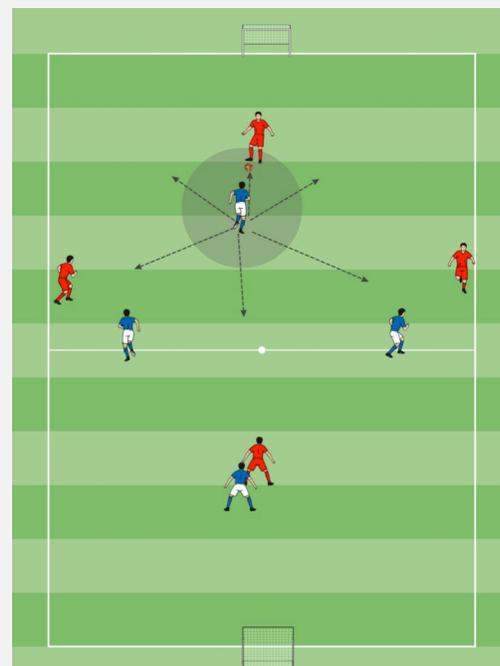
THEY Have The Ball

Objective: Make it small, Disrupt opponents build up, prevent forward long ball, and gain time so that teammates can recover/regroup, force opponents to the buildup on the side

Technique: Block space behind you; win the ball, tackle (no foul)

Tactical: Force square pass, cut off option of forward ball, force opponent to side, box him in, do not let him escape, pressure player with the ball, choose right moment to challenge for the ball, drop back close to teammates (make it small)

Personality: Instruct players in own team, and encourage teammates



NORCAL GAME FORMATS – 4v4



4v4 POSITION TASK IN WE - MIDFIELDERS

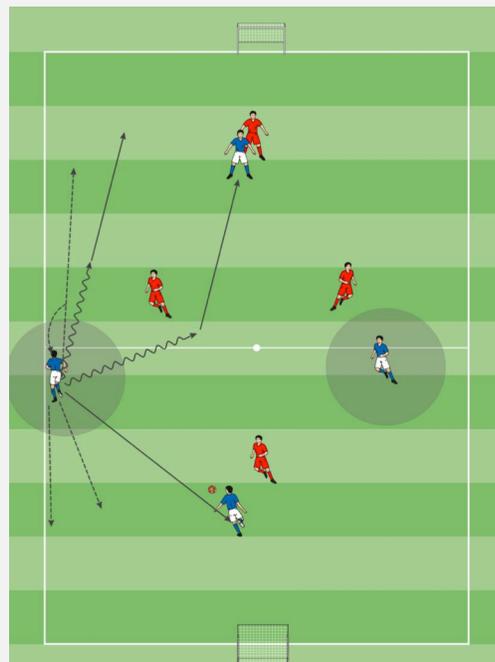
WE Have The Ball

Objective: Carry on the buildup (positional game) in order to set up attack (scoring opportunities)

Technique: Short and long passing/ kicking (correct ball speed), receiving and controlling the ball, dribbling, individual run, shooting at goal, heading at goal, shielding the ball

Tactical: Correct positioning (use space to best effect, distance to teammates), avoid losing the ball (take no risk), play yourself free (run, 1-2 combination, takeover)

Personality: Ask for the ball with or without prior dummy run), want the ball, instruct forward players (man on, time, pass, turn right, go yourself)



4v4 POSITION TASK IN THEY - MIDFIELDERS

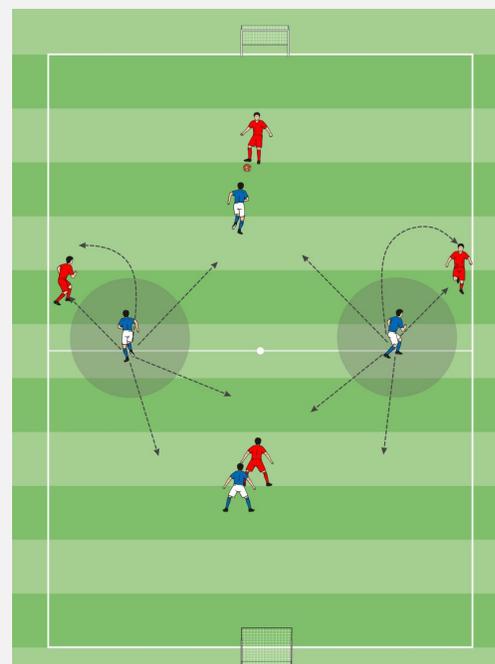
THEY Have The Ball

Objective: Disrupt opponent's build-up, defend against the opponent's attack, win the ball, screen space behind, prevent goal, stop most dangerous opponent

Technique: Screen opponent, effective defending (keep knees bent), win the ball (tackle, feint to challenge) follow opponent, tackle, defensive headers, defending, for checking

Tactical: Tight marking, look beyond immediate opponent, read the situation further away, don't be beaten, cover teammates back, do not be pulled too far out of the center, always screen the goal, take over the most dangerous opposing player (takes precedence over direct opponent), anticipate defensive actions by most forward player (force into corner/side)

Personality: Instruct players in own team, and encourage teammates



NORCAL GAME FORMATS – 4v4



4v4 POSITION TASK IN THEY - SWEEPER

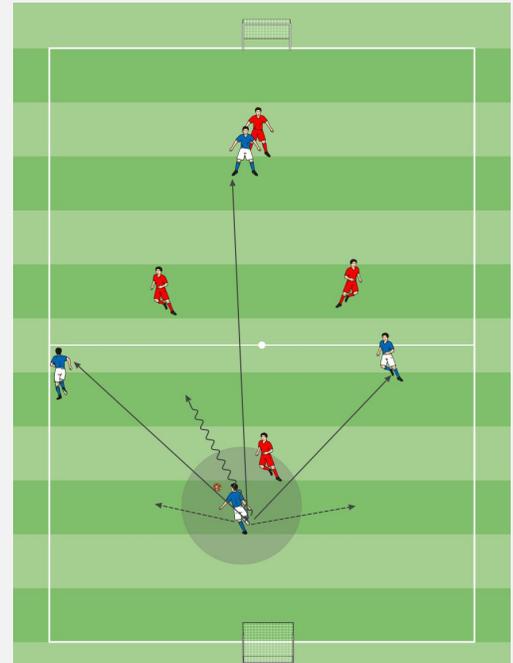
WE Have The Ball

Objective: Make it big, attacking and scoring with reading the play and recognizing situations

Technique: Short and long passing/ kicking (correct ball speed), receiving and controlling the ball, dribbling, shielding the ball

Tactical: Correct positioning (central, sideways to the left/right flanks, forwards and backwards), direction of play, always be ready to play the ball forward, avoid losing the ball (take no risk), passing square is often a means of making a forward pass, make back pass possible (support)

Personality/Communication: Ask for the ball at the right moment, want the ball, instruct teammates on situation, opponent play, and encourage attackers



4v4 POSITION TASK IN THEY - SWEEPER

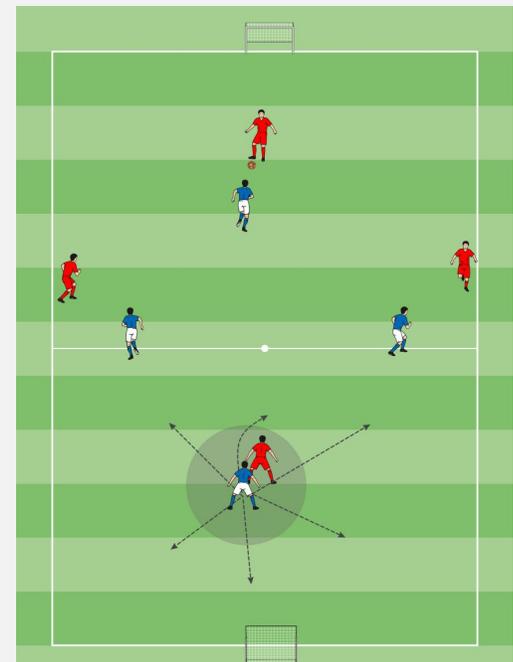
THEY Have The Ball

Objective: Avoid conceding a goal, nullify the opponent's striker, win the ball

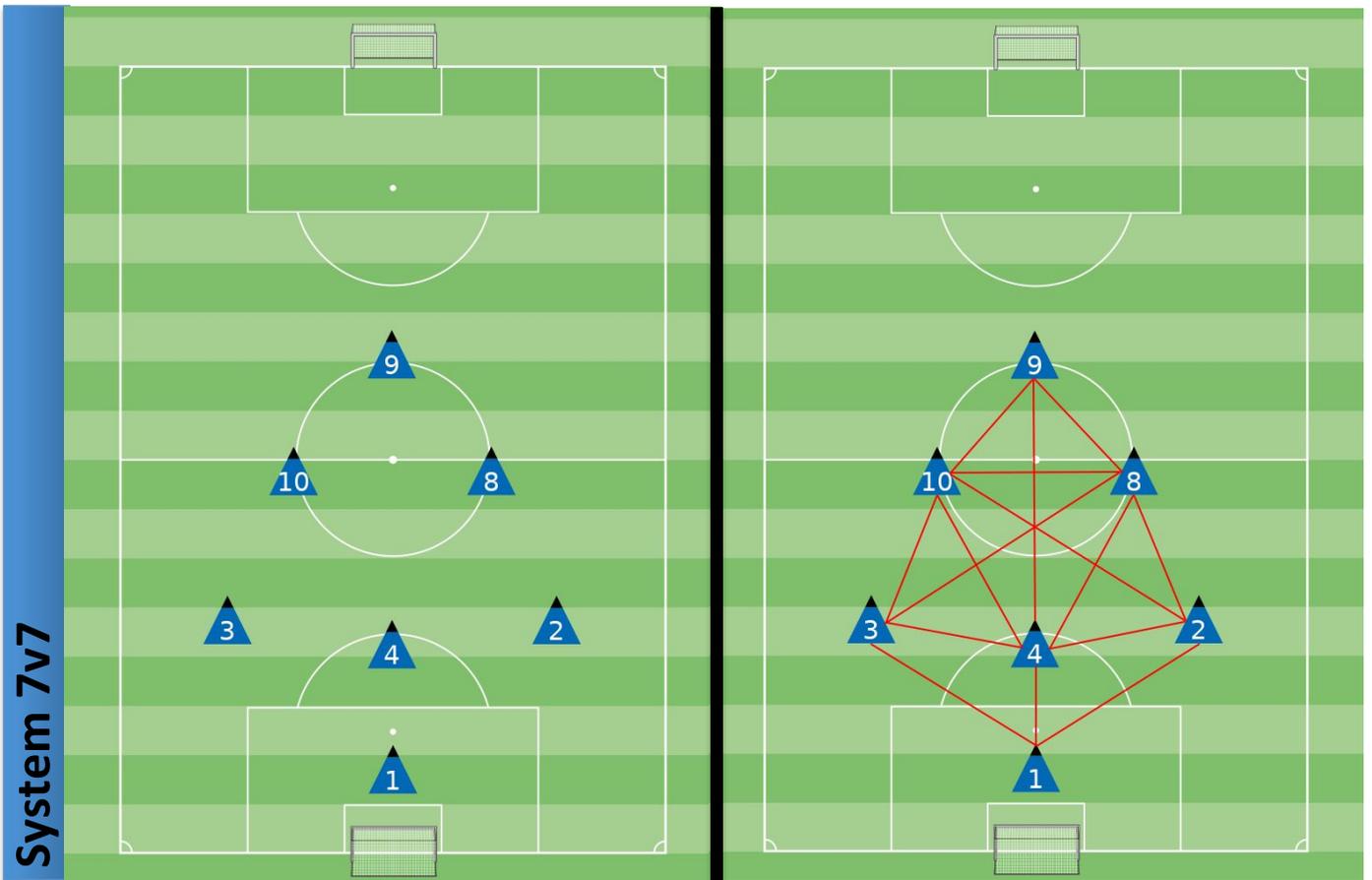
Technique: Follow opponent, tackle, and defensive headers, defending, for checking

Tactical: Tight marking, look beyond immediate opponent, read the situation further away, don't be beaten, cover teammates back, do not be pulled too far out of the center, always screen the goal, take over the most dangerous opposing player (takes precedence over direct opponent)

Personality: Instruct players in own team, and encourage teammates



NORCAL GAME FORMATS – 7v7



NORCAL GAME FORMATS – 7v7



GAME STRATEGY U9-U10				
TEAM FUNCTION	TEAM TASKS	AIMS	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
WE	SECURE ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)	Exploit the opponent when unbalanced/disorganized Unbalance/disorganize the opponent	Create and utilize space based on game situations (depth and width) Create triangles/lines for passing options (get open) Play in the depth, pass or dribble forward as soon as possible to score
	CREATION ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)		
	FINISHING ZONE	Possession to create chances Scoring goals		
TRANSITION WE TO THEY	ALL ZONES	Deny chances in order to prevent goals Force a mistake (ex. inaccurate or bad pass) Regain the ball	Quick transition to defending Pressure, cover and balance	Pressure the ball after losing it, using players closest to the situation Quick transition to defending
THEY	FINISHING ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. inaccurate or bad pass) Regain the ball	Get balanced/organized Stay balanced/organized Pressure, cover and balance	Defend as far from your own goal as possible Make and keep compact, close the space between the ball – own goal Pressure the player with the ball, teammates cover and balance
	CREATION ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. inaccurate or bad pass) Regain the ball		
	SECURE ZONE	Prevent the opponent from playing forward or deny penetration from dribble Deny chances and prevent goals Force a mistake (ex. inaccurate or bad pass) Regain the ball		
TRANSITION THEY TO WE	ALL ZONES	Create chances in order to score goals Possession to create chances Possession to pass or dribble forward	Quick transition to attacking Exploit the opponent when unbalanced/disorganized	Pass or dribble forward Create passing times Give Support Keep the ball when you can't play forward

NORCAL GAME FORMATS – 7v7



U9-U10 PLAYER T2P2 AND TEAM TACTICAL PRINCIPLES – LEARNING THROUGH PLAYING

T2P2	PLAYER QUALITIES	TEAM TACTICAL PRINCIPLES	
TACTICAL	<p>Read and understand the game and make their own decisions</p> <ul style="list-style-type: none"> Vision: Reads the game and situations related to ball, teammates, opponents, goals Space and Time Awareness Decision making: Choosing best option quickly Communication (Audio and Visual Cue) Perception: The individual and collective perception Adaptability: Adjust to continuous changes in the game Efficiency: Using the most relevant information Mental Speed <p>* Decision making based on all the above</p>	WE	<ul style="list-style-type: none"> Create and utilize space based on game situations (depth and width) Create triangles/lines for passing options (get open) Play in the depth, pass or dribble forward as soon as possible to score
TECHNICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> Ball optimization/ Total mastery of the ball Control with intent (TETA) Protect the ball (TETA) 	WE - THEY	<ul style="list-style-type: none"> Pressure the ball after losing it, using players closest to the situation Quick transition to defending
PHYSICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <p>Body Control:</p> <ul style="list-style-type: none"> Psycho-Motor Coordination <p>Can physically perform the whole game (stamina)</p>	THEY	<ul style="list-style-type: none"> Defend as far from your own goal as possible Make and keep compact, close the space between the ball - own goal Pressure the player with the ball, teammates cover and balance
PERSONALITY	<p>Take initiative, be pro-active show freedom in express themselves (creativity)</p> <ul style="list-style-type: none"> Independently takes actions that will improve themselves on and off the field Tries new skills in trainings and game Communication: verbal-non verbal <p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> Focused and engaged in all activities <p>Take responsibility for their own development and performance</p> <ul style="list-style-type: none"> Self-motivated to learn and become better. Process, not outcome focused. Player needs to focus on what they can control and block out what they can't control. <p>Enjoy playing, training & learning</p> <ul style="list-style-type: none"> Has a joy of playing individually and collectively Has a joy for training Love for the ball and the game 	THEY - WE	<ul style="list-style-type: none"> Pass and dribble forward Create passing lines

NORCAL GAME FORMATS – 7v7



CHARACTERISTICS AND PSYCHOLOGY U9-U10

Introduce basic techniques through playing. Working with teammates (individual tasks within groups of 3,4,5)

The Learning to Train Stage and the Start of Us - The objective is to learn all of the fundamental soccer skills.

Keep soccer enjoyable to foster a desire to play using self-motivation. Working in groups of three, four or five.

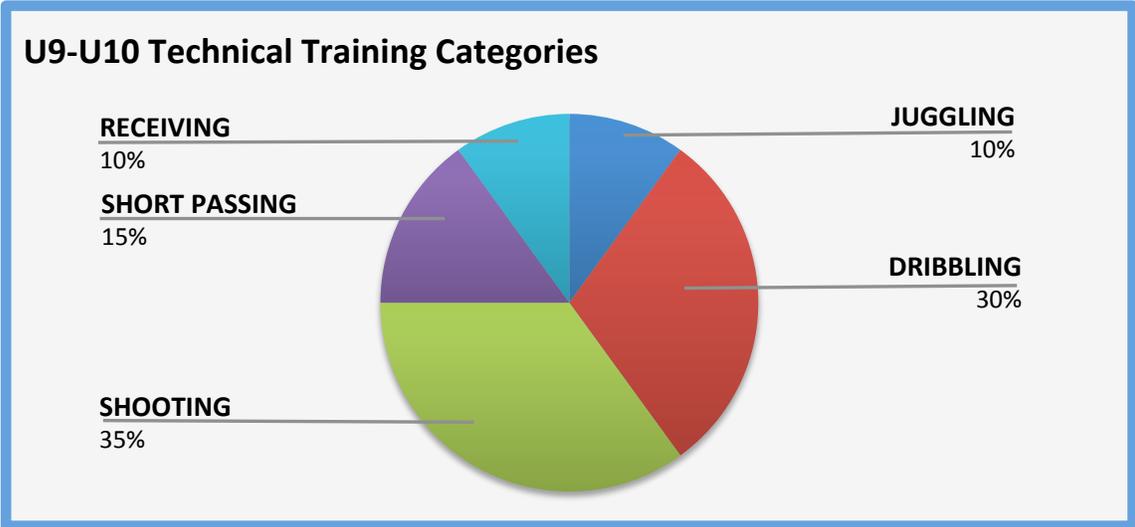
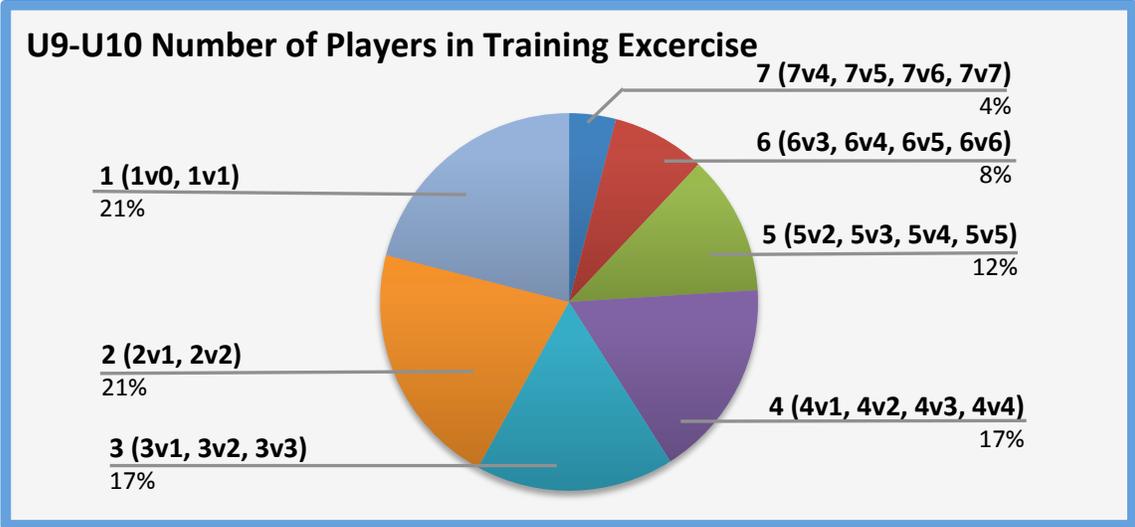
Psychology:

There is an increase in responsibility, sensitivity to parental involvement.

Focus on fair play, communication and emotional management, awareness of how to win or lose gracefully.

LEARNING PHASES	
AGE-DEVELOPMENT PHASE	9-10 Learning through playing
GAME FORMAT	7v7
TECHNICAL FOCUS	Running with the ball Shooting Passing (short/medium distance) Receiving
TACTICAL DEVELOPMENT GOALS & TRAINING CONTENT	1v1, 2v1, 3v2, 4v3 4v4 (Basic forms) Work with pairs and threes 7v7 Individual task (All game moments) Experience different positions
GENERAL CHARACTERISTICS & PLAYER MOTIVATION	Cognitive development, learning to use own thoughts and opinions Lengthened attention span All children are individuals and should be treated as such Psychologically more firm and more confident Team becomes important (likes uniforms and being a part of a team) Begin to think ahead Gross and small motor skills become refined Compare their achievements Imitation of idols

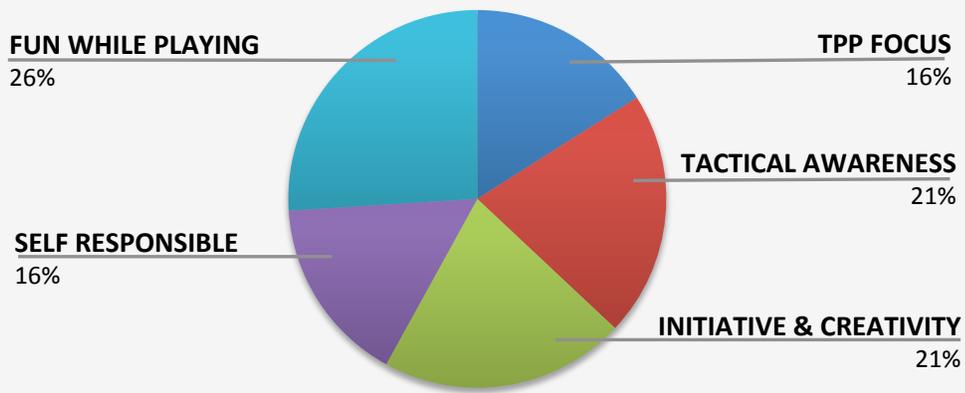
NORCAL GAME FORMATS – 7v7



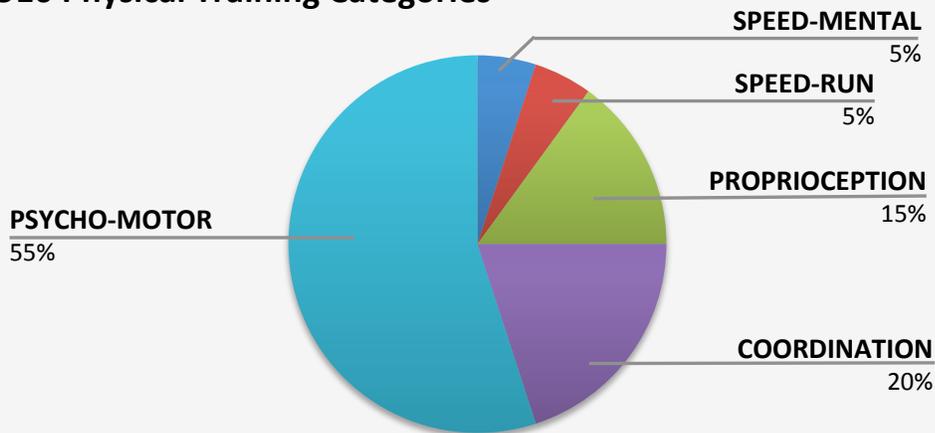
NORCAL GAME FORMATS – 7v7



U9-U10 Personality Traits



U9-U10 Physical Training Categories



NORCAL GAME FORMATS – 7v7



WHY 7v7 for U9-U10?

Player Focused Philosophy, Fewer Players, More Development

9-10 year olds: General Theme = mid range passing is ideal (7v7 is ideal)

Each age group has its own specific requirements and characteristics. From a psychological, social, and physical viewpoint players' needs differ according to age and the game caters to the needs of each age group.

With fewer players on the field, players have a greater opportunity to play more meaningful minutes. They will be involved in the game, with or without the ball, much more than a full-sided game. Reading the game and decision-making are some of the most important qualities for a player that will benefit from playing small-sided games.

- More ball contacts develops touch (comfort on the ball, technical development, 1v1, 2v1)
- Develop the necessary soccer skills
- 7v7 (double diamond) is considered the next smallest format of the 11v11 game after 4v4
- Players have many options when they are in possession (play forwards, sideways, or backwards)
- The size of the field allows distances in which teammates can reach each other and the opponents goal
- There is a healthy balance and relationship to offense and defense within the size of the field
- The 11v11 game has too many options available for the age of the players
- The players can realize the game objectives: We = score goals, They = prevent goals
- Players have more ball contact and are more involved in the game than 9v9 or 11v11
- Players can easily learn cooperation with teammates (diagonal passing)
- Players can easily learn about space (double diamond shape)

Players are involved and therefore have more “fun”

NORCAL GAME FORMATS – 7v7



7v7 PLAYER FOCUSED PHILOSOPHY

Aim: Implement a player focused model based on enjoyment and skill development while reducing the emphasis on winning.

The following points are the key to this:

1. Introduce a uniformed playing and coaching style to develop skillful and attacking players.

Players need to learn from their mistakes and should always be encouraged to try again. Freedom of expression is key (encourage dribbling and not criticize when losing the ball or trying something new).

2. Minimum playing time per game for each player. Without playing time, there is no learning, no development and little enjoyment.

3. Substitutions on the fly is used to create a 'live' learning environment for both coach and player (depends on league rules for official games).

4. Guided play will be used with * no referee involved, leaving the players to solve any problems amongst themselves (mirroring street soccer in the past). Coaches should observe behavior versus over coaching. Player centric!

*Depends on league rules for official games

Note about Goalkeeper position: No player should play 100% as goalkeeper. During training goalkeepers should develop as soccer players to become a complete player.

NORCAL GAME FORMATS – 7v7



7v7 POSITION TASKS – WE HAVE THE BALL

WE have the ball (1:3:2:1)

Goalkeeper (1): Take up position in relation to the defenders, restart play by rolling, throwing, passing or kicking the ball, act as a central build-up player (additional field player)

Full Backs (2 and 3): Take up a position (well apart; make the playing area as wide as possible), play the ball to the attackers, if there is space, move forward with the ball, participate in the attack

Central Defender (4 or 5): Take up position (between attackers and full-backs), play the ball to the attackers or defenders who are participating in the attack, if there is space, move forward with the ball, participate in the attack, try to score if the opportunity arises

Midfielders (8 and 10): Take up a position between the defenders and forward to try and receive the ball and be able to pass or dribble forward. Make runs towards the goal. Move to help create 2v1s with our 9. Create scoring opportunities with passing, dribbling, or shooting

Center Forward (9): Get forward as far as possible (make the playing area as long as possible, while remaining available to receive a pass), try to score (individual run, or exchange of passes with teammates), go to goal

7v7 POSITION TASKS – THEY HAVE THE BALL

THEY have the ball (1:3:2:1)

Goalkeeper (1) – Prevent the opposition from scoring, take up position in relation to the ball, the opposing players and teammates

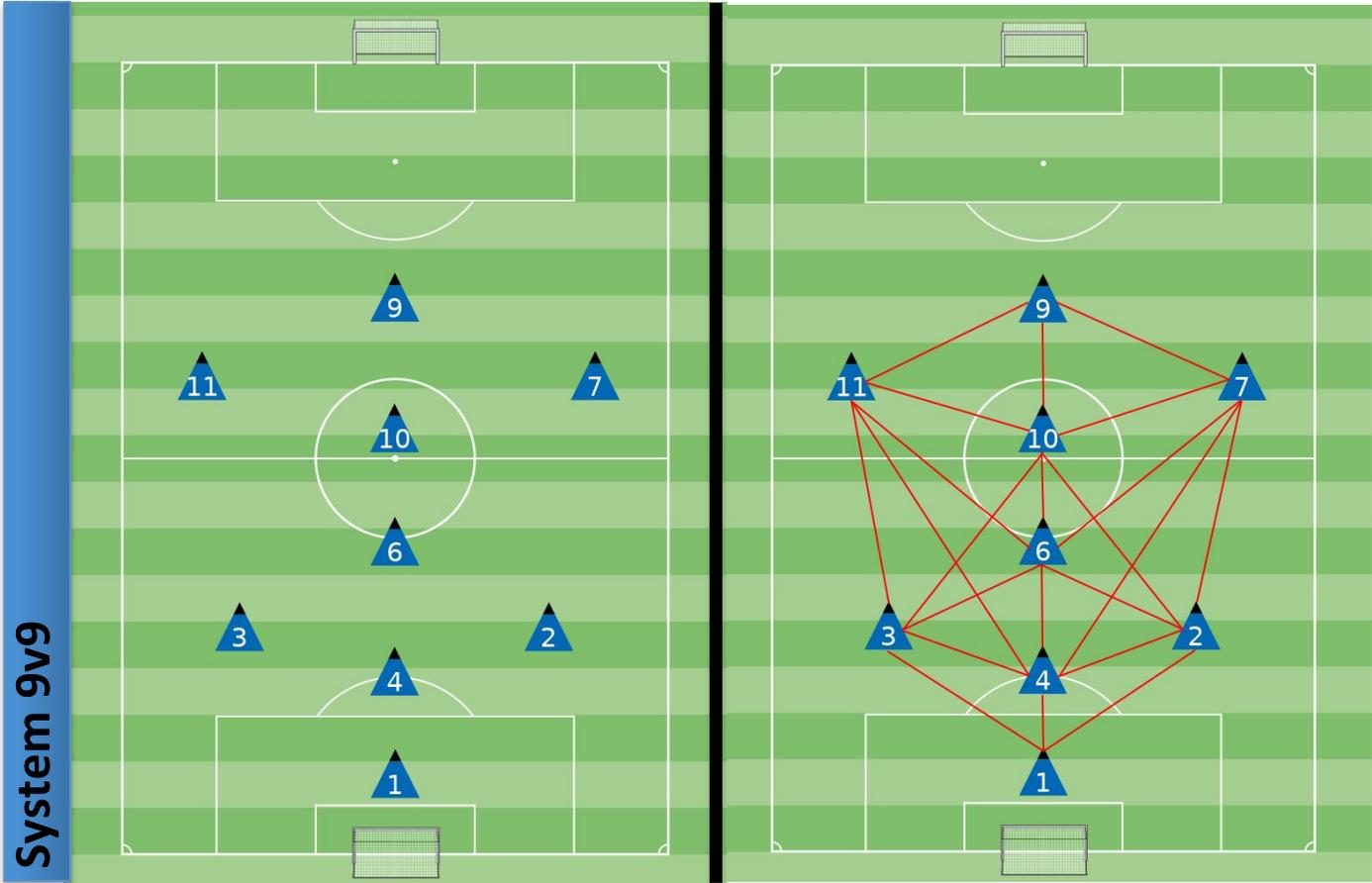
Fullbacks (2 and 3) – DON'T let your self get beaten, prevent the opposition from scoring, cover the opposing attackers, help teammates (cover their backs), and win the ball

Central Defender (4 or 5) – DON'T let yourself get beaten, prevent the opposition from scoring, cover the center forward, help teammates (cover their back), make the playing area as small as possible, win the ball

Midfields (8 and 10) – Mark the midfielders of the opponent, help make the playing area as small as possible, block passing lines into the middle of the field, pressure to keep the opponent on one side of the field, win the ball.

Center Forward (9) – Cover the opposing central defender, disrupt the opposition's build-up play, prevent opponents from playing a long ball up-field, win the ball, help teammates (cover their backs), make the playing area as small as possible, DON'T let yourself get played out (passed by or dribbled by)

NORCAL GAME FORMATS - 9v9



NORCAL GAME FORMATS - 9v9



U11-U12 PLAYER T2P2 AND TEAM TACTICAL PRINCIPLES – LEARNING BY PLAYING

T2P2	PLAYER QUALITIES	TEAM TACTICAL PRINCIPLES
TACTICAL	<p>Read and understand the game and make their own decisions</p> <ul style="list-style-type: none"> Vision: Reads the game and situations related to ball, teammates, opponents, goals Space and Time Awareness Decision making: Choosing best option quickly Communication (Audio and Visual Cue) Perception: The individual and collective perception Adaptability: Adjust to continuous changes in the game Efficiency: Using the most relevant information Mental Speed <p>* Decision making based on all the above</p>	<p>WE</p> <ul style="list-style-type: none"> Create and utilize space based on game situations (depth and width) Create triangles/lines for passing options (get open) Play in the depth, pass or dribble forward as soon as possible to score Get open to isolate the dribble (concept 1v1) Get open/unmarked to score (anticipate adjust or readjust to shoot)
TECHNICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> Ball optimization/ Total mastery of the ball Control with intent (TETA) Protect the ball (TETA) 	<p>WE - THEY</p> <ul style="list-style-type: none"> Pressure the ball immediately after losing it, using players closest to the situation Get organized and balanced as quickly as possible, make it compact
PHYSICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <p>Body Control:</p> <ul style="list-style-type: none"> Psycho-Motor Coordination <p>Can physically perform the whole game (stamina)</p>	<p>THEY</p> <ul style="list-style-type: none"> Defend as far from your own goal as possible Make and keep compact, close the space between the ball - own goal Pressure the player with the ball, teammates cover and balance
PERSONALITY	<p>Focus and execute task technically, physically and mentally for entire game</p> <p>Focused and engaged in all activities</p> <p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> Self motivated to learn, become better Process, not outcome focused Player needs to focus on what they can control and block out what they can't control. <p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> Has a joy of playing individually and collectively Has a joy for training Love for the ball and the game 	<p>THEY - WE</p> <ul style="list-style-type: none"> Pass and dribble forward Create passing lines Give support Keep the ball when you can't play forward

NORCAL GAME FORMATS - 9v9



GAME STRATEGY U11-U12				
TEAM FUNCTION	TEAM TASKS	AIMS	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
WE	SECURE ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)	Exploit the opponent when unbalanced / disorganized Unbalance/dis organize the opponent	Create and utilize space based on game situations (depth and width) Create triangles/lines for passing options (get open) Play in the depth, pass or dribble forward as soon as possible to score Get open to isolate the dribble (concept 1v1) Get open/unmarked to score (anticipate adjust or readjust to shoot).
	CREATION ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)		
	FINISHING ZONE	Possession to create chances Scoring goals		
TRANSITION WE TO THEY	ALL ZONES	Possession to create chances Scoring goals	Quick transition to defending Pressure, cover and balance	Pressure the ball immediately after losing it, using players closest to the situation Get organized and balanced as quickly as possible, make it compact
THEY	FINISHING ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. inaccurate or bad pass) Regain the ball	Get balanced / organized Stay balanced / organized Pressure, cover and balance	Defend as far from your own goal as possible Make and keep compact, close the space between the ball – own goal Pressure the player with the ball, teammates cover and balance
	CREATION ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. inaccurate or bad pass) Regain the ball		
	SECURE ZONE	Prevent the opponent from playing forward or deny penetration from dribble Deny chances and prevent goals Force a mistake (ex. inaccurate or bad pass) Regain the ball		
TRANSITION THEY TO WE	ALL ZONES	Create chances in order to score goals Possession to create chances Possession to pass or dribble forward	Quick transition to attacking Exploit the opponent when unbalanced / disorganized	Pass or dribble forward Create passing times Give Support Keep the ball when you can't play forward

NORCAL GAME FORMATS - 9v9



CHARACTERISTICS AND PSYCHOLOGY U11-12

Learning the basics through playing. Working with teammate(s).
Two players working together by knowing each other's tasks, and working towards cooperating as an entire line.

For the Love of the Game and Us

The **Critical Transition Period** in which many players are deciding if they want to commit deeply to soccer, stay in the game with a part-time commitment or drop the sport altogether

The coach must also be sensitive to the many biological and psychological changes that are occurring for these children now and through the U14 age group

The effect of the role model is very important at this stage of development

Psychology: Keep it fun and enjoyable to foster a desire to play, self-motivation.

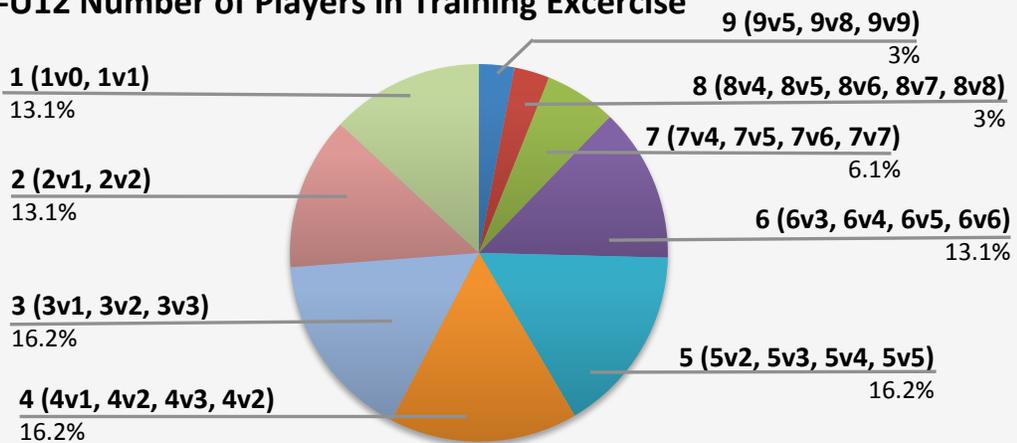
Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each

LEARNING PHASES	
AGE-DEVELOPMENT PHASE	11-12 Learning by playing
GAME FORMAT	9v9
TECHNICAL FOCUS	Dribbling/1v1, running with the ball, protect the ball (shielding) passing and receiving (on ground), shooting
TACTICAL DEVELOPMENT GOALS & TRAINING CONTENT	1v1 - 9v9 (Basic forms) Individual task, cooperation with closest teammates, (attacker and defender) 2v1, understanding the cooperation with a line (defense, midfield, forward), in all game moments - Experience different positions
GENERAL CHARACTERISTICS & PLAYER MOTIVATION	Learning often involves work Can better deal with flighted/air balls Can sequence thoughts and actions to perform more complex tasks Should be able to simultaneously run, strike the ball and think Full of eagerness: fertile period to learn Popularity influences self esteem Improved coordination

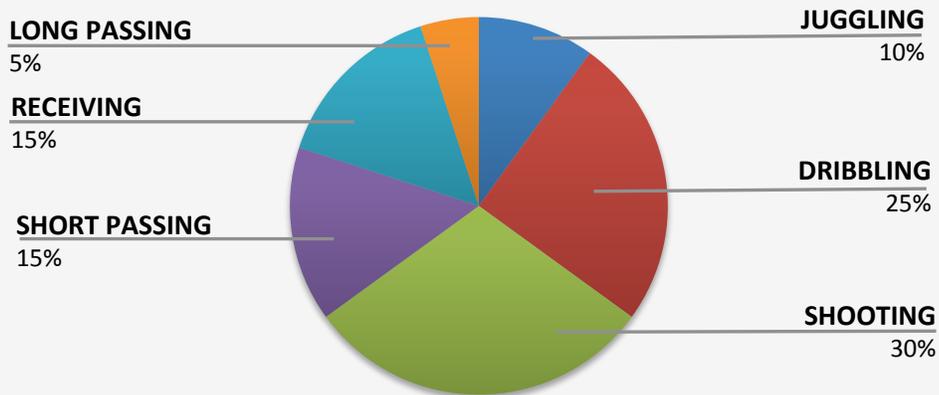
NORCAL GAME FORMATS - 9v9



U11-U12 Number of Players in Training Exercise

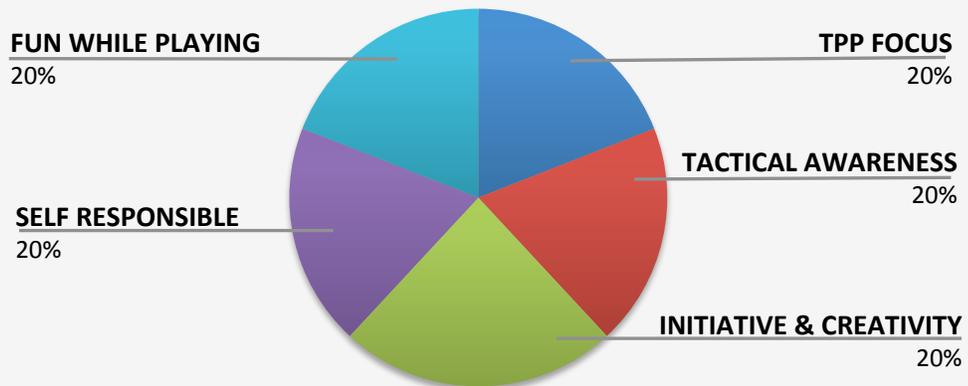


U11-U12 Technical Training Categories

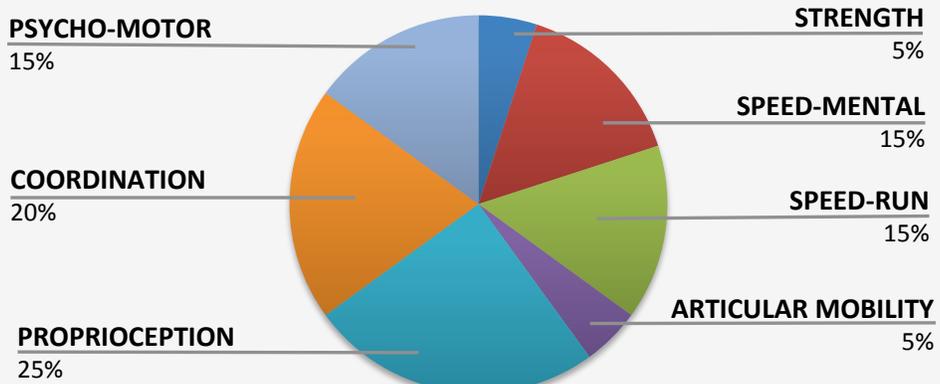




U11-U12 Personality Traits



U11-U12 Physical Training Categories



NORCAL GAME FORMATS - 9v9



9v9 POSITION TASKS – WE HAVE THE BALL Objectives for Learning Task

WE have the ball (1:3:2:3) Goalkeeper (1): Take up position in relation to the defenders, restart play by rolling, throwing, passing or kicking the ball, act as a central build-up player (additional field player)

Full Backs (2 and 3): Take up a position (well apart; make the playing area as wide as possible), play the ball to the attackers, if there is space, move forward with the ball, participate in the attack

Central Defender (4 or 5): Take up position (between attackers and full-backs), play the ball to the attackers or defenders who are participating in the attack, if there is space, move forward with the ball, participate in the attack, try to score if the opportunity arises

Holding Midfielder (6): Take up a position (between defenders and attackers) to be an option for defenders to play forwards into, or attackers to play back to if needed. Be an option to help switch the ball when needed, and at times help create scoring opportunities with passing, dribbling, or shooting

Attacking Midfielder (10): Take up a position between midfielder and forwards to try and receive the ball and be able to pass or dribble forward. Move to help create 2v1s with our 7, 9, or 11. Create scoring opportunities with passing, dribbling, or shooting

Outside Forwards (7 and 11): Take up position in relation to the defenders (make the playing area as long as possible), take the ball towards the opposition goal as quickly as possible (individual run) or pass to a teammate who has a clear run on goal, take up position in front of goal (available to receive a pass and score), try to score

Center Forward (9): Get forward as far as possible (make the playing area as long as possible, while remaining available to receive a pass), try to score (individual run, or exchange of passes with teammates), go to goal

Note about Goalkeeper position: No player should play 100% as goalkeeper. During training goalkeepers should develop as soccer players to become a complete player.

NORCAL GAME FORMATS - 9v9



9v9 POSITION TASKS – THEY HAVE THE BALL

THEY have the ball (1:3:2:3)

Goalkeeper (1): Prevent the opposition from scoring; take up position in relation to the ball, the opposing players and teammates

Fullbacks (2 and 3): DON'T let yourself get beaten, prevent the opposition from scoring, cover the opposing attackers, help teammates (cover their backs), win the ball

Central Defender (4 or 5): DON'T let yourself get beaten, prevent the opposition from scoring, cover the center forward, help teammates (cover their back), make the playing area as small as possible, win the ball

Holding Midfielder (6): DON'T let yourself get beaten, prevent the opposition from playing into the 9, mark the 10 of the opponent, help cover teammates, make the playing area as small as possible and drop back into defensive line when needed, win the ball

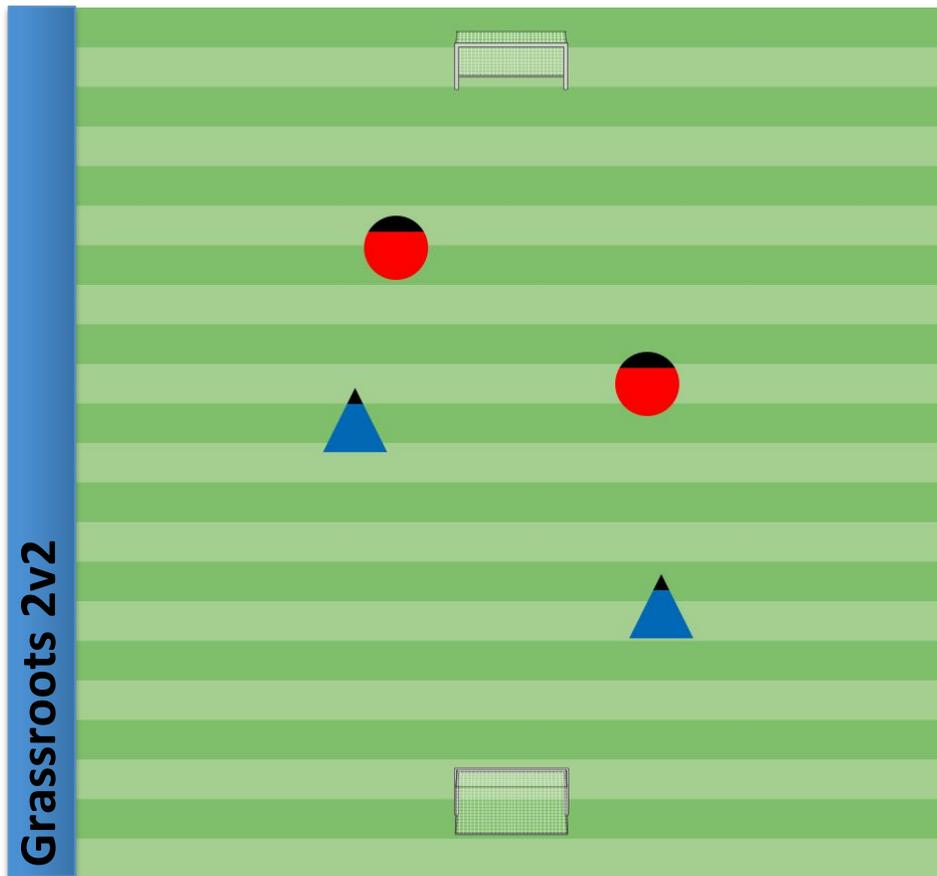
Attacking Midfielder (10): Mark the 6 of the opponent, help make the playing area as small as possible, block passing lines into the middle of the field, pressure to keep the opponent on one side of the field, win the ball.

Outside Forwards (7 and 11): Disrupt the opposition's build-up play, win the ball, help teammates (cover their backs), make the playing area as small as possible, DON'T let yourself get played out (passed by or dribbled by)

Center Forward (9): Cover the opposing central defender, disrupt the opposition's build-up play, prevent opponents from playing a long ball up-field, win the ball, help teammates (cover their backs), make the playing area as small as possible, DON'T let yourself get played out (passed by or dribbled by)

NORCAL GAME FORMATS – 2v2

GRASSROOTS



NORCAL GAME FORMATS – 2v2



GRASSROOTS

U5-U6 PLAYER T2P2 AND TEAM TACTICAL PRINCIPLES – FUN SOCCER EXPERIENCES			
T2P2	PLAYER QUALITIES	TEAM TACTICAL PRINCIPLES	
TACTICAL	<p>Read and understand the game and make their own decisions</p> <ul style="list-style-type: none"> • Vision: Reads the game and situations related to ball, teammates, opponents, goals • Space and Time Awareness • Decision making: Choosing best option quickly • Communication (Audio and Visual Cue) • Perception: The individual and collective perception • Adaptability: Adjust to continuous changes in the game • Efficiency: Using the most relevant information • Mental Speed <p>* Decision making based on all the above</p>	WE	<ul style="list-style-type: none"> • Create space • Pass or dribble forward when possible or hold the ball
TECHNICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <ul style="list-style-type: none"> • Ball optimization/Total mastery of the ball • Control with intent (TETA) • Protect the ball (TETA) 	WE - THEY	<ul style="list-style-type: none"> • Quick transition to defending
PHYSICAL	<p>Focus and execute task technically, physically and mentally for entire game</p> <p>Body Control:</p> <ul style="list-style-type: none"> • Psycho-Motor • Coordination <p>Can physically perform the whole game (stamina)</p>	THEY	<ul style="list-style-type: none"> • Defend as far from your own goal as possible • Pressure the player with the ball, get it back
PERSONALITY	<p>Take initiative, be pro-active show freedom to express themselves (creativity)</p> <ul style="list-style-type: none"> • Independently takes actions that will improve themselves on and off the field • Tries new skills in trainings and game • Communication: verbal-non verbal <p>Focus and execute task technically, physically and mentally or entire game</p> <p>Focused and engaged in all activities</p> <p>Take responsibility for their own development and performances</p> <ul style="list-style-type: none"> • Self motivated to learn, become better • Process, not outcome focused • Player needs to focus on what they can control and block out what they can't control. <p>Enjoy playing, training and learning</p> <ul style="list-style-type: none"> • Has a joy of playing individually and collectively • Has a joy for training • Love for the ball and the game 	THEY - WE	<ul style="list-style-type: none"> • Pass/shoot or dribble forward

NORCAL GAME FORMATS – 2v2



GRASSROOTS

GAME STRATEGY U5-U6				
TEAM FUNCTION	TEAM TASKS	AIMS	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
WE	SECURE ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)	Exploit the opponent when unbalanced/disorganized Unbalance/disorganize the opponent	Create Space Pass or dribble forward when possible or hold the ball
	CREATION ZONE	Possession to pass or dribble forward (in order to chances in the offensive third)		
	FINISHING ZONE	Possession to create chances Scoring goals		
TRANSITION WE TO THEY	ALL ZONES	Deny chances in order to prevent goals Force a mistake (ex. Inaccurate or bad pass) Regain the ball	Quick transition to defending Pressure, cover and balance	Quick transition to defending
THEY	FINISHING ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. Inaccurate or bad pass) Regain the ball	Get balanced/organized Stay balanced/organized Pressure, cover and balance	Defend as far from your own goal as possible Pressure the player with the ball, get it back
	CREATION ZONE	Prevent the opponent from playing forward or deny penetration from dribble Force a mistake (ex. Inaccurate or bad pass) Regain the ball		
	SECURE ZONE	Prevent the opponent from playing forward or deny penetration from dribble Deny chances & prevent goals Force a mistake (ex. Inaccurate or bad pass) Regain the ball		
TRANSITION THEY TO WE	ALL ZONES	Create chances in order to score goals Possession to create chances Possession to pass or dribble forward	Quick transition to attacking Exploit the opponent when unbalanced/disorganized	Pass/shoot or dribble forward

NORCAL GAME FORMATS – 2v2



CHARACTERISTICS AND PSYCHOLOGY U5-U6

Age < 6: Pre-phase - Fun Soccer Experiences

Core-remarks: Learning Basic techniques (Player and the Ball)

You must somewhat be able to kick, dribble and stop the ball to play the game of soccer. Form a relationship with the ball.

The Fundamental Stage: Individual - My Ball and Me

The objective is to learn all elementary movement skills by building overall motor skills. Individual and small group play is essential for both touches on the ball and learning at their own pace. The emphasis should be on letting the children play.

Psychology: Sharing, fair play, parental involvement, “how to play” and emotional management
Focus on not expecting the players to learn ball skills before they are in control of the body. Over coaching unfortunately occurs at this age group. It is imperative for children to acquire a base of general balance, coordination and agility before soccer skills.

LEARNING PHASES	
AGE-DEVELOPMENT PHASE	3-6 Fun Soccer Experience
GAME FORMAT	2v2
TECHNICAL FOCUS	Dribbling (running with the ball), shooting (instep)
DEVELOPMENT GOALS & TRAINING CONTENT	1v0, 2v2 Feeling for the ball Become the boss of the ball The ‘Ball’ and ‘I’ Running with the ball Kicking - Scoring Movement and Balance - Motor Skills
GENERAL CHARACTERISTICS & PLAYER MOTIVATION	Children have not learned to accept mistakes-their own or others Children have not learned to make quick decisions Children are in need of understanding and encouragement Children have not learned the skills of compromise and team play Only understand simple rules Short attention span - one task at a time Limited understanding of time and space Individually oriented (me, I, mine)- little concern for team activities

NORCAL GAME FORMATS – 2v2



GRASSROOTS

WHY 2v2 for U5-U6?

Player Focused Philosophy, Fewer Players, More Development

5-6 year olds: General Theme - “The Duel” (2v2 is ideal)

Each age group has it’s own specific requirements and characteristics. From a psychological, social, and physical viewpoint players’ need differ according to age and the game caters to the needs of each age group.

With fewer players on the field, players have a greater opportunity to play more meaningful minutes. They will be involved in the game, with or without the ball, much more than a full-sided game. Reading the game and decision-making are some of the most important qualities for a player that will benefit from playing small-sided games.

Coaching and Training objectives:

Small-sided games also cater to the physiological needs of each age group. This means:

- Develop the necessary soccer skills
- 2v2 is considered the smallest format of the game that focuses on the duel but has the choice to dribble, pass or shoot
- Players have 3 choices when they are in possession (dribble, pass or shoot)
- Players have more ball contact and are more involved in the game
- The focus is on scoring goals leading to greater players enjoyment
- Many ball contacts develops touch (comfort on the ball, technical development, 1v1)
- Players are easily able to learn rules
- Players need to learn direction

Players are involved and therefore have more “fun”

Games in which direction, speed and precision are important



LAWS OF THE GAME



U8-U12

2018 Norcal Fall Season Guidelines							
	U8	U9-U10	U11	U12	U13	U14-U16	U17-U19
Max Field Size (yards)	25/35 L 15/25W	55/65 L 35/45 W	70/80 L 45/55 W	70/80 L 45/55 W	112 L 75 W	112 L 75 W	112 L 75 W
* Number of Referees	None	1	1	1	3	3	3
Number of Player	4v4	7v7	9v9	9v9	11v11	11v11	11v11
Minimum # of Players	4	5	6	6	7	7	7
Goalkeeper	No	Yes	Yes	Yes	Yes	Yes	Yes
Playing Time	4x10	2x25	2x30	2x30	2x35	2x40	2x45
Ball Size	3	4	4	4	5	5	5
Goal Mouth Size (feet)	4x6	6.5x18.5	7x21	7x21	8x24	8x24	8x24
Offside	No	Yes	Yes	Yes	Yes	Yes	Yes
Substitutions	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage
Fouls (type of kick)	Indirect Free Kicks Only	Indirect / Free Kicks					
Free Kick Clearance	10 ft	8 yd	8 yd	8 yd	10 yd	10 yd	10 yd
Throw-in	1 Re-Throw	Normal	Normal	Normal	Normal	Normal	Normal
Penalty Kicks	None	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)
Penalty Area (yards)	None	12x24	14x36	14x36	18x44	18x44	18x44
Goal Area (yards)	3x8	4x8	5x16	5x16	6x20	6x20	6x20
Heading	None	None	None	Per Laws/Rules	Per Laws/Rules	Per Laws/Rules	Per Laws/Rules
Build-Out	None	Yes	None	None	None	None	None

* Recommended minimum number of referees

REFERENCES



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Developing Youth Soccer Players – Horst Wein

FAI (Football Association of Ireland) Player Development Plan – Ruud Dokter

FFF (France Football Federation) – Methodology

Frans Hoek – Vision/Philosophy on Youth Course Curriculum

Game Intelligence – Horst Wein

KBVB (Royal Belgian Football Association) – International Workshop Manual

KNVB (Royal Dutch Soccer Association) -Coaching Youth Soccer –

KNVB - Coaching U8s – A Complete Coaching Course

KNVB - Coaching U10s – A Complete Coaching Course

KNVB - Coaching U12s – A Complete Coaching Course

La Liga – Course Curriculum

NorCal Premier Course Manual

US Soccer A,B,C Course Curriculum

USYSA Youth Curriculum