



Toledo Football Academy Curriculum
"Building Character One Goal At A Time"

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Toledo Football Academy Curriculum

TFA Mission Statement

Building character one goal at a time.

TFA Core Values

Passion, Integrity, Fun & Enjoyment, Competition, Respect

TFA Style of Play

Maintaining possession through progressive, decisive ball movement from the back through the midfield, utilizing width and depth within the team shape and a willingness to take chances toward goal in the final third through creative combination play or thoughtful individualism.

Other thoughts:

- a. Quick transition from defense to offense
- b. Passing the ball on the ground when appropriate
- c. Efficient, meaningful possession
- d. Every player (including goal keeper) is involved when in possession
- e. Counterattacking

Proactive approach to quickly win back possession when it is initially lost and a recognition to fall back into a compact shape as a unit to force opposition possession negatively and block off passing angles.

Other thoughts:

- a. Quick transition from offense to defense
- b. Every player defends
- c. In general, zonal defending
- d. Possession to defend when possible/necessary

Attacking focus:

Players and teams are encouraged to score and attack when possible. However, a focus will be placed on moving the ball quickly and maintaining possession.

Defending:

Players will know how to defend and be organized as a group. Players will know how to quickly shift from defending to attacking.

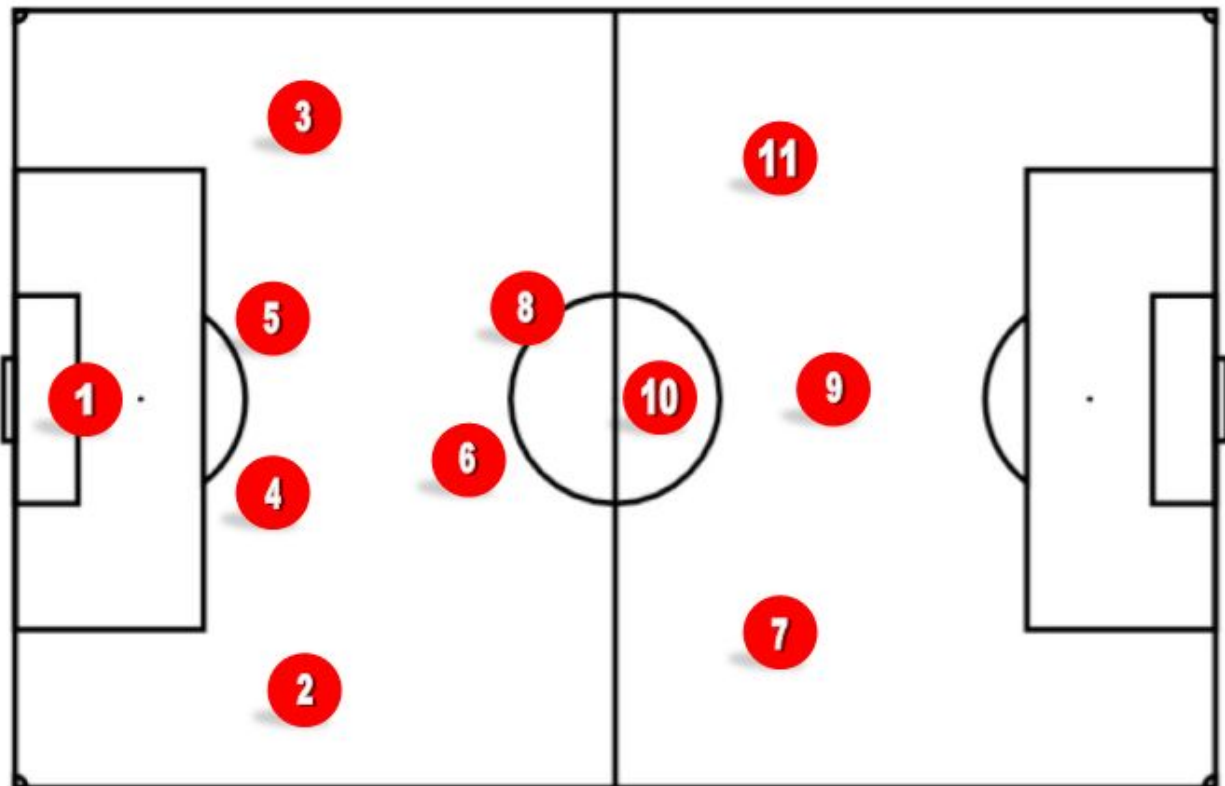
Mentality:

Players will play with passion, sportsmanship, integrity, respect, and compete at every training and game. Players will develop an understanding of and respect for all positions on the field. Players will have a “never quit” attitude.

Formations:

At this time, an Academy wide formation is not practical. However, teams should use a match formation which allows for three lines (defenders, midfielders, forwards) ie. 1-4-4-2, 1-3-5-2, or even 1-2-1-2. This will allow for players to transition between the younger ages and older ages easier.

Players and coaches will understand the positional numbering system and use this club-wide for uniformity as players move through the Academy.



What our players need to know by the time they finish their career as a 18/19U player:

TECHNICAL

Passing:

- Using both feet.
- Using multiple surfaces.
- Distance, both short, medium and long balls.
- Pace of ball for teammate.
- Accuracy and purpose of the pass.
- Both moving and dead ball.
- To play at a high tempo with limited touches.
- Communication and instruction to your teammate, use a name!

Dribbling:

- Using both feet at pace.
- Using multiple surfaces.
- Awareness with head up.
- Attacking moves/turns with pace and recognizing when and where on the field to execute.
- Maintaining possession moves/turns and recognizing when and where on the field to execute.

Finishing:

- Using both feet.
- Using multiple surfaces and why (deception, spin on the ball, etc).
- Pace, accuracy and purpose behind every finish.
- Recognizing where their GK is placed.
- Understanding the angle of approach and the effect on the finish.
- Get into the opponent's space with your first step.
- Awareness to finish first time and with different body surfaces (above the waist, try and use head. Below the waist, try and use feet or thigh).

Receiving:

- Using both feet.
- Using multiple surfaces.
- Awareness and vision of pressure/non-pressure by feeling and seeing the opponent.
- Scan the field before you receive the ball!
- Showing correct body shape while receiving ball on the ground.
- Showing correct body shape while receiving ball in the air.
- To play at a high tempo with limited touches.
- Communication and instruction to your teammate, use a name!
- To hold/shield the ball under pressure.

Defending:

- 1 vs. 1 defending, being able to apply immediate pressure, communication and using surroundings to determine opponents direction (teammates, touchline, etc). Make it predictable with body shape..
- 2 vs. 2 defending, establishing who's pressuring and the direction of the opponent. Cover for the first defender.
- 3 vs. 3 defending, establishing balance within your unit.
- Stay on your feet for as long as possible, only go to ground when it's 100% winnable or desperate (saving or scoring a goal).
- Recovery run from beaten defender.
- Recognize when to man mark, or pass off to a teammate with instruction.
- Recognize to mark (important) space before a player without the ball.
- Get into the space with your first step.
- Clearing the ball with distance and authority.

Heading:

- Ability to maintain possession.
- Recognize heading technique for finishing (downwards with power, etc) and defensive (up and away or pass to teammate) headers.
- Communication and call your name.
- Timing of your jump to meet it at the highest point possible when competing against opponent.
- Using your opponent for balance and jumping ability, have courage!
- Get into the opponent's space with your first step.

TACTICAL

1. Formations - Pro's and cons of all formations, recognizing them during the game and how to adapt.
2. Roles and Responsibilities - For your position, set pieces, etc.
3. Determine opponents basic pattern of attacking/defending.
4. Restarts - Maintain possession and have purpose with every restart, set piece, etc.
5. Awareness of movement, both offensively and defensively.
6. Create space for yourself or teammates.
7. Awareness of combination play, when and where to use them.
8. To recognize the opponents next move and read the play.

PHYSICAL

1. Play full duration of the game without the need of a substitution.
2. Speed, agility, core and balance understanding.
3. Speed of thought/brain.

4. Speed between points A and B
5. Nutrition and the understanding of your body, including sleep and preparation.

MENTAL

1. Positive attitude in good and bad scenarios.
2. Pick your battles!
3. Be accountable for your decision-making on and off the field and to those around you.
4. Positive communication and instruction with your teammate, officials, and coach.
5. Be able to recognize when to push (high pressure) or drop (low pressure) depending on score and timeframe left in the half/game.
6. Ability to organize players around you during the run of play.
7. Be able to take constructive critique without emotion attached to it.
8. Competitive in every battle, practice or game.
9. Be able to motivate yourself and self-train as much as you can.
10. Control the controllables. Focus on your play and not the referee, field conditions, etc.

With this design in mind, this curriculum was developed. It should be understood some of these elements are out of a coach's direct control. However, it is important a coach provides an environment to foster the development of these areas. This can be done through "soccer homework" or reinforcement within training. Also, many of these areas overlap and can be developed within the same training session. For example, a session on passing and receiving will incorporate tactical elements of when to pass, technical elements of how to pass, physical elements of coordination and balance, and psychosocial elements of communication and concentration.

It is impossible to ask a 9-year old to accomplish all of the elements above. The goal of this curriculum is to provide a framework for coaches to focus on with their teams based on the age of the players.

Items to consider when organizing a training session:

Preparation:

- Coach should have a detailed and written training session that has a specific focus.
- There should be consideration for time, number of players, space, and equipment.
- Equipment and space should be prepared prior to training beginning.

During Training Session:

- Coach should use his/her judgement to adapt training session based on success or failure of players
- Coach should consider his/her location and role during training. It is hard to coach when chasing balls or as a participant.
- Coach should teach during the training session using the coach's' toolkit reinforced in coaching schools.

After the Session:

- Coach should reflect on the successes and failures of the training session to plan for future sessions.

2012-2010 (5-7U) Age Group Requirements

Training time: 60 min.

Focus:

Body control and physical development are the most important aspects of this age. Keep everything fun and engaging. Players should use a ball as much as possible in all activities to increase their comfort with a soccer ball. Provide repetitive exercises to reinforce good habits, while maintaining a proper length of each to keep players' attention. Provide positive encouragement as much as possible, and give quick and simple instruction (one to two points) per teachable moment. All players need to be active and lines must be avoided.

Elements of the player:

Tactics:

Not a focus

Technique :

Player will work on through activity based teaching:

1. Passing and Receiving- introduce

- Different parts of the foot
- Ball control

2. Dribbling- introduce

- Running with the ball
- Turning with the ball
- Shielding the ball
- 1v1 attacking

3. Finishing- introduce

- Minimal focus

Physical:

Understand players are still learning to use their bodies.

Focus:

1. Gross motor skills
2. Likely extrinsically motivated

2009 (8U) Age Group Requirements: 4v4/7v7

Training time: 60 min.

Focus:

Technique and physical development are the most important aspects of this age. Keep everything fun and engaging. Provide repetitive exercises to reinforce good habits, while maintaining a proper length of each to keep players' attention. Provide positive encouragement as much as possible, and give quick and simple instruction (one to two points) per teachable moment.

Elements of the player:

Tactics:

Not a focus

Technique:

Player will work on:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control
 - Receiving to turn- introduce
2. Dribbling
 - Running with the ball
 - Turning with the ball
 - Shielding the ball
 - 1v1 attacking- major emphasis
3. Finishing
 - Minimal focus

Physical:

Understand players are still learning to use their bodies.

Focus:

1. Gross motor skills
2. Awareness and utilization of space
3. May be both intrinsically and extrinsically motivated

2008 (9U) Age Group Requirements- 7v7

Training time: 60 min.

Focus:

Technique is the most important aspect of this age. Begin to introduce tactical ideas. Provide positive encouragement as much as possible, and give quick and simple instruction (one to two points) per teachable moments.

Elements of the player:

Tactics:

Player will begin to learn:

*Focus- Creating personal space to receive the ball and keep possession

1. Playing out of the back
2. Attacking principles- introduction
3. Combination play- introduction

Technique:

Player will work on:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control- major emphasis
 - Receiving to turn- develop
 - Crossing
2. Dribbling
 - Running with the ball
 - Turning with the ball
 - Shielding the ball
 - 1v1 attacking- major emphasis
3. Finishing
 - Finishing- emphasis
 - From distance and for placement
4. Defending
 - 1v1 defending- introduce

Physical:

Understand players are still learning to use their bodies.

Focus:

1. Gross motor skills
2. Awareness and utilization of space- major focus

Social:

Players will begin to develop:

1. Communication skills
2. May be both intrinsically and extrinsically motivated

2007 (10U) Age Group Requirements- 7v7

Training time: 60 min.

Focus:

Technique is the most important aspect of this age. Continue to introduce and develop tactical ideas.

Elements of the player:

Tactics:

Player will begin to learn:

*Focus- Creating personal space and applying basic attacking and defending principles

1. Playing out of the back
2. Attacking principles
 - Introduce switching play
3. Combination play
4. Defending principles
 - Introduce zonal defending
 - Introduce pressing
 - Introduce compactness

Technique:

Player will work on:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control- major emphasis
 - Receiving to turn- develop
 - Crossing
2. Dribbling
 - Running with the ball- major emphasis
 - Turning with the ball- major emphasis
 - Shielding the ball- developing
 - 1v1 attacking- should be efficient by end of season
3. Finishing
 - Finishing- emphasis
 - From distance and for placement
4. Defending
 - 1v1 defending-should be efficient by end of season

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus

Social:

1. Communication skills
2. May be both intrinsically and extrinsically motivated

2006 (11U) Age Group Requirements- 9v9

Training Time: 75 min.

Focus:

Technique is the most important aspect of this age. Continue to introduce and develop tactical ideas in both attacking and defending.

Elements of the player:

Tactics:

Player should understand and now begin to apply attacking principles in opposed situations.

*Focus- Creating personal space and applying basic attacking and defending principles

1. Playing out of the back
2. Attacking principles
 - Switching play
3. Combination play visible in opposed settings
4. Defending principles
 - Begin to demonstrate zonal defending in opposed settings
 - Introduce pressing
 - Introduce compactness
5. Transition between attacking and defending evident in opposed settings
6. Introduce counter attacking

Technique:

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control- major emphasis
 - Receiving to turn
 - Crossing
2. Dribbling
 - Running with the ball- major emphasis
 - Turning with the ball- major emphasis
 - Shielding the ball- developing
 - 1v1 attacking- major emphasis
3. Finishing
 - Finishing- emphasis

-From distance and for placement

4. Defending
 - 1v1 defending

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Balance is now important
4. Agility

Social:

1. Communication skills are now becoming a key area
2. May be both intrinsically and extrinsically motivated

2005 (12U) Age Group Requirements- 9v9

Training Time: 75 min.

Focus:

Technique is the most important aspect at this age. Continue to introduce and develop tactical ideas in both attacking and defending.

Elements of the player:

Tactics:

Player should understand and now to apply attacking and defending principles in opposed situations. An emphasis is now on combination play.

*Focus- Creating personal space and applying basic attacking and defending principles

1. Playing out of the back
2. Attacking principles
 - Switching play
 - Possession is a major focus
3. Combination play obvious in opposed settings
4. Defending principles
 - Zonal defending used in opposed settings
 - Develop pressing
 - Develop retreat and recovery
 - Introduce compactness
5. Transition between attacking and defending evident in opposed settings and focus in training
6. Introduce counter attacking

Technique:

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control- major emphasis
 - Receiving to turn
 - Crossing
2. Dribbling-
 - Running with the ball- less of a focus as we now develop the team aspect more.
 - Turning with the ball- major emphasis
 - Shielding the ball- developing

-1v1 attacking- major emphasis

3. Finishing

-Finishing- emphasis

-From distance and for placement

4. Defending

-1v1 defending still taught

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Balance is now important
4. Agility

Social:

1. Communication skills are a key area
2. May be both intrinsically and extrinsically motivated

2004 (13U) Age Group Requirements- 11v11

Training Time: 75 min.

Focus:

Tactical attacking and defending in larger groups is required. Technique still is important and should continue to be a main emphasis, but now the tactical application of the technique is needed. Increase in technical ability equates to increase of tactical execution.

Elements of the player:

Tactics:

Larger group tactics in both attacking and defending are required.

1. Playing out of the back
2. Attacking principles
 - Switching play is now understood and visible in training
 - Possession is a major focus
3. Combination play obvious in opposed settings
4. Defending principles- key area
 - Zonal defending used in opposed settings
 - Pressing obvious in training
 - Retreat and recovery visible in match situations
 - Develop compactness
5. Transition between attacking and defending evident in matches
6. Develop counter attacking

Technique:

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control- major emphasis
 - Receiving to turn- major emphasis
 - Crossing now visible in opposed situations
2. Dribbling-
 - Running with the ball- less of a focus as we now develop the team aspect more.
 - Turning with the ball- major emphasis
 - Shielding the ball- developing
 - 1v1 attacking- major emphasis

3. Finishing
 - Finishing- emphasis
 - From distance and for placement
4. Defending
 - 1v1 defending still taught and important

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Balance is now important
4. Agility
5. Endurance- Can now be developed in training

Social:

1. Communication skills are a key area
2. Begin to use competitiveness as motivator.
3. Begin to expect players to be able to concentrate for most of training
4. May be both intrinsically and extrinsically motivated

2003 (14U) Age Group Requirements- 11v11

Training Time: 75 min.

Focus:

Tactical attacking and defending in larger groups is required. Technique still is important but now the tactical application of the technique is needed. A larger focus is placed on scrimmage situations. This can be done with smaller sided games. Up to 1/3 of training should be scrimmage situations.

Elements of the player:

Tactics:

Larger group tactics in both attacking and defending are required. Focus on attacking principles to bring out combination play in match settings

1. Playing out of the back
2. Attacking principles
 - Switching play is now understood and visible in matches
 - Possession is a major focus
3. Combination play obvious in opposed settings
4. Defending principles- key area
 - Zonal defending used in opposed settings
 - Pressing emerging in matches
 - Retreat and recovery obvious in match situations
 - Compactness visible in training
5. Transition between attacking and defending evident in matches
6. Counter attacking obvious in training

Technique:

Use space as a format to challenge players technically. Less space means less time!

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control- major emphasis
 - Receiving to turn- major emphasis
 - Crossing now visible in matches
2. Dribbling-
 - Turning with the ball- major emphasis
 - Shielding the ball- emerging in training

- 1v1 attacking- major emphasis
- 3. Finishing
 - Finishing- emphasis
 - From distance and for placement
- 4. Defending
 - 1v1 defending still taught and important

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Balance is now important
4. Agility
5. Endurance- Can now be developed in training and matches
6. Reaction time can be improved- can be done in small sided games with less space

Social:

1. Communication skills are a key area
2. Begin to use competitiveness as motivator.
3. Begin to expect players to be able to concentrate for most of training
4. Players should be disciplined and respectful
5. Players should be intrinsically motivated

2002 (15U) Age Group Requirements- 11v11

Training Time: 75-90 min.

Focus:

Tactical attacking and defending in larger groups is required. Technique is still important but now the tactical application of the technique is needed. A larger focus is placed on scrimmage situations. This can be done with smaller sided games. Up to 2/3 of training should be scrimmage situations, as well as developing tactics in smaller sided games.

Elements of the player:

Tactics:

Larger group tactics in both attacking and defending are required. Focus on attacking principles to bring out combination play in match settings.

1. Playing out of the back
2. Attacking principles
 - Switching play is now understood and visible in matches
 - Possession is a major focus
3. Combination play obvious in opposed settings
4. Defending principles- key area
 - Zonal defending mastered in opposed settings
 - Pressing obvious in matches
 - Retreat and recovery obvious in match situations
 - Compactness visible in matches
5. Transition between attacking and defending evident in matches
6. Counter attacking obvious in matches

Technique:

Use space as a format to challenge players technically. Less space means less time!

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control
 - Receiving to turn- major emphasis
 - Crossing now visible in matches
2. Dribbling
 - Turning with the ball- major emphasis
 - Shielding the ball- developing in training

- 1v1 attacking- major emphasis
- 3. Finishing
 - Finishing- emphasis
 - From distance and for placement
- 4. Defending
 - 1v1 defending still taught and important

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Balance
4. Agility
5. Endurance- Can now be developed in training and matches
6. Reaction time can be improved- can be done in small sided games with less space

Social:

1. Communication skills are a key area
2. Begin to use competitiveness as motivator.
3. Begin to expect players to be able to concentrate for most of training
4. Players should be disciplined and respectful
5. Cooperation evident
6. Players should be intrinsically motivated

2001 (16U) Age Group Requirements- 11v11

Training Time: 90 min.

Focus:

Tactical attacking and defending in larger groups is required. Technique is still important but now the tactical application of the technique is needed. Likely only spend 10 minutes on technique alone. A larger focus is placed on scrimmage situations. This can be done with smaller sided games. Up to 2/3 of training should be scrimmage situations, as well as developing tactics in smaller sided games.

Elements of the player:

Tactics:

Larger group tactics in both attacking and defending are required. Focus on attacking principles to establish a possession type system.

1. Playing out of the back
2. Attacking principles
 - Switching play is now understood and visible in matches
 - Possession is a major focus
3. Combination play used effectively in match situations
4. Defending principles- key area
 - Zonal defending mastered in opposed settings
 - Pressing effectively in matches
 - Retreat and recovery mastered in match situations
 - Compactness demonstrated in matches
5. Transition between attacking and defending demonstrated in matches
6. Counter attacking effectively in matches

Technique:

Use space as a format to challenge players technically. Less space means less time!

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control
 - Receiving to turn- major emphasis
 - Crossing demonstrated effectively in matches
2. Dribbling-
 - Turning with the ball- major emphasis

- Shielding the ball- demonstrating in matches
- 1v1 attacking

3. Finishing

- Finishing- emphasis
- From distance and for placement

4. Defending

- 1v1 defending still taught and important

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Agility
4. Endurance- Can now be developed in training and matches
5. Reaction time can be improved- can be done in small sided games with less space

Social:

1. Communication skills are a key area
2. Begin to use competitiveness as motivator.
3. Expect players to be able to concentrate for all of training and matches
4. Players should be disciplined and respectful
5. Cooperation evident
6. Players should be intrinsically motivated

2000 (17U) Age Group Requirements- 11v11

Training Time: 90 min.

Focus:

Tactical attacking and defending in larger groups is required. Technique is still important but now the tactical application of the technique is needed. Likely only spend 10 minutes on technique alone. A larger focus is placed on scrimmage situations. This can be done with smaller sided games. Up to 2/3 of training should be scrimmage situations, as well as developing tactics in smaller sided games.

Elements of the player:

Tactics:

Larger group tactics in both attacking and defending are required. Focus on improving speed of play in the attacking third and defensive pressing.

1. Playing out of the back- mastered
2. Attacking principles
 - Switching play is now mastered
 - Possession is maintained and purposeful
3. Combination play used effectively in match situations
4. Defending principles- key area
 - Zonal defending mastered in opposed settings
 - Pressing effectively in matches
 - Retreat and recovery mastered in match situations
 - Compactness demonstrated in matches
5. Transition between attacking and defending mastered in matches
6. Counter attacking mastered in matches

Technique:

Use space as a format to challenge players technically. Less space means less time!

Player will now apply technique in match situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control
 - Receiving to turn- major emphasis
 - Crossing mastered in matches
2. Dribbling-
 - Turning with the ball- major emphasis

- Shielding the ball- demonstrating in matches
- 1v1 attacking

3. Finishing

- Finishing on target- major emphasis
- From distance and for placement

4. Defending

- 1v1 defending mastered

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Agility
4. Endurance- Can now be developed in training and matches
5. Reaction time can be improved- can be done in small sided games with less space

Social:

1. Communication skills are a key area
2. Use competitiveness as motivator.
3. Expect players to be able to concentrate for all of training and matches
4. Players should be disciplined and respectful
5. Cooperation mastered
6. Players should be intrinsically motivated

1999/1998 (18/19U) Age Group Requirements- 11v11

Training Time: 90 min.

Focus:

Tactical attacking and defending in larger groups is required. Technique is still important but now the tactical application of the technique is needed. Likely only spend 10 minutes on technique alone. A larger focus is placed on scrimmage situations. This can be done with smaller sided games. Up to 2/3 of training should be scrimmage situations, as well as developing tactics in smaller sided games.

Elements of the player:

Tactics:

Larger group tactics in both attacking and defending are required. Focus on improving speed of play in the attacking third and defensive pressing. Also a focus should be placed on tactical application of attacking and defending in specific thirds of the field: final third, middle third, defending third.

1. Playing out of the back- mastered
2. Attacking principles
 - Switching play is now mastered
 - Possession is maintained and purposeful
3. Combination play used effectively in match situations
4. Defending principles- key area
 - Zonal defending mastered in opposed settings
 - Pressing mastered in matches
 - Retreat and recovery mastered in match situations
 - Compactness mastered in matches
5. Transition between attacking and defending mastered in matches
6. Counter attacking mastered in matches

Technique:

Use space as a format to challenge players technically. Less space means less time!

Player will now apply technique in match situations even in highly fatigued situations:

1. Passing and Receiving
 - Different parts of the foot- major emphasis
 - Ball control
 - Receiving to turn- major emphasis
 - Crossing mastered in matches

2. Dribbling-
 - Turning with the ball- major emphasis
 - Shielding the ball- demonstrating in matches
 - 1v1 attacking
3. Finishing
 - Finishing on target- major emphasis
 - From distance and for placement
4. Defending
 - 1v1 defending mastered

Physical:

Focus:

1. Awareness and utilization of space- major focus
2. Acceleration- change of pace on field- major focus
3. Agility
4. Endurance- Can now be developed in training and matches
 - Completed with periodization rather than pure fitness
5. Reaction time can be improved- can be done in small sided games with less space

Social:

1. Communication skills are a key area
2. Use competitiveness as motivator.
3. Expect players to be able to concentrate for all of training and matches
4. Players should be disciplined and respectful
5. Cooperation mastered
6. Players should be intrinsically motivated

Player Game Preparation

Mental

- Focus on your responsibilities within the team
- Visualize yourself in the upcoming game, rehearsing your play
 - Example: a forward making a diagonal run to receive the ball
- Realize you cannot control all aspects of the game
 - Weather, in-game decisions, fouls, etc.
- Remind yourself to trust your skill
- Focus on the process of the game and not the potential result
- Attention is on yourself and your team, not the opponent

Nutrition

- *Eat (understand everyone's body is different; this is only a general guideline)*
 - 3 to 5 hours before game: Large meal
 - 2 to 3 hours before game: Small meal
 - 1 to 2 hours before game: Liquids
 - 30 minutes to 1 hour before game: Snack

* Choose foods with mostly carbohydrates before games as they digest quickly and will be ready to fuel your body.

* Tournaments: Eat a large meal the night before with a snack before bed. Then, eat breakfast 2 to 3 hours before your game or a quick-digesting, high-carbohydrate snack 1 hour before the game.

* Post game: Eat and drink 30 minutes to 1 hour after each game.

- *Drink (understand everyone's body is different; this is only a general guideline)*
 - Hydrate before, during and after games
 - Water and/or sports drinks are appropriate pregame
 - Water, sports drinks and/or chocolate milk are appropriate postgame
 - A minimum of 2 to 3 cups of water at every meal, 2 to 3 days before a game

Sleep

- Minimum of 7 hours the night before a game

* Between games at tournaments, players should be resting in a shaded area/room.

* Adequate sleep improves reaction time, helps against fatigue and stress, and can prevent injuries.

Essential Techniques

Dribbling:

Speed dribbling:

- toe is down
- use instep or outside of foot
- first touch on ball should be long
- As space decreases between attacking player and defender, use more touches to keep the ball close

Shielding:

- keep body between ball and defender
- play ball with far foot
- keep body at right angle to defender
- use arm to make space

Beating a defender:

- play ball past defender into space behind and be first to the ball
- or
- attack front foot of defender
- use misdirection to make defender off-balance
- change direction with the ball
- change speed to go beyond defender
- push ball behind defender to make it more complicated for defender to recover

Finishing:

Power:

- round and compact over the ball
- body moves horizontally through the ball
- keep head over the ball
- strike through the center of the ball
- land on your kicking foot

Placement:

- early decision of the target
- support foot, hips, and finishing knee cap aims at the target when going through the ball
- strike ball before goalkeeper sets feet

Volleying:

Inside of foot:

- toe raised
- ankle locked

Instep:

- body coils over the ball
- toe pointed down
- ankle locked
- upper leg of kicking foot parallel with the ground
- knee cap of kicking foot points at the target
- power comes from extending the finishing leg

Passing:

Short inside of foot passing:

- face target
- point balance foot toward target
- square shoulders and hips to target
- arms out for balance
- lock toe up perpendicular to the surface of the ball
- strike middle of ball
- follow through toward target

Short outside of the foot passing:

- plant foot faces forward
- plant foot behind and slightly away from the ball
- swing kicking leg behind plant foot
- lock kicking foot with toe down
- strike ball in the inside third of the ball by swinging foot across
- follow through and land on kicking foot

Long passing:

Driven ball-

- ball must be out of player's feet
- approach ball from slight angle
- hop onto support foot which is pointing at target and slightly behind the ball
- toe pointed down
- ball struck in middle third
- follow through to target

Lofted passes:

- ball must be out of player's feet

- approach ball from slight angle
- hop onto support foot which is pointing at target and slightly behind the ball
- player needs to lean back
- toe pointed down
- ball struck in bottom third and left of middle
- follow through to target

Hooking/Bending the ball:

- toe pointed up at impact when hooking with inside of the foot
- toe pointed down at impact when bending with outside of the foot
- kick across the ball
- follow through is across when bending or away when hooking

Heading:

Defensive:

- leave ground late to attack the ball
- one foot take off
- head through bottom half of the ball
- strike ball with forehead

Attacking to goal:

- bend run to space opposite where the ball is played
- leave late to attack the ball
- one foot take off
- head through top half of the ball
- strike ball with forehead
- attempt to hit the goal line with ball

Receiving the ball:

Receiving ball on ground:

- receive ball across body on furthest foot (when possible)
- look at next target as ball is passed
- receive ball with toe pointed up
- do not stop ball and prepare it for next soccer movement (pass, finish, dribble, turn, etc.)
- keep hips open

Receiving ball in the air:

- get body in front of flight of the ball
- decide which body part to use
- bring body part to the ball

-relax body part at impact, if ball is to be collected

Defending:

Individual defending:

- close space between attacker and defender by jockeying
- jockey in a half circle approach to make play predictable
- place one leg in front of the other with weight equally balanced
- there should be a line between shoulder knee and ball of front foot
- player should be close enough to touch attacking player
- be patient and wait for help or opportunity to win the ball

Team Warm-Up

Arrival & Dress Time: 45 minutes prior to kickoff

Team Talk: 30 minutes prior to kickoff

1. Main coaching points (keep it simple)
2. Line up

Warm-up time: 25 minutes prior to kickoff

1. *First Activity: Dynamic warm-up - 10 minutes*
 - a. Jog
 - b. Shuffle
 - c. Hip mobility (open gate)
 - d. Hip mobility (close gate)
 - e. Straight leg kicks
 - f. Horizontal leg kicks
 - g. Walking thigh stretch (hold for 3 seconds)
 - h. Walking hamstring stretch + calf stretch (hold for 3 seconds)
 - i. Walking side lunges
 - j. Low skips
 - k. Power (high) skips
 - l. Quick feet + jog
 - m. Quick feet + stride
 - n. Quick feet + sprint
 - o. Individual or partner stretching
2. *Second Activity: Team-specific technical exercise (footskills, passing, etc.) - 5 minutes*
3. *Third Activity: Small-side possession - 5 minutes*
4. *Fourth Activity: Team possession + final team talk (reminders) - 5 minutes*

* Have every exercise/activity preset to ensure efficient use of time (discs, pinnies, balls laid out).

Goalkeeper Warm-up

DO:

Allow GK to be successful. Want them going into the game with CONFIDENCE!

Keep warm up repetitions short and touch on different aspects of GK play.

- Combine footwork and catching
- Diving
- Playing ball with the feet
- Distribution: Throwing- included in repetitions. When they throw back to server.
- Angles in goal: Near and far post shots, down middle.

DO NOT:

Put the GK in front of goal and just shoot at them! This does nothing to prepare them to play the game.

Warm Up Activities:

Set Up: A ball is stationary under their feet. Have the GK stand over top of the ball with one foot on each side of the ball. Prior to starting the warm up, the GK can throw and catch, warming up both shoulders, and volley and catch, and play 2 touch passing.

- GK starts in front of the ball. Jump backward over the ball and immediately forward over the ball. Hit a rolling ball at the GK.
- Same as 1. Hit a short, hopping ball in front of GK. GK must catch and smother.
- GK starts on one side of the ball. GK jumps over and back sideways. Hit a rolling ball to the side and they must pick up on the run. GK must go both directions.
- GK stands over the ball (as described in set-up). GK jumps and touches feet together over the ball. Volley a ball into their hands.
- Same as #3. Hit a rolling ball to the side. GK must dive to save ball. Go both directions.
- Same as #3. Toss a high ball to each side and GK must catch the high ball.
- In front of goal: GK starts in the middle of goalie area. On server's command, the GK moves to right or left and gets set. Server hits a near post or far post ball. Tell the GK prior to movement where the ball will be hit.
- Same as #7. Server moves to top of penalty area. Server hits ball to the left and right of the GK. Server tells the GK where the ball will be hit.
- Have the GK hit a few goal kicks and punts.

IMPORTANT: Keep the repetitions to 5 or less in all the activities