

Harrah Soccer Club Player Development Initiative

Version 1.0
02/02/2017

Scope of Development

- U6/U8 – 4v4 play without Goalkeepers
- U10 – 7v7 play with Goalkeeper
- U12/U14 – 9v9 play with Goalkeeper
- U16/U19 – 11v11 Standard Play

U6 / U8

Training Format: 4v4
Training Length: 30-60 min
Weekly Sessions: 1 – 2
Ball Size: 3

Physical

- Run Mechanics
- Speed and Endurance
- Agility and Coordination

Mental

- Rules of the Game
- Create foundations for understanding

Technical

- Dribble / Control
- Pass / Shoot

U6 / U8 - Physical

Training Format: 4v4
Training Length: 30-60 min
Weekly Sessions: 1 – 2
Ball Size: 3

Run Mechanics

- Player should have an even stride concentrated on the toes with little heel contact.
- Player's arms should move in conjunction with their opposite leg (must not be still).
- Player's weight should be focused centrally to their stride and not too forward or back.

Speed and Endurance

- Player should demonstrate the ability to accelerate faster than their normal run.
- Player should be able to maintain run rate for an extended period of time.

Agility and Coordination

- Player should demonstrate ability to change direction quickly and maneuver through obstacles without losing balance or relative pace.

U6 / U8 - Mental

Training Format: 4v4
Training Length: 30-60 min
Weekly Sessions: 1 – 2
Ball Size: 3

Rules of the Game

- Boundaries, Handball, Fouls

Foundation of Understanding

- Kick-Off, Scoring, Throw-ins, Free Kicks
- Offense, Defense, Midfield

U6 / U8 - Technical

Training Format: 4v4
Training Length: 30-60 min
Weekly Sessions: 1 – 2
Ball Size: 3

Dribble / Control

- Push (don't kick) the ball within touch distance at speed with head up
- Use of both feet (inside and out) and not the tip of the toe
- Ability to turn left and right and pull back for reverse

Pass / Shoot

- Pass and shoot with inside, outside, and laces (no toe poke)
- Control touch to receive passes (not stopping with foot on top)
- Proper approach – Plant foot beside the ball with toe focus on target, bent kicking leg, direct contact (no toe) and follow through
- Understanding on how to drive ball vs loft (chip) ball

U6 / U8 – Sample Practice

Training Format: 4v4
Training Length: 30-60 min
Weekly Sessions: 1 – 2
Ball Size: 3

Warm Up (10 min)

- No need to stretch – This age is normally always ready to go
- Use time for 1 kid/1 ball control drills
 - Close control dribbling with turns and pull backs
 - Focus on keeping possession and building confidence with ball (have them tease the coach to try and take ball from each of them)

Small Sided (15 min)

- Incorporate a partner to develop passing and teamwork concept
- Encourage talking and moving to open space
 - No more than 2-3 touches before each pass, look for control touches when receiving ball

Full Sided (20 min)

- Scrimmage to incorporate concepts and game rules like kick-offs, throw-ins, and defense

Ending (5 min)

- Fun game with ball like sharks and minnows for everyone to end on a high note and get kids excited to return

U10

Training Format: 7v7
Training Length: 60-90 min
Weekly Sessions: 2-3
Ball Size: 4

Physical

- Measured Aggressive Play
- Speed and Endurance (Much Bigger field)
- Agility and Coordination

Mental

- Rules of the Game (Expanded to include goal keepers, off sides, and buildout line)
- Positions and Strategy

Technical

- Dribble / Control
- Pass / Shoot
- Dynamics of Offense and Defense

U10 - Physical

Training Format: 7v7
Training Length: 60-90 min
Weekly Sessions: 2-3
Ball Size: 4

Measured Aggressive Play

- Player should be able to demonstrate a higher work rate, especially under pressure of an opponent.

Speed and Endurance

- Player should be able to Sprint the length of the field and back at a much higher rate than their run.
- Player should be able to maintain run rate for an extended period of time.

Agility and Coordination

- Player should demonstrate a much wider range of motion and the ability to use multiple parts of the body (Chest, Thigh, etc.)

U10 - Mental

Training Format: 7v7
Training Length: 60-90 min
Weekly Sessions: 2-3
Ball Size: 4

Rules of the Game

- Goal Keepers – When and where you can “handle” the ball (No Punting)
- Off sides – Not past the second to last defender before ball is played through (GK counts as 1 defender (does not apply to the ball carrier)
- Buildout Line – Blue Line for GK possession and play out

Positions and Strategy

- Offense – Striker, Wing, Midfielder
- Defense – Fullback, Sweeper, Goal Keeper
- Formations – (2-2-2) (1-2-3) (3-1-2) (3-3) etc.
- Strategy – Wing Play, Recycling, Pulling Defenders, Using Space, Overlapping Runs, Compact Defense, Spread Offense, etc.

U10 - Technical

Training Format: 7v7
Training Length: 60-90 min
Weekly Sessions: 2-3
Ball Size: 4

Dribble / Control

- Increased use of both feet at close control, manipulating the ball and moving with it
- 1v1 moves to evade – cuts, turns, and tricks at speed to show comfort and confidence

Pass / Shoot

- First touch ability to set up next movement
- Ability to Shoot for Accuracy vs Drive a Shot

Dynamics of Offense and Defense

- Offense – 1v1 moves, give and go, crossing, shooting on the run
- Defense – Don't stab, bladed stance, pressure and contain, separate player from ball

Training Format: 7v7
Training Length: 60-90 min
Weekly Sessions: 2-3
Ball Size: 4

U10 – Sample Practice

Warm Up (10 min)

- Light jog, then light sprints
- 1 Kid - 1 Ball manipulation
 - Close control with switches, slide to slides, hazards, roulettes, and other manipulation skills.

Small Sided (30 min)

- Small partnered drills that simulate game scenarios
 - Offense - 3 lines (both wings and center), A (right wing) takes ball through slalom cones and heads to center, B (Center) overlaps A to the wing, A passes to C (left wing), C passes to B, B runs right wing to crossing position where A and C run on to finish in the box while staying on sides.
 - Defense – 2 lines (A = Offense and B= Defense), Ball is played from coach to A who tries to dribble (not shoot) through two cones some distance away, B sprints to cut off A and contain without stabbing using constant pressure until A loses possession.

Full Sided (30 min)

- Full scrimmage with rotating positions to determine best fit.

Ending (15 min)

- Fun game – Free Kick Space Ball – Take turns taking free kicks from box edge, if no goal, coach punts the ball high for player to chase down

U12-U19 Coaching Manual

Player Mental Development

Coaches Mental Focus

Drills and Skills for Development of Players

Practice vs Games

U12-U19 Coaching Manual

Player Mental Development

- Make players learn rules and positions of soccer
 - Players should be versatile enough to be plugged into any position on the field
- Work on team work, respect with players
- Teach players to control their frustration, it affects their play and play of team when frustration shows at practices and games. When lack of focus and frustration sets in, the player and team are more likely to make mistakes

U12-U19 Coaching Manual

Coach's Mental Focus

- Be prepared at practices and games. This will lead to better success.
- Coaches remember each player is at different skill levels. Challenge each player at the level they are at.
- Remember, you are the role model. Both parents and players will be watching you and replicate things you do or say at practices and games.
- Challenge players but never let the win, outweigh the fun of the game. You will get more from the player if they are having fun.
- Remember, each player responds to criticism and teaching differently. Learn what tactics work best on each player.

U12-U19 Coaching Manual

Drills and Skills for Development of Players

- *Work on basics until players show they have mistakes limited at practices and games.*
- *Try using more drills where players are moving more than standing in lines. This will help players focus more on themselves and cut down on interruptions.*
- *Work on forms of kicking, shape, spacing, passing, switching fields and start adding keeper to the pass back, which will eliminate many attacks.*
- *Passing is a major part of the game of soccer, find different drills that work on passing forward, side to side and backwards.*
- *Work on corners, penalty kicks and direct and indirect free kicks. Try working in on some set places for these because that will help lead to success in the game and will confuse the other team.*
- *Work on players defending their opponents. Teach players to make the opponent go in the direction they want them to go. This will help your player have the advantage in the game and cause the other team to make mistakes.*

U12-U19 Coaching Manual

Practice vs Games

- Make practices replicate length of games. This will help players perform at a higher level during game situations.
- Drills should simulate game scenarios as well to build tactical memory in the player.
- Coaches instruct at practices, but at games try to allow players to think for themselves. This is the time for player to shine and show you what they have learned.
- Give player the confidence and approval to try new things and create opportunities, even in games. Praise that behavior and let them understand that the game has to have a balance of consistency and imagination. They won't always find themselves in a well practiced situation and they may need to think on their feet in the moment.