



Medford Soccer Club Philosophy and Curriculum

Ages 7-10

Objectives:

- Soccer: Players will be able to be proficient with both feet in first touch, dribbling, passing, and shooting while understanding fundamental principles of movement off the ball and 1v1 defending.
- Character: Players will be able to learn to have fun while competing and develop a superior work ethic, focus, and teamwork skills in an environment that encourages creativity and positive failure.

Proficiencies:

- Dribbling with both feet
- Dribbling with all parts of the foot (inside, outside, laces, bottom)
- 1v1 moves and turns
- Shielding the ball and dribbling for possession
- Passing with both feet (1 touch/2 touch and knowing when how and why to do it)
- "Sharing" the ball
- Receiving the ball with inside/outside of both feet, thighs, and chest
- Able to juggle with both feet by 10 years old using the pyramid/ladder method
- Shooting - striking the ball with laces
- Finishing - power vs. placement (and knowing when and why to use each)
- 1v1 defending (both correct technique and tactical understanding of where to push the ball)

What do we want to see in these age groups in training?

- 3 main specific areas of focus for each season - coaching proactively towards mastery of a few key areas each season (instead of trying to coach everything at once or constantly "putting out fires" by jumping from one area of weakness to another with the teams)
- touches, touches, touches
- competition (winners and losers for every exercise)
- quick transition between drills (good flow of activities)
- technical focus over tactical
- building in full size goals (age appropriate) to every session at some point
- Atmosphere where players are encouraged to try new skills and fail

What do we not want to see in these age groups in training?

- no set pieces
- minimize long lines

- no more than 3v3 free play scrimmaging
- no long talks/lectures - get the kids playing
- do not stifle creativity

Sample Drills:

- Dribbling through cones
- Passing around a square
- Rondos (3v1, 5v2, etc.)
- Apply technical ball skills going to goal (ending with repetitive finishing opportunities)
- 1v1
- Possession - numbers up (6v3, 7v3) - make sure to set up the players for success in possession with the design of the exercise

Formations for Game Day:

7v7 - 1-2-3-1

Areas of Focus on Game Day:

- Balance winning with the long run development of the players
- Application and transfer of technical skills to the game
- Tactical spacing on the field (offensively and defensively) - leave the coaching of your formation to your game days while allowing the training sessions to be reserved for more touches and smaller-sided principles of the game
- Organize set pieces (both defending and attacking) as part of your warmup 45 minutes before the game



Medford Soccer Club Philosophy and Curriculum

Ages 11-14

Objectives:

- Soccer: Players will be able to run simple drills with practical progressions that don't break down and apply simple concepts of attacking/defending both individually and collectively as a team.
- Character: Players will be able to learn to have competitive fun by developing accountability, commitment, leadership, and professionalism in an environment that encourages creativity and positive failure.

Proficiencies:

- Ball mastery
- Dribbling/fakes/moves with both feet
- Shielding and dribbling for possession
- Beating defender 1v1
- Juggling with both feet
- Passing inside of the foot with both feet
- Crossing the ball with both feet
- Striking the ball with both feet outside the box
- Combination play
- Change point of attack/way we attack
- Attacking 1v1, 2v1, 3v1, 3v2, 3v3, 4v4
- Defending 1v1, 2v2, 3v3 (pressure, cover, balance)

What do we want to see in these age groups in training?

- 3 main specific areas of focus for each season - coaching proactively towards mastery of a few key areas each season (instead of trying to coach everything at once or constantly "putting out fires" by jumping from one area of weakness to another with the teams)
- movement off the ball
- create triangles in our possession

- combination play - give and go, overlap, etc.
- switching fields
- recycling the ball when it's not on down one side
- penetration passes through the defensive lines
- playing to goal at some point in every training to allow finishing skills to develop regardless of focus of session
- communication
- homework assignments; self-accountability

What do we not want to see in these age groups in training?

- no set pieces
- minimize long lines
- no long talks/lectures - get the kids playing
- not too much scrimmaging in each session
- not the same exact session repetitively - challenge the players
- do not stifle creativity

Sample Drills:

- Chelsea drill w/ progressions - 1 touch, 2 touch, turns
- Rondos (3v1, 4v2, 3v1+1, 2v2+3, etc.)

Formations for Game Day:

- 9v9: 1-2-4-2 (progresses into 1-4-4-2), 1-3-2-3 (progresses into 1-4-2-3-1)
- 11v11: 1-4-4-2, 1-4-3-3, 1-4-2-3-1

Areas of Focus on Game Day:

- Balance winning with the long run development of the players
- Application and transfer of tactical understandings to the game
- Tactical spacing on the field (offensively and defensively) - leave the coaching of your formation to your game days while allowing the training sessions to be reserved for more touches and smaller-sided principles of the game
- Organize set pieces (both defending and attacking) as part of your warmup 45 minutes before the game
- 2-3 specific areas of focus at pregame and halftime speeches (don't try to fix a million things; focus on perfecting 2-3 areas preferably connected to the themes of training from that week when possible)