



NORTH CAROLINA FC

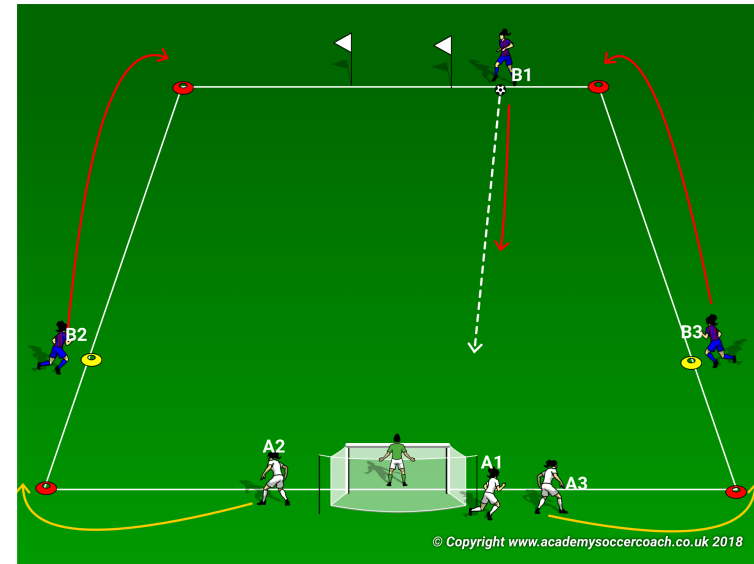
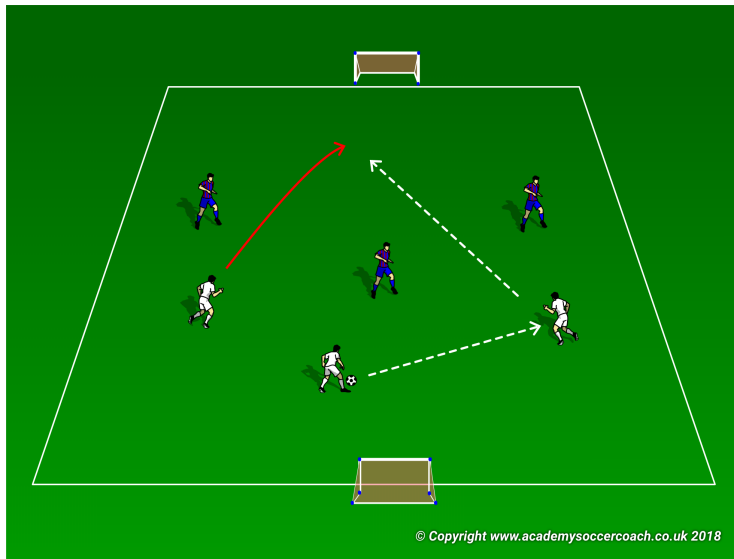
Defending: High vs Low Pressure

What Should My Training Session Look Like?



Have you ever asked yourself if what your doing at training is appropriate ?

*Should a U11 practice look like a U14 practice? U9 Practice look like a U12? U13 like a U19?
Look at the images below. Which activity is more appropriate for younger (U9-U11) players?*





U9-U10 vs U13-U14

Interactive Lesson Plan



Season: Spring 2018 Age Group: U9-U10 Week: 1



| Stage | Activity Description | Diagram | Coaching Points |
|------------|---|--|--|
| Activity 1 | Control Box-Divide players into 2 groups. Players inside the box start with ball & dribble/pass the ball to the players on the outside. The players who receive the ball dribbles into the middle, then dribble to connect a pass to a different player on the outside. 1-2 Minute rounds. Ask to take lots of touches/change speed. 2)Start balls with players on the outside;player inside receive pass/turn/find new player on the outside. Coach rotates players from inside/outside after 1 Min. *Variation: 2 touch passes, 3 touch (control, dribble, pass). Require the use of weaker foot. | | Coach-What should you do before passing? Player-Call the players name you are passing to, or make eye contact with them. COMMUNICATE C-What should you do before receiving pass? P-Make eye contact, move body in line with ball. Watch ball until it gets to your foot. C-When passing, where should non-kicking foot be pointed? P-Towards my target or teammate. |
| Activity 2 | Dribbling in Crowded Area. 20x20 yd grid; with a 5x5 yd box in middle. To improve dribbling skills in small spaces. Divide players into 2 colors, starting on perimeter of large box. Players try to dribble through the crowded zone without hitting a cone/obstacles/players. *Always require players to SPRINT(Change Speed) when leaving the middle box. Progression 1 - Add a move inside the crowded zone. Progression 2 - Turn it into a race and competition. | | C-What part of foot do you use to dribble forward quickly with? P-Laces, toe pointed down, knee up. C-What part of the foot do you use to change directions? P-Inside/Outside/Bottom(sole) of foot. C-What should you do after you get out of the crowded zone? P-Accelerate/change speed. |
| Activity 3 | 2v1 to End Line: 2 attackers must try to score on 1 defender by dribbling past the defenders end line. -Play 4 rounds of 3 min. Rotating teams from attack/defense after each round. Objective: 2 Attackers make decision on how to beat the 1 defender. Pass or Dribble? If defender steps to ball, Pass! If defender sits/defends player without ball, then Dribble! | | 1. Attacking player with the ball should drive at the lone defender to draw him/her out-then look for the pass. 2. Attackers should look to either dribble the defender, and or combine around the defender. 3.Defenders should isolate the attacker with the ball by cutting off the pass to his teammate and pushing that player to one side. Be patient and wait for the right moment to make a tackle or if the attacker has a bad touch. |
| Activity 4 | 2v2 to Goal; Use Cones/Small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers try to dribble over the Defenders goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes. | | Attackers:Coach: Can you dribble quickly & run past defender? Can you pass ball to teammate? If you don't have ball can you move into space to help teammate with ball? Defenders: Coach: can you predict where attacker wants to go? Move in-between the attacker & destination? Can you steal the ball instead of kicking it away? Can teammates work together (1 should step to ball, 1 should cover space behind). NO GOALIES! -Work on Defensive Concepts! |
| Match | Play 4v4, 5v5 (with GK), or 7v4 (with GK) | Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc). | 15-20 minutes |

Interactive Lesson Plan



Season: Spring 2018 Age Group: U13-U14 Week: 1



| Stage | Activity Description | Diagram | Coaching Points |
|------------|--|--|---|
| Activity 1 | Diamond Passing Pattern. Cones placed 15-20 yards apart. Three to Four players on each of the yellow cones. First sequence - Player B moves off of the yellow cone and opens up on the blue cone. A passes the ball to player B. Player B dribbles to the opposite line. Sequence starts over. Second sequence - Player D moves off of the yellow cone and opens up on the blue cone. Player C passes to Player D. Player C supports his/her pass. Player D and C play a 1-2 combination around the yellow cone. Player D dribbles to the opposite line. Sequence starts over. | | C: What part of the foot do you pass with? P: Inside of the foot. C: Why inside of the foot? P:Accuracy. C: What part of foot should players stop the ball with? P: Sole/Bottom or Inside/Outside |
| Activity 2 | Rondo: 4v1 (Monkey in the Middle). The Rondo will be played in a 15x10 yard grid. Four players will be working together to keep the ball away from the defender in the middle (player in red/monkey). The player on the outside that loses the ball to the defender and or kicks the ball out of bounce becomes the defender (Monkey in the middle). Encourage the players to keep the ball on the ground, change their angles to support their teammates, communicate, and play quickly. -Play for 5-7 min. | | Coach: Should the players on the outside stay active or stand still? Player: Move around/ be active to support teammates. Coach: What foot should you aim for when passing to your partner? Player: Their "Target" Foot. The foot closest to the direction they want to play. Usually opposite from where ball is received. |
| Activity 3 | 4v4 with Targets Targets are neutral players, and represent players like forwards or GoalKeepers in the game. Targets must stay off the field, and cannot be tackled. Teams score 1 point by transferring the ball from Target to Target. Play first to 3 points then change the target player and make subs. (If you have 18 players or more, have 2 fields and use 2 cone goals to represent targets) | | Encourage Targets to move into passing lanes to support the team in possession. Players in possession must move without the ball to create different angles. *Remind the players to use the Target players to create 6v4. |
| Activity 4 | 7v7/6v6 to Goal-40(wide)x60(long) or half/ quarter field. Each team has a GK, play 6v6 or 7v7 depending on numbers (can play 5v5+1 if low numbers; just adjust field size). Play normal soccer(throw-ins/corners/goal kicks). Rotate players each round or halfway through each round. Focus on what your topic was for the day in this exercise, you should ask players to try to implement your topic of the day. Play 4 rounds of 5-7 minutes each. | | -Encourage the teams to keep possession & lure the other team away from their goal. -In order to keep possession there must be constant movement from the attacking players. -All players need to communicate with each other: man on, turn, take your space, etc. -Make sure players follow up any shots taken just in case the keeper bobbles or drops the ball. |
| Match | Play 5v5 (with GK), 6v6/7v7/9v9 or 7v4 (with GK) | Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc). | 15-20 minutes |

What Should My Training Session Look Like?



Different age groups have different needs. U9-U12 players need more time with the ball (technical exercises) and small sided games (1v1, 2v1, 2v2, 3v2, 3v3) than U13-U14 & U15-U19 players.

U9-U10 Session:

Technical 25-30 Minutes. 1/3 of practice could be dedicated to technical training.

Small Sided games 1v1/2v2/3v3 focused on a topic

Open play at the end (last 10-20 minutes of training), should have less coaching (let them play), and recommendation to not exceed 5v5 (for development).

**As you play 7v7, it would be ok to work on team concepts at times (Example: playing 7v3/7v5 to work on team shape when defending/attacking. This should be very limited at this age, maybe 5 minutes at the end of training, or during the warm up for games. The players are too young to listen to a lecture about shape/tactics, you will lose them after 30 seconds.*

U11-U12 Session:

Technical 25-30 Minutes

Small Sided games 1v1/2v2/3v3 focused on a topic

Expanded Small sided: 4v4/5v5/6v6/7v7

Open play at the end should be 5v5/7v7. Similarly with the 9's/10's you could work on team shape concepts by playing 9v3 or 9v5. Again this should be very limited in training, and can be reviewed before games.

What Should My Training Session Look Like?



U13-U14 Sessions

Technical 15-20 Minutes

Can still have activities with 2v2/3v3/4v4, as the players can have a more detailed understanding of tactics. Should have more activities 5v5/7v7/9v9 than U9-U12, along with more time to play at training with less coaching intervention.

Players can understand many topics/concepts.

U15-U19 Session:

Technical 10-15 minutes.

Can still do smaller number activities (1v1-4v4), still need technical repetitions.

Players prefer to play more at this age (limit freezing for coaching points at this age when possible).

Topics and details are more familiar, and players have great ability to understand larger concepts.



What - Who - Where - When - Why

When deciding on a topic or what to needs to improve. Look to the W's! Who, What, When, Where, and Why

Constants

Why = The Goal / Objective

How = General Principle

Variables

What = Team Tactical Principle

Who = Key Qualities

What do you want to improve?

Identification of the specific outcome of the exercise, translated into observable training targets and objectives

Who are the key players?

Integration of the key players and (functional) groups that are relevant to targets and objectives.

Where is it happening on the field?

Utilization of the relevant region(s) of the field, in the appropriate shape and dimension

When is it exactly happening?

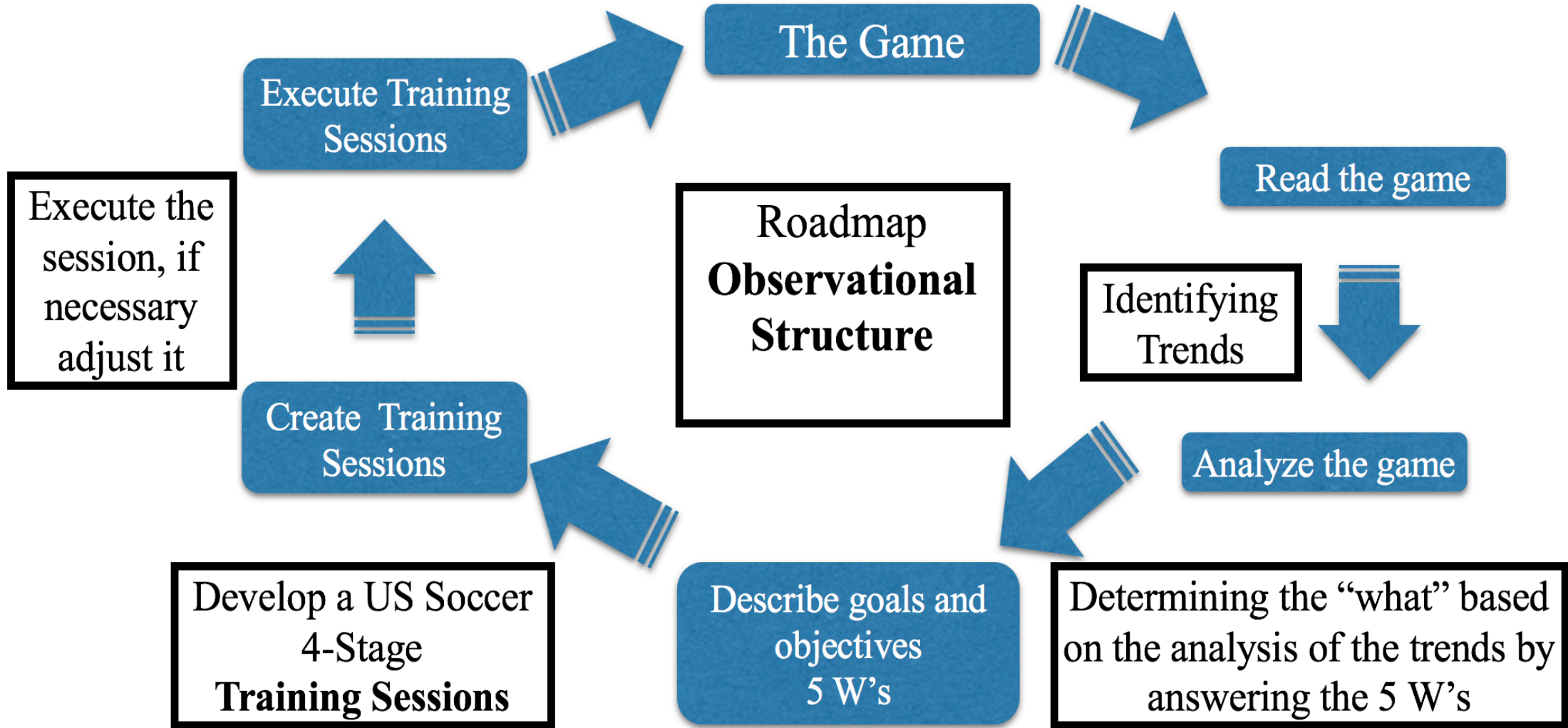
Replication of the timing and the circumstances of the topic

Why is it happening?

The cause and the cues the team/players has/have to deal with



Roadmap and Training Sessions





Style of Play

Style of play

a particular way in which the team and players are playing and performing, influenced by culture, environment of a country, club, personality, coaches and players

Team tactical principles

basic choices regarding desired team/player behaviors to realize the general principles and style of play

Key Qualities

chosen ideal qualities of a player that enable them to provide decisive contributions to a game within the team functions in order to accomplish the goals and achieve the desired result

Formation

ways to arrange players on the field (1-4-3-3, 1-4-4-2, 1-5-3-2)

Strategy

a general concept or idea agreed upon by the team with the intention to achieve the desired result versus an opponent (attacking/defending/transitioning philosophy)

System of Play

the shape of the team as the team is attacking or defending

Tactics

individual or collective actions performed by players to take advantage of an opponent, tools to execute a strategy



Player Development Stages

What do you think your job is? Below you will find the stages of player development. Ask your self am I doing what's appropriate for this age?

Zone 1:

U6-U8 - Fun Soccer Experiences

U9-U12 - Introduction to the Key Qualities

Zone 2:

U13-U14 - Develop Key Qualities

U15-U16 - Execute the Key Qualities successfully

U17-U18 - Execute the Key Qualities successfully in order to win the game

Zone 3:

U19-U20 - Win the Game and the League

U6-U8 Fun Soccer Experiences (Zone 1)



- **Development** of fundamentals (e.g. technical skills, gross motor skills/ movement)
- Basic principles of attacking and defending

| Key Behaviors for U-6 – U-8 | Team Tactical Principles |
|---|--|
| <ul style="list-style-type: none"> - reads cues regarding A/D/T in a split second and/or under pressure - creates instead of reacts - plays to win - has guts, is brave - is technically proficient to be effective (accurate) and successful in all situations - Is involved and engaged in every training session and exercise - delivers on agreements and promises - is (more) adaptable and flexible in dealing with (un)expected challenges and problems - evaluates and reflects on their own performance | <ol style="list-style-type: none"> 1. Spread out 2. Occupy all the spaces and triangulate to create passing options 3. Play forward when possible or hold the ball (ball carrier) |
| | <ol style="list-style-type: none"> 1. <i>Quick</i> transition to defending |
| | <ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact |
| | <ol style="list-style-type: none"> 1. <i>Quick</i> transition to attacking |



U-12 Introduction to the Key Qualities (Zone 1)

- Development of the individual qualities of a player in a team environment
- Continuous development of fundamentals

| Key Behaviors of U-12 Player | Team Tactical Principles U-12 Player |
|---|--|
| <ul style="list-style-type: none"> - applies knowledge of the details and implications of the cues - reads cues regarding A/D/T in a split second and/or under pressure - aligns own actions with the other players - creates instead of reacts - takes people on (1v1, dribble to drag opponents out of position) - plays to win - has guts, is brave | <ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble the ball forward when possible or hold the ball (ball carrier) 4. Create a 2v1 or 1v1 |
| <ul style="list-style-type: none"> - deals with adversity (recovers quickly) - is technically proficient to be effective (accurate) and successful in all situations - is proficient in 1v1 to create or to win/regain the ball | <ol style="list-style-type: none"> 1. <i>Quick</i> transition to defending |
| <ul style="list-style-type: none"> - uses his body (e.g. to protect the ball, getting on the man and defend) - delivers on agreements and promises - is (more) adaptable and flexible in dealing with (un)expected challenges and problems | <ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Pressure the player with the ball |
| <ul style="list-style-type: none"> - evaluates and reflects on their own performance - articulates his own learning needs | <ol style="list-style-type: none"> 1. <i>Quick</i> transition to attacking |



U-13 & U-14 Develop the Key Qualities (Zone 2)

-Development of the individual qualities of a player in a team concept (e.g. roles and tasks of players)

| Key Qualities of U-13 & U-14 Player | Team Tactical Principles U-13 & U-14 Player |
|---|--|
| <ul style="list-style-type: none"> - applies knowledge of the details and implications of the cues - reads cues regarding A/D/T in a split second and/or under pressure - aligns own actions with the other players, positions (understand relationships /partnerships) - creates instead of react - takes people on (1v1, dribble to drag opponents out of position) - thinks ahead - plays to win - has guts, is brave - deals with adversity (recovers quickly) - is composed in his behavior (emotional stability) - is technically proficient to be effective (accurate) and successful in all situations - is proficient in 1v1 to create or to win/regain the ball - has the technical skills to create, even under pressure - uses his body (e.g. getting on the man and defend) - has the physical fitness during the whole game - Is involved and engaged in every training session and exercise - delivers on agreements and promises - is (more) adaptable and flexible in dealing with (un)expected challenges and problems - evaluates and reflects on their own performance (analyzes matches in relation to positional requirements in the system of play) - articulates his own learning needs and formulate personal development goals - creates a personal development plan | <ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble forward when possible or hold the ball (ball carrier) 4. Create a 2v1 or 1v1 5. Create diagonal passing lines |
| | <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 quick as possible; make it compact 3. Delay the opponents attack when outnumbered |
| | <ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Pressure the player with the ball 4. Always press in the identified situations 5. Outnumber the opponent 6. Provide cover and delay the opponents' attack when outnumbered |
| | <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 |

U15-U16 – Execute the Key Qualities Successfully (Zone 2)



-Development of the specific qualities of a player to be the best player in their position to maximize their contribution to the result of the game

| Key Qualities of U-15 & U-16 Player | Team Tactical Principles U-15 & U-16 Player |
|--|---|
| <ul style="list-style-type: none"> - applies knowledge of the details and implications of the cues - reads cues regarding A/D/T in a split second and/or under pressure - aligns own actions with the other players, positions (understand relationships /partnerships) - is the best player at his position based on the style of play of the team - creates instead of react - takes people on (1v1, dribble to drag opponents out of position) - thinks ahead - moves into space ahead of time - Is there when it is needed (leadership) - plays to win - has guts, is brave - deals with adversity (recovers quickly) - is composed in his behavior (emotional stability) - enhances the team and the other players by executing his task (is a giver) - is technically proficient to be effective (accurate) and successful in all situations - is proficient in 1v1 to create or to win/regain the ball - has the technical skills to create, even under pressure - protects and holding on the ball under pressure - uses his body (e.g. getting on the man and defend) - exudes power and speed - has the physical fitness to execute his task at top level during the whole game - Is involved and engaged in every training session and exercise - delivers on agreements and promises - is (more) adaptable and flexible in dealing with (un)expected challenges and problems - evaluates and reflects on their own performance (analyzes matches in relation to positional requirements in the system of play) - articulates his own learning needs and formulate personal development goals - creates a personal development plan - organizes and manages the personal lifestyle and environment to perform | <ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble forward when possible or hold the ball (ball carrier) 4. Create a 2v1 or 1v1 5. Create diagonal passing lines 6. Vary the types of runs to try to get behind/between the defensive line(s) of the opponent |
| | <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 opponents' attack when outnumbered |
| | <ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Pressure the player with the ball 4. Always press in the identified situations 5. Outnumber the opponent 6. Provide cover and delay the opponents' attack when outnumbered 7. Stay in your defensive zone when the opponent changes position 8. When necessary, switch from zonal marking to player tracking 9. Be aware of the long ball played behind the defensive line |
| | <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 |

U17 & U18 – Execute the Key Qualities successfully in order to win the game (Zone 2)



-Development of the specific qualities of a player to be the best player on their position to win the game

| Key Qualities of U-17 & U-18 Player | Team Tactical Principles U-17 & U-18 |
|--|---|
| <ul style="list-style-type: none"> - applies knowledge of the details and implications of the cues - reads cues regarding A/D/T in a split second and/or under pressure - aligns own actions with the other players, positions (understand relationships /partnerships) - is the best player at his position based on the style of play of the team - manages the game when it comes to the pace of the game and/or the moment in the game - recognizes the transition moment as an opportunity and threat - is a coach on the field - creates instead of reacts - thinks ahead - takes people on (1v1, dribble to drag opponents out of position) - moves into space ahead of time - Is there when it is needed (leadership) - plays to win - has guts, is brave - deals with adversity (recovers quickly) - is composed in his behavior (emotional stability) - enhances the team and the other players by executing his task (is a giver) - executes his task under all circumstances - is technically proficient to be effective (accurate) and successful in all situations - is proficient in 1v1 to create or to win/regain the ball - has the technical skills to create, even under pressure - protects and holding on the ball under pressure - has the technical skills to dictate the pace of the game - uses his body (e.g. getting on the man and defend) - exudes power and speed - has the physical fitness to execute his task at top level during the whole game - Is involved and engaged in every training session and exercise - delivers on agreements and promises - is (more) adaptable and flexible in dealing with (un)expected challenges and problems - evaluates and reflects on their own performance (analyzes matches in relation to positional requirements in the system of play) - articulates his own learning needs and formulate personal development goals - creates a personal development plan - organizes and manages the personal lifestyle and environment to perform | <ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble forward when possible or hold the ball (ball carrier) 4. Create a 2v1 or 1v1 5. Create diagonal passing lines 6. Vary the types of runs to try to get behind/between the defensive line(s) of the opponent 7. Play the early cross when there is space behind the defensive line 8. Get numbers in the box 9. Push up the defensive line and show preventive defensive behavior |
| | <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 opponents' attack when outnumbered |
| | <ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Pressure the player with the ball 4. Always press in the identified situations 5. Outnumber the opponent 6. Provide cover and delay the opponents' attack when outnumbered 7. Stay in your defensive zone when the opponent changes position 8. When necessary, switch from zonal marking to player tracking 9. Be aware of the long ball played behind the defensive line 10. The defensive line moves as a collective unit 11. Take anticipated attacking action |
| | <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 |