



GOLDSBORO STRIKE EAGLES PLAYER DEVELOPMENT FRAMEWORK

UNITED WE STRIKE



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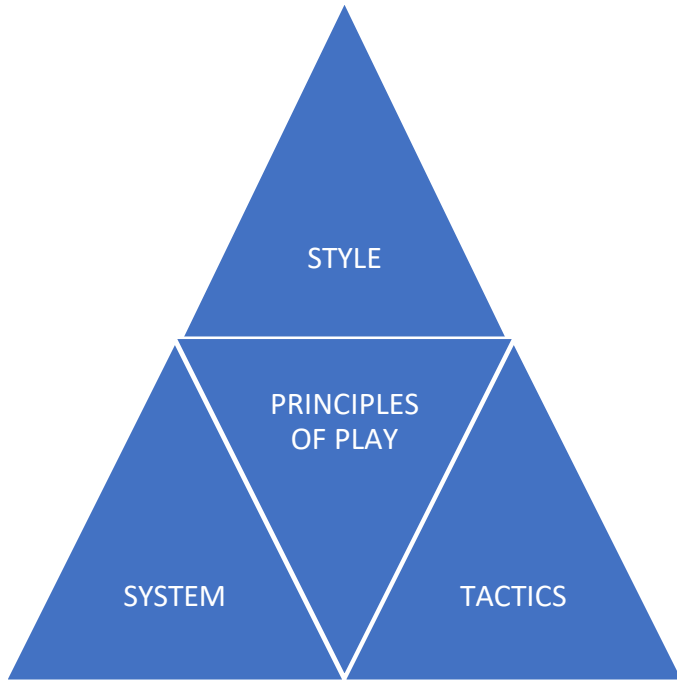
GOLDSBORO STRIKE EAGLES GAME MODEL



GAME MODEL GENERAL IDEAS

- PLAY OUT OF THE BACK
- PLAY THRU THE DIFFERENT THIRDS
- TAKE THE GAME TO THE OPPONENT HALF
- HAVE A PURPOSEFUL POSSESSION
- ATTACK AS QUICK AS WE CAN IF THE OPPONENT IS DISORGANIZED
- MOVE THE BALL TO DISORGANIZED THE OPPONENT
- IMMEDIATELY PRESS AFTER LOSING POSSESSION
- MOVE TO BE COMPACT AND TRY TO WIN THE BALL AS HIGH UP AS POSSIBLE ON THE PITCH
- GET ORGANIZED

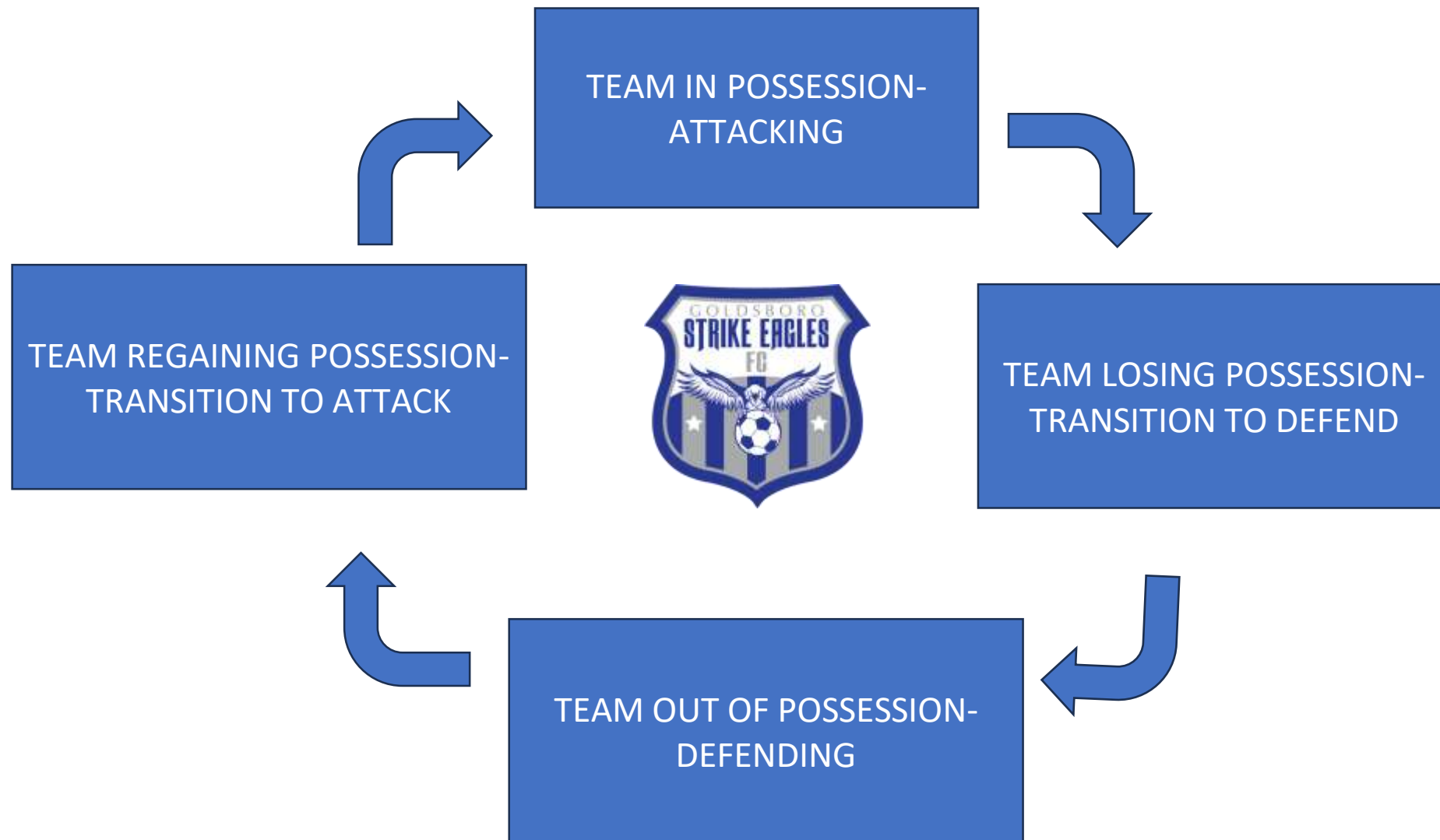
GAME MODEL PYRAMIDE



**OUR STYLE OF PLAY DICTATES OUR
SYSTEMS AND TACTICS AND IT ALL
REVOLVES AROUND FOOTBALL
PRINCIPLES OF PLAY .**



GAME MOMENTS

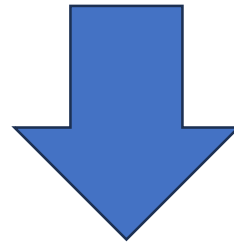


GOLDSBORO STRIKE EAGLES STYLE OF PLAY



Philosophy

OUR STYLE OF PLAY IS A PURPOSEFUL BALL POSSESSION TO MAINTAIN POSSESSION WITH OPTIMAL USE OF PHYSICAL ,TECHNICAL,TACTICAL,AND MENTAL ABILITIES TO ATTACK AND STAY BALANCED AS A TEAM IN ALL PHASES OF PLAY.



THIS SHOULD AT ALL TIME DICTATE OUR GAME MODEL

Game phases intended behavior

ATTACKING

WHEN WE HAVE THE BALL , WE WANT TO PLAY FORWARD THROUGH A COMBINATION OF SHORT AND LONG PASSES TO MOVE TO THE OPPONENT HALF IN ORDER TO CREATE OPPORTUNITIES AND SCORE GOALS.

ATTACKING TO DEFENDING

WHEN WE LOSE THE BALL WE WANT TO IMMEDIATELY PUT PRESSURE ON THE OPPONENT IN ORDER TO REGAIN POSSESSION AS QUICK AS POSSIBLE. IF WE DON'T REGAIN POSSESSION WE WANT TO DELAY THE OPPONENT ABILITY TO PLAY FORWARD FAST AND GET ORGANIZED.

DEFENDING

WHEN WE DON'T HAVE THE BALL WE WANT TO TAKE THE ABILITY OF THE OPPONENT TO MOVE FORWARD AND REGAIN POSSESSION AS QUICKLY AS POSSIBLE

DEFENDING TO ATTACKING

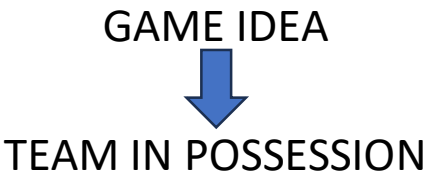
WHEN WE REGAIN POSSESSION WE WANT TO PLAY FORWARD AS QUICK AS WE CAN IF WE CAN NOT PLAY FORWARD WE WANT TO SECURE POSSESSION BY PLAYING SAFE AND REORGANIZE TO AN ATTACKING SHAPE





ATTACKIN

WHEN WE HAVE THE BALL WE WANT TO PLAY FORWARD THROUGH A COMBINATION OF SHORT AND LONG PASSES TO MOVE TO THE HALF OF THE OPPONENT IN ORDER TO CREATE OPPORTUNITIES AND SCORE GOALS.



DEFENDING THIRD TEAM OBJECTIVE	MIDDLE THIRD TEAM OBJECTIVE	ATTACKING THIRD TEAM OBJECTIVE
<ul style="list-style-type: none">• POSITIONAL DISCIPLINE• MOVE THE BALL FORWARD• BE PATIENT• MAINTAIN POSSESSION	<ul style="list-style-type: none">• POSITIONAL DISCIPLINE• MOVE THE BALL FORWARD• BE PATIENT• MAINTAIN POSSESSION• BALANCE TEAM TO PREVENT A COUNTER ATTACK	<ul style="list-style-type: none">• POSITIONAL DISCIPLINE• BE PATIENT• MAINTAIN POSSESSION• BE CREATIVE• BALANCE SHAPE TO PREVENT COUNTER ATTACK

GOLDSBORO STRIKE EAGLES PLAYER DEVELOPMENT
FRAMEWORK

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PLAYER DEVELOPMENT FRAMEWORK



SCANNING, RECEIVING, DRIBBLING , SHORT AND LONG PASS COMBINATIONS AND FINISH.
PRESS , DELAY AND DENY FINISH

ATTACKIN

GATTACKING	ATTACKING
TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
MAIN PRINCIPLES	SUB PRINCIPLES
ATTACKING SHAPE	<ul style="list-style-type: none"> - GET BIGGER – SPREAD OUT - RESPECT YOUR POSITIONAL LINES
PLAY FORWARD	- PROVIDE OPTIONS (DIAGONAL- VERTICAL- HORIZONTAL)
MAINTAIN POSSESSION	DON'T FORCE THE ATTACK BE PATIENT
BALANCE TEAM SHAPE TO PREPARE OR PREVENT A COUNTER ATTACK	<ul style="list-style-type: none"> - PUSH THE DEFENSIVE LINE UP - FILL IN GAPS TO PREPARE FOR A COUNTER ATTACK
FINISH	<ul style="list-style-type: none"> - MAKE RUNS - MOVE THE BALL QUICK - PLAY THE OPEN PLAYER - BE CREATIVE



ATTACKING

LOCATION	OBJECTIVES	TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	PLAYER ACTION
		MAIN PRINCIPLES	SUB PRINCIPLES	
DEFENSIVE HALF	ADVANCE THE BALL FORWARD	-RESPECT POSITIONAL LINES - PLAY FORWARD -MAINTAIN POSSESSION	-CREATE ATTACKING SHAPE -BE DISCIPLINE POSITIONALLY - PROVIDE OPTIONS VERTICALLY , HORIZONTALLY AND DIAGONALLY	-SCANNING THE FIELD - PLAY THE OPEN PLAYER - -DRIBBLE - -PROVIDE OPTIONS - BE PATIENT
MIDFIELD THIRD	ADVANCE THE BALL FORWARD	-MAINTAIN POSSESSION - PLAY FORWARD	- DON'T FORCE THE ATTACK - MOVE DEFENSIVE LINE UP	-SCANNING THE FIELD - PLAY THE OPEN PLAYER - -DRIBBLE - -PROVIDE OPTIONS - BE PATIENT
ATTACKING THIRD	SCORE GOALS	FINISH	-MAKE RUNS - SUPPORT THE ATTACK - - PENETRATING PASSES - -CROSSES - -FINISH	-BE PROACTIVE - SUPPORT
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ATTACKING TO DEFENDING

ATTACKING TO DEFENDING WHEN WE LOSE THE BALL WE WANT TO IMMEDIATELY PUT PRESSURE ON THE OPPONENT IN ORDER TO REGAIN POSSESSION AS QUICK AS POSSIBLE. IF WE DON'T REGAIN POSSESSION WE WANT TO DELAY THE OPPONENT TAKE HIS ABILITY TO PLAY FORWARD FAST AND GET ORGANIZED

ATTACKING THIRD TEAM KEY OBJECTIVE	MIDDLE THIRD TEAM KEY OBJECTIVE	DEFENSIVE THIRD TEAM KEY OBJECTIVE
<ul style="list-style-type: none">-PRESS IMMEDIATELY-REGAIN POSSESSION AS QUICK AS POSSIBLE- DELAY OPPONENT PLAYING FORWARD- COVER AND BALANCE- ORGANIZE	<ul style="list-style-type: none">-PRESS IMMEDIATELY-REGAIN POSSESSION AS QUICK AS POSSIBLE- DELAY OPPONENT PLAYING FORWARD- COVER AND BALANCE- ORGANIZE	<ul style="list-style-type: none">-PRESS IMMEDIATELY-DELAY OPPONENT PLAYING FORWARD- ORGANIZE- DENY PENETRATION- PREVENT GOALS



PLAYER DEVELOPMENT FRAMEWORK

SCANNING, RECEIVING, DRIBBLING , SHORT AND LONG PASS COMBINATIONS AND FINISH.
PRESS , DELAY AND DENY FINISH

ATTACKING TO DEFENDING

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ATTACKING TO DEFENDING	ATTACKING TO DEFENDING
ATTACKING TO DEFENDING	ATTACKING TO DEFENDING
TEAM TACTICAL PRINCIPAL	TEAM TACTICAL PRINCIPAL
MAIN PRINCIPLES	SUB PRINCIPLES
<ul style="list-style-type: none">- PUT PRESSURE IMMEDIATELY- DELAY FORWARD PLAY- ORGANIZE- DENY GOALS	<ul style="list-style-type: none">- REGAIN POSSESSION AS QUICK AS POSSIBLE- SLOW OPPONENT PROGRESSION- FILL IN TO CREATE AND MAINTAIN DEFENSIVE SHAPE- DENY GOALS

ATTACKING TO

DEFENDING

LOCATION	OBJECTIVES	TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	PLAYER ACTION
		MAIN PRINCIPLES	SUB PRINCIPLES	
DEFENSIVE THIRD	DENY SCORING OPPORTUNITIES -GOALS	<ul style="list-style-type: none"> -REGAIN DEFENSIVE SHAPE - DENY FORWARD PLAY - DENY GOALS 	<ul style="list-style-type: none"> -GET COMPACT -COMMUNICATE - PROVIDE COVER AND BALANCE - DENY PENETRATION - PREVENT CROSSES - DENY CHANCES 	<ul style="list-style-type: none"> -MOVE TO CLOSE SPACES - APPLY PRESSURE - ANTICIPATE PASSES - -PROVIDE COVER AND BALANCE -BE PROACTIVE -TAKE RESPONSIBILITY
MIDFIELD THIRD	BRAKE BUILD UP AND REGAIN POSSESSION	<ul style="list-style-type: none"> -PRESS IMMEDIATELY - REORGANIZE IF PRESS BROKEN - -PROVIDE COVER AND BALANCE 	<ul style="list-style-type: none"> - MAKE PLAY PREDICTABLE – - FORCE BAD PASSESS , RUSH DECISIONS - REORGANIZE 	<ul style="list-style-type: none"> -MOVE TO CLOSE SPACES - COMMUNICATE WITH TEAMMATE - TAKE RESPONSIBILITY - BE PROACTIVE
ATTACKING THIRD	- STOP OPPONENT BUILD UP REGAIN POSSESSION	<ul style="list-style-type: none"> -STOP OPPONENT FROM PLAYING FORWARD - REGAIN POSSESSION 	<ul style="list-style-type: none"> - PRESS IMMEDIATELY - MAKE PLAY PREDICTABLE - - PROVIDE COVER AND BALANCE - DENY FORWAR PASSESS AND DRIBBLIN 	<ul style="list-style-type: none"> -BE PROACTIVE - SUPPORT - MOVE TO CLOSE SPACES - TAKE RESPONSIBILITY - BE FOCUSED



DEFENDING

DEFENDING

WHEN WE DON'T HAVE THE BALL WE WANT TO TAKE
THE ABILITY OF THE OPPONENT TO MOVE FORWARD
AND REGAIN POSSESSION AS QUICKLY AS POSSIBLE

GAME IDEA



TEAM LOST POSSESSION

DEFENDING THIRD TEAM OBJECTIVE	MIDFIELD THIRD TEAM OBJECTIVE	ATTACKING THIRD TEAM OBJECTIVE
<ul style="list-style-type: none">- REGAIN POSSESSION- DENY FORWARD PASSING AND DRIBBLING- DENY GOALS	<ul style="list-style-type: none">-REGAIN POSSESSION- STOP OPPONENT BUILD UP- DENY FORWARD PASSING AND DRIBBLING	<ul style="list-style-type: none">- REGAIN POSSESSION- STOP OPPONENT BUILD UP- DENY FORWARD PASSING AND DRIBBLING

PLAYER DEVELOPMENT FRAMEWORK

SCANNING, RECEIVING, DRIBBLING , SHORT AND LONG PASS COMBINATIONS AND FINISH.
PRESS , DELAY AND DENY FINISH

DEFENDING

11V11



DEFENDING	DEFENDING
TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
MAIN PRINCIPLES	SUB PRINCIPLES
<ul style="list-style-type: none">- GET BACK IN A DEFENSIVE SHAPE- PRESS- REORGANIZE WHEN PRESS BROKEN- ANTICIPATE AND PREPARE TO COUNTER- DENY FINISH	<ul style="list-style-type: none">-- GET COMPACT- STIR OPPONENT TO A DIRECTION AND MAKE PLAY PREDICTABLE- RECOVER TO DEFENSIVE POSITION- CREATE PASSING OPTIONS- DENY PENETRATION , CROSSES AND SHOTS

DEFENDING

LOCATION	OBJECTIVES	TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	PLAYER ACTION
		MAIN PRINCIPLES	SUB PRINCIPLES	
DEFENSIVE HALF	<ul style="list-style-type: none"> - REGAIN POSSESSION - DENY GOALS 	<ul style="list-style-type: none"> -GET BACK IN DEFENSIVE SHAPE - DENY FORWARD PLAY FORWARD -REGAIN POSSESSION - DENY GOAL SCORING OPPORTUNITIES 	<ul style="list-style-type: none"> -CREATE DEFENSIVE SHAPE -FILL IN SPACE TO PREVENT GAPS - PRESS IMMEDIATELY - PROVIDE COVER AND BALANCE 	<ul style="list-style-type: none"> -SCANNING THE FIELD - PLAY THE OPEN PLAYER - -DRIBBLE - -PROVIDE OPTIONS - BE PATIENT
MIDFIELD THIRD	<ul style="list-style-type: none"> -REGAIN POSSESSION -DENY FORWARD PROGRESSION 	<ul style="list-style-type: none"> - DENY FORWARD PROGRESSION - PRESS - -ORGANIZE 	<ul style="list-style-type: none"> - PRESS IMMEDIATELY - ORGANIZE IF PRESS BROKEN - PREVENT OPPONENT GOING FORWARD - PROVIDE COUNTER OPPORTUNITIES 	<ul style="list-style-type: none"> - -BE PROACTIVE - TAKE RESPONSIBILITY - COMMUNICATE - ANTICIPATE PASSES - BE FOCUS - SUPPORT
ATTACKING THIRD	<ul style="list-style-type: none"> -STOP FORWARD PROGRESSION - REGAIN POSSESSION 	<ul style="list-style-type: none"> - STOP OPPONENT BUILD UP - DENY FORWARD PROGRESSION - REGAIN POSSESSION 	<ul style="list-style-type: none"> - PRESS IMMEDIATELY - PROVIDE COVER AND BALANCE - PREVENT FORWARD PROGRESS - REGAIN POSSESSION 	<ul style="list-style-type: none"> - -BE PROACTIVE - TAKE RESPONSIBILITY - COMMUNICATE - ANTICIPATE PASSES - BE FOCUS - SUPPORT
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DEFENDING TO ATTACKING

DEFENDING TO ATTACKING

WHEN WE REGAIN POSSESSION WE WANT TO PLAY
FORWARD AS QUICK AS WE CAN IF WE CAN NOT PLAY
FORWARD WE WANT TO SECURE POSSESSION BY
PLAYING SAFE AND REORGANIZE TO AN ATTACKING
SHAPE

GAME IDEA



TEAM REGAIN POSSESSION

DEFENDING THIRD TEAM OBJECTIVE	MIDFIELD THIRD TEAM OBJECTIVE	ATTACKING THIRD THIRD TEAM OBJECTIVE
<ul style="list-style-type: none">- GET IN ATTACKING SHAPE- PLAY FORWARD AS QUICK AS POSSIBLE IF WE CAN- IF WE CAN NOT PLAY FORWARD PLAY THE SAFEST PASS AND MAINTAIN POSSESSION- START BUILDING UP THE ATTACK	<ul style="list-style-type: none">- GET IN ATTACKING SHAPE- PLAY FORWARD AS QUICK AS WE CAN IF POSSIBLE- IF WE CAN NOT PLAY FORWARD MAINTAIN POSSESSION.- BE PATIENT	<ul style="list-style-type: none">- GET IN ATTACKING SHAPE- PLAY FORWARD AS QUICK AS POSSIBLE- IF WE CAN NOT PLAY FORWARD PLAY THE SAFEST PASS AND MAINTAIN POSSESSION- BE PATIENT- FINISH

PLAYER DEVELOPMENT FRAMEWORK

SCANNING, RECEIVING, DRIBBLING , SHORT AND LONG PASS
COMBINATIONS AND FINISH.
PRESS , DELAY AND DENY FINISH

DEFENDING TO ATTACKING

11V11



DEFENDING	DEFENDING
TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES
MAIN PRINCIPLES	SUB PRINCIPLES
<ul style="list-style-type: none">- GET BACK IN A DEFENSIVE SHAPE- PRESS- REORGANIZE WHEN PRESS BROKEN- ANTICIPATE AND PREPARE TO COUNTER- DENY FINISH	<ul style="list-style-type: none">-- GET COMPACT- STIR OPPONENT TO A DIRECTION AND MAKE PLAY PREDICTABLE- RECOVER TO DEFENSIVE POSITION- CREATE PASSING OPTIONS- DENY PENETRATION , CROSSES AND SHOTS

DEFENDING TO ATTACKING

LOCATION	OBJECTIVES	TEAM TACTICAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	PLAYER ACTION
		MAIN PRINCIPLES	SUB PRINCIPLES	
DEFENSIVE HALF	<ul style="list-style-type: none"> - PLAY FORWARD AS QUICK AS POSSIBLE - RETAIN POSSESSION 	<ul style="list-style-type: none"> -GET BACK IN ATTACKING SHAPE - PLAY FORWARD FORWARD - MAINTAIN POSSESSION - DON'T FORCE THE ATTACK 	CREATE ATTACKING SHAPE -BE DISCIPLINE POSITIONALLY - PROVIDE OPTIONS VERTICALLY , HORIZONTALLY AND DIAGONALLY	<ul style="list-style-type: none"> - BE PROACTIVE - TAKE RESPONSIBILITY - COMMUNICATE - ANTICIPATE PASSES - BE FOCUS -SUPPORT
MIDFIELD THIRD	<ul style="list-style-type: none"> - PLAY FORWARD AS QUICK AS POSSIBLE - MAINTAIN POSSESSION 	GET BACK IN ATTACKING SHAPE <ul style="list-style-type: none"> - PLAY FORWARD FORWARD - MAINTAIN POSSESSION - DON'T FORCE THE ATTACK 	<ul style="list-style-type: none"> - DON'T FORCE THE ATTACK - MOVE DEFENSIVE LINE UP 	-SCANNING THE FIELD <ul style="list-style-type: none"> - PLAY THE OPEN PLAYER -DRIBBLE -PROVIDE OPTIONS - BE PATIENT
ATTACKING THIRD	<ul style="list-style-type: none"> - FINISH AS QUICK AS POSSIBLE - RETAIN POSSESSION 	<ul style="list-style-type: none"> - FINISH AS QUICK AS POSSIBLE - MAINTAIN POSSESSION - DON'T FORCE THE ATTACK 	<ul style="list-style-type: none"> - MAKE RUNS - SUPPORT THE ATTACK - - PENETRATING PASSES - -CROSSES - -FINISH 	BE PROACTIVE - SUPPORT



Team Organization

All coaches are encouraged to establish lines of communication with parents early in the season by holding a parent orientation meeting. This orientation usually takes place during the first practice. The information for parents may be put into an email or letter, but face to-face communication is often preferable. Let parents know during this meeting how you will primarily communicate with them, whether it is email, in person, telephone, etc. Also let parents know how you will communicate with them in case practices or games are cancelled. Communication with parents is important because it gives them the opportunity to get acquainted with you, informs them about the nature (and risks) of the sport, informs them of league requirements for the team and allows you to obtain parental support (assistant coaches, team parents, etc.), among other things. When first contacting parents on your roster, make sure they know the day and time of the first practice, and let them know of required or recommended equipment. All players should come to practice and games with soccer cleats (not baseball or football cleats as they have toe cleats), the correct size soccer ball for the age group (U4-U8: size 3, U 11: size 4, U13 and above: size 5), shin guards and water bottle. Take time at the beginning of the first team practice to introduce yourself to parents and players, introduce players to one another and distribute handouts such as, practice and game schedules or modified rules for the age group. During the first practice, ask for volunteers to be assistant coaches, team managers.



Teams Responsibilities

GSFC asks that you leave the practice and game facility in the same shape that you found it. Please pickup and dispose of trash in the trash cans provided in various locations on the fields. Benches are provided for players to use during practice and games. The benches are not intended for parents or spectators. Please ask spectators to bring chairs. If you or a parent moves a player bench during practice, return it once practice is over. Do not move benches from player areas during games.



Parent Responsibilities

In addition to team responsibilities, let parents know of their responsibilities as soccer parents at GSFC.

Some of the parent responsibilities include:

- Transporting the child/children to and from practice and games on time
- Being supportive of all the players
- Helping the child understand that he/she is contributing to a team effort
- Focusing on mastering skills and having fun, not winning
- Attending games and cheering for the team
- Working in the concession stand or during the end of season celebration when the team is assigned that duty
- Refraining from criticizing the opponents; being positive with all players
- Respecting the referees (They will make mistakes, but they are doing their best. If you feel you are better qualified, or would like to volunteer as a referee, please see the GSEFC Referee Assignor.)
- Refraining from coaching your child during games (Try to understand and respect the difference between the roles of the coach and parent.



Practice Guidelines

- GFC does not assign practice days or times to teams. Each coach determines the practice days and times for his/her team then communicates it to the DOF. (director of football)
- All teams must practice at the GSEFC fields OR A FIELD CLEAR BY THE DOF, and you may not practice anyone who is not assigned to your roster.
- Coach should arrive at the practice field at least 15 Mn prior to the start of practice to set up and wait for the players.
- Coach has to wear uniforms provided by the club at every practice.
- Coach has to make sure players have on their practice jersey and appropriate gears to avoid injuries during practice (soccer cleats, shin guards... etc.
- Coach should make sure the parents stay in the parents designated areas.
- Coach has to run the practice session in accordance with the DOF instructions on what is appropriate for the age group they are coaching in line with club objectives.
- Practice has to be challenging and fun.
- Practice guidelines and requirement will be provided at the beginning of the season and periodically discussed with the CLASSIC DIRECTOR AND THE DOF and adjusted to fit the team and the club goals.

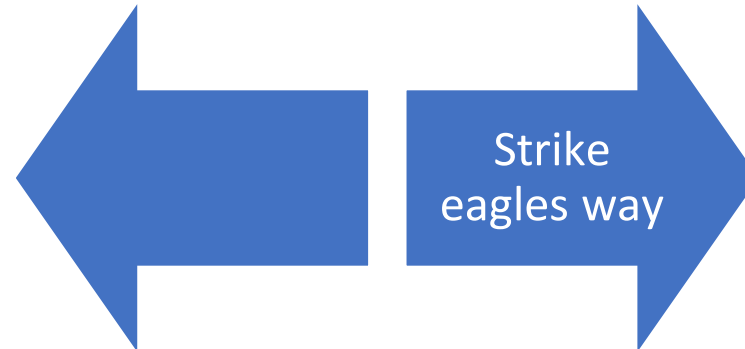


Players responsibility:

- Attend every practice you can.
- Be on time at practice.
- Wear, proper practice gears, including practice uniform
- Be attentive, listen to the coaches and execute what they are asking you to do without
- Not wasting time. Don't be goofing at practice.
- Work hard at practice, we practice like we play.
- Be respectful to your team mate.
- Be respectful to yourself.
- Be respectful to your coaches.
- Have a great time and lots of fun.

Goldsboro Strike eagle's academy core Values:

- Innovation
- Creativity
- Dedication
- Passion
- Respect
- integrity
- Pride
- Resolve
- Encouragement
- Player-Centric-Focus
- Responsibility
- leadership





GOLDSBORO STRIKE EAGLES PLAYER PROFILE

TECHNIQUE

Technique is the number one requirement for a GSE FC academy player.

All players must be technically good with the ball. The GSEFC way is to play in the opposition's half of the pitch, this means players playing in tight space, which means that the player must be able to play using good technique.

INTELLIGENCE

(Football INSIGHT) - Football intelligence is vital for the GSEFC style of play. GSEFC players must be able to understand football principles. GSEFC players must know what to do with the ball in all phases of play .

PERSONALITY

- Personality is necessary for a team player. Players need strength of character and leadership qualities. The club look for personality in players, to see if they are confident, if they can influence other players and most importantly if they can work within a group. GSEFC players must be able to gel with the other players in the team and not be an individual. The GSEFC team must be as one.

SPEED

- Speed of thought and speed of action is a characteristic of GSEFC players. GSEFC players must be able to make decisions and execute . The only running GSEFC do in training is 20 - 30-yard sprints, there are no long-distance runs.



CLUB STYLE OF PLAY : THE STRIKE EAGLES WAY

Attacking:

During training and matches we will focus on a controlled combination of possession with a purpose and total football. Possession or indirect play is a style of play that focuses on total control of the ball by combining short passes and long passes with calculated probing passes at varied distances. Players will need to focus on providing as much support for the ball as possible and will need to use mobility in order to achieve this. In order to maintain its effectiveness players will need to have outstanding technical ability and be physically fit. The majority of the ball movement will need to be played to feet penetrating passes finding space between and behind the defense. Total football is team tactical play where all outfield players are interchangeable and the team shape is fluid and ever changing. In total football players are expected to know all the roles on the field and can fill any of them at anytime. As the game is played, players will move in and out of positions as their teammates move around the field. This keeps the initial teams system of play intact at all times. All players are expected to attack and defend in total football and a large portion of the success is reliant upon players understanding and applying all the principles of play. Again the players will need to be physically fit to perform at a high standard

Defending:



Defending:

During training and matches we will focus on Extreme High Pressure defending and seeking to play the majority of the game in the opponent's half of the field. The first and perhaps most important part of defending is pressure. It needs to be immediate and controlled and force the attacker to make a decision they were not planning to make. By playing a high line and high pressure we will force the attack to play at a pace they are uncomfortable with and force them to make simple mistakes which will allow our defense to capitalize early and often. High pressure also forces the opponent to pull players back and play at a line uncomfortable for their attack. This assists in mitigating the through or over the top ball because the opponent will be more focused on staying onside which will have an effect on their first step. However, the through ball or over the top ball is the biggest threat and the goalkeeper and full backs need to know and understand this and be expecting it at all times. Therefore, we will require our goalkeepers to be good with their feet and require them to play outside their goal box often. High pressure begins at our attacking line of play; these players will need to keep constant pressure on the opponents back line forcing them to play mistake free. Get everyone behind the ball and win back possession immediately!! As with our attacking style, the players will need to be physically fit in our defending style of play.



PLAYER DEVELOPMENT FRAMEWORK

		Stage 1	Stage 2	Stage 3	Stage 4
Purpose of curriculum	Goal	Equal play	individual principles of play	Consistency and perspective	Pro-vision
	result	Achieve individualism	balance sport and life	Positive learning	achieving individual and team goal
	focus	Individual technique	Individual and team technique	Principles of play ,individual mentality	Principles of play team mentality
	content	Fundamental technique	Understanding individual principle of play	Individual preparation	Individual and team responsibility
Structure of curriculum	methodology	self discovery	Guided discovery	Individual and team evaluation	practical , theoretical , directed and modeled
	Principle information	Individual development	Factors for physical development	Factors for emotional development	Develop ideal physical fitness
Measurement of curriculum	measurement	Technical assessment	Tryouts process	Tryout process	Tryout process



DEVELOPMENT STAGES	Stage 1	Stage2	Stage3	Stage4
AGE GROUP	U7-U9	U10-U12	U13-U15	U16-U19
DEVELOPMENT YEARS	3 YEARS	2 YEARS	3 YEARS	3 YEARS
PRACTICE SESSIONS DURATION	45-60 MIN	60 MIN-90 MN	90-120 MIN	90-120 MIN
#DAYS OF PRACTICES	2	2-3	2-3	3-4
# PAYER PER TEAM	8	13-15	18-22	18-22
PRINCIPLES OF PLAY	INDIVIDUAL ATTACKING AND DEFENDING	SPECIFIC ATTACKING AND DEFENDING ROLE	ATTACKING AND DEFENDING AS A SMALL GROUP	ATTACKING AND DEFENDING AS A TEAM
SMALL SIDED TRAINING	1V1-4V4	1V1- 6V6	1V1-7V7	1V1-7V7
GAME FORMAT	4V4- 7V7	9V9	11V11	11V11
ASSESSMENT	ONCE PER YEAR	TWICE PER YEAR	4 PER YEAR	6 PER YEAR
COACHING LICENCE	USSF-D	USSF-D	USSF-D	USSF C+
FOCUS AREAS	-PHYSICAL -TECHNICAL -TACTICAL -MENTAL	PHYSICAL -TECHNICAL -TACTICAL -MENTAL	PHYSICAL -TECHNICAL -TACTICAL -MENTAL	PHYSICAL -TECHNICAL -TACTICAL -MENTAL
NOTES				



U7 – U9 | Stage 1 - Development General Characteristics :

- Enjoys showing what skills they know
- Developing physical confidence
- Attention span longer but only for a short duration
- Developing friends and playmates and will share some
- Starts to imitate their favorite players
- Still needs encouragement and positive reinforcement
- Starts to comprehend a team and teammates but is still self-centered
- inclined more toward small group activities and some team play



Components of the Game for Stage 1:

Physical: Begin to incorporate agility and eye-foot and eye-hand coordination activities that challenge the mind as well as the physical ability. Introduce leaping, bounding and catching and throwing. Continue to work on balance, running, starting and stopping warm-up activities.

Technical: introduce juggling; dribbling with all parts of foot; tackling (poke and block); receiving balls on the ground with the inside, sole and outside of the foot; receiving balls in the air with foot (use juggling for the majority of work with controlling ball in the air); striking with the inside and instep of the foot; passing with the inside and outside of the foot; shooting and dribbling while changing direction and moving. introduce the technique for defending and attacking (skill for beating an opponent).

For goalkeepers (U9):

proper footwork and angles, w technique, basket catch, collecting ball off ground, diving, underarm bowling, side-arm throwing to targets', punting and taking own goal kicks.

Tactical: Teach attacking and defending principles of play. Attacking - penetration, width, support (everyone attacks) and creativity; defending - pressure, cover (everybody behind ball) and patience. Start teaching names of the positions (Forward, Midfielder, Full Back, etc.). work on 1v1 and the choice of dribbling or passing. incorporate games of 1v1, 2v2, 2v3, 2v3, 3v2 up to 5v5. Allow creativity and playing with the ball to create play with a purpose as well as to promote problem solving and decision making.

psychological:

children in this stage still prefer to play as individuals and occasionally with a friend or teammate; coach must set up activities where play is both individual and together with a teammate but still focuses on the individual development of the player within the team. Learning to share the ball will need to be praised when it happens but should not be demanded from the coach. Encouragement for accomplishing the task of sharing will be the key to this accomplishment and the approval for trying to do so will show the children it is ok. You can let the children know that it is ok to use teammates to assist in solving the problems that the game presents and that they do not need to do it all on their own. Ensure this is implemented slowly and steady (one teammate at a time). The use of small sided games, which resemble the bigger game, allow for more individual touches on the ball which allow for more creativity and experimentation. At this stage the implementation of more complex game with obstacles and a target to hit will help the players to learn to effectively solve problems. The aspects of the small sided game are key components to player development for the next years to come.



Ideal Training Session for Stage 1:

- . Should not exceed 60 minutes for U7-U8 and 75 minutes for U9
- . Free play or a warm-up with and without a ball (no more than 15 minutes)
- . Every player with a ball for the majority of practice
- . introduce activities with teammates
- A mixture of individual and partner activities (20-30 minutes)
- Small sided Game of 3v3 to 4v4 no goalkeepers (field is 20-30 to 30 x 40 yards) with two goals (6ft x 12ft - 5ft x 18 ft) (approximately 20-25 minutes)
- Expanded Small Sided Game of 5v5 with goalkeepers (field is 50x60 yards) with two goals (6 ft x 12 ft - 6ft x 18 ft) (approximately 20 minutes)
- Player-Centered with the coach being a facilitator utilizing the guided discovery as the training
- **Method :let the player come up with the answers. ASK OPEN ENDED QUESTIONS (i.e., When you have a defender coming towards you, what kind of skill move can you do to beat him/her 1v1?)**

Coach should highly encourage players to be creative and discover how and when to pass and dribble on their own; coach should demonstrate technique and skills and let the players play



U10-U12 | Stage 2 - Development General Characteristics

- Ability to understand and handle simple balls in the air
- Puts thoughts in order and conceptualizes actions
- Has a sense of simple understanding to meet simple demands of the game
- Starting to run under control with the ball, change directions and strike the ball while moving
- Optimum time to learn - absolute willingness . Physical and mental changes to the body - puberty
- Coordination, balance and athleticism has substantially increased
- There is a noticeable difference between female and male athletes
- Strength and power becoming factors in their performance



Components of the Game for Stage 2:

Physical:

Fitness should be done with and without the ball. The implementation of strength and resistance can be added as part of fitness. More speed and agility over distances can be accomplished from different starting position. Learning how and when to accelerate and decelerate while making more complex reaction activities. incorporate a more proper warm-up both dynamic and static as well as a proper cooldown (include static stretching in the cool-down) to assist with injury prevention.

Technical:

Ability to throw balls in while moving as well as understand how to control balls in the air (thigh, chest, inside of foot, instep and headers). Passing and receiving with both feet from multiple distances and understanding outside of foot and heel flicks. introduce half volley and volley shooting, chipping to pass and slide tackle' For goalkeeper: introduce punching and boxing, setting the wall, defending corner kicks and free kicks.

Tactical:

small group attacking and defending principles of play (attacking - penetration, mobility, width, support and creativity; defending - pressure, cover, balance and patience). concentrate on the specific roles (first and second attacker and defender) within the principles of play. Explore the understanding of zonal defending and man-to-man defending and when and how to employ both (reminder that our club defending style of play is extreme high pressure). incorporate more combination play; utilizing passes, overlapping and diagonal runs; playing with the ball as a team with a single purpose, to create a goal scoring opportunity (remember the Club's attacking style of play is a combination of possession and Total football). Note: it is still important to stress the importance that everyone attacks and everyone defends; numbers forward and everyone behind the ball! Start incorporating communication, verbal and visual gestures, to properly communicate what is being seen on the field and how to best respond. Start establishing team and individual goals that should be achieved for each training session and game.



Psychological:

This player is now in the Golden Age for Learning (10-12) at this stage. The players in this stage will be able to begin conceptualizing and understanding more complex instructions and will create their interpretations with how they play. This should be highly encouraged and allowed as long as it conforms to what is being expected and taught. Individual skill should still be taught and encouraged as the player will start to understand when and how to properly utilize it. Their ability to comprehend enhances their understanding of tactics (principles of play) and what must be accomplished all over the field to succeed. Continue to develop and refine the use of the previous skills and techniques. However, there should be a bigger concentration on utilizing these skills within the team setting and under pressure of time, space and opponents. This will assist the player in developing technical speed of play which will be important as they progress to 11v11. Encourage the player to dribble the space and if space and time allow, taking on the first defender, even though passing has become a bigger part of the overall game at this stage. Thus this can be consistently accomplished, this will open the field up and set a better picture for the attack. Thus, the majority of the training sessions should be small sided (2v2 to 4v4) and expanded small sided (5v5 to 7v7 with an emphasis on 4v4 for U10 and 5v5 for U11- U12) This is a vital decision-making stage for players in this stage; they will decide what sports they are going to fully commit to playing. In the years leading up to this age they should have been allowed to experiment with all sorts of sports but now a decision will more than likely need made. The coach should understand this and continue to be a positive influence and role model no matter what the child decides and should support and commend the child on that decision.



Ideal Training Session for Stage 2:

- U10-should not exceed 90 minutes and u12 should not exceed 120 minutes
 - 'Warm-up, individual and small group activities and stretching (dynamic and static stretching) use ball with warm up(approximately 20 minutes)
 - incorporate group and team session that include player up to goal; focus should be at 6v6
 - Small sided Games 2v2 to 4v4 with targets, zones and directional play (approximately 30 minutes)
 - Expanded small sided games 4v4 to 6v5 with goalkeepers (approximately 30 minutes)
 - Cool down to include stretching (approximately 10 minutes)
 - Player-centered with the coach being a facilitator utilizing the guided discovery as the training
-
- **method; let the player come up with the answers. Ask open ended questions(i.e. when you are in a 2v1 and the defender commits to you and the ball, should you pass or dribble?)**



General information for Coaches to Use in Training Sessions for Stage 2

Players at this age should still be allowed to experiment with multiple positions as this is an integral piece to their future development. They must know the majority of the positions and should be able to play them with a degree of success. Specializing players too soon may be detrimental to their development and may hinder their growth as a soccer player. The only position that should start specialization is the goalkeeper at age 12 but they should still be allowed to play in the field at least half of the time. The thought process of any coach, no matter what stage they coach, should be to develop soccer player's not positional players. Children in this stage understand team play and now want a team success as much as individual success. Now that the child has a good understanding of ball control they should be highly encouraged to combine and try to create their own twist on skills previously taught. With that said, children in this stage may become frustrated if ideas and decisions do not go how they see in their mind. Support and continue to condone thoughtful play. Showing the proper technique of dribbling, ball striking, passing, etc. and allowing the players to "do" will be the best teacher at this stage. Continue the principles of play and illustrate the importance of their specific role within the principles; this will be the key to success at the 11v11 level. Continue teaching the attacking style of play (combination of possession and total football) and defending style of play (extreme high pressure). On attack, the purpose is to create as many goal scoring opportunities as possible and on defense we want to win the ball back immediately and play as much of the game as possible in the opponents half of the field. These principles of attack and defense can be worked with maximum ball touches in small sided activities with a greater success; specifically 2v1 to 7v6. While in these smaller sided games innovation and improvisation should be encouraged and rewarded. When working on principle of defending, players should know what their role on the field is and what they are supposed to do (i.e. when defending we need to put immediate pressure on ball but the player will need to know their role and where they are on the field to attack, delay or deny) with the overall goal of gaining back possession. They also need to understand how to move as a team to minimize the passing lanes and space on defense and maximize the passing lanes and space on attack. Players in this stage should still experience 50 percent play time. U10 teams can participate in two tournaments per season and U11-U12 teams should not attend in more than three tournaments per season, one of which may be a traveling tournament. Teams in this stage should only play for 8-12 weeks at a time where they are then given 2-4 weeks off.



U13-U15 | Stage 3 - Development General Characteristics

- **Attention span is greatly lengthened to Understands ethical and moral principles and decision**
- **Enjoys praise and recognition and needs encouragement**
- **Able to understand and comprehend complex instruction**
- **A strong need to be accepted and a fear of ridicule**
- **A strong sense of self belonging**
- **Experiences physical changes - very concerned with their appearance and very self-consciousness about their physical changes**



Components of the Game for Stage 3

Physical:

Work on explosive power, vertical jump, body composition, plyometric (jump) training, soccer-specific weight training, interval training, recovery exercise and time off for rest, agility training with and without the ball, range of motion exercises especially during the warm-up and cool-down must include static stretching as well as light movement and proper nutrition and hydration.

Technical:

Continue to work on all technique throughout the season and begin to incorporate chipping to score and bending shots; forward volley and side volley and defensive/attacking heading. For the goalkeeper: backwards diving, saving the breakaway, all forms of distribution, narrowing the angle and improve reaction saves.

Tactical:

Understands the overall tactics (principles of play) of the game and how to incorporate these into the flow of the match. Players in specific roles will start to assert themselves as leaders and will start to "Respect yourself, your Opponent and the Game" and assist in directing play on the field. Understands and utilizes the principles of attack and defense as the game continually transitions. Understands how to play on, near and away from the ball in order to best support the attack (wide play, mobility and creativity) and the defense (pressure, cover, balance, compactness, patience and high pressure).



For goalkeepers:

command back four to assist them in cutting out passing lanes and space and to best win back possession.

Psychological:

individual and group identities at this stage are important; this will assist the team and player in developing a style and system of play for a consistent performance. With these identities there will be some conflict; the coach needs to ensure there is a constant level of discipline. The expectations of this discipline need to be clear and fair along with the expectation of the players and their roles and responsibilities. Leadership should also be a priority of the coach but the leadership should be positive and encouraging. If the player-leaders are negative their teammates will rebel and a distance will creep in amongst the team. Every player at this age should be afforded the opportunity to lead and be a team captain. To assist with developing leaders; teams should have discussions and team meetings. These discussions should be tactical achievements and thoughts as well as goal setting for individual and team. The coach should bring ideas up and let the team come to conclusions for themselves. The coach should not come up or make decisions in these discussions. The goals should be short term and long term and should be attainable and measured. These goals should be based on match results and should be the focus in training sessions.



Ideal Training Session for Stage 3:

- **Approximately two hours no more than 3 times per week**
- **warm-up, small group activities, range of motion stretching incorporate a ball -approximately 20 minutes**
- **Use small sided games activities (4v4 to 8v8)**
- **introduce team activities (all 11 players)**
- **Continue with directional games (4v4 to 5v5) - Play to targets and/or zones - intersperse functional training -approximately 40 minutes-**
- **Conclude with expanded small-sided games (7v7 to 9v9) or 11v11 - approximately 45 minutes**
- **Finish with cool-down activity, including static stretching - approximately 15 minutes-**
- **All activities should be challenging, motivating and involve transition**



Coach qualities:

Should be a great communicator, enthusiastic, charismatic, experienced with coaching, knowledge of the key factors of technical and tactical play, loves to have fun while teaching, articulate, managerial experience and expertise and thoughtful persuader. License Recommendation: USSF National "C" License / NSCAA Advanced National Diploma or higher or equivalent and Level 3 Goalkeeper certificate. The Game: 11v11 14-4-2; 4-3-3; 4-2-3-1; 4-5-1; 3-5-2, etc.) - With an emphasis on principles of attack and defense and the Clubs style of play within the system of play. Teams at this stage should be able to adjust and conform to multiple systems of play in order to match up to the opposition (if they have a solid foundation of the principles of play). Players in this stage should also have the technical and tactical ability to know how and when to play man-to-man zonal defending as well as man mark in a zone defense. The primary focus of matches and training technical application into a tactical setting; know when to dribble and when to pass, understand how to successfully create on set plays, etc. Continue to be a student of the game and continue to learn and develop the game is still not about winning. **There should be a limited number of substitutions to develop team chemistry.** General information for Coaches to Use in Training Sessions for Stage 4: Fitness and nutritional habit should be formed for future success. There should be instruction on what an athlete should and should not eat and drink. At this time in a young athlete's life they will, for the first time, make decisions for themselves. Developing fitness plans for offseason and in season will be integral for players at the next stage. The utilization of different techniques (overload principle, speed training, resistance training, weight training, etc.) will assist the players to attain the physical attributes that they need for the next level of their career.



Ensure that players in this age are familiar with proper pre-game/pre-training session warm ups and post-game/post training session cool downs. This will assist the players with injury prevention and in the event of an injury there will need to be a recovery plan and a plan to supplement the injured players (this is the one main reason for ensuring playing time in multiple positions at the younger ages). Coaches should familiarize themselves with the common injuries in soccer and their recovery times. We do not want to put players back in training before they are cleared or actually ready as this will cause longer term chronic issues. Continuing the proper techniques of soccer in training should still be a focal point for at least the warmup section of training. Continuing the excellence of individual technique is not the "end all, be all" in soccer but sound individual technique will assist in achieving tactical superiority. However, this superiority depends on each players ability to execute the fundamentals of the game. Ensure the players can use the proper skills in the correct situations at game speed; focusing on ensuring they are making the correct decisions the majority of the time, this is how technique in a tactical setting is advanced. incorporating 4v4 to 6v6 in training will promote good possession with a purpose habits that will transform to the bigger game. This will also show the players what tactical decisions need made in a smaller more controllable environment. These small sided games help players read the game as the field and number of players in smaller. Promote the individual techniques in these environments and encourage them to incorporate this into the small sided game. The players are still developing intellectually, even though they are much more apt to understand and comprehend. These small sided games will assist them with the tactical intellectual growth.



systems and styles of play are designed to enhance strengths and maximize weaknesses of a team. Teams should be able to employ more than one system or style of play. Players should be able to individually defend or defend as a team (the technique of individually defending should be worked at every stage). Players should understand different roles so that they can interchange as the game progresses. Players should still not be locked into one position as this will hinder growth potential and development. Rather work with the players within the principles of play (attacking and defending) and ensure they know how to properly perform in each. Set plays have now become an important part of the game; one successful set play can change the outcome of a game at a moment's notice. Constant and proper training for set plays should be worked on, at minimum, one training session per week. The most successful way to train set plays is within the flow of practice (i.e. small sided scrimmage, all ball out of play are free kicks from 20-25 yards at different places on the field). Players should understand their roles and should be able to react immediately; players should know what the ideal outcome is and execute to the best of their ability. Teach the players multiple roles so that all set plays are successful the majority of the time, , whether defending or attacking



U16-U19 | Stage 4 - Development General Characteristics

- **Mature**
- **Understands ethical and moral principles and decision making .**
- **Still enjoys praises and recognition and needs encouragement**
- **Able to understand and comprehend very complex instructions**
- **A strong sense of self belonging**
- **Experiences physical changes - very concerned with their appearance and very self-consciousness about their physical changes**



Components of the Game for Stage 4

Physical:

Work on explosive power, vertical jump, body composition, plyometric (jump) training, soccer-specific weight training, interval training, recovery exercise and time off for rest, agility training with and without the ball, range of motion exercises especially during the warm-up and cool-down must include static stretching as well as light movement and proper nutrition and hydration.

Technical:

Continue to work on all technique throughout the season and begin to incorporate chipping to score and bending shots; forward volley and side volley and defensive/attacking heading. For the goalkeeper: backwards diving, saving the breakaway, all forms of distribution, narrowing the angle and improve reaction saves.

Tactical:

Understands the overall tactics (principles of play) of the game and how to incorporate these into the flow of the match. Players in specific roles will start to assert themselves as leaders and will start to "Respect yourself, your Opponent and the Game"

assist in directing play on the field. Understands and utilizes the principles of attack and defense as the game continually transitions. Understands how to play on, near and away from the ball in order to best support the attack (wide play, mobility and creativity) and the defense (pressure, cover, balance, compactness, patience and high pressure).



For goalkeepers:

command back four to assist them in cutting out passing lanes and space and to best win back possession.

Psychological:

individual and group identities at this stage are important; this will assist the team and player in developing a style and system of play for a consistent performance. With these identities there will be some conflict; the coach needs to ensure there is a constant level of discipline. The expectations of this

discipline need to be clear and fair along with the expectation of the players and their roles and responsibilities. Leadership should also be a priority of the coach but the leadership should be positive and encouraging. If the player-leaders are negative their teammates will rebel and a distance will creep in amongst the team. Every player at this age should be afforded the opportunity to lead and be a team captain. To assist with developing leaders; teams should have discussions and team meetings. These discussions should be tactical achievements and thoughts as well as goal setting for individual and team.

The coach should bring ideas up and let the team come to conclusions for themselves. The coach should

not come up or make decisions in these discussions. The goals should be short term and long term and

should be attainable and measured. These goals should be based on match results and should be the focus in training sessions.



Ideal Training Session for Stage 4:

- **Approximately two hours 4 times per week**
- **warm-up, small group activities, range of motion stretching incorporate a ball -approximately 20 minutes**
- **Use small sided games activities (4v4 to 8v8)**
- **introduce team activities (all 11 players)**
- **Continue with directional games (4v4 to 5v5) - Play to targets and/or zones - intersperse functional training -approximately 40 minutes-**
- **Conclude with expanded small-sided games (7v7 to 9v9) or 11v11 - approximately 45 minutes**
- **Finish with cool-down activity, including static stretching - approximately 15 minutes-**
- **All activities should be challenging, motivating and involve transition**



Coach qualities:

Should be a great communicator, enthusiastic, charismatic, experienced with coaching, knowledge of the key factors of technical and tactical play, loves to have fun while teaching, articulate, managerial experience and expertise and thoughtful persuader. License Recommendation: USSF National "C" License / NSCAA Advanced National Diploma or higher or equivalent and Level 3 Goalkeeper certificate The Game: 11v11 14-4-2; 4-3-3; 4-2-3-1; 4-5-1; 3-5-2, etc.) - With an emphasis on principles of attack and defense and the Clubs style of play within the system of play. Teams at this stage should be able to adjust and conform to multiple systems of play in order to match up to the opposition (if they have a solid foundation of the principles of play). Players in this stage should also have the technical and tactical ability to know how and when to play man-to-man zonal defending as well as man mark in a zone defense. The primary focus of matches and training technical application into a tactical setting; know when to dribble and when to pass, understand how to successfully create on set plays, etc. Continue to be a student of the game and continue to learn and develop the game is still not about winning. **There should be a limited number of substitutions to develop team chemistry.** General information for Coaches to Use in Training Sessions for Stage 4: Fitness and nutritional habit should be formed for future success. There should be instruction on what an athlete should and should not eat and drink. At this time in a young athlete's life they will, for the first time, make decisions for themselves. Developing fitness plans for offseason and in season will be integral for players at the next stage. The utilization of different techniques (overload principle, speed training, resistance training, weight training, etc.) will assist the players to attain the physical attributes that they need for the next level of their career.



Ensure that players in this age are familiar with proper pre-game/pre-training session warm ups and post-game/post training session cool downs. This will assist the players with injury prevention and in the event of an injury there will need to be a recovery plan and a plan to supplement the injured players (this is the one main reason for ensuring playing time in multiple positions at the younger ages). Coaches should familiarize themselves with the common injuries in soccer and their recovery times. We do not want to put players back in training before they are cleared or actually ready as this will cause longer term chronic issues. Continuing the proper techniques of soccer in training should still be a focal point for at least the warmup section of training. Continuing the excellence of individual technique is not the "end all, be all" in soccer but sound individual technique will assist in achieving tactical superiority. However, this superiority depends on each players ability to execute the fundamentals of the game. Ensure the players can use the proper skills in the correct situations at game speed; focusing on ensuring they are making the correct decisions the majority of the time, this is how technique in a tactical setting is advanced. incorporating 4v4 to 6v6 in training will promote good possession with a purpose habits that will transform to the bigger game. This will also show the players what tactical decisions need made in a smaller more controllable environment. These small sided games help players read the game as the field and number of players in smaller. Promote the individual techniques in these environments and encourage them to incorporate this into the small sided game. The players are still developing intellectually, even though they are much more apt to understand and comprehend. These small sided games will assist them with the tactical intellectual growth.



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STRIKE EAGLES FOR LIFE

S - SELFLESS – WE OVER ME –UNITED WE STRIKE

T- TRUST – BELIEVE IN OUR PROCESS,

R- RELENTLESS – ALWAYS ATTACKING

I- INTEGRITY – DO WHAT IS RIGHT EVEN WHEN NO ONE IS LOOKING

K- KEEPER – WE ARE OUR BROTHER'S KEEPER

EXCELLENCE -A LIFESTYLE TO BE GREAT IN ALL WE DO

E- ENERGY- WE ARE ENERGETIC, LET’S GO

A- ATTITUDE – BE AN ENERGY GIVER

G- GRIT – WE NEVER GIVE UP, NEVER QUIT – WE PERSEVERE

L- LEADERS – WE LEAD BY EXAMPLE

E- EMPATHY – WE ARE COMPASSIONATE

S- STRENGTH – WE ARE TAUGHT AND EMBRACE ADVERSITY

WE ARE STRIKE EAGLES