



WCRFC - Game Model
Training Curriculum

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Property of Winsloe Charlottetown Royals FC

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Technical Philosophy



WCRFC strives to provide a competitive but enjoyable learning environment for players and coaches that allows them to develop a strong technical and tactical understanding of the sport of soccer. Using a possession approach, the Club will provide an age specific, integrated curriculum teaching the general developmental principles through Conditioned Small-Sided Games allowing our teams to dictate the play through coordinated player movement and speed of play.

Technical Programming

Guiding Principles

- One Club Culture: a consistent curriculum of player development that is age appropriate and consistent with the Club's Game Model
- Coach Supported: providing access to coach education within the Club or from external sources is strongly endorsed.
- Accessible: as inclusive as possible
- Membership Driven: based on the developmental needs of the Club
- Alignment (work with Soccer PEI, UPEI, and Holland College)
- Retention strategies as necessary to grow the Club

Introduction

Welcome to WCRFC and its coaching fraternity. First let me thank you for your effort as a volunteer coach, manager or supportive parent. You are critical to the ongoing operation and development of the Club. The Club also recognizes that you have many activities outside of the Club. The enclosed Technical Manual is an effort to provide age appropriate activities and conditioned games that can assist you in the development of your players, individually and as a team.

However, as a Club we want to take this a step further. The vision for the Club is to produce an attractive possession based game that is both competitive and enjoyable to play which means a multi-year approach to development. This now becomes a collective effort from all coaches in the Club to build on each other's training to provide all the tools needed to produce technically proficient and tactically intelligent players. Development at the younger ages becomes the priority to prepare for the competitive levels at U15, 18 and our senior teams. To provide enjoyable, possession based soccer the Club has developed a Game Model (System of Play) which starts to define the core positions at 5 aside. These core positions are consistent throughout our development system so we can build to a consistent 11 aside approach.

The combination of age appropriate activities to teach the basic principles of the game, and position specific roles and responsibilities as we build from 5 aside to 11 aside creates an integrated development model. This approach will produce a complete team unit that can execute the tactics and strategies that matches our Club philosophy as players graduate into the older teams.

To quote Tim Lees, former youth coach for Wigan FC, "To teach the game, you have to know the full picture and then be able to unravel this for the relevant ability and age.

Making football look simple is a complex procedure"

The WCRFC Game Model is creating that end point or vision for technical development so we can develop a pathway to get there. Once again, thank you for being part of this process as we collaborate in building a high quality, attractive display of soccer for all ages that our members will enjoy playing and watching.

Andy Cameron,

WCRFC Technical Director

What is a Game Model?

A Game Model is simply an agreed upon approach to playing the sport of soccer. Considerations for a Game Model include both a plan to attack and a plan to defend. And with offense and defense comes the transition between the two which must be included in such a plan. Of course, there is flexibility in any game plan to accommodate differences in opposition, and the strength and weaknesses of your own players but theoretically a consistent structure for the Club will enable a more efficient delivery of development for our players. A better delivery of technical development will provide our players with a higher level of technical and tactical ability which in turn will allow our coaches to put a better product on the field.

The enclosed document considers the development process as a ten year plan (8 to 18) to provide our players with the best possible learning environment. The obvious pathway for our players is to graduate into the senior team and represent the Club at the highest level. However, we also want to provide players the ability to participate in provincial and university programs if they choose to.

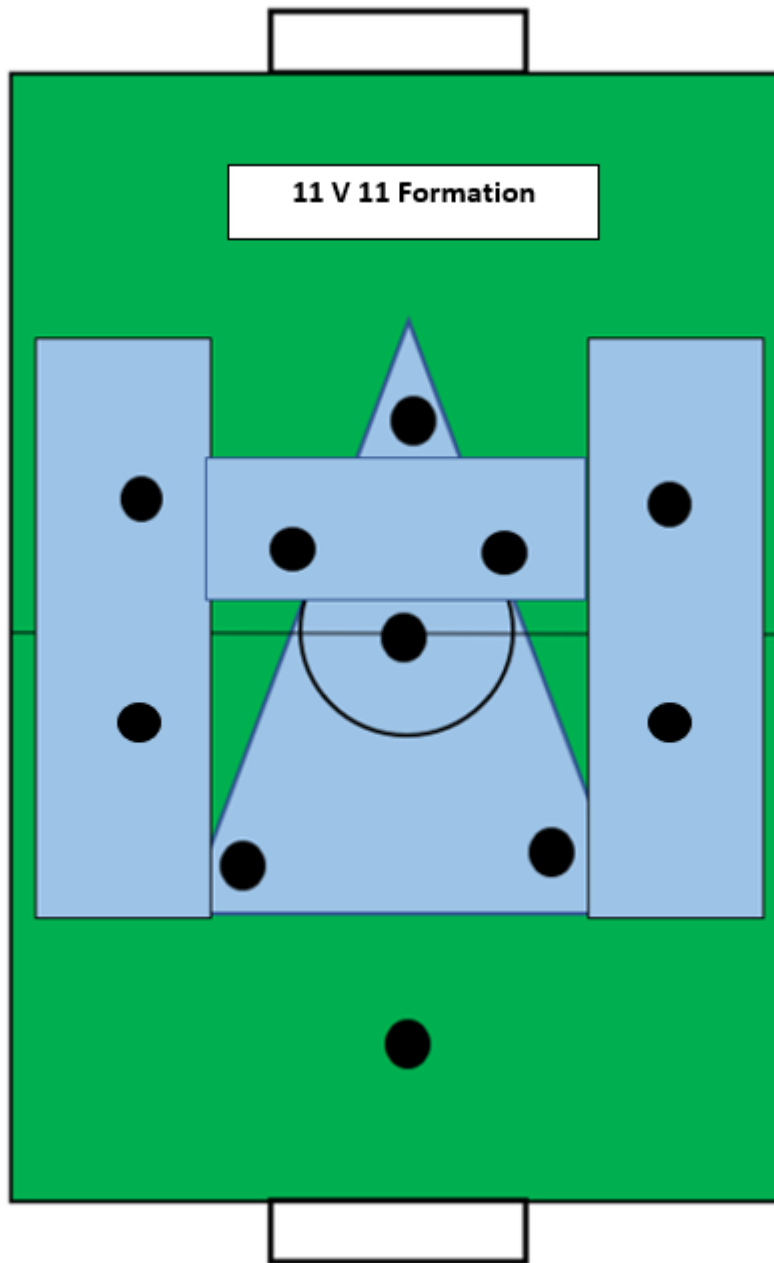
Starting with a formation that builds from 5 aside to 11 aside by simply adding to the existing structure allows players to learn their roles and responsibilities earlier in their development. The sooner they understand their individual roles and responsibilities, the sooner they can learn specific relationships with players around them. The understanding of these relationships is what converts the team into a cohesive unit.

The following pages present a 4-3-3 formation for the 11 aside teams and breaks down the development needs of each age group to make it happen. Considerations for each age group includes: a team formation, technical priorities, tactical priorities, roles and responsibilities, and suggested coaching methods.

WCRFC Game Model
Senior Men and Women

11 Aside Formation

4 – 3 – 3



Why 4-3-3?

Attack

Incorporates wing and central attack

Pins opposing FBs to their backline

Converts easily to other formations

Lends itself to interchanges and rotations (Player Movement)

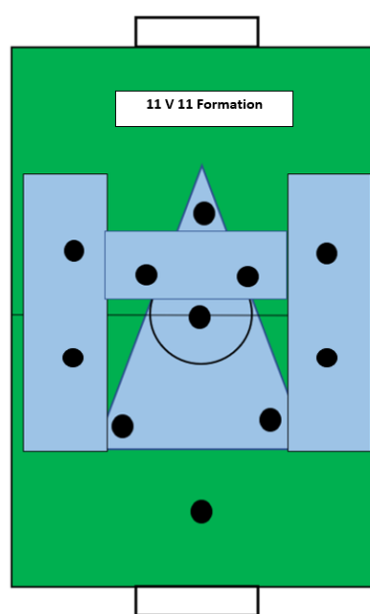
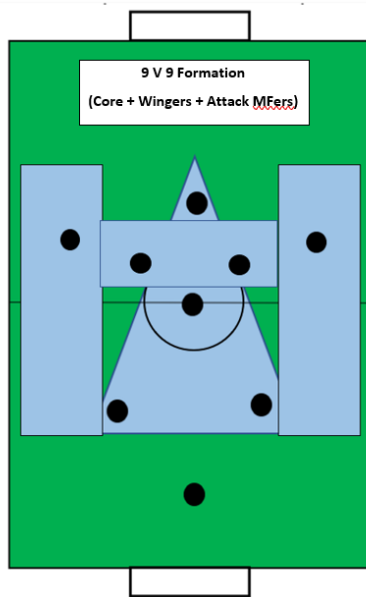
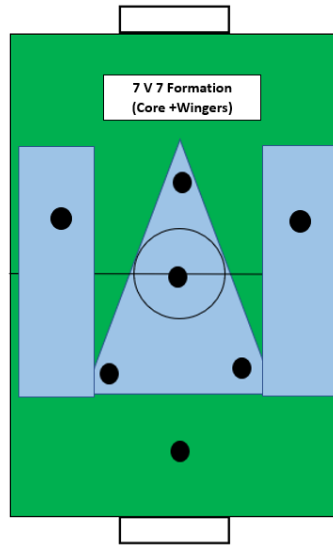
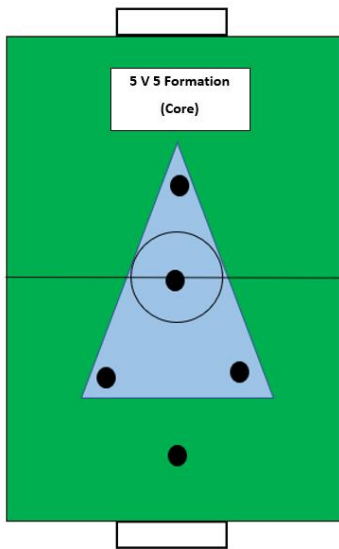
Defense

Allows a team to press easily

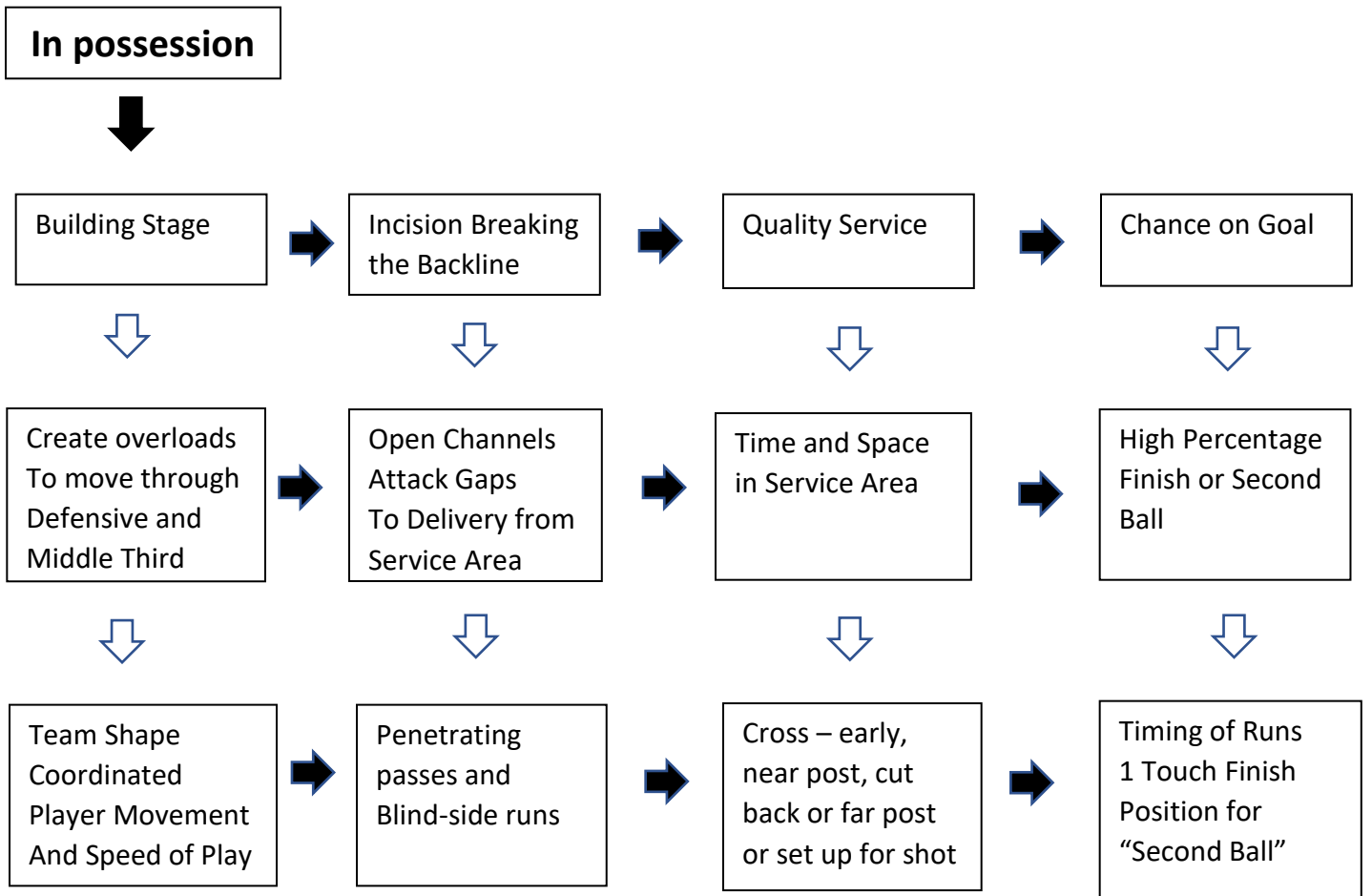
Is Flexible in defensive shape

Helps to defend the counter with a defensive Mid-fielder

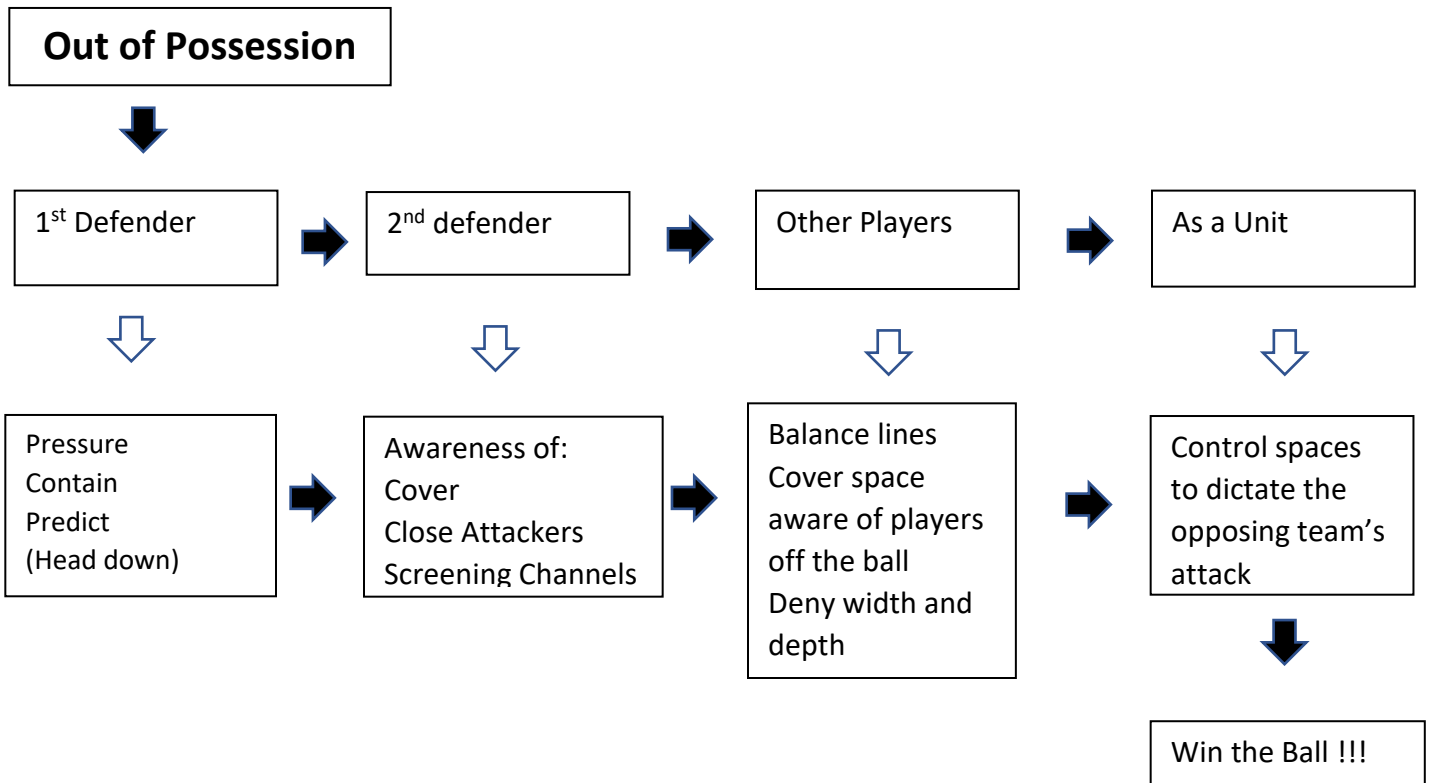
Developmental Formations that compliment the 4-3-3 "First Team (Senior)



Playing Priorities



Playing Priorities (Continued)



Roles and Responsibilities

Keeper

- Look to play out of the back when possible
- Perfect distribution techniques: roll, kick, punt, and throw
- Shot stopping
- Dealing with crosses
- Organize and support backline

Fullback (right and left defender)

- 1 V 1 Defending skills
- Cover and Balance
- Technically be able to play the ball accurately over 30 yards (instep pass)
- Create, recognize, and exploit opportunities to penetrate with the ball
- Look to add to the attack by getting into advanced positions

Central Defenders

- Play out of the back when possible
 - Pass and dribble
- 1 V 1 Defending skills (Goal-side, Ball-side)
- Able to win the ball in the air
- Technically be able to play the ball accurately over 30 yards (instep pass)
- Create, recognize, and exploit opportunities to penetrate with the ball

Central Mid-fielders

- High work rate
- Strong ability to read the game (scanning)
- Ability to play over short or long distances (Distribution)
- The ability to position oneself to win the ball

- The ability to combine or interchange with other mid-field players or other advanced players
- The ability to screen channels when not in possession

Wingers

- 1 V 1 The ability to get behind defenders with or without the ball
- The ability to play in front of the defensive line (dribble inside to combine)
- Interchange, rotate, and cover for fullbacks and mid-fielders
- Provide quality service into the box (early, back post, cut backs)
- Defensively track the other team's fullback
- Look for pressing opportunities

Striker

- The ability to play with their back to goal (Target)
- Play "off the shoulder" of the central defender and look to get behind
- Recognize when to play high or come deep into mid-field
- Ideally physically strong and quick to battle for the ball
- Technically strong in the air and can finish on goal with both feet
- Defensively look to screen passing channels and opportunities to press

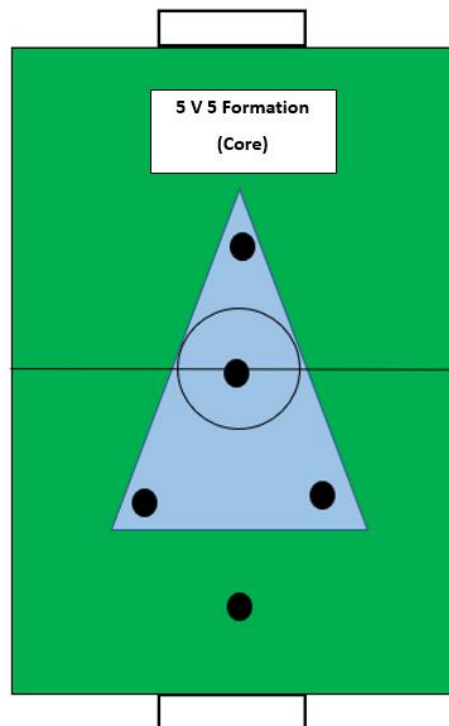
Age Group - Characteristics

Age Group Characteristics – U9

General

U9 Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control. Technically, dribbling, shooting and passing are still the priority. We need to make sure that fun is a central theme in practice. Player development will occur if all players are enjoying themselves.

Formation – 5 V 5 – Diamond plus 1



Roles and Responsibilities – the core positions: Goalkeeper, Central Defenders, Central Mid-fielder and Striker are introduced.

Technical Priorities

Primary

Dribbling

Shooting

Passing

Tactical Priorities

Attacking

Team play - Concept of passing to a teammate

Team Shape – Concept of spreading out (width and depth)

Playing out of the back

Training Priorities / Methodology

Along with dribbling and shooting, a basic introduction of passing to a teammate is appropriate at this age. Passing through gates, multiple goal games and conditions to score by passing is recommended. The concept of Team shape can also be introduced by having the coach restart the game when the ball goes out of bounds and having the players restart in their positions.

Age Group Characteristics – U11

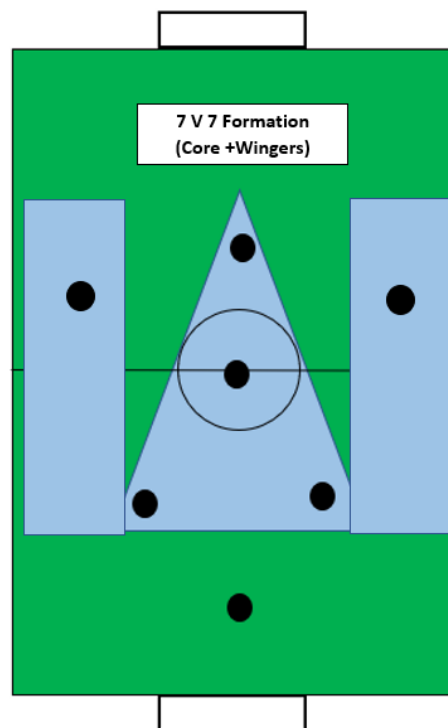
General

Players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.

1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.

Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, and finishing in the final third. Players should rotate in two or three different positions to avoid early specialization

Formation – 7 V 7 (Core + Wingers)



Player Relationships – The addition of wingers add width to the attack. The creation of overloads (numerical advantage) on the wing become important to create 2 V 1 opportunities (Diagonal runs, wall passes, overlaps and underlaps). All of the core players (except the GK) should be involved in creating the overloads at different times.

Technical Priorities

Passing (Where How and Why?)

Visual Cues (Triggers)

Receiving

Scanning

Body Shape

1st Touch (Away from pressure)

Supporting Angles

Shooting and Finishing

Secondary

Running with the ball

Heading Intro (self-service, service in pairs, head juggling)

Tactical Priorities

Attacking

Playing out of the back

General attacking Principles (width, depth, penetration and mobility)

Important concepts:

When to go forward and when to maintain possession?

Passing to feet or to space

Changing the point of attack

How are you going to score?

Coordinated Movement:

Target Player, Gaps, Third Man Runs

Overloads (creating numerical advantages) 2 V 1, 3 V 2

Defending

General Principles of Defending:

Concept of Goal-side

Pressure and cover

Training Priorities / Methodology

Using Conditioned Small-sided games to bring out the general principles of attack.

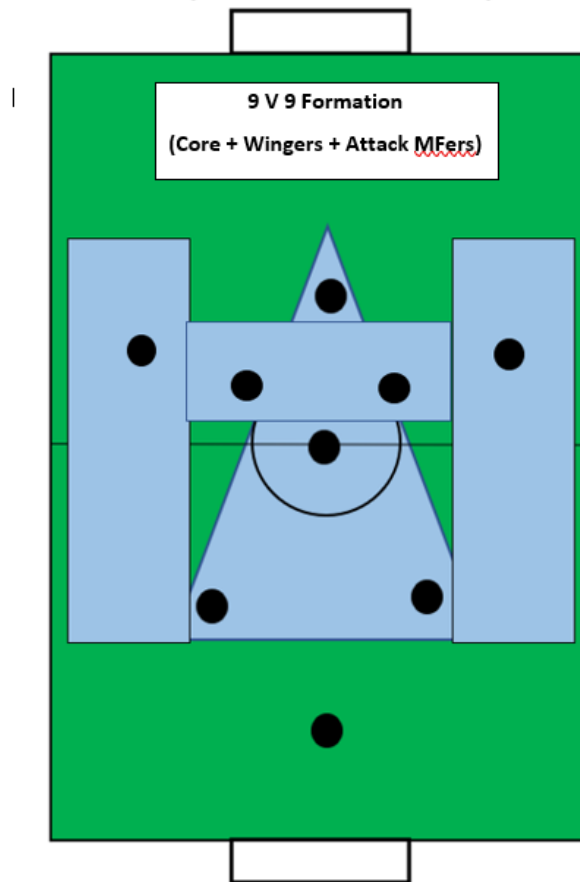
Introduce ways to combine and overload (create a numerical advantage) with other players to beat the backline to allow quality service and finish on goal.

Age Group Characteristics - U13

General

Players should continue to practice all types of techniques at this stage. However, training sessions are oriented toward the team's tactical approach to the game. Reading the game to make good decisions on and off the ball is now important. These decisions are based on the player's ability to read visual cues (triggers) and assess the risk of going forward versus maintaining the ball and changing the point of attack.

Formation – 9 V 9 (Core + Wingers + Attack MFers)



Player Relationships

The Goalkeeper, Central Defenders, and Defensive Mid-fielder work as a defensive unit.

Wingers and Mid-fielders interchange positions

Attacking Mid-fielders interchange with strikers by making penetrating runs behind defenders

U 13 Technical Priorities

Primary

Passing (Where, How and Why)

Visual Cues (Triggers)

Pace of the pass

Set up pass

Passing over distance (instep pass)

Passing to feet or to space

Receiving

Scanning

Body Shape

1st Touch (Away from pressure)

Supporting Angles

Shooting and Finishing

Heading – offensive and defensive

Crossing - early, cutback, or back post

Secondary

Running with the ball

1V1 Attack

1 v 1 Defending

Tactically

In Attack

Individually

When to play in front, beside or behind defender?

Team Shape

Transition from Defense to Offense

General attacking principles (width, depth, penetration and mobility)

Possession or penetration?

Changing the point of attack

How are you going to score?

Entry into the Offensive Third

Coordinated Movement: Target Player, Gaps, Third Man Runs

Overloads 2 V 1, 3 V 2,

Finishing in final third

Service Areas

One and Two touch finish

“Second ball”

In Defense

General principles of defending (pressure, cover, balance and compactness)

Individual

Close enough to get head down

Understand concept of Goal side / ball side

As a Unit

Defending as a Block (Compactness)

General principles of defending (pressure, cover, balance)

Set Pieces – Introduction to standard Club approaches

Offensive and defensive set pieces

Training Priorities Methodology

Using Conditioned Small-sided games to bring out the general principles of attack. Introduce ways to combine and overload with other players to beat the backline to allow quality service and finish on goal.

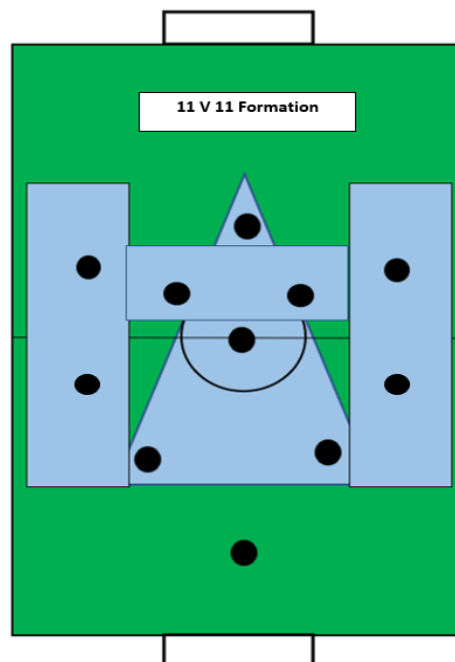
Age Group Characteristics - U15

General

Phase of play training (game situational) and small-sided games are an essential part of the training at this stage. Attacking and defending principles should be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking, finishing in the final third, and pressing.

Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).

Formation – 4 – 3 -3



Player Relationships

The addition of the right and left fullbacks complete the 11 aside formation. Defensively they join the back line and work with their central defenders to prevent other teams from penetrating. In attack they look to get involved as they support play or look to get forward to serve the ball into the box. Coordinated movements between the winger, attacking mid-fielder and the fullback are key to creating overloads (numerical advantages) in attack.

Technical Priorities

Passing and Receiving

- Set up pass
- Double pass
- Instep pass (laces)
- One and two touch play
- Pace of the pass

Shooting and Finishing

- Timing of runs into the box

Receiving

- Body Shape
- First touch away from pressure

Heading

- Attacking
- Defending

Crossing

- Early, Near Post, Far Post, Cut Back

Running with the ball

Tactical

Attacking

Transition from Defense to Offense

Counter or possess?
Changing the point of attack

Build through the Defensive and Mid-field

When to play 1 touch or 2 touch (tempo, dictating game)
When to play in front, beside or behind defender
Penetrate or possession?
Overloads (create numerical advantage) 2V1, 3V2

Entry into the Offensive 1/3 (central, wing, counter)

Break lines – stretch, bend, or shrink lines
Types of entry into the O1/3 – Target Player, Gaps, 1/3 man runs, 1 V 1,
Combination play etc.

How are you going to score?

Service areas - Quality Service
Crosses – early, near post, far post, or cut back
One and two touch Finish
Numbers in the box for “Second ball”

Defending

Transition from Offense to Defense

Press or drop?

General Defending Principles

Pressure to: Keep attacker’s head down
Screen channels
Making play predictable
Goal side / ball side

Standard Club approaches to:

Offensive and defensive set pieces (all ages)
Zonal Defending on Corner kicks

Training Priorities /Methodology

Phase of play training (game situational) and small-sided games are an essential part of the training at this stage. Players must be training in an environment where they are forced to make good decisions and execute the right technique with high quality at proper game speed.

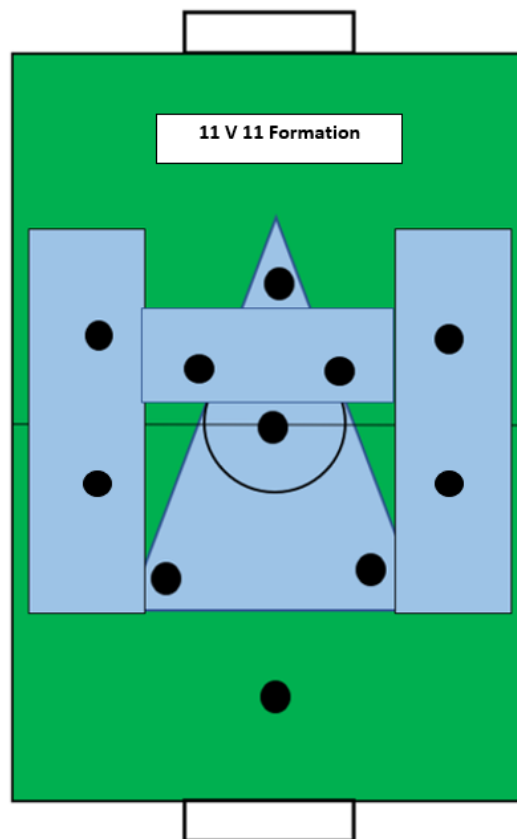
Age Group Characteristics - U18

General

All tactical aspects of the game must be covered. Offensive, defensive strategies along with set pieces are now a major part of the training sessions.

The technical and physical work is based on explosive actions. Players should be technically and tactically proficient in their position and understand their role within the team. At this stage, players are perfecting their abilities as winning as a team now is the priority over the development of individual players.

Formation – 4 – 3 - 3



Player Relationships

All players should understand their roles and responsibilities for their position in relation to the players around them both in attack but also on defense.

U18 Technical Priorities

Primary

Players should all have a high level of proficiency in all the basic and advanced techniques in soccer

Perfecting the following:

- Crossing and finishing

 - Near post

 - Far post

 - Cut back

 - Early (behind defenders)

- Speed of Play

 - Type of pass, pace, distance, accuracy and first touch

- Passing over distance

 - Instep pass (laces)

Secondary

Maintenance of basic techniques

Tactical Priorities

Attack

Transitions from Defense to Offense

- Counter or possess?

- Switching the point of attack

Build through the Defensive and Mid-field

- Possession vs penetration

- Patterns of play

- Speed of Play – type of pass, pace, distance, accuracy and first touch

Entry into the Offensive 1/3 (central, wing, counter)

Combined play, Interchanges, Rotations, Target Player, Gaps, 1/3 man runs, 1 V 1,

How are you going to score?

Service areas - Quality Service

Crosses – early, near post, far post, or cut back

Penetrating passes – change the point of attack, slip the ball behind the backline, combination play

One and two touch Finish

Numbers in the box for “Second ball”

Defending

Transitions from Offense to Defense

Press or drop

Recovery runs

Read Body language as to when to drop

Screening channels

Line of engagement – (When)

Making play predictable – Control Space

Recognize opportunities to win the ball (Traps or Press)

Set Pieces:

Standard Club approaches to:

Offensive and defensive set pieces

Training Priorities / Methodology

Phase of play training (game situational) and small-sided games are an essential part of the training at this stage. Players must be training in an environment where they are forced to make good decisions and execute the right technique with high quality at proper game speed. Quality supply to service areas in the Offensive third is critical to provide proper service into the box. Defensively, making play predictable and controlling spaces as a unit are key.

Our “First Team” (Men and Women)

Technical Priorities

Primary

Players should all have a high level of proficiency in all the basic techniques in soccer

Perfecting the following:

- Crossing and finishing

 - Near post

 - Far post

 - Cut back

 - Early (behind defenders)

- Speed of Play

 - Type of pass, pace, distance, accuracy and first touch

- Passing over distance

 - Instep pass (laces)

Secondary

Maintenance of basic techniques

Tactical Priorities

Attack

Transitions from Defense to Offense

- Counter or possess?

- Switching the point of attack

Build through the Defensive and Mid-field thirds of the field

- Possession vs penetration

- Patterns of play

- Speed of Play – type of pass, pace, distance, accuracy and first touch

Entry into the Offensive 1/3 (central, wing, counter)

- Combined play, interchanges, rotations, Target, Gaps, 1/3 man runs, 1 V 1,

How are you going to score?

- Service areas - Quality Service

 - Crosses – early, near post, far post, or cut back

Penetrating passes – change the point of attack, slip the ball behind
the backline, combination play
One and two touch Finish
Numbers in the box for “Second ball”

Defending

Transitions from Offense to Defense

Press or drop

Recovery runs

Read Body language as to when to drop

Screening channels

Line of engagement – (When)

Making play predictable – Control Space

Recognize opportunities to win the ball (Traps or Press)

Set Pieces:

Standard Club approaches to:

Offensive and defensive set pieces

Appendix

Coaching Styles

CONTINUUM					
Coaching Method	Command	Question & Answer	Observation & Feedback	Guided Discovery	Trial & Error
Player/coach interventions	Coach tells and shows required solution	Coach leads with a question to gain a response from players	Coach and players observe	Coach asks a question or issues a challenge	Players &/or coach decide on a challenge
Example	"I want you to pass the ball to Rahim"	"Can you tell me who you could pass to here?"	"Let's watch and see what happens"	"Can you show me how you could get the ball to Anna?"	"Try it for yourself..."
Description	Coach determines the outcomes in practice	Coach poses question & players offer a verbal solution	Players & coach observe & discuss feedback	Coach prompts and player offers a demonstration of their personal solution	Players are encouraged to find solutions with minimal support

Coaching Methodology

Description

Technique training – unopposed activities used to teach the key learning points to a technique and then perfecting it.

Rondos – games that use a numerical advantage for one team so they can maintain possession of the ball.

Conditioned Small-Sided Games – activities that have two teams playing against each other that use equipment, rules or extra players to teach certain aspects of the game. Using multiple goals, limiting the number of touches, or using a neutral player are ways to condition a game

3 zone games – allows players to play in their positions and rehearse solutions to game like situations under less pressure. Numerical advantages or disadvantages in each third of the field are normally used to rehearse realistic play during a game.

Shadow Play – An unopposed game that is used to show patterns of play and general team movement. While not very realistic because there is no opposition, it can be useful to introduce tactical concepts before adding defending players into the session.

Phase of Play – Generally using 2/3 of the field, this type of training rehearses a certain aspect of the game under realistic conditions on the right area of the field to provide the proper context. Playing out of the back would use the back third and mid-field third where an attacking session would use the mid-field third and the attacking third.

Functional – This is a position specific type of training session where the coach always initiates the play through one position. This can be used to coach basic technique of a player (what technique when). It can be used to teach decision making (identifying visual cues). It can also be used to coach the players around the ball to make appropriate decisions.

Positions on the Field

Goalkeeper

Central Defender

Central Defender

Right Fullback

Left Fullback

Central Mid-fielder

(Holding MF or Screening MF)

Attacking Mid-fielder

Attacking Mid-fielder

Right Winger

Left Winger

Striker



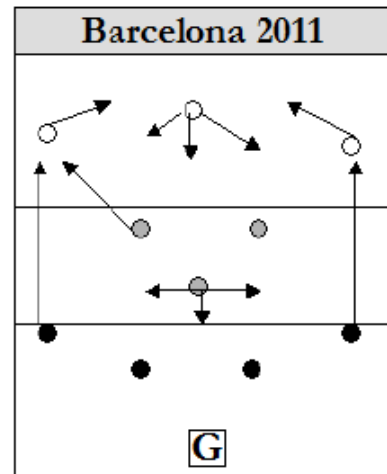
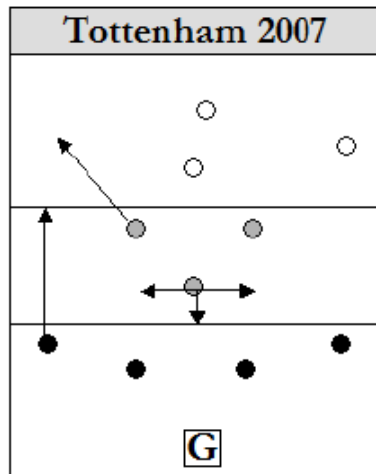
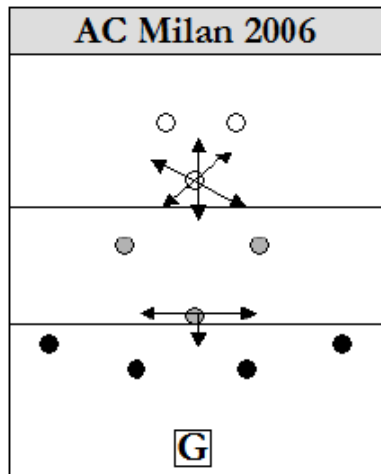
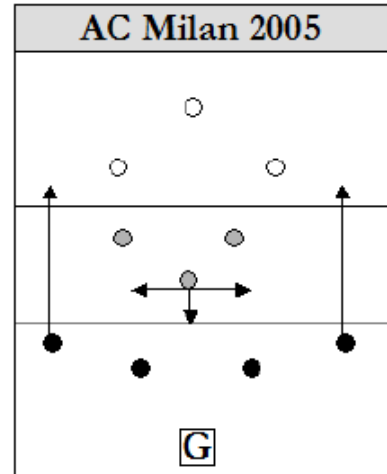
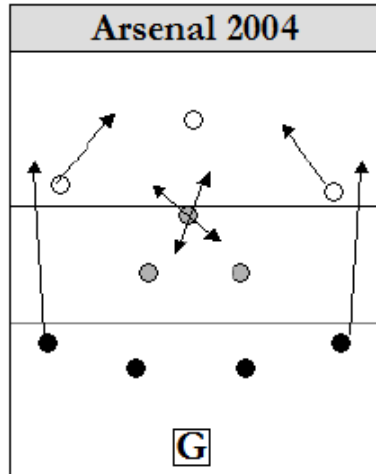
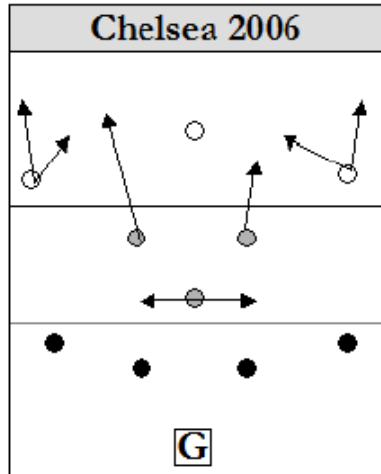
NAME:

Age:

Game Situation	Feedback
<u>Possession</u>	
Did the player with the ball:	
Keep possession?	
Advance to the ball?	
Make the right decision?	
Did the player without the ball:	
Support at proper angles?	
Drag players away to create space?	
Make themselves available?	
<u>Not in Possession</u>	
Did the player	
Automatically get goal side?	
Support team mates in defense?	
Look to win the ball?	
Make the play predictable?	
Prevent players from turning?	
Transition from Offence to defense	
Did the player:	
Assume defensive responsibility before resting?	
Transition from Defense to Offence	
Look to get into forward positions?	
Support the attack?	
Comments:	

Assessment Scale: Outstanding Good Average Needs Improvement Poor

Variants of 4-3-3 System



Resources

Documents

Grassroots Soccer – Provincial Curriculum, Ontario Soccer Association

Age Group Organization, Dr Javier Perez, US Soccer Federation

Develop an Elite Coaching Philosophy, Tom Lees, Former Youth Coach Wigan FC

Power Point

Playing Concept Canada 31, Dick Bates

Websites

English Football Association -

<https://thebootroom.thefa.com/about/england-dna>

You Tube

Eric Tenllado Coach education 1 – You Tube

Eric Tenllado Coach Education 2 - You Tube