WCRFC - Game Model

Training Curriculum – U15

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Technical Philosophy

WINSLOE CHARLOTTETOWN ROYALS

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 create 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.

Why 4-3-3?

Attack

Incorporates wing and central attack

Pins opposing FBs to backline

Converts easily to other formations

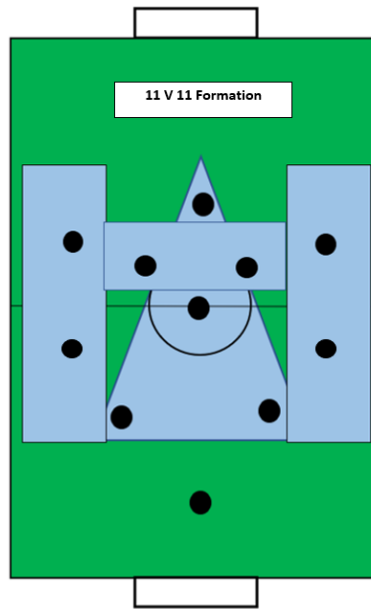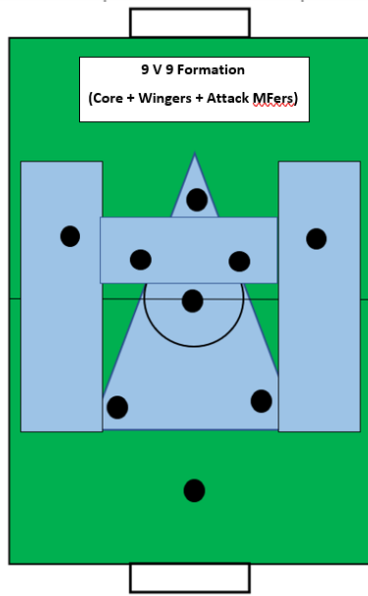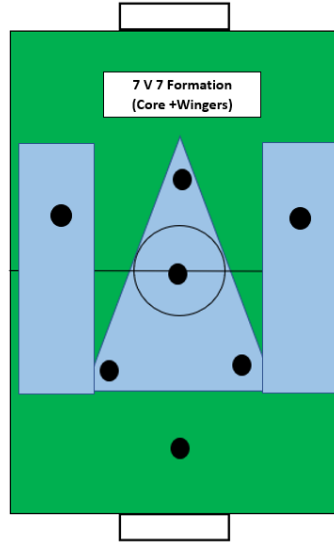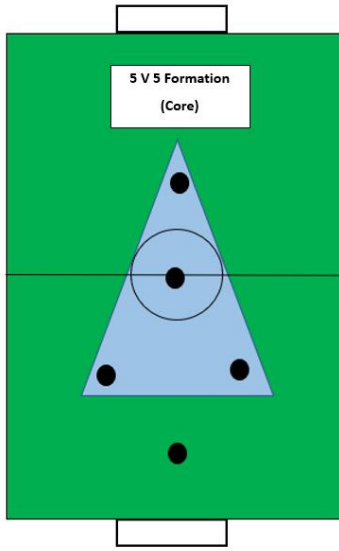Lends itself to interchanges and rotations (Player Movement)

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)

5 V 5 Formation
(Core)

7 V 7 Formation
(Core +Wingers)

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

11 V 11 Formation

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

U15

Age Group Characteristics

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

11 V 11 Formation
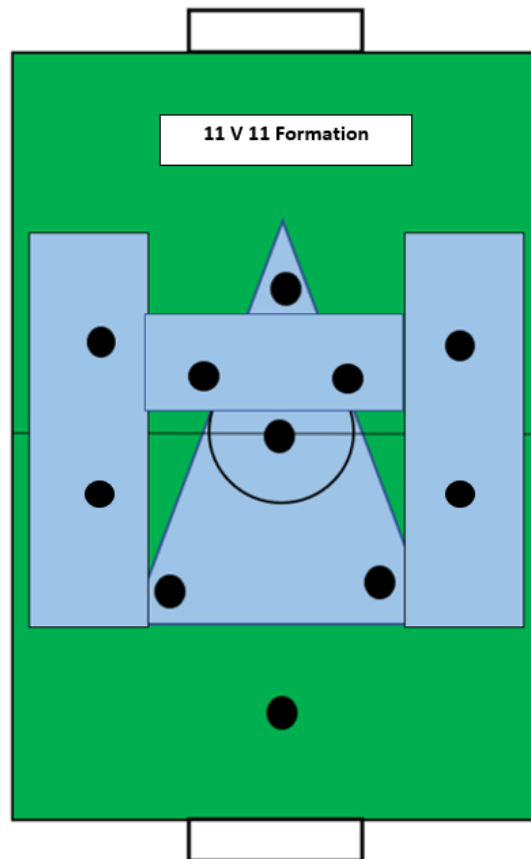
Player Relationships

       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

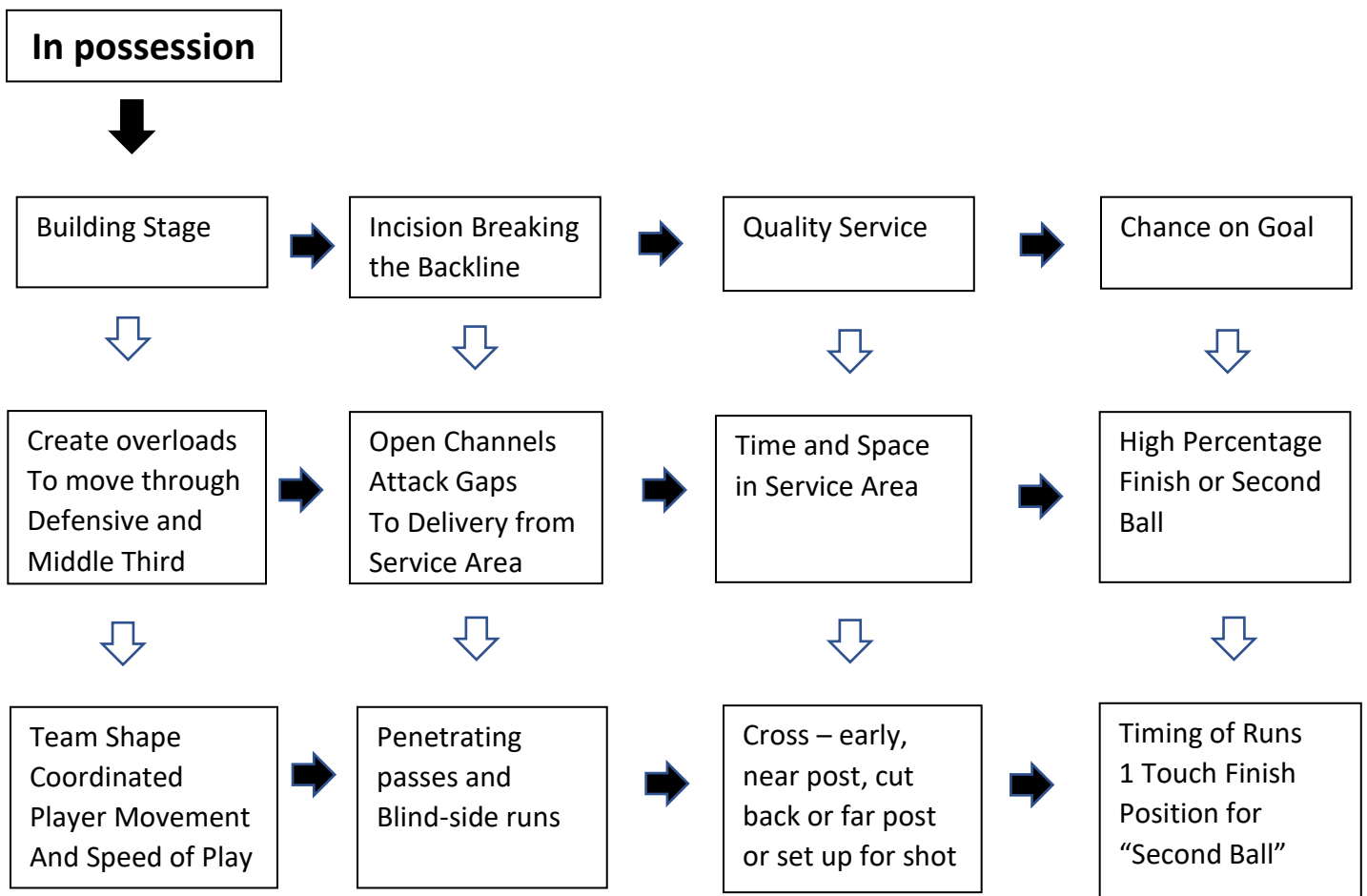Making play predictable

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.

Playing Priorities

In possession

⬇

Building Stage	➡	Incision Breaking the Backline	➡	Quality Service	➡	Chance on Goal
⬇		⬇		⬇		⬇
Create overloads To move through Defensive and Middle Third	➡	Open Channels Attack Gaps To Delivery from Service Area	➡	Time and Space in Service Area	➡	High Percentage Finish or Second Ball
⬇		⬇		⬇		⬇
Team Shape Coordinated Player Movement And Speed of Play	➡	Penetrating passes and Blind-side runs	➡	Cross – early, near post, cut back or far post or set up for shot	➡	Timing of Runs 1 Touch Finish Position for "Second Ball"

Playing Priorities (Continued)

Out of Possession

1st Defender	→	2nd defender	→	Other Players	→	As a Unit

Pressure Contain Predict (Head down)	→	Awareness of: Cover Close Attackers Screening Channels	→	Balance lines Cover space aware of players off the ball Deny width and depth	→	Control spaces to dictate the opposing team's attack

Win the Ball !!!