



## **WCRFC - Game Model**

Training Curriculum – U18

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**Property of Winsloe Charlottetown Royals FC**

## 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 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

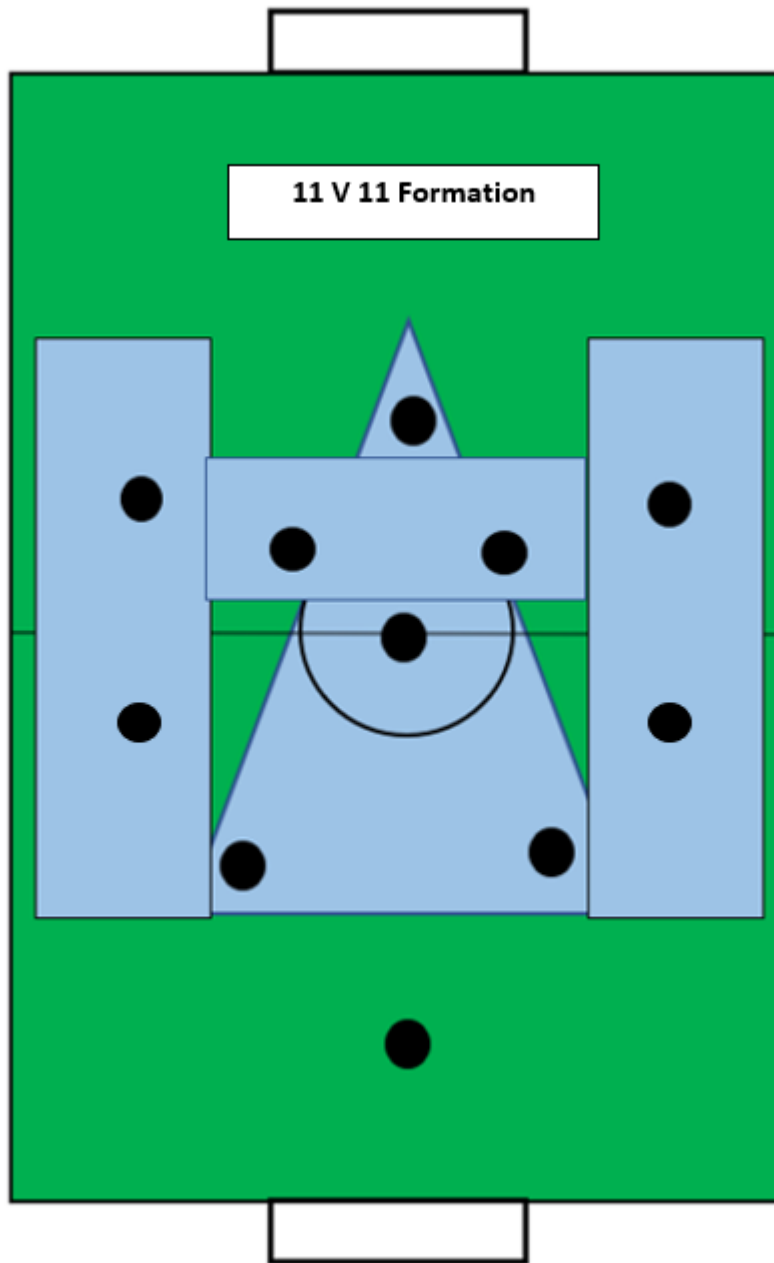
Is Flexible in defensive shape

Helps to defend the counter with a defensive Mid-fielder

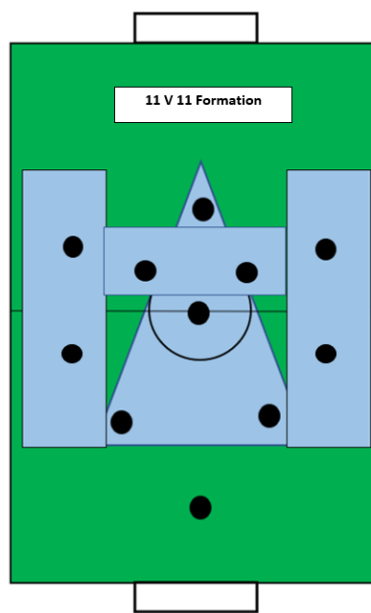
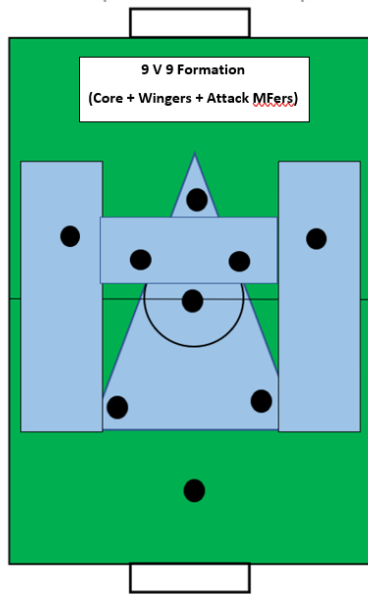
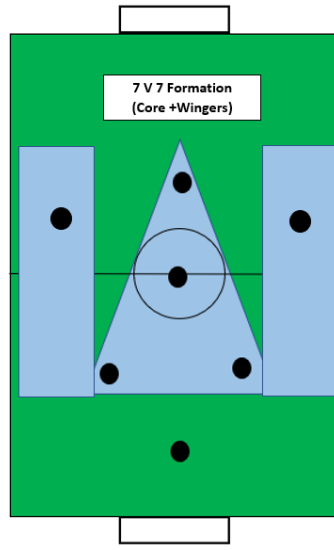
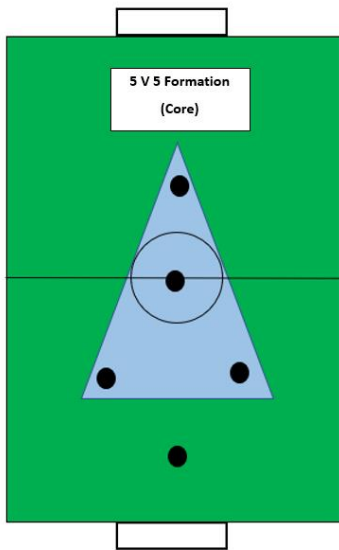
**WCRFC Game Model**  
**Senior Men and Women**

**11 Aside Formation**

**4 – 3 – 3**



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





## **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

## U18

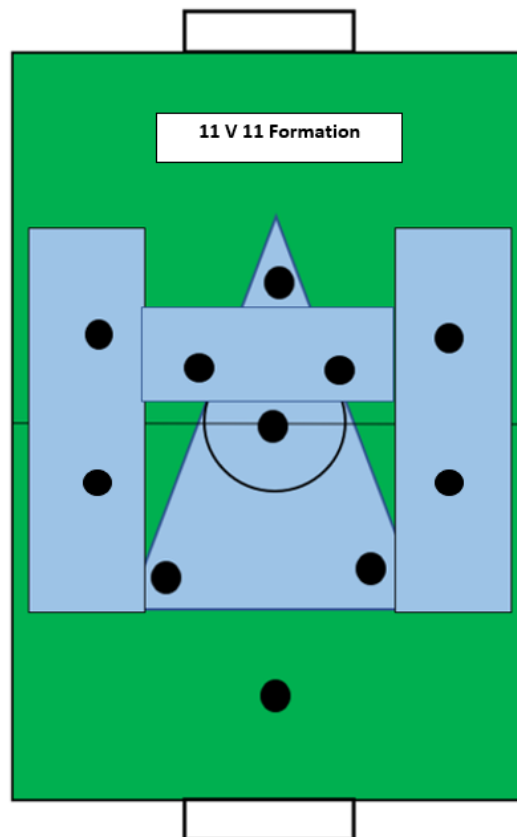
### Age Group Characteristics

#### 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:**

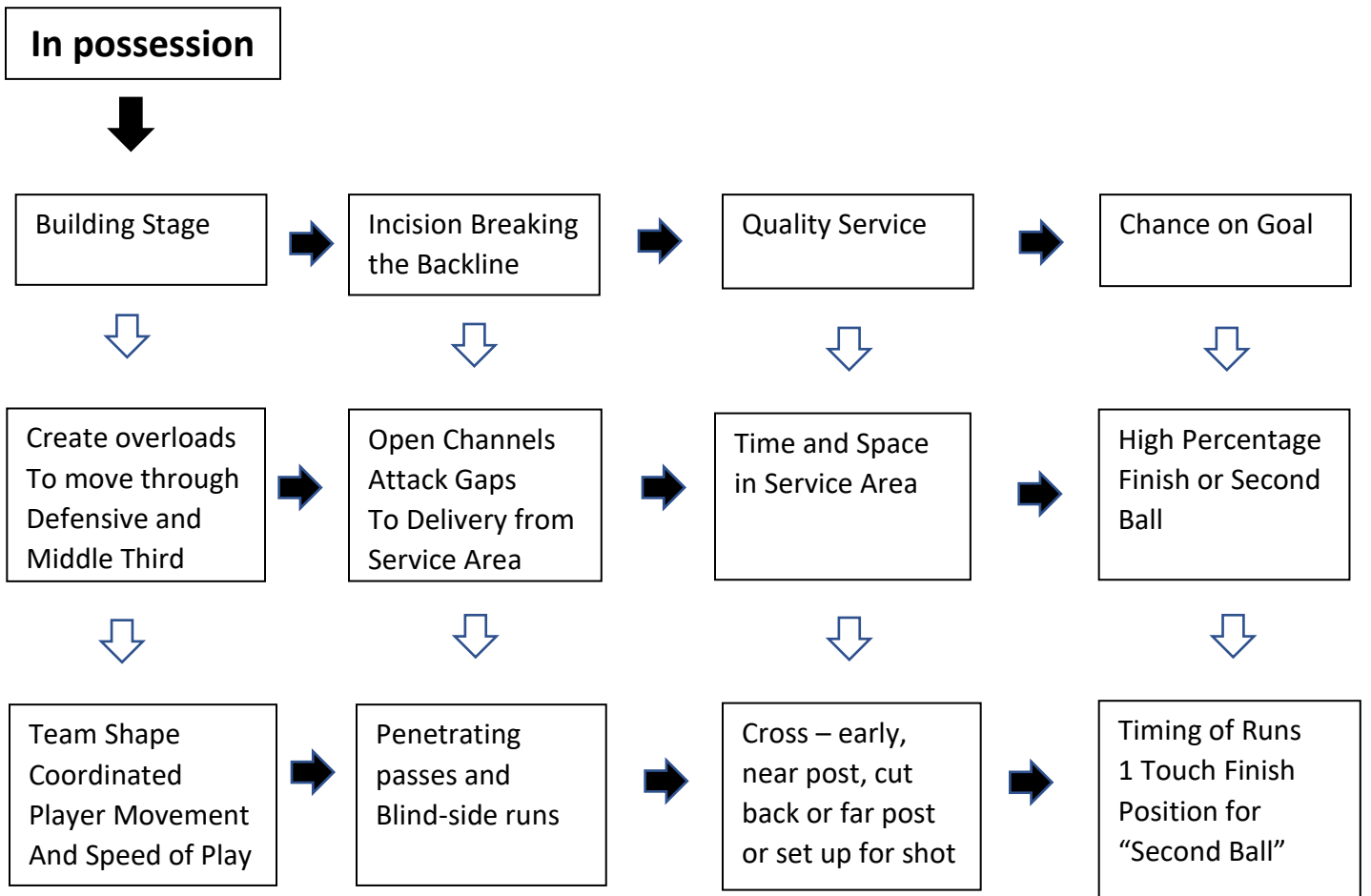
Standard Club approaches to:

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.

## Playing Priorities



## Playing Priorities (Continued)

