



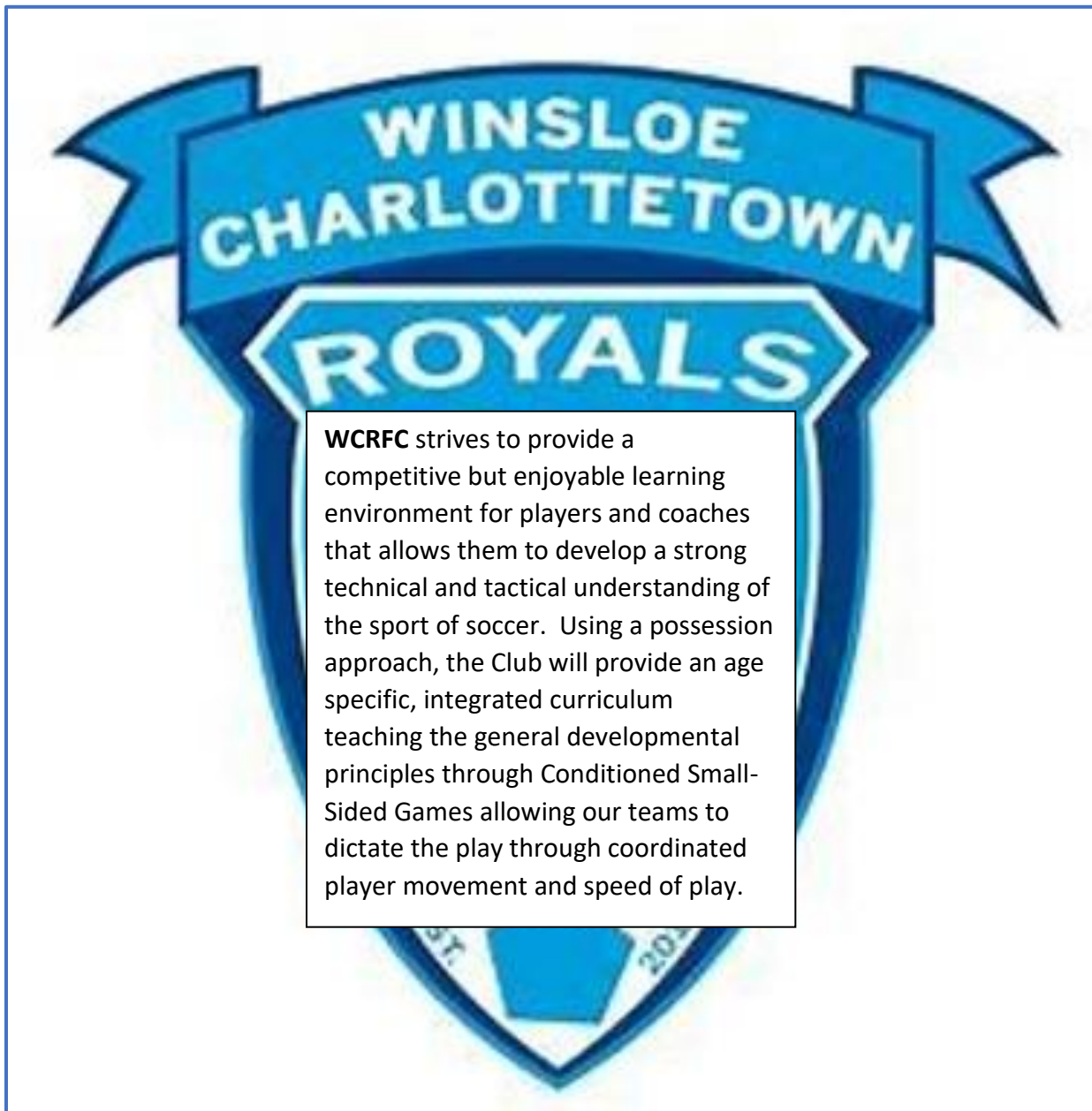
WCRFC - Game Model

Training Curriculum – U11

Andy Cameron
Technical Director
WCRFC

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.

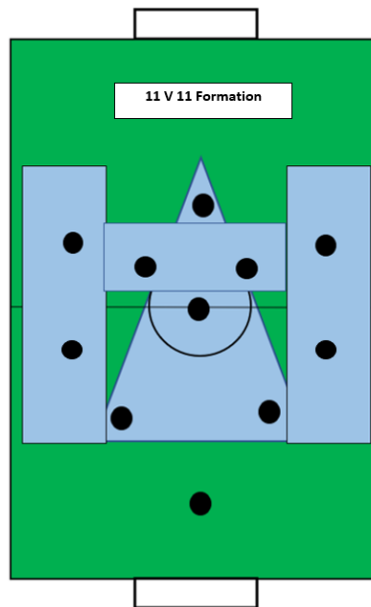
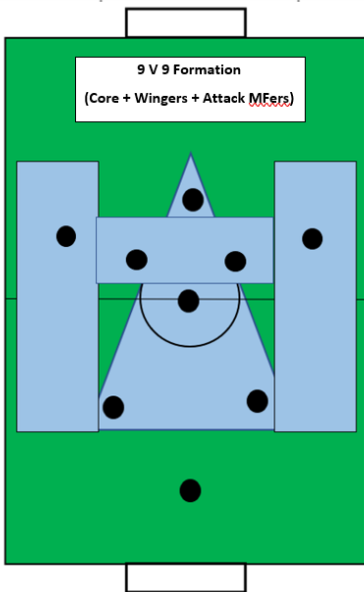
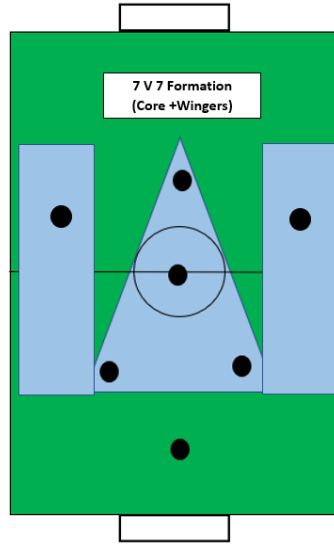
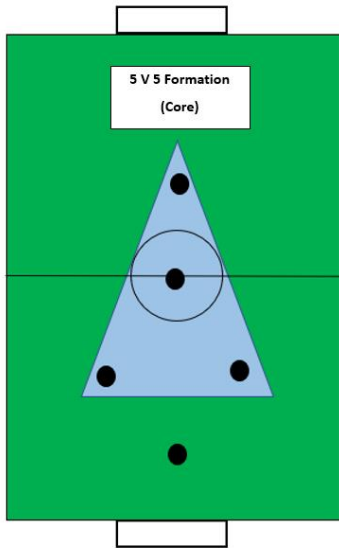
Making football look simple is a complex procedure"

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

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



Age Group Characteristics – U11

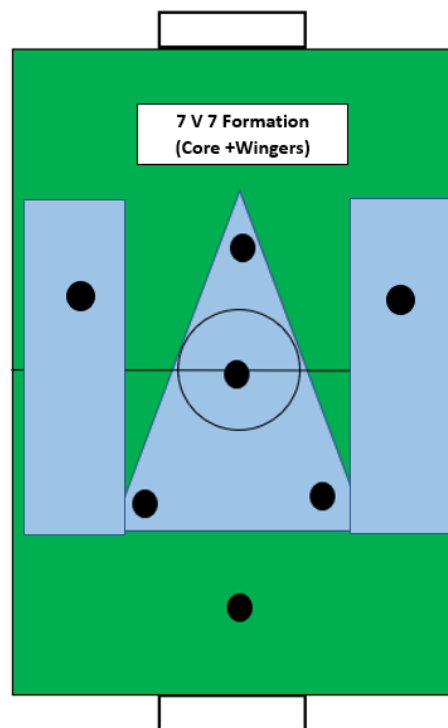
General

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.

Basic Soccer Techniques – Video Links

Girls:

Striking ball with laces:

<https://www.youtube.com/watch?v=6vuKiN7TK28>

Shooting with instep:

<https://www.youtube.com/watch?v=wuVn5QKwf3Q&index=2&list=PLFCB99C>

Shooting with inside of foot:

<https://www.youtube.com/watch?v=FeKeM7J0PrE&index=3&list=PLFCB99C81BC1671D5>

Push pass:

<https://www.youtube.com/watch?v=XIWAudNVool>

Settling ball with knee and foot:

<https://www.youtube.com/watch?v=kLg9trmsPqw>

Dribbling: <https://www.youtube.com/watch?v=IsUVf-KjDkA&index=10&list=PLFCB99C81BC1671D5>

Speed dribbling:

<https://www.youtube.com/watch?v=QCVZHxsQFTw&list=PLFCB99C81BC1671D5&index=9>

Receiving with outside of foot: https://www.youtube.com/watch?v=Kh9-mq_ZcS4&index=4&list=PLFCB99C81BC1671D5

Receiving with inside of foot:

https://www.youtube.com/watch?v=J_CDYenHNv8&index=5&list=PLFCB99C81BC1671D5

Juggling:

<https://www.youtube.com/watch?v=Xqwuz0N8LeE>

“Jig” move:

<https://www.youtube.com/watch?v=sTg5y94cra8>

Step-over turn:

https://www.youtube.com/watch?v=k6KbOc5-N_M

Boys

Settling the ball out of the air with laces:

<https://www.youtube.com/watch?v=rQbqCjGceXs>

Receiving the ball/first touch:

<https://www.youtube.com/watch?v=NfiEj1pcfnM>

How to pass a soccer ball:

<https://www.youtube.com/watch?v=yOXrf0TIphg>

Dribbling:

<https://www.youtube.com/watch?v=bb6jIHgj7tc>

Juggling:

<https://www.youtube.com/watch?v=Txr2YQzsLDU>

Inside step-over:

<https://www.youtube.com/watch?v=MIWJHtBnqGc>

Shooting with accuracy:

<https://www.youtube.com/watch?v=yul2uqx6WWY&t=28s>

Striking the ball with laces and power:

<https://www.youtube.com/watch?v=yo2RcGrU4eY&t=28s>

Side step move:

<https://www.youtube.com/watch?v=Zuu7mDzZA2g>

Coaching Points for Basic Soccer Techniques

DRIBBLING Coaching Points

- Lean forward and over the ball
- Knees bent, on the balls of feet
- Relax body
- Balance is a must
- Keep ball close
- Use inside, outside, instep (laces) and bottom (sole) of both feet
- Be creative, use imagination - develop your own style
- Use body feints
- Change speed and direction
- Look up as much as possible
- Use body to shield/protect ball
- Don't be afraid to fail. Take risks in offensive third of the field.

PASSING Coaching Points

- Eyes on the ball at the moment of contact
- Non-kicking foot alongside of the ball; don't reach for ball
- Ankle locked on kicking foot
- Follow through toward target
- Inside-of-the-foot pass, toe pulled up at a 90-degree angle
- Inside to keep the ball low, strike the ball at the midline of the ball or above
- Outside-of-the-foot pass, toe pointed down, strike across the ball toward the target

- Instep drive: For long passes in the air make sure that the player is making contact with the ball below the midline. When trying to drive the ball with less air under it, the player should not follow through up into the air with the kicking foot. Stop the kicking foot at the point of contact
- Practice passing with both feet at all times
- Emphasize the importance of pace and accuracy

RECEIVING Coaching Points

- Go to the ball to be in a position to control early
- Position the body directly in line with the flight of the ball and determine the surface to be used for controlling the ball
- At the moment of contact with the ball, the part of the body contacted is relaxed and gives slightly to kill the momentum of the ball (magic hop)
- Keep the ball close (don't stop the ball completely) and guide it in the desired direction. The first touch must be constructive to prepare for next move (first- time pass, shot, dribble, etc.). Using the various foot surfaces (inside/outside/sole) to redirect ball as it strikes foot; ground simultaneously (wedge control). A bad first touch will result in losing possession
- Before the ball arrives, the player should know the position of opponents and teammates. Be thinking ahead - if you receive a ball and do not know what you are going to do next, it will be too late

FINISHING Coaching Points

- Accuracy is the key - finishing is merely passing the ball into the goal past the goalkeeper
- Power is determined by the speed of the foot at the point of contact and the technique used
- Body alignment - whenever possible, head and kicking knee over the ball and hips and shoulders square to target

SHOOTING Coaching Points

- Firm ankle, toe down
- Non-kicking foot placed comfortably beside the ball, with the toe pointing to the target

- Eyes kept on the ball at the moment of contact – on approach to goal take a quick look up and pick out target, then focus on ball. Many young players try to look at the target while making contact with the ball
- Keep head still throughout the follow through
- Follow through - ankle remains firm, toe down and follow through to the target
- Do not try to over-hit the ball (many kids swing so hard at the ball that they usually swing around the ball and mishit it badly)

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

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