

**WCRFC - Game Model**

Training Curriculum – U13

**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.

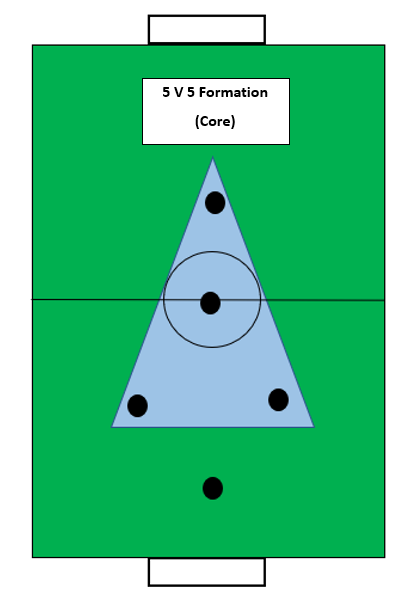
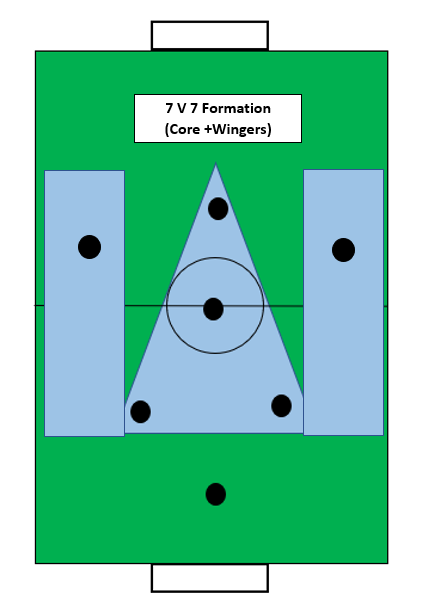
To quote Tim Lees, former youth coach for Wigan FC, “To teach the game, you have to know the full picture and then be able to unravel this for the relevant ability and age. Making football look simple is a complex procedure”

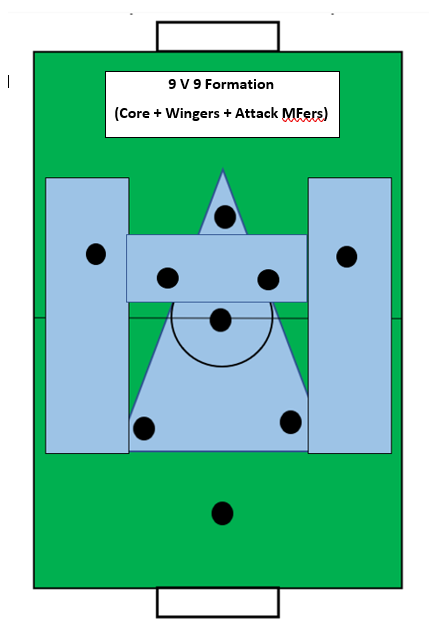
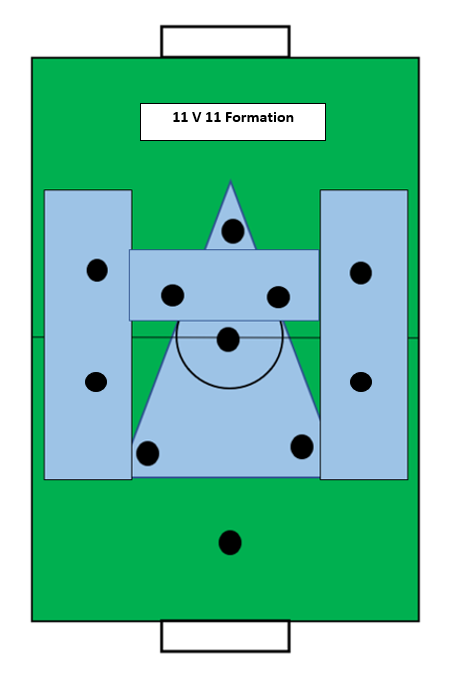
The WCRFC Game Model is creating that end point or vision for technical development so we can create a pathway to get there. Once again, thank you for being part of this process as we collaborate in building a high quality, attractive display of soccer for all ages that our members will enjoy playing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

Andy Cameron,

WCRFC Technical Director

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



**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

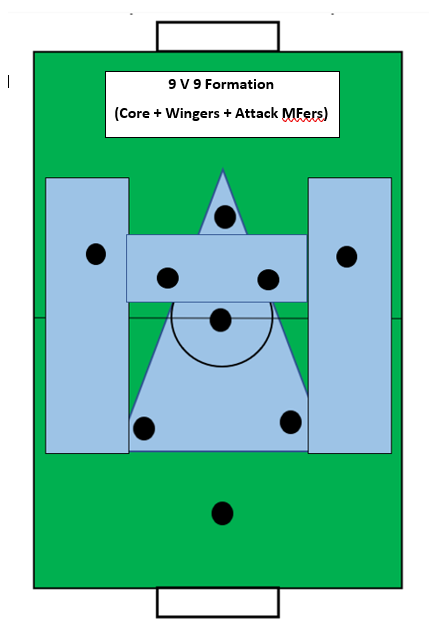
**Age Group Characteristics - U13**

**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 approach

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.

## 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=XIWAudNVooI

Settling ball with knee and foot:

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

Chesting:

https://www.youtube.com/watch?v=aKpRx3kTH5I

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

Heading:

https://www.youtube.com/watch?v=Cg-gMXohWz0

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=bb6jlHgj7tc

Chesting:

https://www.youtube.com/watch?v=3T9NOTCawGM

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

Heading:

https://www.youtube.com/watch?v=6eFt5pqeE9M&t=5s

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)

HEADING Coaching Points

• Eyes open

• Chin in, mouth closed, keep neck firm

• Attack the ball - don’t let the ball hit you

• Contact the ball just above the eyebrows or forehead

• Arms help to propel the head forward as well as aid in balance

• Use legs and back for power (arch and uncoil)

• Foot action - rocking motion, back foot to front foot

• Timing of the jump is very important - make contact with ball at the highest possible point

Resources – TBD www.WCRFC.Technical.ca (Secure)