

HOW TO USE THE CORE DEVELOPMENT TRAINING PROGRAM

The technical and tactical objectives are designed specifically to be delivered over a series of 10-12 practice sessions but can be adapted for programs of differing lengths & players of differing abilities. It is important that each objective is delivered individually, so that each player can focus on that area.

Practice sessions should be planned so that they involve a DYNAMIC WARM-UP, an introduction to the technique or skill (FUNDAMENTAL), a progression of the technique or skill (GAME RELATED) and a conditioned and unconditioned scrimmage (GAME CONDITION). It is important that each section of the practice session is based on the same "theme", whether technical or tactical. For example a practice session on control would have elements of control in the warm up, introduction and progression of the technique, as well as the conditioned and unconditioned scrimmage.

I have designed & produced a series of 8 session topics for each threshold level that cover all technical and tactical thresholds. There are learning objectives & outcomes for each session and assumes player success at the previous level. The 8 session topics allow coaches to repeat sessions if necessary over the course of a 10 week season, plus allowing coaches the freedom to add their own input into the program based upon the needs of the team & players. Typically teams practice more than once a week in which case the opportunity for development and skill acquisition is greatly increased.

SUGGESTED SESSION GUIDE FORMAT

Use the formats below as a guide only. Progression assumes success for players at the previous level and so some flexibility is needed in respect to content and time of any session format. The format below is categorized in parts, although distinct there is room for overlap and amalgamation of parts.

<u>PART</u>	<u>1 HOUR</u>	<u>1.5 HOUR</u>	<u>2.0 HOUR</u>
Warm – Up	10 minutes	10 minutes	10 minutes
Fundamental	10 minutes	20 minutes	20 minutes
Game Related	15 minutes	20 minutes	30 minutes
Game Condition	10 minutes	10 minutes	20 minutes
Match Condition	15 minutes	30 minutes	40 minutes

The Thresholds Of Training that are offered contain the elements of both technical and tactical objectives in soccer that players at each age level should experience. Players should attain all of the objectives in the "threshold" category, and several objectives in the "premier" category. The aim is to challenge every player to his or her highest possible level of development. The technical and tactical aspects cover:

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TECHNICAL

TACTICAL

1. Ball Mastery, Turns & Moves
2. Dribbling/Running With The Ball
3. First Touch & Control
4. Passing & Receiving
5. Shooting
6. Defending
7. Heading
8. Goal keeping

1. Rules Of The Game
2. Creating Space Without The Ball
3. Possession
4. Attacking
5. Defending
6. Systems Of Play (Positions)
7. Set Pieces/Restarts
8. Team Philosophy

Under 5 / Pre Kindergarten

Technical (threshold)

High juggle & catch coordination
Travelling with & without the ball
Introduction to dribbling & control
Stopping the ball using sole of foot (balance)
Coordination with & without the ball

Introduction to scrimmage
No goal keepers

Technical (premier)

Reinforce of above
Stopping ball using both left & right feet
Sending/passing the ball
Change direction (basic drag back)

Tactical (threshold)

Boundaries of playing area
Spatial awareness
Two team scrimmage (3v3)

Two goals with direction

Tactical (premier)

Reinforcement of above

Under 6 / Kindergarten

Technical (threshold)

Progression of juggling combinations
Control (Dribbling & Stopping The Ball)
Turns & Moves I (refine stop turn)
Introduction to short passing
Turns & Moves (l/s cut & o/s hook)
Stealing the ball
Progression of short passing/introduction to shooting

Technical (premier)

Reinforcement of above
Protecting the ball (shielding)
Progression of stealing the ball to gain possession
Juggling with feet
Running with the ball (at speed under control)

Tactical (threshold)

Reinforcement of spatial awareness
Positional SENSE (3v3)
Basic restarts (throw ins, kick offs, goal and corner kicks)
Fair play

Tactical (premier)

Reinforcement of above
Understand the rules of restarts

Under 7 / 1st Grade

Technical (threshold)

Introduction to short passing
Receiving and controlling the ball on the ground
Ball Mastery, Turns & Moves
Running with the ball
Shooting
Goalkeeping (ball handling, distribution by hand)

Technical (premier)

Reinforce of above
Individual tackling and defending

Tactical (threshold)

Responsibilities of defenders and attackers
Rules of restarts
Field markings

Tactical (premier)

Reinforcement of above
Increasing players' spatial awareness (width & length of attack)

Under 8 / 2nd Grade

Technical (threshold)

Progression of short passing
Receiving the ball using wedge and cushion control
Reinforce turns & moves with the ball (under pressure into space)
Shooting with inside of foot and laces
Introduction to heading
Goalkeeping (basic positioning)

Technical (premier)

Reinforcement of above
Controlling the ball to a space
Running with the ball (change of direction and speed)
Defending (support play and depth)
Introduction to block tackles

Tactical (threshold)

Reinforcement of spatial awareness
Basic field positions
Basic restarts (throw ins, kick offs, goal and corner kicks)

Tactical (premier)

Reinforcement of above
Defending in numbers behind the ball
Attacking support play
Covering defensively while in possession

Under 9 / 3rd Grade

Technical (threshold)

Introduction to driven and lofted passes
Progression of turns & moves
Running with the ball (towards goal)
Progression of heading techniques
Limited touch passing (wall pass)
Goalkeeping (dealing with breakaways)
Shooting (accuracy)

Technical (premier)

Reinforcement of above
Shooting under pressure
Passing combinations (takeover, overlap)

Tactical (threshold)

Progression of angle and distance of support
Developing a team shape and formation (explanation of roles)
Defense (when to pressure and when to cover)
Clearing the ball to wide areas when pressured
Rules (dealing with the offside law)

Tactical (premier)

Reinforcement of above
Maintaining team shape offensively and defensively
Idea of width when attacking and depth when defending
Restricting space when defending

Under 10 / 4th Grade

Technical (threshold)

Introduction to swerve and chipped passes
Receiving the ball in the air (thigh, chest, head)
Turns & moves progressed
Heading (attacking and defending)
Shooting (accuracy and power)
Goalkeeping (basic diving)

Technical (premier)

Reinforcement of above (under direct pressure)

Tactical (threshold)

Development of team system (attack, midfield and defense and the roles of each player)
Introduction to dealing with crosses (attack & defense)
Progress ability to support quick passing

Tactical (premier)

Reinforcement of above
Diagonal and crossover runs
Introduction to set plays

Under 11 / 5th Grade

Technical (threshold)

Introduction to volleyed passes
Progression of control in a desired direction (all surfaces)
Shooting with inside of foot and laces

Goalkeeping (basic positioning)
Attacking Heading

Technical (premier)

Reinforcement of above
Shooting under different circumstances (off a pass or dribble; from wide, close, far or in the air)

Tactical (threshold)

Turns & moves progressed
Progression of decision making when in Attacking possession
Principles of defending a larger playing area (clearances and squeezing play)

Tactical (premier)

Reinforcement of above
Combination play in different areas of the field
Development of set plays

Under 12 / 6th Grade

Technical (threshold)

Progression Of Different Types Of Passing Under Pressure
Progression Of Controlling Techniques Under Pressure
Defending: supporting & balance in wide & central positions
Turns & moves, various combinations
One & Two Touch Passing
Crossing

Goalkeeping: Angles & Positioning
Heading To Shoot/Pass/Defend

Technical (premier)

Reinforcement of above
Checking to the ball

Tactical (threshold)

Interchanging Of Positions To Create Space

Defending: Balance
Attacking: Width & Depth
Introduction to the 11-a-side system and the 'new' roles

Tactical (premier)

Reinforcement of above
Communication techniques
Crossing: penetration balls behind defense

Under 13 / 7th Grade

Technical (threshold)

Defending - delay and contain / support as a unit
Volleying to shoot
Progression of high comfort level on the ball
Goalkeeping (command of goal area / angles)

Technical (premier)

Reinforcement of above
Passing in pressurized areas of the field
Running with the ball in pressurized areas

Tactical (threshold)

Decision making when team is not in possession
Delay and contain / recover / pressure/
transition
Reinforcement of decisions when team is in
possession
Introduction to the 11-a-side system and the 'new'
roles

Tactical (premier)

Reinforcement of above
Reinforcement of set plays
Defending quick play

Under 14 / 8th Grade

Technical (premier)

Recovering the ball and then keeping possession in
different areas of the field

Support of the ball carrier
Goalkeeping (distribution and progression of angle work)

Technical (premier)

Reinforcement of above (under direct pressure)

Tactical (premier)

Reinforcement of dealing with transition
Crossing from different positions and runs
required

Tactical (premier)

Low pressure and high pressure defense
Ways to exploit opponents weaknesses / your
strategy
Development / reinforcement of set plays

Under 15 / Freshman

It should be understood that topics will be repeated, combined, and reinforced. The major focus of this age group will be the development of group skill/tactics. Individual skill development should be covered in the 'warm up' component, with players' also encouraged to develop self practice habits.

Technical (threshold)

Individual skills
- ball mastery
- dribbling
- 1st touch
- Long Passing (defensive clearances)
Goalkeeping (constructing attacks)

Technical (premier)

Reinforcement of the above (adding direct pressure)
Combination play
- Support (Angles and Distances)
- Wall Pass
- Takeovers

Tactical (threshold)

Technical application in SSG
situations (constant 3v3, 4v4, 5v5 games)
Depth / Balance / Concentration /
communication

Tactical (premier)

Reinforcement of the above
Role of strong and weak side defenders
- who, what, when
Functional roles within different systems

Under 16 / Sophomore

Technical (threshold)

Individual skills
- ball mastery / dribbling
- Heading
- 1st touch
- Shooting (placement)
Goalkeeping (dealing with crosses)

Technical (premier)

Reinforcement of the above (adding direct pressure)
Combination play
- Third man running
- Overlap

Tactical (threshold)

Technical application in SSG situations (constant 4v4, 5v5, 6v6 games)
Depth / Balance / Concentration / communication
Functional roles within different systems

Tactical (premier)

Reinforcement of the above
Defending Set Plays
Variety of play in final 1/3

Under 17 / Junior

It should be understood that topics will be repeated, combined, and reinforced. The major focus of this age group will be the development of positional play. Individual and group skill development should be covered in the 'warm up' component, with players' also encouraged to develop self practice habits.

Technical (threshold)

Reinforcement of all aspects of technique
Goalkeeping (revision)

Technical (premier)

As above

Tactical (threshold)

Functional Play
a) Attacking roles and responsibilities
b) Defending roles and responsibilities
Match related practice: attack vs defense

Tactical (premier)

Crossing
- crossing angle
- overlaps
- near and far post runs
Set Plays
- attacking and defensive responsibilities at corner and free kicks
- possession from throw-ins in defensive and middle 1/3; creativity in final 1/3

Under 18 / 19 / Senior

It should be understood that topics will be repeated, combined, and reinforced. The major focus of this age group will be the development of team play. Individual and group skill development should be covered in the 'warm up' component, with players' also encouraged to develop self practice habits.

Technical (threshold)

Reinforcement of all aspects of technique
Goalkeeping (revision)

Technical (premier)

As above

Tactical (threshold)

Functional Play
Team Play Principles:
Transition to functions of attacking [support, create/use space, width/depth, penetration, improvisation] or defending [delay, depth, balance, concentration, control] to ball possession.

a) Match-related practice: attack vs defense
b) Match conditioned

Tactical (premier)

Reinforcement of principles of team play