

# St Cloud Soccer Club Select Team Development Program

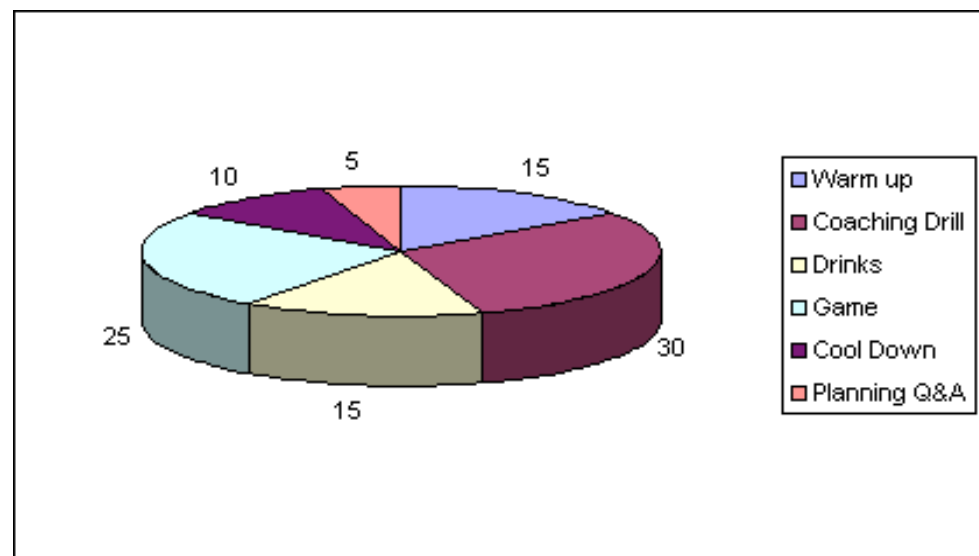


## Session Structure

A health and safety check will be carried out prior to each session on the coaching equipment, playing facility and player's equipment (cleats, shin pads etc.).



<b>Warm Up</b>	Prepare body for exercise by stretching all major muscle groups	<b>Coaching Drill</b>	Intended learning activity	<b>Drinks</b>	to replace lost fluids	<b>Game</b>	Practice new learnt skills and techniques	<b>Cool Down</b>	reduce heart rate and prevent injury	<b>Planning Q&amp;A</b>	Questions and answers on the lesson given, form understanding and knowledge of principals of the lesson
0-15		16-45		46-50		51-75		76-85		86-90	



# Age Group: 9-11

## Association Soccer

**Previous Experience:** learning and understanding activities, aspects of game and techniques from unit 1

Stage descriptions:

1. adapting existing skills and using them with precision
2. understanding and applying rules
3. devising strategies and tactics
4. appreciating strengths and limitations of self and others and using this information in co-operative team work to outwit opposition
5. preparing for and recovering from vigorous activity

**Raise understanding of when in possession** – small sided and modified games to include direct running activities that will increase heart rate and promote better ball control; drills to include when in possession, when possession changes and when not in possession.

Techniques:

1. receiving the soccer ball
2. sending the soccer ball
3. travelling with the soccer ball
4. movement with the soccer ball
5. Deception/Disguise

Skills:

1. shooting - low with accuracy
2. passing – disguise, timing, accuracy, weight of pass, lofted pass
3. heading – experiencing the sensation of safely heading a soccer ball with correct technique
4. running with the soccer ball
5. turning and dribbling the soccer ball with a change of speed, direction and disguise
6. use of upper body when turning, the use of the eyes when deceiving an opponent
7. disguising the first touch, letting the soccer ball run
8. looking one way and passing in another direction
9. in possession – changing speed and direction
10. creating pace – runs to support player/ runs without the soccer ball
11. recovering to challenge, marking and tracking opponents
12. runs to support the challenging player
13. goalkeeping – intercepting the soccer ball, control with back to goal, control in the air good body position to prevent a goal



Objective: To improve and develop techniques used to master a soccer ball as an individual and as a team (retain control and possession).

Lesson	Lesson Topic	Movement	Skill	Technique	Games
1	Evaluate players understanding of association soccer and the techniques involved	N/A	N/A	N/A	Allow free play to enable coach to assess each player.
2	Refining existing skills	Use of Hurdles, Speed Ladders, Cones.  Basic Running Drills	Individual Ball Skills implementing turns, moves to create space.	In pairs – passing and control using various areas of the body	Small Sided Fun Games encouraging skill, technique and movement.
3	Ball control – unopposed and opposed	Use of training poles to encourage linear and lateral movement	Use of various methods of control using inside / outside / sole of foot	Reducing the weight of the pass using various parts of the body i.e. head, chest, thigh	Small Sided Games – 5 v 5 with no goals – emphasis on possession
4	Short passing & Long passing	N/A	Use of instep for short passing technique and striking the ball correctly with more power over longer distances	Correct body position in relation to striking the ball to enable accuracy	Small Sided Games – 5 v 5 with no goals – emphasis on possession
5	Possession soccer	Use of marker poles, speed ladders to encourage coordination and agility	Creating angles by off the ball running to allow options for the player in possession	Player in possession of the ball to have a mental picture of passing options available to him	2 v 2 & 4 v 4 Keep Ball with no goals – emphasis on possession
6	Support play when in possession of the ball	Use of marker poles, speed ladders to encourage coordination and agility	Movement away from defenders to create space to receive	N/A	Small Sided Game placing emphasis on 'Pass & Move'
7	Modified games to improve ball retain and control	N/A	N/A	N/A	Encourage learned skills within small sided games
8	Ball Control – body positioning and first touch	Speed Agility Quickness using all specific equipment i.e. Speed Ladders	Body position to receive the ball	Cushion control, relaxing the area of contact to manipulate the ball to retain possession	Small Sided Games – Limited Touch with goals i.e. 3 passes before at shot at goal
9	Quick play – concentrating specifically on quick passing	Speed Agility Quickness using all specific equipment i.e. Hurdles	Mental awareness and having a picture of available passes	Good first touch on the ball to allow further time on the ball – Head Up	Limited (2/3) touch soccer ball to include good movement and communication
10	Refined passing skills – passing accurately over distances	N/A	Have a mental picture of the destination of pass and calculation of power required	Striking the ball with the required area of the foot and necessary power	Small Sided Games – Short Pass / Long Pass
11	Movement off the ball (to support player with ball)	Use of marker poles, speed ladders to encourage coordination and agility	Forward thinking to anticipate and to support the player with the ball	N/A	Small Sided Game – None stop pass & move

12	Fitness assessment session	N/A	N/A	N/A	Finish with high pressure game to measure fitness in game situation and ability to retain possession
13	Possession – forward thinking & forward support runs	Speed Agility Quickness using all specific equipment	Runs to attack the goal scoring areas (diagonal runs & runs to support player with ball)	Perform runs to create space by checking away from defenders	Small Sided Game with full size goals – No restrictions to encourage runs to drag opposition players out of position
14	Quick play – first time passing	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Spatial awareness and a mental picture of available passes	Good body position, balance and posture to enable a first time passes	Game – 2 touch soccer ball
15	Dribbling with the ball – unopposed and opposed	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Good ball control and coordination whilst dribbling around cones, poles and opponents	Awareness of surroundings and position of ball to enable dribbling with ball at speed	Small Sided Game – Maximum of three touch per player before passing ball / shooting at goal
16	Understanding when to pass, when to shoot and when to dribble	N/A	Understanding roles and evaluate situations to make judgment on teams mates in better positions	N/A	Small Sided Game – Possession soccer creating space to allow shooting opportunities
17	Evaluate players development throughout the course	N/A	N/A	N/A	game with no restrictions – Association soccer rules

# Age Group: U12-14

## Association Soccer

**Previous Experience:** learning and understanding activities, aspects of game and techniques from unit 2

### Stage descriptions:

1. adapting existing skills and using them with precision
2. understanding and applying rules
3. devising strategies and tactics
4. appreciating strengths and limitations of self and others and using this information in co-operative team work to outwit opposition
5. preparing for and recovering from vigorous activity

**Raise understanding of when in possession** – small sided and modified games to include direct running activities that will increase heart rate and promote better ball control; drills to include when in possession, when possession changes and when not in possession.

### Techniques:

1. receiving the soccer ball
2. sending the soccer ball
3. travelling with the soccer ball
4. movement with the soccer ball
5. Deception/Disguise

### Skills:

1. blocking shots
2. controlling the soccer ball
3. moving into line of flight for all areas of the body ( head, chest, thigh, foot)
4. cushion control/wedge control
5. goalkeeping and shot stopping – body in line, move with the angle of play
6. shooting with accuracy and power
7. passing with timing accuracy disguise and weight
8. passing to a team mates feet, chest, thigh
9. passes with all areas of the foot
10. lofted passing, push passing instep passing
11. diagonal and blind side running
12. looking one way and passing the other
13. one touch passing
14. in possession – forward runs without the ball
15. in possession - diagonal runs – into out and out to in
16. in possession - spreading out – side to side and end to end, making the pitch bigger
17. not in possession/regaining possession – recovering to make a challenge support a challenging player
18. marking/tracking opponents- angles and distance of supporting the defense

Objective: To improve and develop individual skills and techniques and understand the importance in game situations

Lesson	Lesson Topic	Movement	Skill	Technique	Games
1	Evaluation	N/A	N/A	N/A	Allow free play to enable coach to assess each player
2	Shooting – accuracy, swerving, chipping the goalkeeper	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Accuracy of shot and variation of weight and area of connection with ball	Correct posture, body alignment and balance	Small area with full size goals encouraging varying shots at goals from all angles
3	Crossing and heading at goal – diving headers – opposed and unopposed	N/A	Understanding intended distribution and delivery of ball to favor attacking team mates	Correct posture, body alignment and balance	Small area game encouraging players to run into areas to encouraging headed goals
4	Passing – lofted and chipped pass, disguise, timing and accuracy	N/A	Striking the ball on the correct area applying disguise of intended pass	Disguise with use of eyes and body shape	Small Sided Game encouraging ball retention using both long and short passes
5	Wing play - deep crosses, low driven crosses with pace and swerve	N/A	Striking the ball on the correct area applying disguise of intended pass – Intended target far post area	Correct posture, body alignment and balance.  Disguise with use of eyes and body shape.	Crossing and defending games. Overloading attacking play
6	Controlling the soccer with wedge and cushion control	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Correct posture, body alignment and balance to take the pace of the received pass	Cushion control, relaxing the area of contact to manipulate the ball to retain possession	Fun Games – no pressure soccer
7	Receiving a pass on the turn	N/A	Correct body alignment and mental picture of next move	Appropriate body position for correct run	Small Sided Game – Encourage fast flowing play
8	Goalkeeping – shot stopping and rebounds (Attackers to follow shot in)	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Correct body position and alignment	Awareness of ball position at all times	Small area with big goals. Shot stopping and rebounds
9	Shooting – first time, one touch, volleys, half volleys, either foot finishing	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Correct timing of the strike of the ball (No intended direction of the shot)	Body alignment.  Encourage players to watch the ball at all times	Small Sided Game with goals. Encourage
10	Individual techniques – turns and skills	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Encourage players to create space and moves to beat players	Body position and disguise of move. Explosive move away from opposing player	Small Sided Area – Points for clear execution of Turn / Skill
11	Defending – marking and tackling opponent	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Knowing the correct area to defend and time to execute tackle	Stay goal side, remain on feet – don't commit to tackle too early. Make attacker dribble away from goal area	Small Sided Game – All in soccer – points for eliminating goal attempts

12	Fitness assessment session	N/A	N/A	N/A	Finish with high pressure game to measure fitness in game situation and ability to retain possession
13	Movement to create space to head at goal	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Movement away from defenders to create opportunities to head at goal	Movement away from defenders to create heading at goal. Attacking header to direct the ball down into the goal	Small area using large goals to encourage players to cross the ball to enable heading at goal opportunities
14	Defensive headers, defensive clearances	Speed Agility Quickness using all specific equipment – emphasis of quickness of thought and body movement	Make good connection with the ball.	Head the ball high and away from the danger area. Encourage correct timing of header	Small sided game conducted in penalty area.
15	1 v 1 attacking	N/A	To get a defender to commit to a tackle.	Good balance and control of the ball at all times	Small Sided Game – encourage players to attack and take on opponents
16	Shooting – outside the penalty area , refining swerve shot	N/A	Over exaggerated follow through of the shot	Position of the foot striking the ball – follow through on the shot	Small area with full size goals encouraging varying shots at goals from all angles outside of the penalty
17	Evaluate players development throughout the course	N/A	N/A	N/A	game with no restrictions – Association soccer rules



# Age Group: U14-16

## Association Soccer

**Previous Experience:** learning and understanding activities, aspects of game and techniques from unit 3

### **Stage descriptions:**

1. adapting existing skills and using them with precision
2. understanding and applying rules
3. devising strategies and tactics
4. appreciating strengths and limitations of self and others and using this information in co-operative team work to outwit opposition
5. preparing for and recovering from vigorous activity

**Understanding of possession** – experience attack and defense, full size games, include direct running to raise heart rate, referee own game and analyze performance

### **Techniques:**

1. receiving the soccer ball
2. sending the soccer ball
3. travelling with the soccer ball
4. movement with the soccer ball
5. Deception/Disguise

### **Skills:**

1. shooting – accuracy, swerve with power, chipping the goalkeeper and shooting across the goalkeeper
2. passing – lofted and chipped pass, disguise, timing and accuracy forward passing, first time pass
3. one touch passing
4. volleying as a pass
5. crossing – deep, driven low, with pace and swerve
6. heading – defensive, and attacking
7. controlling the soccer – moving into the line of flight (head, chest, thigh, foot)
8. wedge and cushion control
9. the importance of a good first touch
10. protecting the soccer ball
11. controlling the soccer ball into available space
12. goalkeeping – shot stopping and rebounds
13. running with the soccer ball– dribbling, turns and fakes
14. feinting to pass
15. feinting to cross
16. looking one way and passing the other
17. movement to create space to head at goal
18. with possession of the soccer ball– runs to attack the goal scoring areas
19. without possession of the soccer ball– runs to defend the goal scoring areas

Objective: To improve and develop techniques used to attack and defend as an individual and as a team

Lesson	Lesson Topic	Movement	Skill	Technique	Games
1	Evaluate players understanding of attacking and defending principals	N/A	N/A	N/A	Allow free play to enable coach to assess each player
2	Attacking and defense principals	N/A	Pull defenders out of position to create goal scoring opportunities	Good movement as a team. All players working towards same intended goal	Small Sided Game - Attack v Defense
3	Heading – defensive and attacking	N/A	Defensive heading – Head the ball high and away from the danger area. Attacking heading - Encourage correct timing of header.  Attacking header to direct the ball down into the goal	Encourage correct technique using forehead / hair line whilst maintaining eye contact	Small Sided Games – Encourage correct technique, timing and execution of header
4	Creating space – opening the play	Use of specific equipment – emphasis of quickness of thought and body movement	To transfer play quickly from wide position on right to left – vice versa	Pull opposition in close and switch play quickly using long passing to attack down opposite flank	9 v 9 Game All in Game then limited touch
5	Tackling and supporting tackling player	Use of specific equipment – emphasis of quickness of thought and body movement	Keep eye on the ball  Good communication	Keep eye on the ball to delay an attacker until assistance comes from a supporting back up player	Small Sided Game 7 v 7
6	Attacking space at set plays	Use of specific equipment – emphasis of quickness of thought and body movement	Positive runs into danger areas of the field	Good movement to move defenders and create space for possible attempts on goal	Small area game attack v defense
7	Denying space as a team	Use of specific equipment – emphasis of quickness of thought and body movement	Concentrate on closing down quickly. Work as a unit	Communication and awareness of attacking players	Small Sided Game 7 v 7
8	Making play predictable – Sheppard attacker into safe area/holding up play	Use of specific equipment – emphasis of quickness of thought and body movement	Game situation soccer – As play develops defenders try to impose control to direct the attacking team to safe areas of the field	As Skill	Game
9	Attacking as a team	N/A	After winning possession, all attacking players take up advanced positions to cause problems for the opposing defense	As Skill	Game
10	Defending as a team	N/A	After losing possession, all team players take up positions goal side of the attacking team to delay forward movement of the ball	As Skill	Small Sided Game 7 v 7 Encourage team to quickly regain defensive positions

11	Deception and disguise – feinting to pass, cross, release ball etc.	Use of specific equipment – emphasis of quickness of thought and body movement	Look one way, pass in other direction, shoulder drops, scissors etc.	Over exaggerating intended play with intention of deceiving defenders	7 v 7 Small Sided Game
12	Fitness assessment session	N/A	N/A	N/A	Finish with high pressure game to measure fitness in game situation and ability to retain possession
13	Understand requirements of team work – employ team’s strength and weaknesses for optimum performance	N/A	N/A	N/A	Stop Start Session  Q & A understanding roles and positions
14	Runs to attack the prime scoring area when in possession	Use of specific equipment – emphasis of quickness of thought and body movement	Diagonal runs to create space of the back of defenders	Leading the defender close to the ball with the intention of spinning and running in different direction	7 v 7 Attack & Defense
15	Runs to defend the prime scoring area when not in possession	Use of specific equipment – emphasis of quickness of thought and body movement	To ensure the defender takes up a good position to defend all goal scoring possibilities	Ensure the defender does not get pulled to the ball enabling the attacker to create a shot on goal	7 v 7 Attack & Defense
16	Defending space at set plays	N/A	Taking up positions at near post, central and far post positions	Good communication to ensure a good defensive line - Vital	7 v 7 Attack & Defense
17	Evaluate players development	N/A	N/A	N/A	game with no restrictions – Association soccer rules

# Age Group: U17-19

## Association Soccer

**Previous Experience:** learning and understanding activities, aspects of game and techniques from unit 3

### **Stage descriptions:**

1. more consistent and effective performance
2. undertake all roles, player, coach and official
3. demonstrate refined techniques in all selected areas
4. increase anticipation of situations, adapt own performance, gain a picture of what is around and happening
5. evaluate and make judgments on the spot, to benefit own and team performance

### **Talented players:**

1. high degree of consistency
2. effectiveness in own performance and as part of the team
3. understanding and applying advanced techniques and skills
4. show initiative in own performance
5. organize team mate and lead by example
6. outstanding ability in more than one area of the field e.g. defending and attacking

**Understanding of possession** – experience attack and defense, full size games, include direct running to raise heart rate while keeping goal soccer control, referee own game and analyze performance

### **Techniques:**

1. receiving the soccer ball
2. sending the soccer ball
3. travelling with the soccer ball
4. movement with the soccer ball
5. Deception/Disguise

### **Skills:**

1. shooting – accuracy, swerve with power, chipping the goalkeeper and shooting across the goalkeeper
2. shooting – first time (one touch), volleys, ½ volleys, either foot finishing
3. shooting – outside the penalty area, either foot, refine swerve with power,
4. heading at goal – diving headers
5. passing – lofted and chipped pass, disguise, timing and accuracy forward passing, first time pass
6. one touch passing
7. volleying as a pass
8. crossing – deep, driven low, with pace and swerve
9. heading – defensive, and attacking
10. controlling the soccer – moving into the line of flight (head, chest, thigh, foot)

11. wedge and cushion control
12. the importance of a good first touch
13. protecting the soccer ball
14. controlling the soccer ball into available space
15. receiving a pass on the turn
16. passing accurately over longer distances with either foot
17. goalkeeping – shot stopping and rebounds
18. running with the soccer ball – dribbling, turns and fakes
19. feinting to pass
20. feinting to cross
21. looking one way and passing the other
22. movement to create space to head at goal
23. with possession of the soccer ball – runs to attack the goal scoring areas
24. with possession of the soccer ball – forward thinking, forward runs, runs to support the player with the soccer ball
25. with possession of the soccer ball - attacking space at set plays
26. without possession of the soccer ball – runs to defend the goal scoring areas
27. without possession of the soccer ball – recovery lines and distance
28. without possession of the soccer ball – defending space at set plays



Objective: To improve and develop understanding of phases of play in a game situation

Lesson	Lesson Topic	Movement	Skill	Technique	Games
1	Evaluate players understanding	N/A	N/A	N/A	Allow free play to enable coach to assess each player
2	When to play to feet and when to play into space	N/A	Decision making to enable the receiving player to have optimum advantage	Selection the correct use of pass / distribution	Small Sided Game 6 v 6 open play
3	Phase – Attacking after gaining possession in the middle third	Use of specific equipment – emphasis of quickness of thought and body movement	Positive runs to create options for player in possession of ball (As technique)	Positive runs to create options for player in possession of ball (As Skill)	Fast Break Attack game 7 v 7
4	Phase – Creating space in the middle third	Use of specific equipment – emphasis of quickness of thought and body movement	Off the ball movement to create space for attacking player in possession of the ball	Pulling opposing players into areas of the field allowing space for the attacking player	Small Sided Game
5	Phase – Defending when outnumbered	Use of specific equipment – emphasis of quickness of thought and body movement	Defending as a small unit to shepherd attackers away from goal scoring area	Good communication and body positioning	Small Sided Game – overload of attacking players 4 v 3
6	Phase – Developing play after gaining possession from the Goalkeeper	Use of specific equipment – emphasis of quickness of thought and body movement	Opening up body to receive the ball and allow options to pass and retain possession	Defenders to spread wide to allow goalkeeper an option to distribute to fullbacks if possible	Small Sided Game – 7 v 7 Encourage acquired skills
7	Phase – Tracking and defending	N/A	Following attackers runs	Keep goal side of attacking player at all times	Small Sided Game 7 v 7
8	Phase – Attacking after intercepting the ball	Use of specific equipment – emphasis of quickness of thought and body movement	Taking advantage of opposing team being out of position	Positive runs to create options for player in possession of ball	Fast Break Attack 7 v 7
9	Phase – Defending – preventing opponents playing the ball forward	N/A	Shepherding the attacker – Remove all options to allow a forward pass options	Position and body between the attacker and goal.	Small Sided Game 7 v 7 – Encourage team communication
10	Phase - Defending in the defending third	N/A	Good communication to ensure defense works as a unit	Reiterate good communication is required to enable team defending	Small Sided Game 5 v 5
11	Phase – Defending as a team and squeezing space	N/A	Full communication within defensive team	Working as a unit to cut space of opposing team	Game All in Soccer. Encourage skills learned
12	Fitness assessment session	N/A	N/A	N/A	Finish with high pressure game to measure fitness in game situation and ability to retain possession
13	Phase – Attacking from the middle third into the attacking third	SAQ – Speed and stamina drills	Positive forward runs to commit defenders and create goal scoring opportunities	Encouraging quick movement of the ball into final third of field with quick support	Fast Break Attack All in game then limited passing / touches

14	Phase – Ball Retention	Speed and stamina drills	Retain possession using both feet while under pressure for the opposition	Good passing and control with positive movement to create space and awareness	All in Game then limited touch
15	Phase – Switching play from one side of the field to the other	Speed and stamina drills	To transfer play quickly from wide position on right to left – vice versa	Pull opposition in close and switch play quickly using long passing to attack down opposite flank	Game All in Game then limited touch
16	Phase – Combination play in the final third	Speed and stamina drills	Interplay and passes in small areas under control of the ball	Short, quick passing and movement	5 v 5 Game with limited passes
17	Evaluate players development	N/A	N/A	N/A	Game with no soccer restrictions – Association Soccer rules