

Fremont YSC U15 to U19 Curriculum





Fremont YSC Coaching Curriculum

U15 to U19 Individual Player Development

The Fremont YSC Coaching Curriculum aims to develop the individual player, and to assist in continued coach education.

Vision

Fremont YSC looks to develop the individual player, by providing its coaches with an age specific curriculum to best develop the player's technical ability. The U15 to U19 player is currently at a stage in their development where they can advance their tactical information, and further improve their aerobic and anaerobic capacity. As always, player must practice the necessary skills through high repetition getting multiple touches on the ball. The introduction of Coaching in the Game combines high rep technical work in a game situation.

Having focused on the individual skill work from the younger ages, players should now feel more comfortable in possession. Players however develop at different rates, so skills coaching is still important for players. Winning becomes a desire of the player, and mistakes will continue to happen, which is all part of the learning experience. As coaches, we need to encourage players to try skills, play in different positions, and learn from the experience. Feedback is critical for development, with players receiving multiple feedbacks from actions – winning/losing the ball, and from verbal feedback. It is encouraged that coaches reward player's efforts with responses that praise hard work and good effort followed with a coaching point. Praise for being the 'best' player, or for being a player with 'outstanding' skills, that are perceived to be at the 'next level', will be detrimental to their continued development as they will feel that they have already achieved the highest level.

Recommended Reading

- *'Bounce'*, Matthew Syed
- *'Mindset'*, Carol Dweck



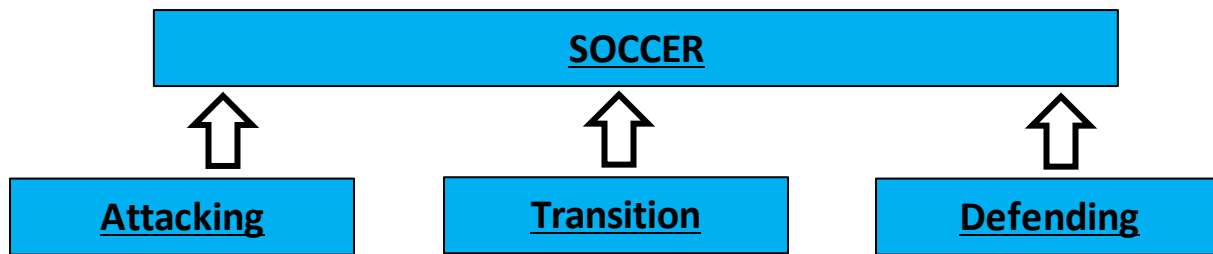
Soccer Philosophy, Soccer Actions, and Soccer Fitness

Soccer is an objective task with principles and rules of play which will never change, no matter where in the world you are. The philosophy of soccer has no external factors, and is based on fact; fact, you can only score with the ball entering the goal. Past experiences do not change the philosophy of soccer, past opinions are subjective to the context of soccer and these external factors give room for error.

"External factors influence action without direction, otherwise known as chaos"

Raymond Verheijen

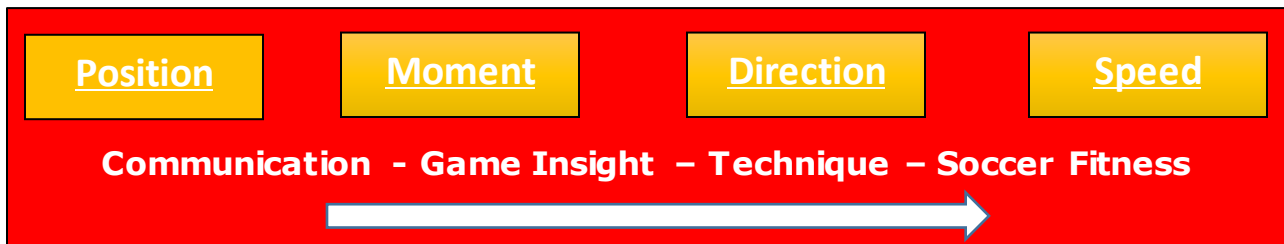
SOCCER PHILOSOPHY AND ACTIONS



This is soccer's philosophy, and its simplest form, from here we must coach the soccer actions which make up the components to the philosophy.

Process = Soccer Actions – Passing, Dribbling, Pressing

The Fremont YSC curriculum provides an outline and sessions to work on the soccer actions, we must now coach within the soccer philosophy. The curriculum provides technical coaching points on every soccer action, and situational points that will be seen in any given session. At the point of stopping for a coaching point you must point out one of the following:



SOCCER FITNESS

Soccer fitness is the process of repeated soccer actions at high repetition at a high quality. Importance must be placed on the soccer action, laps around a field is a basic action and not a soccer specific action, at no time will you see a player running laps during a game, and neither will you in this curriculum!

THE GAME

X = actions

- = repetitions

X - - -X - - - x - - - x - - - x = actions in game, action less frequent and lack of quality (drops)

X - X - X - X - X - X - X ← = High Level, more frequent actions, quality maintained

↑
Better Soccer Actions - High Repetition - More Actions / Minute (maintain) - Maintain Quality

1. Position
2. Moment
3. Direction
4. Speed

Maximum Explosive Soccer Action	<i>Soccer Sprints – maximum rest</i>	Better Actions
Quicker Recovery Between Actions	<i>3v3/4v4 games</i>	More Actions
Maintain Maximum Explosive Actions	<i>Soccer Sprints – minimal rest</i>	Maintain Good Actions
Maintain Quick Recovery	<i>8v8/11v11 games</i>	Maintain Many Actions

At the younger ages, the soccer specific fitness will be achieved through free play and small sided games.

Small sided games require changes in speed and direction, increasing explosive soccer actions and ultimately better actions in the game. The small dimensions and times of a small sided game puts stress on recovery, with high repetitions overloading number of action usually performed in a bigger game. All this soccer fitness is developed while playing!

Higher quality, at a higher intensity, fewer times, is better than poor quality many times; no need for shuttle sprints at the end of practice. Overload the players at a high intensity during practice.

The Fremont YSC curriculum brings a holistic approach to soccer, through scientific research with execution of the practice at a high level. Keep the coaching objective, stick to the facts of the soccer philosophy, your subjectivity is the art in which you coach, so raise your level and maintain the highest standards, avoid the chaos.

Good luck this season, raise your bar, and be the best for the youth players you are working for!

Season Plan for U15 to U19

<u>Week</u>	<u>Session</u>	<u>Topic</u>	<u>Periodization</u>	
1	1	Juggling		
	2	Fitness - Turning		
	3	SSG Competition		
2	1	Fitness - Passing		
	2	Fitness - Shooting 2		
	3	Fitness - Shooting		
3	1	Fitness - Dribbling		
	2	Fitness - Shooting 2		
	3	Passing Pattern - 5 Point		
4	1	Passing Pattern - Y		
	2	Turning and Support		
	3	Playing with Width		
5	1	Passing Pattern - 5 Point		
	2	When to Dribble and When to Pass		
	3	CIG - Teach Players When to Dribble and When to Pass		
6	1	Passing 4		
	2	Possession		
	3	CIG - Teach Forwards to Make Play Predictable		
7	1	Passing Pattern - Change the Point of Attack		
	2	Phase Play - Midfielders Combine with Forwards		
	3	CIG - Exploiting 2 v 1 Situations		
8	1	Turning and Support		
	2	Phase Play - Pressure, Cover, and Balance, in Defensive Third		
	3	CIG - Teach Forwards to Make Play Predictable		
9	1	Passing Pattern - Y		
	2	Turning and Support		
	3	Playing with Width		
10	1	Passing Pattern - 5 Point		
	2	When to Dribble and When to Pass		
	3	CIG - Teach Players When to Dribble and When to Pass		
11	1	Passing 4		
	2	Possession		
	3	CIG - Teach Forwards to Make Play Predictable		
12	1	Passing Pattern - Change the Point of Attack		
	2	Phase Play - Midfielders Combine with Forwards		
	3	CIG - Exploiting 2 v 1 Situations		
13	1	Turning and Support		
	2	Phase Play - Pressure, Cover, and Balance, in Defensive Third		
	3	CIG - Teach Forwards to Make Play Predictable		
14	1	Passing 4		
	2	Possession		

	3	CIG - Teach Forwards to Make Play Predictable	
15	1	Passing Pattern - Change the Point of Attack	
	2	Phase Play - Midfielders Combine with Forwards	
	3	CIG - Exploiting 2 v 1 Situations	
16	1	Turning and Support	
	2	Phase Play - Pressure, Cover, and Balance, in Defensive Third	
	3	CIG - Teach Forwards to Make Play Predictable	
-	-	High School Season Begins	

Pre-Season, Soccer Specific Fitness
In-Season, Technical Practice within Team Training
Post Season, Free Play