

# Cliff Avenue Utd FC est. 1956

## Club Development Model



*This manual follows the guidelines established by the Canadian Soccer Association's Long Term Player Development (LTPD)*

[http://www.canadasoccer.com/wellness/Wellness\\_CoupeDuMonde.asp](http://www.canadasoccer.com/wellness/Wellness_CoupeDuMonde.asp)

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## INTRODUCTION

This document outlines the philosophies, policies and procedures in delivering programs for Cliff Avenue United Football Club (CAUFC) U4/U5, House (U6 to U10); Intermediate (U11 to U12) and Junior (U13 to U14) levels. It is intended for directors, coordinators, coaches and managers.

This development manual of a player spans four general stages:

1. One-with-One U4/U5
2. House: U6 to U10 and
3. Intermediate: U11 to U12
4. Junior level (U13 to U14)

There is more than one method of teaching soccer, and more than one style of coaching. However, at the youth level there is a set of fundamental principles that must be considered. **In general, young soccer players require a certain amount of uninterrupted play to allow them to experience the game, experiment with the ball, think creatively and with that, succeed and fail. It is vital that coaches allow kids to recognize and solve challenges of a game themselves. This is a coach's long term goal: to prepare the player to successfully recognize and solve challenges of the game on his or her own.**

## PHILOSOPHY

It is our mandate to provide the best possible opportunity for the players. It is our job to assess players fairly within a fun, social, competitive and developmental soccer environment in order to place them at the proper progression. We must continue to re-assess players as they grow and develop as soccer players.

Our main goal at Cliff Avenue United FC is to provide an option for kids to develop at all levels, regardless of the level they participate. Part of this goal is providing the best learning environment for youth soccer players. Through regular club programming, player identification, coaching education/identification, mentoring, tutoring, competition, spring camps, spring development, summer camps, proper curricula and self-evaluations, players will develop to the maximum of their abilities.

Success is not only about winning games. It is much more difficult to coach soccer development than it is to win soccer games. For us, success is simple: Allow the players to shine within a team atmosphere while opening doors for other opportunities through soccer. For some that is a college scholarship (leading to a paid education). For others it's the development of life skills like time management; self-evaluation; goal setting; physical fitness; healthy living; a sense of competition (both on and off the field of play) or community involvement. Along the way players should experience a positive and educational environment where soccer is one part of a player's life.

To ensure success, we need **ALL** parents, **ALL** coaches and **ALL** players to work within an appropriate set of rules. As such, all players, coaches and parents must adhere to the Cliff Avenue United FC code of conduct which is available on our web site at [www.cliffavenuesoccer.com](http://www.cliffavenuesoccer.com)

## THE BASICS

Boys and girls play in separate house leagues, **except for the U4/U5 program which is co-ed.** Boys play games on Saturdays and girls play games on Sundays.

All players will be given a full uniform by the club for the season. All coaches will be supplied with all the necessary equipment including Expected Outcomes for the age group and Soccer Vocabulary Reference Sheets. All players must supply their own soccer boots and shin pads. Players will not be allowed to play unless they are wearing shin pads. Players must bring a water bottle to practices and games. No food/snacks including oranges during a game or practice.

All coaches, players, and parents will represent the club in an ethical, professional, and loyal manner at all times. ***There is a separate code of conduct for coaches, parents and players which must be adhered to at all times.*** Every registered child will have the opportunity to play soccer and will play an equal amount of time at the house and intermediate level provided that the child follows the player code of conduct.

Parents are not to stand beside or behind the goalkeeper at any time during a game. For outdoor games, we expect that parents watch the game as a group on the opposite side of the field from the coaches and players (substitutes) to allow them to concentrate on the game. For indoor games, please see recommendations under the U6–U7 section.

There are six basic guidelines that coaches should advise parents:

- Provide positive comments after a practice or game
- Relax and let your child play the game
- Yelling directions during a game is a distraction
- Let the coaches coach
- Have reasonable expectations for your child
- Refrain from saying “kick it” or “boot it.” This takes years to correct if enforced/rewarded at young ages

***The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. Ball control and player creativity must be a priority in training and games. And this comes from a “street soccer” environment. A coach can create training sessions to allow players to experiment and play ‘fear free’ of losing. Always keep things in perspective. Do not emphasize winning over skillful play.***

***From the get-go all coaches should encourage all players to be comfortable in kicking with both feet. This can be developed using practices that demand using both the left and right foot to successfully meet the objectives.***

Like any other sport, the more kids watch, the better they will understand the game. There are several European games televised on Saturday and Sunday mornings. Encourage your players to watch a game on the weekend. Encourage players to watch YouTube soccer highlights. Learning by watching top level soccer is invaluable for development.

Develop the team’s respect for the ability of opponents and opposing coaches as well as for the judgment of officials. Applaud good plays by your team and by members of the opposing team. Keep the game flowing and don't be too concerned about teaching during the game. Practices are a better environment to correct mistakes and teach the game.

*Park times and field or gym times for practices will be assigned by the Gym Scheduler and Field Coordinator.*

Registration should be completed for the following season immediately upon completion of the current season. Register online at [www.cliffavenuesoccer.com](http://www.cliffavenuesoccer.com). Registration delays make it more difficult to plan programs for the upcoming season. Registration opens the 1<sup>st</sup> day of April.

### **Equipment Supplied by the Club**

#### **For U4/U5**

1. One ball per player
2. Cliff Avenue United FC Kit

#### **For U6 – U10**

1. One ball per player.
2. One Futsal ball per team for relevant Age Groups. Returned at the end of season
3. PUGG nets
4. Field markers (cones).
5. Bibs and pump.
6. Uniforms and first aid kit.

#### **For U11– U14**

1. One ball per player.
2. Training facility, with portable goals.
3. Field markers.
4. Bibs, pump, ladders and hurdles.
5. Uniforms and first aid kit.
6. Cliff Avenue United FC Tent

**Note:** *All coaches will be provided with standard equipment from the club. The equipment includes training nets, balls, bibs, a pump, a first aid kit and cones. It is the responsibility of the coach to ensure that all equipment is returned to the club at the end of each soccer season.*

### **Coaching Development and Requirements**

One of the most significant problems we face in development of good Canadian soccer players is the lack of qualified coaches. We need to develop our coaches along with our players. We believe it is critical that all our coaches obtain minimum qualifications and attend regularly offered courses. **BC Soccer is mandating as of June 2016 that all coaches have the appropriate level of coach education (<http://www.bcsoccer.net/mandatory-coach-education>).** The club will pay the costs associated with coaching development as per the Coaching Reimbursement Policy.

Head Coaches of any youth team shall complete the appropriate Canadian Soccer Association / BC Soccer coaching course respective to the age group of the team(s) they are currently coaching. (Note: compliance with this rule will be as of June 1, 2016).

i) Head Coaches shall comply with this requirement within six (6) months of their Head Coach appointment. CSA foreign equivalency may be applied.

TEAM AGE GROUP	U6	U7	U8	U9	U10	U11	U12	U13-U18 Grassroots	U13-U18 High Performance
COACHING COURSES	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN				SOCCER FOR LIFE (or higher)	B NATIONAL

### The role of a Coach includes:

- Upholding the code of conduct for all involved (Players, Parent & Coaches).
- Arrange and plan out practices for your team. There should be a minimum of two coaches on every team. Cliff Avenue United FC would prefer three coaches on each team.
- Appoint a team manager for your team. The team manager should notify parents of practice times and cancellations and game times and cancellations and should deal with all other administrative matters for the team.
- All coaches and managers must complete a risk management form and Criminal Records Check. The form will be distributed annually by the age group coordinators.
- Arrange for nets to be put up and taken down before and after games as required and fields to be lined as required (coaches can and should demonstrate and delegate these tasks to other parents).
- Attend coach's meetings and seminars and the AGM.
- Coaches are to Evaluate Players after each practice and game..
- It's encouraged that coaches provide feedback to the parents as required.

## U4/U5 Indoor & Outdoor Soccer - One-With-One

### 1. Structure of the Program

The One-With-One program has a rule that each child must be accompanied by either a parent, or an elder brother or sister (or someone close to the family – grandparent, aunt, uncle). This significant person in the child's life becomes the "player's" first team-mate. Even with a sibling who is more than 14 years of age a parent must still be in attendance on the field,

This removes any intimidation that the child may feel and allows them to develop at their own pace. If for any reason, they are not quite into it at a session they don't have to do it and can maybe play a bit of kick and catch with their "team-mate."

The goal of the program is to introduce the boys and girls to soccer and also educate the parents in some soccer fun activities that can be practiced at home.

## **Practice Structure**

For 40-45 minutes the “team-mates” will go through a variety of fun soccer activities that promote a basic introduction to the game. The major emphasis is FUN with the ball!

After a Group Warm-Up, players will break up into smaller groups (approx 10 players) and go to one of three stations. At each station, a Coach will go over the Exercise/Drill and parents will then do that exercise with their child until it is time to move to the next station.

The field is booked for a full hour, but we think 40- to 45-minutes is about right for the majority of children. However, if a parent and child or two want to stay on longer they are very welcome to do so. A staff member will stay and help if required, and also make sure the field is cleared on the hour ready for the next group.

## **2. U4/U5 Age Group Curriculum**

Since this is just an introduction to soccer and a new “group environment” for a lot of kids, above all the emphasis is creating a positive experience. Parents will know how best to engage with their children to get the most out of the session, but certainly avoid having too high expectations or get frustrated if things aren't going smoothly.

Behavioral expectations for this age group are to understand that the child/parent partnership is a “team”.

### *U4/U5 Technical Curriculum*

Becoming familiar with a ball at a player's feet is the major goal- to begin learning "ball mastery."

### **Main Objectives:**

Ability to run with ball under close control using **both feet**

Ability to kick the ball accurately over 5-yards with **both feet**

Ability to maneuver the ball with the outside, the inside and the sole of **both feet**

Catch a low ball (waist height).

Learn how to side-dive from the knees for goalkeeping side-diving technique

Ability to throw a ball 4-yards one-handed.

Cushioning (controlling) the ball with both feet and both thighs.

Ability to inter-pass the ball with another (parent and later another child-isolating each foot); combine with another (parent or child) to score a goal.

How to track/close down an opponent.

How to recover when defending/how to defend facing an opponent (parent and child).

### *U4/U5 Tactical Curriculum*

What are the RULES?

What is a goal? When is the ball in or out of play?

When and how can you use your hands?

What is allowed in terms of “checking”/tackling (not allowed to push, pull shirts, trip)?

## U6 INDOOR SOCCER: FUN, DEVELOPMENT & AN INTRODUCTION TO THE GAME

### 1. Structure of the program

Soccer at the “mini” level should be discouraged in any form other than as a fun activity for the children to enjoy their first experiences with soccer. Creating a fun, positive environment is critical. Children at this age are very creative and we don't want to squash that creativity. Keep activities simple and short during practice sessions and let the children learn to love playing with a ball.

The goal is to introduce the children to soccer, with an emphasis on fun. Don't be too concerned about skill development or laws of the game – other than those skills and fundamental rules that will allow them to play a game. Allow the children to play and enjoy the game. ***The goal at this age group is to ensure that the children are having fun and want to play again next session/next season.***

Games will be played on Saturday for the boys and Sunday for the girls. All games will take place at Canlan Indoor Soccer Centre. Marker disks must be placed around the playing area. *We do not want children using the boards as part of the field of play.* We want our players to learn to get their foot on the ball when the ball is going out of bounds. So they need to know the rules that determine when the ball is in and out of play and what a goal is. Because most players and coaches are familiar with hockey we need to establish that there are sidelines and goal lines in the game of soccer that define the field of play.

### Program Duration.

The program should be once a week for approximately 22 weeks. Similarly, practices should be once a week indoors in a school gymnasium. The practice time should be between 45 minutes to 60 minutes. Having these sessions indoors allows the coaches running the sessions to contain the activities of the players in a manageable environment. Involve the parents of the players when required.

*Each team should have a minimum of two coaches and at least one parent helper or team manager.*

At least two parents from the team to be CPR/First Aid qualified. At least one of these parents needs to be at every game and practice. Team manager needs to coordinate with CPR Certified Parents who will be in attendance at the game/practice.

### Game Structure

1. Number of players on the Field for U6  
3 versus 3 (the **triangle\***); no Goalkeepers.
2. Team Size: 10-12 Players.
3. Game Duration: 10 min CAUFC warm-up, 15 minute games with substitutions every 2-3 minutes. After the first mini game, Black Team switches and the 2nd mini games begins
4. Ball Size: 3
5. Field Size: See configuration for the U6/U7 in the Appendix at the end.
6. Goal Size: Pugg Nets supplied by CAUFC.

7. No offsides.
8. Kick-in instead of a throw-in, if the parents' windows are unable to keep the ball in on the side lines
9. No corner kicks at U6
10. Outline the field of play (using cones).
11. No referees – all rules applied by coaches.
12. Each team should warm-up on the same field as the team that they are going to play against.  
No coaches on the field of play except for the referee.  
A few Parents act as windows on the sideline, keeping the ball in play. No Windows on the goal line, it is either a goal kick or corner kick every time.

\* Players learn to play in triangles, one of the fundamental attributes of full-sided outdoor soccer, and learn how to support each other in transitional moments.

\*From a coaching perspective, coaches will learn to coach on a much smaller scale without having to deal with the intricacies of full-sided tactics, often intimidating to novice coaches. By coaching smaller teams and with minimal rules, coaches can establish a very solid base from which to carry their coaching skills to the next level.

***Coaches have to be patient—emphasis should be on movement and activity not the functioning of a real soccer game. However, basic rules need to be adhered to such as a goal kick after the ball goes over the end-line; kick off after a goal is scored - with the 2-pass rule after the opposing players have retired to the half-way line on the goal-kick and their own goal after a goal is scored.***

## **Scheduling Information**

At the start of the season each team will be given a schedule for the first half of the season, and then again for the second half (after Christmas). On game day the coaches of the first group of the day will be responsible for setting up the fields and the last mini group of the day is responsible for field clean-up (nets, cones and field dividing nets). Parent helpers are encouraged to assist under the direction of the coaches. At U6 six teams and at U7 four teams, play on the same field at the Canlan Indoor Facility.

## **2. U6 Age Group Curriculum**

The U6 age group is the initial stage of soccer development (after the U4/U5 one-with-one program). The most important concern at this age is introduction to body awareness, introduction to a soccer education environment, and most certainly enjoyment through activities/games related to soccer and physical education.

The U6 players are the hardest to work with if you do not understand them developmentally (although those players who have been through the U4/U5 program will be at a distinct advantage when compared to those who are starting for the first time). Many coaches who work with these players bring down teaching methodology and terminology used at the older age groups. This simply does not work. Apply the correct methodology to what age you are working with and you will have much more success.

Understanding the Psychomotor and Cognitive phases of this age group is important to a coach working with the players. The better we understand whom we are working with the more success we will have in working with any given group. Co-ordination (hence the Cliff Avenue Warm Up) is a fundamental requirement for the execution of technical skills and develops in children very early (from 4 to 8 years of age). This is the initiation/discovery phase. Playing

games on any form of practice field (i.e. different sized fields, smaller spaces, games with specific instructions and rules) will help players to learn psychomotor skills.

## U6 Technical Curriculum

- The ball is the number one obstacle – players must learn to become a friend of the ball (ball mastery).
- Individual Technical work – take the mentality of the age and fit into activities that develop technique, i.e. dribbling exercises or games using cones/poles/hurdles/squares/circles, etc.
- Every player with a ball as much as possible during practice. There should be basic comfort with the ball in relation to the body and movement.

## TECHNICAL SPECIFICS

- Dribbling – both feet: rolling the ball, pushing it, stopping it, introduction of surfaces, running with the ball.
- Receiving – receiving ball with both feet.
- Ball Mastery at its most basic form. As many touches as possible with the ball – not only during practice, but every day.
- Ability to pass and shoot in a SSG with both feet.
- Ability to change direction with ball (both feet)
- Ability to make the decision when a good time is to change direction in a SSG. Mentioned in U5, but really important: how to recover when defending; how to defend facing an opponent  
When and how to get a foot in
- 1V1 defending- not being square

## U6 / U7 Tactical Curriculum

- Games, activities, and exercises should mirror the game and tactical implications are within the game, but keep objectives simple.
- Allow players to touch the ball as much as possible, therefore adapt the rules to increase ball touches.
- Role of the team mate (why we don't want to tackle our teammates)

For specific diagrams of exercises — please consult the Cliff Avenue United FC web site at [www.cliffavenuesoccer.com](http://www.cliffavenuesoccer.com). Note that all coaches should follow the curriculum offered by CAUFC at [www.bytesizecoaching.com](http://www.bytesizecoaching.com). The user name and password to the site will be provided by the club administrator.

The club offers a free pre-season camp at the beginning of September with Ultimate Soccer School which coaches should use as a tool to assist them in setting up appropriate exercises during their practice.

**Consider this:** *At the younger ages (5 to 7) soccer is less a team sport than an individual relationship with the ball. Let players get comfortable with the ball. It is not necessary that you demand that confident players share the ball, but it should be encourage that dominate players assist in team mates goals/ restrict to scoring with weaker foot. Encourage all kids to be creative and go to the goal with the ball. Coaches must avoid the temptation to coach players from 'play to play' in order to help win a match. Coaches should not be telling players to hold their*

*positions or get back on defense to preserve a win. **If you dictate a players' every move then they will not develop the creativity and confidence required to succeed long term.***

#### **Laws of the game:**

- For U6, play the games with a kick-in instead of a throw-in (opposing player must be at least 5-yards away until the kick has been taken), but ideally the Parent Windows keep the game flowing on the sideline; no corner kicks. All fouls are indirect as it re-starts the game with a pass. There are no offsides. On goal kicks, any player can take the kick. Opponents must retreat back to the half way line until the kick has been taken. The Two-Pass Rule is everyone in the triangle must touch the ball before the opponents may initiate pressure. Similarly, after a goal is scored the kick-off is taken from the center spot, but the opposition must retreat to within 2-yards of their goal until the kick has been taken. At U7 all rules remain the same except that corner kicks will now be introduced (opposing player must be at least 5-yards away until the kick has been taken). Also defined sidelines (with marker disks) are put in with a greater enforcement of the ball in and out of play consideration.
- Within the indoor facility there is netting to separate the fields. Draw the netting, but also use marker disks to outline the field of play. We need to teach the players to stop the ball as it goes out of bounds instead of letting it hit the netting or boards. Prevent players from pushing other players into the netting or boards.
- All your players must be rotated on an equal-time basis during the game.
- Encourage kids not to use their hands.
- Note that only players and coaches who are refereeing are allowed on the field of play. There is no food allowed on the indoor field. Players should bring water only.

### **U7 INDOOR SOCCER: FUN, DEVELOPMENT & AN INTRODUCTION TO THE GAME**

#### **1. Structure of the program**

Soccer at the “mini” level should be discouraged in any form other than as a fun activity for the kids to enjoy their first experiences with soccer. Creating a fun, positive environment is critical. Kids at this age are very creative and we don't want to squash that creativity. Keep activities simple and short during practice sessions and let the kids learn to love playing with a ball.

The goal is to introduce the kids to soccer, with an emphasis on fun. Don't be too concerned about skill development or laws of the game – other than those skills and fundamental rules that will allow them to play a game. Allow the kids to play and enjoy the game. ***The goal at this age group is to ensure that the kids are having fun.***

Games will be played on Saturday for the boys and Sunday for the girls. All games will take place at Canlan Indoor Soccer Centre. Marker disks must be placed around the playing area. *We do not want children using the boards as part of the field of play.* We want our players to learn to get their foot on the ball when the ball is going out of bounds. So they need to know the rules that determine when the ball is in and out of play and what a goal is. Because most

players and coaches are familiar with hockey we need to establish that there are sidelines and goal lines in the game of soccer that define the field of play.

### **Program Duration**

The program should be twice weekly for approximately 22 weeks. Practices should be between 45 minutes to 60 minutes and there should be only one practice per week. Practices will be indoors at a local school gymnasium. The house gym scheduler will provide you with the practice times. Having these sessions indoors allows the coaches running the sessions to contain the activities of the players in a manageable environment. Involve the parents of the players when required

*Each team should have a minimum of two coaches and at least one parent helper or team manager.*

At least two parents from the team to be CPR/First Aid qualified. At least one of these parents needs to be at every game and practice. Team manager needs to coordinate with CPR Certified Parents who will be in attendance of this week's game/practice.

### **Game Structure**

#### 1. Number of players on the Field for U7

3 versus 3 (the **triangle\***); no Goalkeepers

4 versus 4 (the **diamond**); no Goalkeepers

Due to team size and facility restrictions, half the team will play 4v4 and half will play 3v3 on two separate thirds in Canlan. This is to maximize every player's playing time, so they are not sat down being a sub for too long.

2. Team Size: 10-12 Players.

3. Game Duration: 10 min CAUFC warm-up, 20 minute games with substitutions every 2-3 minutes. After the first mini game, Black Team switches and the 2nd mini games begins

4. Ball Size: 3

5. Field Size: See configuration for the U7 in the Appendix at the end.

6. Goal Size: Pugg Nets supplied by CAUFC.

7. No offsides.

8. Kick-in instead of a throw-in, if the parents' windows are unable to keep the ball in on the side lines

9. Corner kicks at U7.

10. Outline the field of play (using cones).

11. No referees – all rules applied by coaches.

12. Each team should warm-up on the same field as the team that they are going to play against.

No coaches on the field of play except for the referee.

A few Parents act as windows on the sideline, keeping the ball in play. No Windows on the goal line, it is either a goal kick or corner kick every time.

\* Players learn to play in triangles, one of the fundamental attributes of full-sided outdoor soccer, and learn how to support each other in transitional moments.

\*From a coaching perspective, coaches will learn to coach on a much smaller scale without having to deal with the intricacies of full-sided tactics, often intimidating to

novice coaches. By coaching smaller teams and with minimal rules, coaches can establish a very solid base from which to carry their coaching skills to the next level.

***Coaches have to be patient—emphasis should be on movement and activity not the functioning of a real soccer game, as we know it.***

## U7 Technical Curriculum

- The ball is the number one obstacle – players must learn to become a friend of the ball (ball mastery).
- Individual Technical work – take the mentality of the age and fit into activities that develop technique, i.e. dribbling exercises or games using cones/poles/hurdles/squares/circles, etc.
- Every player with a ball as much as possible during practice. There should be basic comfort with the ball in relation to the body and movement.

## TECHNICAL SPECIFICS

- Dribbling – both feet: rolling the ball, pushing it, stopping it, introduction of surfaces, running with the ball.
- Receiving – receiving the ball with both feet.
- Ball Mastery at its most basic form. As many touches as possible with the ball – not only during practice, but every day.
- Ability to pass and shoot in a SSG with both feet.
- Ability to change direction with ball (both feet)
- Ability to make the decision when a good time is to change direction in a SSG. Mentioned in U5, but really important: how to recover when defending; how to defend facing an opponent  
When and how to get a foot in
- 1V1 defending- not being square

## U7 Tactical Curriculum

- Games, activities, and exercises should mirror the game and tactical implications are within the game, but keep objectives simple.
- Allow players to touch the ball as much as possible, therefore adapt the rules to increase ball touches.
- Role of the team mate (why we don't want to tackle our teammates)

For specific diagrams of exercises — please consult the Cliff Avenue United FC web site at [www.cliffavenuesoccer.com](http://www.cliffavenuesoccer.com). Note that all coaches should follow the curriculum offered by CAUFC at [www.bytesizecoaching.com](http://www.bytesizecoaching.com). The user name and password to the site will be provided by the club administrator.

The club offers a free pre-season camp at the beginning of September with Ultimate Soccer School which coaches should use as a tool to assist them in setting up appropriate exercises during their practice.

***Consider this:*** At the younger ages (5 to 7) soccer is less a team sport than an individual relationship with the ball. Let players get comfortable with the ball. It is not necessary that you demand that confident players share the ball but it should be encourage that dominate players assist in team mates goals/ restrict to scoring with weaker foot. Encourage all kids to be creative

*and go to the goal with the ball. Coaches must avoid the temptation to coach players from 'play to play' in order to help win a match. Coaches should not be telling players to hold their positions or get back on defense to preserve a win. **If you dictate a players' every move then they will not develop the creativity and confidence required to succeed long term.***

## **U8 OUTDOOR SOCCER for BOYS: Fun, Ball Control**

### **1. Structure of the program BOYS Program**

#### **Program Duration**

The program should be one practice and one game a week for approximately 22 weeks. Sessions should be one hour in length. The program should start in September where players are introduced to the game (possibly for the first time if the player did not play at U6/7). Use goalkeeping practices and practices involving the Throw In (Mack I & II). The sessions should be divided equally into practice and in house games.

At U8, extra development is introduced. (See details on the U9/U10 curriculum.)

#### **Game Structure**

1. Number of players on the Field (game format): 6 versus 6 (5 players & goalie)
2. Field size for U8 is 45 m x 30 m  
Goal size: U8 to use a 4 ft x 8 ft
3. Team Size: 10-13 Players.
4. Game Duration: 2 x 25 minute halves.
5. Ball Size: 3
6. No offsides.
7. Each team should warm-up on the same field as the team that they are going to play against.
8. No referees – all rules applied by coaches.
9. Coaches have to be flexible – coaches can start to introduce correct restarts when ball goes off the field and for infractions like hand ball and fouls.
10. All coaches with players on one side of the field; all parents and spectators on the opposite side of the field.

## **U8 FUTSAL SOCCER for GIRLS: Fun, Ball Control**

### **1. Structure of the program GIRLS Program**

#### **Program Duration**

The program should be one practice and one game a week for approximately 22 weeks. Sessions should be one hour in length. The program should start in September where players are introduced to the game (possibly for the first time if the player did not play at U6/7). The sessions should be divided equally into practice and in house games.

At U8, extra development is introduced. (See details in Extra Development Section)

## Game Structure

1. Number of players on the Field (game format): 6v6 (5 Player 1 Goalkeeper) Formation for players: Diamond with 1 player in the middle of Diamond.
2. Field size for U8 is 45 m x 30 m  
Goal size: Futsal Goals on location
3. Team Size: 10-13 Players.
4. Game Duration: 50 minutes
5. Ball Size: Futsal Ball
6. No offsides.
7. Each team should warm-up on the same field as the team that they are going to play against.
8. No referees – all rules applied by coaches.
9. Coaches have to be flexible – coaches can start to introduce correct restarts when ball goes off the field and for infractions like hand ball and fouls.
10. All coaches with players on one side of the field; all parents and spectators on the opposite side of the field.

## Getting started

Each team should warm-up on the same field as the team that they are going to play against. In this way the session can move swiftly from warm-up to game.

## 2. U8 Age Group Curriculum

The U8 age group is the second stage of soccer development. The most important concern at this age is the continuance of body awareness, introduction to a soccer education environment, and most certainly enjoyment through activities/games related to soccer and physical education within a partner/small group environment.

Understanding the psychomotor and cognitive phases of this age group is important to a coach working with the players. The better we understand whom we are working with the more success we will have in providing the aforementioned concerns for any given age group. Coordination is a fundamental requirement for the execution of technical skills and develops in children very early, from 6 to 8 years of age. This is the basic training phase or the golden age of learning.

### U8 Technical Curriculum

- Individual Technical work – takes the mentality of the age and fit into activities developing technique. Introduction of basic skills (dribbling, passing, etc.).
- Every player with a ball as much as possible during practice.
- Basic comfort: ability with ball in relation to the body and movement in individual and partner environments.

### TECHNICAL SPECIFICS

- Dribbling – using the both feet: rolling the ball, pushing it, stopping it, running with the ball, intro of specific moves (fakes, feints and turns) using above skills.
- Passing – inside of foot, outside of foot, under the ball, techniques with movement, head (with soft ball).

- Receiving and Turning with the Ball – feet, thighs, chest – catching, receiving ball with both feet, preparing to pass, shoot and dribble.
- Finishing – both feet, volleys – all very introductory.
- Tackling – technique, block tackle, toe poke.
- Defending- 1v1, 1v2 with an emphasis on first and second defender
- Ball mastery with increased movement and creativity with feet, thighs and chest.
- Basic Goalkeeping Skills – catching, deflecting, diving, throwing, kicking.

### How To Develop Techniques

- CAUFC Warm-Up (Agility, Balance, Coordination)
- Inside Out and Mixer (Dribbling and Passing)
- Square Dance (Dribbling)
- Shark Attack ( Dribbling)
- Red Light Green Light (Dribbling)
- Dribble through Gates in Square (Dribbling)
- Kings Court (Passing)
- Square Balls (Passing)
- Numbers Game with over loads (Dribbling, Passing, Defending, Decision Making)

<b>U8 Tactical Curriculum</b>
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- Games, activities, exercise should mirror the game and tactical implications are within the game, but keep objectives on technical development, use of skills.
- Simple tactics – get away, keep ball, get ball back, and pass it – all focusing at an individual stage that is about all they can understand, with no pressure to play.
- No OFFSIDES... remember whom you are working with.
- All other rules applied by coach.

Reminder: Keep methods and terminology relevant to this age group. Refer to Age Group Vocabulary

### Coaching tips:

- A key focus at this age group is to encourage players not to fear the ball and not to fear making mistakes. Give players plenty of opportunity to experience the ball. Remember a game is the time for kids to practice the skills that they learn during training. Allow them to be creative and experiment with the ball.
- At U8 and U9 during a goal kick opposing teams must move back to the half way line to allow the ball into play.
- At U8 and U9 when the Goal Keeper has the ball in his hands after making a save, opposing teams must move back to the half way line to allow the ball to be thrown/rolled/ kicked from the ground into play.
- Stress to your kids that key concepts you want to see during a game are ball control; movement to open space and creativity with the ball – and not necessarily just winning a game. Instead of emphasizing the game result, ask your kids to win the ‘game of ball control.’ During a game, the coach will keep comments to a minimum.
- Encourage every player to play in goal. Ensure that all players are rotated at the goalie position during the soccer season.
- Continue to reinforce space; movement to open space and understanding where to move without the ball. Triangles and diamonds are great formats to teach your kids that will allow them to understand movement into space. Much of the play even at the

professional level is based on this formation.

*Remember the purpose of playing a game is to apply the skills that you learned during practice. It is not to win the game. It is more important that kids show good ball movement; spacing; support of the ball and challenge players one-on-one with the ball. Encourage communication between players with simple words/phrases. Emphasize themes like getting involved in the play, attacking the goal, moving to open space, supporting your team mates—and reinforce these points. Give your kids the green light to experiment and be creative. These qualities will separate a great player from a good player when a child is older. Unfortunately, at the younger ages, coaches too often discourage creativity and experimenting with the ball during game day in the name of playing safe so you can win. Winning a game at all costs is a sign of a coach concerned more about their record than developing players.*

**No lines, no laps and no lectures during practices.** Keep the practices flowing at a good pace with multiple drills and focused on skill development. Players should always have a ball by their feet and encourage them to play every day at school and at home and not only during your practice sessions. Use activity pages on [www.bytesizecoaching.com](http://www.bytesizecoaching.com) to provide your players with pictures to explain basic soccer concepts like spacing into triangles or diamond shapes. Practices should consist of 1v1; 3v3 and 4v4 games.

Note that a 4v4 game is the smallest form of 'real soccer.' In it are all the elements necessary for children to experience real soccer without any confusing duplication. You can pass the ball forward, back or square. It also provides the minimum numbers for principles of play: penetration (forward); width (two players wide) and depth (one back). A full sized game is only a combination of smaller sided games played all over the field. This further emphasizes the need for smaller sided game training.

## **U9 / 10 OUTDOOR SOCCER: Fun, Ball Skill and Creativity**

### **1. Structure of the program**

#### **Program Duration**

The program should be one practice and on game a week for approximately 22 weeks. Sessions/Games should be one hour in length. The program should start in September where players are introduced to the game (possibly for the first time if the player did not play at Under 8). The program should take the form of once per week for two 12 week periods. The sessions should be divided equally into practice and in house games.

#### **Game Structure**

1. Number of players on the Field: 7 versus 7 including GK. 3 Defenders 3 Attackers. Encourage the RB or Left Back to move forward in possession.
2. Team Size: 12-14 Players
3. Game Duration: 2 x 25 minute halves.
4. Ball Size: 3
5. Field Size: 55 x 35m
6. Goal Size: 12 ft x 6.5 ft
7. No offsides.
8. Junior referees (Level 5).
9. Regular CSA mini soccer rules applied.

## Getting started

Two teams can practice on one field. Each team should do their CAUFC warm-up on the same field as the team that they are going to play against. In this way the session can move swiftly from drills into a game.

## 2. U9 / 10 Age Group Curriculum

The U9 / 10 age groups are the third stage of soccer development. The most important concern at this age is the continuance of body awareness, introduction to a soccer education environment, and most certainly enjoyment through activities/games related to soccer and physical education within a partner/ small group environment. A tremendous amount of technical work and activities at the individual level within a group and/or mini-team environment is critical to their development.

Soccer is still about having fun with the ball and encouraging players to be creative with the ball. Players begin to learn and apply skills they develop during practices. However, they are still not able to visualize consequences on a consistent basis. Some Team concepts are:

- Support of the ball (all players to move in the general direction of play)
- Moving to open space (pass and move; don't pass and stand/watch)
- Communication with their teammates (developing leadership)
- Ball control & Turning with the ball (possession of play)

Some children become more physically mature at U9 and U10. At this stage, there will be some bigger and faster and stronger players whose eye-hand co-ordination is ahead of the others. Care should be taken with players, regardless of athletic ability to address ball skill, especially in tight spaces. Don't allow faster and stronger players to use their athleticism all the time to solve their problems. In other words, DO NOT encourage kick and run soccer.

A competitive environment is one that encourages decisions from player and coach that is focused on performance rather than outcome (favouring ball skill and inventiveness as the means to find success within the game). The game result is just one indicator of performance, but it is not the most important indicator. Keep in mind that it is actually easier to win games at this age group with teams that are 'organized' but lack skill. For instance, placing the more physically mature players down the middle of the field and just asking players to 'kick it' down the field may lead to more victories. But it does not effectively teach the players the game and it does not develop their ball skills.

### U9 / 10 Technical Curriculum

- Individual Technical work – takes the mentality of the age and fit into activities developing technique. Work on basic skills with pressure (dribbling, passing, etc.) and introduction of advanced skills.
- Every player with a ball as much as possible during practice.
- Basic comfort ability with ball in relation to the body and movement in individual and partner and now group environments.
- Goalkeeper session introduced at the U9 level. The sessions run once a week during the fall semester for all players interested in improving their goalkeeper skills.
- The opportunity to play in goal should be given to all players on the team.
- Involve goalkeeping games at the team for all your players. Have at least one goalkeeping activity every second week.

## TECHNICAL SPECIFICS

- Dribbling
  - rolling the ball, pushing it, stopping it;
  - running with the ball, intro of specific moves using above skills;
  - introduction of Coerver coaching techniques: type fakes, feints and turns.

How to Develop Dribbling:

- Square Dance and similar activities
- The Mixer and similar activities
- Inside out and similar activities

- Passing
  - inside of foot, outside of foot, under the ball;
  - techniques with movement;
  - now in thinking environment;
  - dynamic.

How to Develop Passing

- Kings Court
- Square Balls
- The Mixer and similar activities
- Inside out and similar activities

- Receiving
  - feet, thighs, chest
  - catching;
  - receiving ball with feet;
  - preparing;
  - turning.

How to Develop Receiving

- Square Balls
- The Mixer and similar activities
- Inside out and similar activities

- Finishing
  - feet, volleys;
  - power versus accuracy;
  - driven, chipped, lofted, etc.

How to Develop Finishing

- Mach 1 and Mach 2
- "Big Shot" Drill

- Tackling
  - technique, block tackle, toe poke,

How to Develop Tackling

- Player dribbles towards partner while partner jockeys moving backward from one side of grid to the other (no tackling, just working on the movement)
- 1v1, 1v2 Numbers Game

- Ball mastery with more movement, creativity, and all surfaces, intro of (Coerver) one-on-one skills.

How to Develop Ball Mastery

- Square Dance
- Shark Attack
- Progressive Numbers Game
- Change Soccer
- Four Goal Soccer

- 3v1, 4v1, 5v2 in grid. X amount of consecutive pass is a "goal"

- Basic Goalkeeping Skills – catching, deflecting, diving, throwing, kicking. Also tactical movement of the goalkeeper in relation to where the ball is in the field of play.

#### **U4/U5**

- Catch a lobbed ball from 3 yards and hug.
- Throw two hands and then one - basketball throw from 3 yards to knock the cone down.
- Side diving from kneeling up position - rolled ball.

#### **U6**

- Progressions of U4/U5
- Catching the ball above the head - GK ball.
- Side diving from gorilla position.
- Throwing for distance - 6 yards.
- Footwork - GK shootout.

#### **U7**

- Progressions from previous age groups.
- Pairs or criss-cross - catching ball above the head.
- Diving at feet - drill - no body contact.
- Throwing for distance - 10 yards.
- Accurate goal kick - 12 yards.

#### **U8**

- Progressions from previous age groups.
- Dealing with cross - ground balls.
- Shot stopping – King Carl practice.
- When to catch, when to deflect.

#### **U9**

- Progressions of previous age groups.
- Receive back pass and play wide.
- Punt and drop kick.
- Goal kick 15 yards.
- Catching high crosses.

#### **U10**

- Progressions from previous age groups.
- Dealing with through balls.
- Principle of staying on the feet as long as possible.
- Principle of reacting – not anticipating.

## **U9 / 10 Tactical Curriculum**

- Individual Tactics – they are starting to conceptualize, so just allow for games/activities that bring out decision making opportunities.
- Group/Individual Tactics – get away, keep ball, get ball back, and pass it – all focusing at an individual and group stage, with pressure introduced to the play.
- Exposure to 1v1, 2v2, 3v3, and 4v4 principles of play – attack and defense.
- 2-3-1 and other systems of play making sure there is a back, midfield and front player arrangement.
- OFFSIDES are not in effect until U11, but begin to introduce them at U9 (blatant offsides).
- All other rules applied by coach.

## **U11/U12 Outdoor Soccer: Fun, Ball Skill, Creativity & Success**

### **1. Structure of the program**

#### **Tier 1**

##### **Program Duration**

Training: 2–3 training sessions with team coach.

Games: 1 game per week September to March.

Additional development sessions scheduled throughout the year by Club Technical Staff.

Goalkeeper session – once per week for the fall and winter semester.

#### **Tier 2**

Training: 1–2 training session with team coach.

Games: 1 game per week September to March.

Additional development sessions scheduled throughout the year by Club Technical Staff.

Goalkeeper session – once per week for the fall and winter semester.

##### **Game Structure**

1. Number of players on the Field: 8 versus 8 including GK (2-3-2 and other systems).
2. Approximate team size: 12-14 Players.
3. Game Duration: 2 x 30 minute halves.
4. Ball Size: 4
5. Field Size: 75m x 55m
6. Goal Size: 18 foot x 6.5ft
7. Offsides in the Attacking Third only using the Super 8 field configuration.
8. Regular Referees.
9. Super 8 rules applied.

### **2. U11/12 Age Group Curriculum**

The U11/12 age group is a great stage of competitive soccer development. Even though technique is still the emphasis, tactical skills are now enforced and taught. The most important concern at this age is the introduction to a team atmosphere and concepts such as width, depth, penetration, possession, etc. Continuance of a competitive soccer education environment, and

most certainly enjoyment through soccer and the activities associated within a club environment are accomplished at a higher level now.

Coaches are encouraged to promote soccer that is:

- Free flowing.
- Coach guided and not coach directed.
- Demands that all players on the field, regardless of their position, participate in defending and attacking as a unit (support of the ball).

### U11/12 Technical Curriculum

- Individual Technical Work – reinforcement of skills, but now under pressure, combinations skills, now look at the decision making behind technique used.
- Every player with a ball as much as possible during practice.
- Advanced/Competitive: Comfort ability with ball in relation to the body and movement in individual/partner and small group environments.
- Encourage 1-2 (better with 3 or more) goalies per team.

### TECHNICAL SPECIFICS – ***both feet as much as possible***

- **Dribbling** – should always be man-man-ball positioning. *Work on advanced ball skills/mastery.*
  - running with the ball;
  - possession dribbling (moves);
  - dribbling to space;
  - penetration dribbling (moves);
  - taking defenders out of play;
  - dribbling into pressure;
  - turning & shielding.
- **Passing** – accurately placing a ball to a target and/or space. Review and continued emphasis on U11 techniques.
  - 1 touch – 2 touch;
  - passing to feet or into space;
  - driven balls;
  - bending balls;
  - airborne versus ground balls;
  - splitting defense;
  - through balls;
  - chipped passes/shots;
  - angled passes.
- **Receiving** – preparing the ball to move to a new direction with purpose. Review and continued emphasis on U11 techniques.
  - turning open (inside, outside, letting ball run);
  - showing/checking to ball;
  - back to goal – back to pressure;
  - both feet/closest foot to ball;
  - receiving to space.
- **Finishing** – development and mentality of shooting inside/around the 18 yard box. Review and continued emphasis on U11 techniques.
  - shooting around defenders;

- across body shooting;
  - 1 touch finishing;
  - near versus far post;
  - one on ones with keeper;
  - accuracy versus power.
- **Heading** – instruction of proper techniques for proficiency and injury prevention. Review and continued emphasis on U11 techniques. MINIMUM Time spent on heading practice.
- jumping/air headers;
  - diving headers;
  - heading to pass;
  - defensive headers.
- **Tackling** – instruction of proper techniques for proficiency and injury prevention.
- block tackle, toe poke tackle;
  - slide tackling (inside, outside, hook/possession);
  - decision to tackle versus pressuring the ball for mistake;
  - winning possession of the ball;
  - double teaming.

*Focus on technical mastery and comfort on the ball through fun, challenging and educational training so they can meet the demands of the game at a higher level.*

<b>U11/12 Tactical Curriculum</b>
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**1v1 – Attacking and Defending** – developing 1v1 comfort mentality and recognition, line soccer tournaments, 1v1 tournaments/activities, conditioning, transition.

- *Attacking principles* of penetration by shoot or dribble;
- creativity;
- mobility, support and width;
- the five defending principles (*see Byte Size Coaching – go to the Team Tactics segment on left-hand side menu and click on the Principles of Play*).

**2v2 – Attacking and Defending** – intro of combination with another player – wall passing, takeovers, overlaps, using teammate as decoy, etc.

- creating versus killing space;
- *Attacking principles* of penetration by shot, pass or dribble;
- creativity;
- mobility with and without ball;
- combination/support of teammate, etc.
- the five defending principles (*see Byte Size Coaching – go to the Team Tactics segment on left-hand side menu and click on the Principles of Play*).

**3v3 – Attacking and Defending** – introduction of more decision making.

- possession versus penetration;
- transition;
- support;
- creating versus killing space wall passing;
- takeovers, overlaps, using teammate as decoy, team shape;
- *Attacking principles* of penetration by shot, pass or dribble;
- creativity;
- mobility with and without ball;
- combination/support of teammate, group shape, etc.

- the five defending principles (see *Byte Size Coaching – go to the Team Tactics segment on left-hand side menu and click on the Principles of Play*).
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**4v4 – Attacking and Defending** – introduction of more decision making, and smallest team shape (diamond – left, right, middle support).

- possession versus penetration;
- transition;
- support;
- creating versus killing space switching point of attack;
- relieving pressure;
- playing with purpose;
- *Attacking and Defending principles (see Byte Size Coaching – go to the Team Tactics segment on left-hand side menu and click of the Principles of Play)*;
- Towards the end of the U12 season introduce 11 a side of play (system used by the U13's).

Reminder: keep methods and terminology relevant to this age group.

### **Under 11/12 Coaching Development**

Ideally coaches would have graduated up through the Mini coaching ranks and would have already obtained their Soccer for Life or C Level Coaching License. Continue to attend as many coaching courses as possible.

## **U13/14: Junior Soccer: Competition, fun, skill, creativity, & success**

### **1. Structure of the program.**

#### **Program Duration**

Training: 2–3 training sessions with team coach.

Pre-season and off season extra work: Body weight training – sit ups/push ups, etc.

Games: 1 game per week September to March.

Goalkeeper session – once per week during fall and winter semester.

**Game Structure:** The outdoor sessions should follow the CSA National Game Structure for Under 14.

1. Number of players on the Field: 11v11
2. Maximum team Size: 18 Players; minimum size 16 Players.
3. Game Duration: 2 x 35 minute halves.
4. Ball Size: 5
5. Field Size: Regulation.
6. Goal Size: Regulation.
7. Offsides.
8. Regular Referees.
9. FIFA Rules.

### **Under 14 Age Group**

The U14 age group is the continuance of competitive development. At this age technical and tactical demands are reinforced at an even more advanced level of play and expectation.

Previous technical and tactical demands are now placed in a team environment within game conditions. After this point our players should have a fine classification of soccer techniques and be able to perform them under pressure. This age now requires more than just attack and defend the goal. Now a player must utilize their technical and tactical knowledge along with their position(s) or function within the team. At this age general through to specific tactics are now a regular part of training, without losing the technical demands.

### **U13/14 Technical Curriculum**

- Individual Technical Work – in relation to team and group tactics of the club, staff, and coaches – also dependant on level of previous knowledge. Technical focus in relation to position/function within team; more emphasis placed on passing and receiving.
- At this age we start to develop the full-sided team practices, yet try and stay between 4v4 to 8v8. Remember, whenever we can we must create an environment that never displaces technical demands.

### **TECHNICAL SPECIFICS – *both feet as much as possible***

- Reinforcement of techniques from younger age groups with more pressure, in game conditions/ restrictions.
- Introduction of combination techniques, increased agility on and off of the ball, much higher emphasis on technical fitness and endurance.
- Keep shooting/finishing mentality in force, now develop finishing under pressure.
- Heading with a purpose now – defensive, attacking, passing, possession, etc.
- **CONSIDER what their position requires of them...may differ at times.**

**Now when you set up your practices develop technique into tactical application.** It's better if done in smaller numbers which provides more repetition, more pressure, and more decision making/technical opportunities.

#### **For Example:**

Passing with inside of the foot: work on short-short-long combinations (2 or 3 person), but focus on whether it is a technical breakdown versus a tactical breakdown.

#### **For Example:**

Receiving: 4v4v4 or higher, possession 2 touch only, thus my first touch must always prepare me to play in the next touch. Again, focus on whether it is a technical breakdown versus a tactical breakdown.

Focus on technical mastery and comfort on the ball through fun, challenging and educational training so players can meet the demands of the game at a higher level.

### **U13/14 Tactical Curriculum**

- Reinforcement of U11, U12, and U13 tactics in small group to team environments. 1v1 up to 8v8. Attacking and Defending principles. See U12 group.
- Creating space – mobility off the ball and with the ball, possession and penetration.  
*Advancement in creating space, transition and team concepts.*

- Group defending: 3 and up – pinching in on weak side, team recovery, regrouping, organization, communication, shape.
- Any numbers: support angles, possession, numbers around the ball, becoming an option and seeing the options.
- Man marking versus zonal marking – when, where, why, systems of play.
- Maintain goal-scoring mentality in team and individuals.
- Proper decision making in relation to position. Do so in training environments so they have something to relate to in the game.
- Transition from offense to defending and vice versa.
- Switching point of attack, changing channel, playing out of pressure/into pressure and counter attacking.
- Speed of play and system/functional training.

### **U13/14 and older – FACILITATION of TECHNICAL FUNCTIONAL TRAINING**

TEC/TAC training should be done on a rotating schedule for specific age group(s) development – basically a third of practice every 3<sup>rd</sup> week. Work on a topic, tying into the team and club philosophy. Separate into 3 groups: backs, midfielders, front runners. Players will be exposed to technical demands and training for that specific position, then placed in environments where they get to this within their position.

*Coaches need to focus on the technical and tactical development so our players are better prepared to deal with the rigors of the game from U15 forward.*

### **Under 14 Coaching Development**

Ideally coaches would have graduated up through the coaching ranks and would have already obtained their Soccer for Life or C Coaching License. For those coaches who want to learn beyond the Community Coaching Program – the CSA B License program provides further coaching education.

<b>TRAINING SESSION STRUCTURE: an organized plan</b>
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**ORGANIZATION: be prepared; adapt the plan for practices that are shorter/longer than 60 minutes.**

Organization of the practice session is one of the most important responsibilities of the coach. Good planning and good organization translates into confidence. If you have a well thought out plan and certain of your objectives, your players will respond appropriately.

**TOPIC: passing, defending, dribbling, shooting, etc.**

Have an understanding of the topic you are teaching and focus on one topic only for each training session.

Have an understanding of the technical and tactical elements of the topic you are teaching. Kids can only relate to one topic and at the older age groups perhaps two topics per session. You cannot teach several aspects of the game at one time.

**WARM UP/COOL DOWN: suppleness (flexibility)**

Every training session should contain games or other activities that aid mobility and ease of movement. To prevent joint or muscle injuries, it is essential that work on

suppleness is developed as much as possible.

During the warm up phase, after a 10 minute CAUFC warm-up without the ball and the FIFA 11+ style warm up (see [www.fifa.com](http://www.fifa.com)), work on suppleness training with a ball – and during the cool down stage (without a ball). Performed at the end of a session, suppleness training helps players get back to a relaxed state.

### **BALANCE, COORDINATION & AGILITY: basic endurance & speed**

**Basic Endurance** (aerobic capacity): Kids who play soccer and other sports regularly will develop basic endurance easily. Continuous exercises with the ball, practicing moves by interval training or by playing practice games are all effective ways of developing basic endurance.

**Speed:** Co-ordination and movement exercises, such as skipping, footwork (with or without ladders and hurdles), changing direction and working with the ball, are the basis of speed development in young footballers.

**Co-ordination:** Co-ordination is a fundamental requirement to be included in all training sessions. It helps technical skills develop in children very early, from U7 to U9. Between the ages of U10 and U13, psychomotor development (mental and motor skills) starts to stabilize.

### **TECHNIQUE/SKILL; GAME RELATED & SMALL SIDED GAMES:**

**Focus on a specific skill for each session and repeat the sessions during the course of the season.** The game related exercise takes the specific skill and introduces an element of the game to that exercise.

Small sided games could be conditioned games or non conditioned games. Conditioned games are those that have restrictions placed upon them. Its purpose is to isolate a specific skill or tactic. For example, playing a 4v4 game, but can only score if shooting with the left foot (shooting technique) or a goal only counts if there are three passes made before the goal (passing technique).

### **GAMES AWARENESS: moments of the game**

During your small sided games, you can introduce and comment on specific moments of the game: corner kicks; free kicks; goal kicks; offside rule; throw in, etc. Don't spend a training session on moments of the game. Introduce and discuss them during each session when they arise.

## **DEVELOPMENT OF GOALKEEPERS: U9 to U18**

Restricting players to the position of goalkeeper at too early of an age may have negative effects and eliminate them from future participation in soccer. Children grow at different rates and times and it is impossible to predict who will develop into the best goalkeeper when players are at the house level. As such, we recommend that you try and rotate players into the goalkeeper role as much as possible.

Cliff Avenue United F.C. runs a goalie program throughout the year for U9 to U18 players. The fall session runs outdoors for U9 to U18 players and the winter session indoors at Canlan for U11 to U18 players. The program is offered by our goalie coach, Dino Alberti. The goalie program focuses on the progressive teaching of technical skills for the goalie position.

Goalie training will also be provided on an invitation basis as part of the Cliff Avenue Goalkeeping Academy.

### Recommendations:

U6 and U7: no goalies.

U8 to U10: all players at the goalie position throughout the soccer season.

U11 and U12: identify 2 to 3 goalies – ideally more (as many as 3 to 5 per team) and rotate them throughout the year. It is mandatory that all goalies at this age group and up attend the Cliff Avenue United goalie training program.

U12 to U18: recommended that you carry two goalies per team – ideally each playing a half on the field and in goal.

Note that the most important position in soccer is the goalkeeper. A confident and competent goalie will always provide their team with the opportunity to win a game at the intermediate and divisional level.

Coaches from U8 to U11 should try and run some basic goalie drills during practice. At U11 and up, if your practice schedule conflicts with the goalie training program schedule, we expect your goalies to attend the goalie training as they will benefit more from specific goalie training than attending a team practice. In addition, Dino Alberti will be providing recommendations based on goalie assessments for divisional teams. If you plan to play goal at the divisional level and you do not attend the goalkeeper sessions, then you may not be selected to play goal for the higher tier teams.

## TEAM SELECTION PROCESS: U7 to U10

Teams will be selected using the following process:

Numbers permitting, players should be split into an even number of teams. At U6 there is no need for player evaluations. Given that there are new players that register every year and given that the skill level does not vary significantly at the early years, it is only important that there is an even number of teams. At U6 our administrators will put together the teams for these age groups.

At U7 to U10, players are rated using a scale of 1 to 5. A player with a '1' ranking would be a highly skillful focused player and a player with a '5' ranking would be a player with limited skills and motivation. Player ratings are conducted at the end of the season and this information used to balance teams the following season. The player selection process works as follows:

1. A minimum of two coaches will be assigned to every team. Again ensure that there will be an even number of teams. Note that our club recommends that not only our players integrate and play with other players throughout their youth career; but we also want our coaches to work with various coaches within their age group during this stage. **This entire process is intended to expose every child to as many different coaching styles as possible while also ensuring that all house teams are as balanced as possible from one year to the next. Although we prefer and encourage our Coaches to rotate and work with new Coaching partners from year to year, we will permit a maximum number of two Coaches per team to remain as coaching partners from year to year at the House Level.**
2. *Coaches and parents should keep in mind that their "team" is actually the whole group of Cliff Avenue United FC players at their specific age group. We want to develop players' skills to the best of their abilities while ensuring they have fun playing the game. We want to raise their self-esteem and confidence and this cannot be achieved if a child is placed on a weak team every year. Coaches will also better develop their coaching skills by learning from one another, thereby strengthening our entire coaching staff.*
3. Either a blind draft or coach's draft is used to select the players. With a blind draft, you select the number of teams and assuming you have 6 teams, name them team A to team F. Place the coach's and assistant coaches' children on their respective teams. You then randomly draw players starting from your players ranked '1' to each team and place them on teams A to F until all players are exhausted from that pool. You then randomly draw players rated '2' and assign them to a team starting with team A to F again until all players are exhausted. Repeat this process for the players rated '3,4,5'. After completing all the teams, you need to ensure that everyone has the same number of players rated '1' to '5' on their team. With a coach's draft, the same process takes place except that instead of drawing players randomly, coaches select players from each pool starting with all the players rated '1' to build their teams. Note that coaches should not select players that they coached in the prior year. As yet another alternative option, the above allocation of players' process can also be accomplished by the Age Group Coordinator based on the ratings/assessments provided.

We believe that for proper development of our players, that each player should get to know each of our coaches and as many if not all players within their age group. We know that integrating our players provides for greater retention of our players once they reach the

intermediate and divisional level. We believe that the movement of players and coaches is a key principle of our club's philosophy that we are part of one team, Cliff Avenue United F.C.

### **EXTRA DEVELOPMENT: Jr Academy; Academy; Prospects; ABCD; Spring Development; House Development; Tournament Play**

To ensure player development, all players must be exposed to levels of competition commensurate with their skills and must be challenged constantly in training and games in order to aspire to higher levels of play. Therefore various extra development programs are offered. The intention of these programs is not to create an elite program, but to simply acknowledge that players develop at different stages. Some may want to challenge themselves by playing against equal or stronger competition on a regular basis. The programs will not take away from the games or practices of the child's house team. As such, we have implemented programs that will allow players to compete with others of similar skill.

During the soccer season, Cliff Avenue United FC runs the following programs in order to provide for extra development for that player that wished to do more than play on their house team:

- The Cliff Avenue United FC Jr. Academy program at Canlan Indoor Soccer Centre: This program is an invitation only program made available to the more advanced players at the U8-U9 age levels (boys & girls). The focus is on skill development followed by small-sided games. The CAUFC Jr Academy program is offered to motivated and focused players and is considered our feeder program into our Prospects Program.
- The Cliff Avenue United FC Prospects Program is a technical development program for players that show the skills, motivation, dedication and desire to do more with the game. The program is an invitation only program made available to the more advanced players at the U10-U12 age level (boys & girls).
- Our Cliff Avenue United FC Academy development program is aimed for the elite player at the U10-U12 age level (boys & girls). This advanced program is by invitation only.
- Agility, Balance, Co-Ordination and Decision Making (ABCD) Program is a program available for all players U8-U12 Boys and Girls who have the desire to improve their soccer skills. These players may not quite be at the level of Prospect or Academy Players or they may be participating in the Academy/Prospects Program and wish to have additional training.
- Spring Development Program: The spring development program runs from April to June and is open to all players of all skill level from U6 to U10. There are no set teams for spring development. As with the club extra development program, coaches within that age group are asked to set aside a time once a week to run a 60 minutes session with the players. The first 20 to 30 minutes will be skill development followed by small-sided (3v3, 4v4 and 5v5) games. Note that at the U8 to U10 level, during the small-sided games, players should be tiered and play against those with similar skills.
- During the soccer season, coaches may want to enter their teams in tournaments and festivals. Typically, there are two types of tournaments. One that provides for house team play and others that provide for select/tiered play at U8 and older age groups. Note

that participation in these tournaments is optional. However, we recommend that if participating in a select/tiered tournament play, that coaches do not change their philosophy to a 'win-at-all-cost' attitude. All players in that team you select should receive an equal amount of playing time. Even while competing at a high level, we must ensure that we focus on the long term development of a child and not short term gains. For the full details on our Club Policy on Entering Tournaments please visit our documents section on our Club website.

<b>OTHER: Ability to play up; the soccer player; game officials; laws of the game; coordinators</b>
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## **ABILITY TO PLAY UP**

When it is appropriate for soccer development, the opportunity for the exceptional player to play with older players must be made available. An exceptional player must consistently dominate their age group. For U6 and U7 players no child will play in an older age group. For U8 and older, we will allow a child to play in an older age group. However, the decision to move a player up a year will only be allowed if there is rationale to support the decision. The decision to allow a player to move up will rest solely upon our technical director.

## **GAME OFFICIALS**

There are no referees from the U6 to U8 level. Either a parent or a coach is asked to referee a game. At U9 to U12 a referee will be provided by the club or the district. *The referee is the final authority in a game and all coaches and parents will provide the utmost respect to the referee. Please remember that many of our young referees are learning the game themselves. As we are developing players, we are also developing game officials. We will not scream at our players for making errors and therefore at the same time we will not yell at officials under any circumstances. Harassment of the referee will not be tolerated by our club.*

***Note that coaches or parents that abuse referees will be asked to leave the club.***

## **LAWS OF THE GAME**

U6 and U7 laws of the game are noted previously. For U8 to U14 rules are as follows:

Offside: There are no offside rules at U8 or U9. However, we recommend at U9 during the second half of the season that you introduce the 'blatant' offside rule. If a player is offside by more than 3 yards or 10 feet, then the referee should call the infraction. At Super 8 (U11 and U12) the offside rule will be in full force but only effective in the attacking third of the field. At U13 and up, full FIFA rules apply.

Fouls and misconduct:

In mini soccer all free kicks are indirect as this encourages a pass. A free kick is awarded to the opposing team any of the following offences in a manner considered careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent.

- Trips or attempts to trip an opponent.
- Jumps, charges at or pushes an opponent.
- Strikes or attempts to strike an opponent.
- Tackles an opponent to gain possession by making contact with the opponent first.

A free kick is also awarded if a player commits the following offenses:

- Holds or spits at an opponent. If a player spits at a player they should be thrown out of the game and suspended for the next game (Zero Tolerance).
- Handles the ball deliberately (except for the goalie).
- Impedes the progress of an opponent (obstruction) or the goalie from releasing the ball.

For all free kicks the opponents must be 10 yards from the ball or at the goal line. This allows the indirect free kick to be passed to a team mate.

At U11 and above players will be awarded penalty kicks for infractions in the penalty area. At divisional, players will be given cautionable offenses (yellow or red cards).

Throw in: a goal cannot be scored directly from a throw-in. A throw in is awarded when the whole ball passes over the touch line; from the point where it crossed the touch line to the opponents of the player who last touched the ball. Note that we recommend that the game has good flow. If it is uncertain as to whether or not the ball crosses the touch line, give the benefit of the doubt to the players and let the game continue.

## **ROLE OF THE COORDINATOR**

Each age group for boys and girls will have a Coordinator. In conjunction with the coaches in a particular age group, a Coordinator will be appointed by the CAUFC Board of Directors or selected by the coaches in that age group. The Coordinator should be well organized, be an effective communicator, patient and be able to exercise good judgment. The Coordinator's roles and responsibilities include:

- Provides the previous year's coaches evaluations to the Technical Director
- Oversee the team selections to ensure balanced teams.
- Collecting risk management disclosure forms.
- Liaise between the House-Coordinator (a board member that oversees the entire house age group) and individual coaches within the age group.

Each team should ensure that they have a team manager to communicate with the coordinator. The coordinator and team manager can obtain contact information relating to players from the Administration Manager.

## **ACKNOWLEDGEMENTS:**

- . Player Development Guidelines: Best Practices for Coaching Soccer in the United States; US Soccer Association
- . US Youth Soccer Parent Education
- . US Youth Soccer Small Sided Games
- . Principals of Brazilian Soccer (CBF)
- . Byte Size Coaching, Tony Waiters
- . The French Football Federation Youth Development Program
- . British Columbia Soccer Association (BCSA)
- . [www.betersoccermorefun.com](http://www.betersoccermorefun.com) (KNVB: The Dutch Vision on Youth Football)
- . More than goals, Claudio Reyna
- . The FA Football Development Program
- . FIFA.com
- . Kevin Julian, Technical Director, Cliff Avenue United FC
- . Tony Waiters, Technical Advisor, Cliff Avenue United FC
- . Tony Fonseca, former Technical Director, Cliff Avenue United FC