



Colorado Rapids



**“Creating an Environment
and Culture for
Long Term Player Development”**





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“Creating an Environment and Culture for Long Term Player Development”

“A Coach is someone who tells you what you don’t want to hear, who has you see what you don’t want to see, so you can be who you have always known you could be” – Tom Landry

What other words can be used instead of “coach”?

We want to help your children maximize their abilities

We want to help you to help your children maximize their abilities

We want to help everyone to help all the players maximize their abilities





Colorado Rapids Process of Player Development

Why?

- Do children take part in extra-curricular activities?
- Do children enroll in soccer?
- Do children stay in soccer?

What is Winning?





Colorado Rapids Process of Player Development

Winning!

- Fun / Enjoyment
- Friends /Social
- Health / Exercise / Fitness
- Education in the sport
- Education in life skills
- Education in mental skills
- Competition

**“Winning is not always development.
Development is always winning”**





Age Appropriate Learning Focus and Priorities:

CLUB IDENTITY AND FORM A WINNING CULTURE

FINE TUNE ALL TECHNIQUES AND DEVELOP TEAM TACTICAL UNDERSTANDING & INTELLIGENCE

FULLY DEVELOP ALL TECHNIQUES AND TEAM UNDERSTANDING & INTELLIGENCE

SMALL GROUP TECHNICAL & TACTICAL UNDERSTANDING & INTELLIGENCE

INDIVIDUAL TECHNICAL & TACTICAL UNDERSTANDING & INTELLIGENCE

INDIVIDUAL BALL CONFIDENCE & FREE PLAY

PERFORMING PLAYERS

PRE-PERFORMANCE PLAYERS

DEVELOPING PLAYERS

INITIATION

PHYSICAL PREPARATION ----->

PSYCHOLOGICAL PREPARATION AND MENTAL SKILLS ----->

HEALTH AWARENESS, INJURY PREVENTION AND NUTRITION ----->

SOCIAL AND LIFE SKILLS ----->

FUN AND ENJOYMENT ----->

U5 - U6 - U7 - U8 - U9 - U10 - U11 - U12 - U13 - U14 - U15 - U16 - U17 - U18 - U19 - U20 - U21 - U22 - U23 - MLS PRO TEAM





Colorado Rapids Process of Player Development





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Process of Player Development

Putting The Educational Theory Into Practice :

“The Process of Player Development and the educational principles we have outlined, must be reflected in our on-field and off-field actions, and the environments we create”

- How, when and why do we lose our focus on the long-term process of player development?
- Focus on coaches delivering the main components of the game and prioritize appropriate to the age and ability of the players
- Focus on where your parenting/teaching fits into the long-term process of player development





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Most people are experience rich and theory poor!!

- You’ve all had experiences, conversations, read information...but don’t always have the time or desire to put all of that together...
- ...so we have
- Organized our experiences, thoughts, beliefs, which we base our environment, culture and educational process on
- You may like it, you may disagree, you may like some parts, some parts will make you uncomfortable....but this is what we do!!
- Other environments and cultures are different...especially in local youth soccer





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OPPORTUNITY

- **Bill Gates: 1968 access to a powerful mainframe computer when very few others did. 2am-6am free. Built programming skills for thousands of hours before the personal computer.**





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Access to....

- **Deliberate and determined practice gives the opportunity for success**
- **“The Talent Code” – Deep Practice**
- **Chunking – Try again. Fail again. Fail better.**
 - i. Pick a target**
 - ii. Reach for it**
 - iii. Close or reduce the gap**
 - iv. Return to step i.**

Emulate the toddlers learning strategy





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Ignition – building the needed motivation

- **Seeing the goal in the distance**
- **What are you willing to do in order to have the opportunity to get there?**
- **The Beatles – would most have done what they did?**
- **Everyone can help to build and sustain motivation...**
- **...but it's up to the individual to get it done!!**
- **Fine balance – “optimal arousal” ...**
- **...Arousal / Anxiety >>>> Performance**
- **Example: US Gymnastics – John Orozco**
- **Example: Michael Phelps**





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“Don’t be upset with the results you didn’t get from the work you didn’t do”

- **What are you willing to give to be good?**
- **Sacrifice...or is it?**
- **“24 hour athlete”**
- **Comfort zones**
- **Live on the edge of success and failure**
- **No overnight success stories**
- **The process...the journey is paramount**





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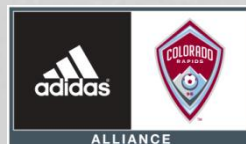
“Creating an Environment and Culture for Long Term Player Development”

What if the Secret to Success Is Failure? NY Times, Sept, 2011

- **Not only is failure a part of the learning process, it’s an absolute necessity for growth and development**
- **“A Nation of Wimps” - over-protection leads to low self-esteem**

**“Between the coach and the athlete,
the parent and their child,
there is a tension, like a tightrope,
between challenge and support” –**

Is yours right?





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“Creating an Environment and Culture for Long Term Player Development”

TALENT: it matters and is necessary...to a point!!!

- **IQ between 120 – 200 = same chance of winning a Nobel Prize**
- **Bill Gates / The Beatles / Lionel Messi / and many others**

“That some achieve great success, is proof to all others that others can achieve it as well” – Abraham Lincoln

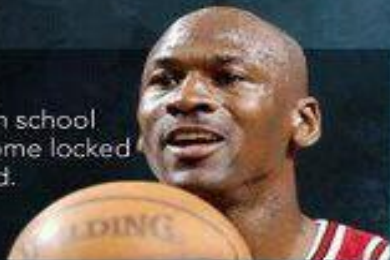
There are many “Famous Failures”!



Famous Failures

Michael Jordan

After being cut from his high school basketball team, he went home locked himself in his room and cried.



The Beatles

Rejected by Decca Recording studios, who said "we don't like their sound" - "They have no future in show business"



Steve Jobs

At 30 years old he was left devastated and depressed after being unceremoniously removed from the company he started.

Eminem

A High School dropout, whose personal struggles with drugs and poverty culminated in an unsuccessful suicide attempt.



Walt Disney

Fired from a newspaper for "lacking imagination" and "having no original ideas"....



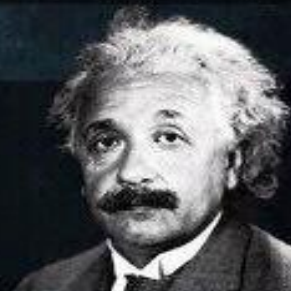
Oprah Winfrey

Was demoted from her job as a news anchor because she... "Wasn't fit for television."

If you've
NEVER FAILED.
You've
NEVER TRIED
anything new

Albert Einstein

He wasn't able to speak until he was almost 4 years old and his teachers said he would "never amount to much"





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Early and Late Bloomers in Soccer

- **Destined for stardom....or are they?**
- **So...MUST emphasize skill development**
- **Emphasize the process of learning not the results**
- **Do NOT praise the outcome...instead praise effort and focus**
- **Take a balanced approach...be realistic about the guarantee of future success**
- **Focus on program's that understand child development**





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**Deep Practice + Ignition + Quality Coaching =
Optimum Player Development**

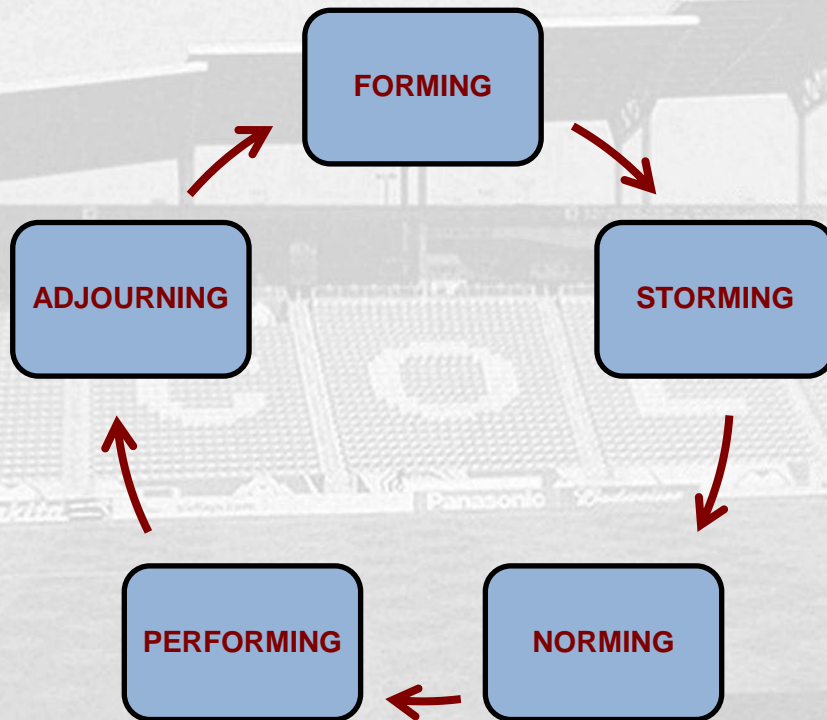
- **Does your family facilitate this?**
- **Does your family reinforce this?**
- **Does your family continuously adapt to changing circumstances?**





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THINK – PLAN – DO



“Inherited Thinking”

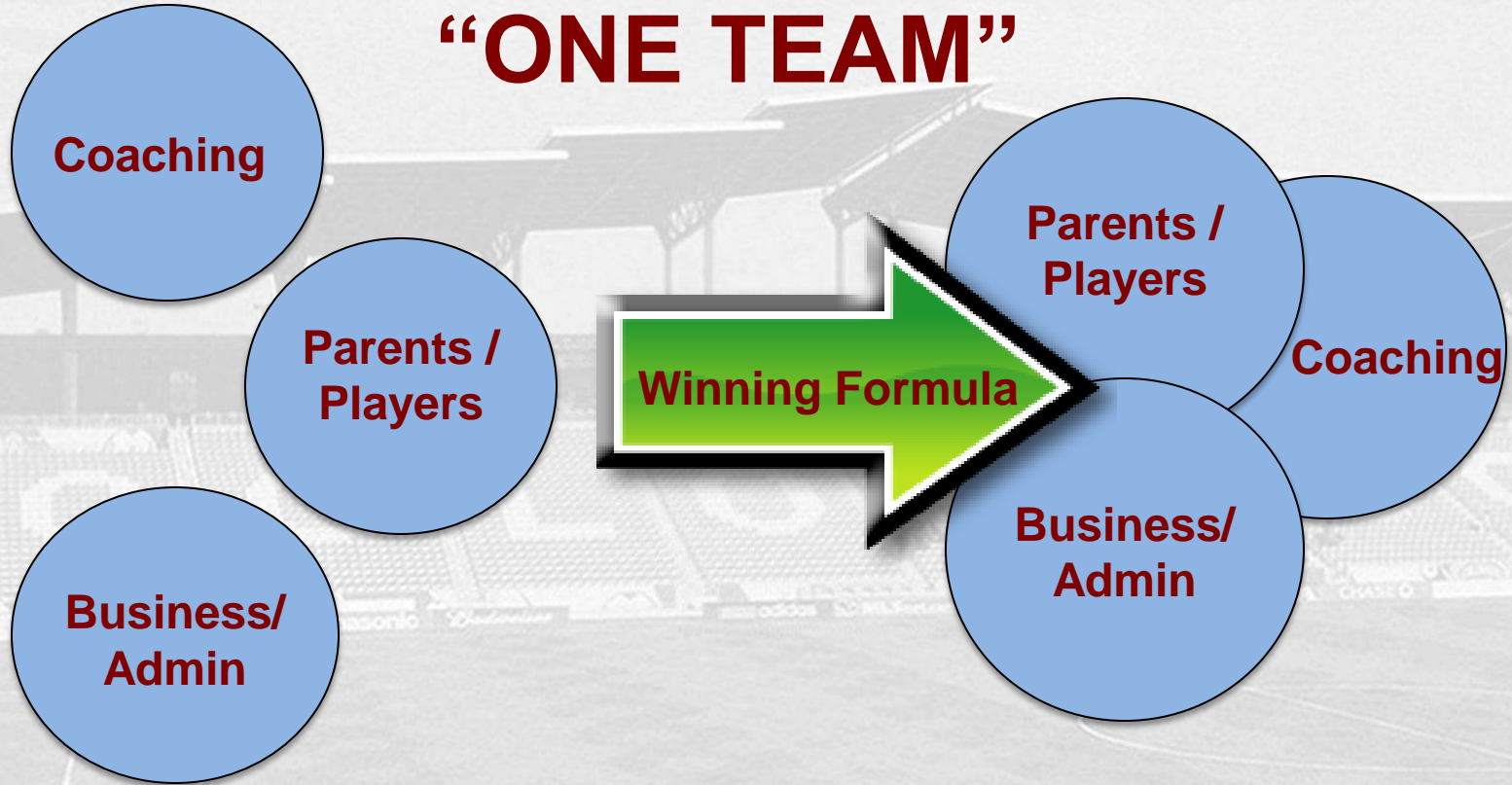
- Philosophy / Culture / Identity
- Training and Competition Environment
- Player and Parent Mentality and Attitude
- Curriculum and Implementation
- “Critical Non-Essentials”
- Thinking in Detail
- T-CUP!
- Energy Sappers .v. Energizers
- “Success From Setbacks”

**“Long term, and Continuous,
Process of Player Development”**





Colorado Rapids Process of Player Development “ONE TEAM”



“Inspiring Individual Excellence”





Conclusion

“Champions do not become champions when they win the game, but in the hours, weeks, months and years they spend preparing for it.

The victorious performance itself is merely the demonstration of their championship character”





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“Creating an Environment and Culture for Long Term Player Development”

Some sources:

- **“Outliers” – Malcolm Gladwell**
- **“The Talent Code” – Daniel C. Coyle**
- **“The Little Book Of Talent” – Daniel C. Coyle**
- **“Mindset” – Carol S. Dweck**
- **“Potentialing” – Dr. Lee Hancock & Robin Russell (www.potentialing.com)**
- **“A Nation of Wimps” – Hara Estroff Marano**
- **“Drive” – Daniel H. Pink**
- **“Bounce” – Matthew Syed**
- **“Winning” – Clive Woodward**
- **“Who Moved My Cheese” – Spencer Johnson**

Plus many other books, articles, videos, etc. that we draw from everyday!!





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THANK YOU





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QUESTIONS





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Coaches: Age Group Objectives Review & Self Evaluation





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RIO RAPIDS SOCCER CLUB U5/U6 Age Group Objectives

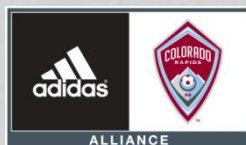
Objectives	Technical	Improve basic individual technique.
	Physical	Develop coordination and basic motor skills with and without the ball
	Psycho-Social	Feel comfortable and confident with the ball
Organization	Players per group	8-10
	Player to ball ratio	1:1
	Training to game ratio	2:1
	Sessions per week	2
	Session time	45 minutes
	Game format	3v3 or 4v4
	Session structure	3 stations of activities - 12 minutes per station 3v3 game - 10 minutes
	Recommended minimum playing time	50%
	Recommended playing positions	Positional rotation
	Recommended min. coaching license	Youth Module 1
Outcomes	Players will be capable of:	Dribbling the ball with at least 1 foot
		Running, jumping and changing direction
		Stopping and changing direction with the ball





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RIO RAPIDS SOCCER CLUB		
U7/U8 Age Group Objectives		
Objectives	Technical	Improve basic individual technique - both feet
	Physical	Develop speed, change of pace, coordination and basic motor skills with and without ball
	Psycho-Social	Interact with team-mates/pairs during practice and games, on and off the field Positive coaching style
	Tactical	Introduce spatial awareness and basic attacking/defending principles
Organization	Players per group	10-12
	Player to ball ratio	1:1
	Training to game ratio	2:1
	Sessions per week	2
	Session time	60 minutes
	Game format	4v4
	Session structure	Warm-up - 15 minutes - Ball work/Agility/Fun Games Game concept - 15 minutes Activity on topic - 15 minutes Game based on topic - 15 minutes
	Recommended minimum playing time	50%
	Recommended playing positions	Positional rotation
Recommended min. coaching license	Youth Module 1	
Outcomes	Players will be capable of:	Beating players in 1v1 situations
		Passing using inside of foot
		Receiving ball with inside of foot
		Being able to shield ball from other players
		Spatial awareness (spreading out)
		1v1, 2v1, 2v0 concepts
		Pressuring the ball/win the ball back
Handling ball with feet and hands		
2 skills to change direction/beat a player		





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RIO RAPIDS SOCCER CLUB		
U9 Age Group Objectives		
Objectives	Technical	Improve individual and collective basic soccer technique - both feet
	Physical	Develop speed, change of pace, coordination and balance with and without ball
	Psycho-Social	Motivation/love of the game. Positive interaction with team mates
	Tactical	Individual tactical decisions with and without the ball Attacking and defending principles - small group - 1v1, 2v1, 2v2 Rules of the game - offside rule, throw-ins Basic understanding of team shape
Organization	Players per team	8 to 10
	Player to ball ratio	3
	Training to game ratio	3:1
	Session time	75 minutes
	Game format	6v6
	Session structure	Technical warm-up - 10 minutes Physical - 10 minutes Game concept - 15 minutes Activity on topic - 20 minutes Small sided game based on topic - 20 minutes
	Recommended minimum playing time	50%
	Recommended playing positions	Positional rotation
Recommended min. coaching license	Academy: Youth Module (YM) 1 and YM 2 or E License; Team: YM 1 & 2; Rio: YM 1 or 2	
Outcomes	Players will be capable of:	2-3 moves to beat a defender 2-3 moves to turn away from defender Making decisions on dribbling vs running with ball Making decisions on when to pass vs when to shoot Making decision on when to turn vs when to beat defender Being able to shield ball from other players Spatial awareness (spreading out) - basic team shape 1v1, 2v1, 2v2 concepts Pressuring the ball when the opposition has the ball Juggling from hands





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RIO RAPIDS SOCCER CLUB			
U10 Age Group Objectives			
Objectives	Technical	Improve individual and collective basic soccer technique - both feet	
	Physical	Develop speed, change of pace, coordination and balance with and without ball	
	Psycho-Social	Motivation/love of the game. Positive interaction with team mates	
	Tactical	Individual tactical decisions with and without the ball Attacking and defending principles - small group - 1v1, 2v1, 2v2 Rules of the game - offside rule, throw-ins Basic understanding of team shape	
Organization	Players per team	8 to 10	
	Player to ball ratio	3	
	Training to game ratio	3:1	
	Session time	75 minutes	
	Game format	8v6	
	Session structure	Technical warm-up - 10 minutes	
		Physical - 10 minutes	
		Game concept - 15 minutes	
Activity on topic - 20 minutes			
Recommended minimum playing time	50%		
Recommended playing positions	Positional rotation		
Recommended min. coaching license	Academy: Youth Module (YM) 1 and YM 2 or E License; Team: YM 1 & 2; Rio: YM 1 or 2		
Outcomes	Players will be capable of:	2-3 moves to beat a defender	
		2-3 moves to turn away from defender	
		Making decisions on dribbling vs running with ball	
		Making decisions on when to pass vs when to shoot	
		Making decision on when to turn vs when to beat defender	
		Being able to shield ball from other players	
		Spatial awareness (spreading out) - basic team shape	
		1v1, 2v1, 2v2 concepts	
Pressuring the ball when the opposition has the ball			





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RIO RAPIDS SOCCER CLUB					
U10 Age Group Objectives					
	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Introduce Front foot passing	Introduce receiving ball across body	Introduce basic 1v1 defending techniques	Basic Goalkeeping
	Dribbling - Small touches	Introduce Passing - Inside of foot (speed and weight)	Develop receiving - Inside of foot		Goalkeeper Specific Training
	Running with the ball - Big touches	Develop Ball striking	Introduce receiving - outside of foot		Color Key
	Develop Moves to beat a defender		Introduce peripheral awareness of surroundings prior to receiving ball		Priority
	Develop Moves to turn away from a defender		Secondary		
Develop Shielding	Third				
Physical	Agility	Change of Direction with and without the ball	Change of speed with and without ball	Develop Spatial awareness	Coordination & Balance
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Appearance	Competitiveness/Desire	Responsibility	Commitment
Tactical	Possession Phase		Defending Phase		
	Develop When to run with ball - Space	Develop Pressuring ball (Defensive principle)			
	Develop When to dribble the ball - Pressure	Introduce defending 1v1 concept of delay			
	Develop When to pass/shoot	Introduce defending pressure and cover			
	Develop 1v1 and 2v1 concepts with direction	Develop understanding of the rules of the game (eg throw-ins, Offside rule, goalkicks, corners etc)			
	Introduce 2v2 and 3v2 concepts with direction				
	Introduce 3v1, 4v1 to possess (playing simple, playing the way facing, playing away from pressure)				
	Develop When to turn or when to beat defender				
	Develop team shape.				
	Develop positional roles				
	Introduce width, and how to achieve it				
	Introduce transition to attack & Defense				
Introduction of movement ideas eg overlapping, fading away, checking to ball					





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RIO RAPIDS SOCCER CLUB			
U11 Age Group Objectives			
Objectives	Technical	Improve individual and collective soccer techniques - both feet	
	Physical	Develop speed, change of pace, coordination and balance with and without the ball	
	Psycho-Social	Self discipline, competitiveness, positive interaction with teammates, motivation/love of game	
	Tactical	Individual tactical decisions with and without the ball Introduction of roles and responsibilities within a team concept Attacking and defending principles - small group - 1v1, 2v1, 2v2	
Organization	Players per team	10 - 14	
	Player to ball ratio	3	
	Training to game ratio	3:1	
	Session time	75 minutes	
	Game format	8v8	
	Session structure	Warm-up - 10 minutes	
		Physical - 10 minutes	
		Conditioned game - 15 minutes	
		Technical/small group - 20 minutes SSG/Conditioned game - 20 minutes	
Recommended minimum playing time	Players given the appropriate playing time and starts to support their continued development		
Recommended playing positions	Train players in primary & secondary position		
Recommended min. coaching license	Academy: Youth Module (YM) 1 and YM 2 or E License; Team: YM 1 & 2; Rio: YM 1 or 2		
Outcomes	Players will be capable of:	Develop passing technique	
		Develop receiving technique	
		Develop decision making with and without the ball	
		Individual confidence in possession	
		1v1 defending - control & competence	
		Basic understanding of defending in 2s	
		Develop possession to create time and space	
		Develop possession to switch point of attack	
		Develop movement ideas in 2v1 & 3v2 situations	
Introduce roles and responsibilities			





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RIO RAPIDS SOCCER CLUB					
U11 Age Group Objectives					
	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Develop Front foot passing	Introduce disguise in Ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Dribbling - Small touches	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		
	Running with the ball - Big touches	Develop Ball striking	Develop receiving - Inside of foot		
	Develop Moves to beat a defender		Develop receiving - outside of foot		Color Key
	Develop Moves to turn away from a defender		Introduce receiving to turn		Priority
	Introduce shielding while dribbling		Introduce Receiving - Aerial - Chest, Thigh, Head		Secondary
			Develop peripheral awareness of surroundings prior to receiving ball		Third
Physical	Agility	Change of Direction with and without the ball	Change of speed with and without ball	Spatial Awareness	Coordination & Balance
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Competitiveness/Desire	Responsibility	Commitment	Appearance
	Self Discipline	Leadership	Emotional Balance		
Tactical	Possession Phase		Defending Phase		
	Introduce Possession to Progress - Playing through lines	Develop Pressuring ball (Defensive principle)			
	Introduce possession to switch the point of attack	Develop defending 1v1 concept of delay			
	Introduce Possession to Imbalance - Support/Overloads/Interchange & Movement	Develop understanding of the rules of the game (eg throw-ins, Offside rule, goalkicks, comers etc)			
	Develop 1v1 and 2v1 concepts with direction	Develop defending pressure and cover (Defending In 2s)			
	Develop 2v2 and 3v2 concepts with direction				
	Develop 3v1, 4v1, 5v2 to possess (playing simple, playing the way facing, playing away from pressure)				
	Develop positional roles and responsibilities within a team concept				
	Develop transition to attack & Defense				
Develop movement ideas eg overlapping, fading away, checking to ball					






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RIO RAPIDS SOCCER CLUB			
U12 Age Group Objectives			
Objectives	Technical	Improve individual and collective soccer techniques - both feet	
	Physical	Develop speed, change of pace, coordination and balance with and without the ball	
	Psycho-Social	Self discipline, competitiveness, ability to maintain emotional balance	
	Tactical	Decision making - technical & tactical Basic understanding of roles and responsibilities	
Organization	Players per team	10 - 14	
	Player to ball ratio	3:1	
	Training to game ratio	3:1	
	Session time	90 minutes	
	Game format	8v8	
	Session structure		Warm-up - 15 minutes
			Physical - 10 minutes
			Conditioned game - 20 minutes
		Technical/small group 20 minutes	
		SSG/Conditioned game - 20 minutes	
	Cool down/debrief - 5 minutes		
Recommended minimum playing time	Players given the appropriate playing time and starts to support their continued development		
Recommended playing positions	Train players in primary & secondary position		
Recommended min. coaching license	Academy: Youth Module (YM) 1 and YM 2 or E License; Team: YM 1 & 2; Rio: YM 1 or 2		
Outcomes	Players will be capable of:	Consistent passing technique	
		Consistent receiving technique	
		Individual confidence in possession	
		1v1 defending - control & competence	
		Basic understanding of defending in 2s and 3s	
		Ability to build play through defensive & midfield units	
		Ability to use collective play to penetrate	
Final third movement & execution			
Understanding of roles and responsibilities			





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RIO RAPIDS SOCCER CLUB					
U12 Age Group Objectives					
	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Develop Front foot passing	Develop disguise in ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Develop Moves to beat a defender	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		
	Develop Moves to turn away from a defender	Introducing Passing driven, chipped, lofted and bent balls	Develop receiving - Inside of foot		
	Develop shielding while dribbling	Introduce Crossing techniques - bending/driven/clipped	Develop peripheral awareness of surroundings prior to receiving ball		
			Develop receiving to turn Develop receiving - Aerial - Chest, Thigh, Head Develop receiving - outside of foot		
				Color Key	
				Priority	
				Secondary	
				Third	
Physical	Agility	Change of Direction with and without the ball	Change of speed with and without ball	Coordination & Balance	Introduce Flexibility & Mobility (Warm Up & Cool Down)
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Competitiveness/Desire	Responsibility	Commitment	Appearance
	Self Discipline	Leadership	Emotional Balance		
Tactical	Possession Phase		Defending Phase		
	Penetration v possession	Develop Pressuring ball (Defensive principle)			
	Introduce Possession to Imbalance - Overloads/Interchange & Movement	Develop defending 1v1 concept of delay			
	Final Third - Finishing	Introduce Zonal Defending and 3s			
	Refine Roles and responsibilities				
Transition to attack & defense					






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RIO RAPIDS SOCCER CLUB			
U13 Age Group Objectives			
Objectives	Technical	Improve individual and collective soccer techniques - both feet	
	Physical	Develop speed, change of pace, co-ordination and balance with and without the ball	
	Psycho-Social	Self discipline, competitiveness, ability to maintain emotional balance	
	Tactical	Decision making - technical & tactical Basic understanding of roles and responsibilities	
Organization	Players per team	16-18	
	Player to ball ratio	3 or 4:1	
	Training to game ratio	3:1	
	Session time	90 minutes	
	Game format	11v11	
	Session structure	Warm-up - 15 minutes	
		Physical - 10 minutes	
		Conditioned game - 20 minutes	
		Technical/small group 20 minutes	
SOG/Conditioned game - 20 minutes			
Cool down/debrief - 5 minutes			
Recommended minimum playing time	Players given the appropriate playing time and starts to support their continued development		
Recommended playing positions	Train players in primary & secondary position		
Recommended min. coaching license	Premier Track-B License; Academy Track-D License; Rio/Club Track-E License		
Outcomes	Players will be capable of:	Consistent passing technique	
		Consistent receiving technique	
		Individual confidence in possession	
		1v1 defending - control & competence	
		Basic understanding of zonal defending	
		Ability to build play through defensive & midfield units	
		Ability to use collective play to penetrate	
		Final third movement & execution	
		Understanding 1 playing formation	
Understanding of roles and responsibilities			





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RIO RAPIDS SOCCER CLUB					
U13 Age Group Objectives					
	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Introduce Passing - Outside of foot (Speed & Weight)	Develop disguise in ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Master moves to beat a defender	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		Color Key Priority Secondary Third
	Master moves to turn away from a defender	Passing driven, chipped, lofted and bent balls	Master receiving - Inside of foot		
	Develop shielding while dribbling	Develop Crossing techniques - bending/driven/clipped	Master receiving - Outside of foot		
			Develop receiving - Aerial - Chest, Thigh, Head		
		Develop peripheral awareness of surroundings prior to receiving ball			
Physical	Agility, Coordination & Balance	Change of Direction with and without ball	Flexibility & Mobility (Warm Up & Cool Down)	Aerobic & Anaerobic Conditioning	Introduce ACL injury prevention training/warm-up
	Nutrition	Rest and recovery			
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Self Discipline	Competitiveness/Desire	Responsibility	Appearance
	Commitment	Emotional Balance	Leadership		
Tactical	Possession Phase	Defending Phase	Organizational		
	Penetration v possession	Introduce defending 1v2	Set Piece Organization		
	Possession to Progress - Playing through lines	Introduce Zonal Defending in 3s and 4s	Understanding 1 playing formation		
	Possession to Imbalance - Overloads/Interchange & Movement	Basic Pressing Tactics			
	Final Third - Finishing				
	Refine Roles and responsibilities				
	Transition to attack & defense				






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RIO RAPIDS SOCCER CLUB			
U14 Age Group Objectives			
Objectives	Technical	Refine basic soccer technique & develop advanced techniques - both feet	
	Physical	Develop strength, aerobic & anaerobic conditioning, warm up & cool down	
	Psycho-Social	Self discipline & competitiveness	
	Tactical	Decision making - technical & tactical Understanding of roles and responsibilities	
Organization	Players per team	16-18	
	Player to ball ratio	3 or 4:1	
	Training to game ratio	3:1	
	Session time	90 minutes	
	Game format	11v11	
	Session structure		Warm-up - 15 minutes
			Physical - 10 minutes
			Conditioned game - 20 minutes
			Technical/small group 20 minutes
		SSG/Conditioned game - 20 minutes	
	Cool down/debrief - 5 minutes		
Recommended minimum playing time	Determined by the coach		
Recommended playing positions	Primary role and functions		
Recommended min. coaching license	Premier Track-B License; Academy Track-D License; Rio/Club Track-E License		
Outcomes	Players will be capable of:	Consistent passing technique	
		Consistent receiving technique	
		Individual confidence in possession	
		1v1 defending - control & competence	
		Basic understanding of zonal defending	
		Ability to build play through defensive & midfield units	
		Ability to use collective play to penetrate	
		Final third movement & execution	
Understanding 2 playing formations			
Understanding of roles and responsibilities			





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RIO RAPIDS SOCCER CLUB					
U14 Age Group Objectives					
	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Develop Passing - Outside of foot (Speed & Weight)	Develop disguise in ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Master moves to beat a defender	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		
	Master moves to turn away from a defender	Passing driven, chipped, lofted and bent balls	Master receiving - Inside of foot		Color Key
	Develop shielding while dribbling	Develop Crossing techniques - bending/driven/clipped	Develop peripheral awareness of surroundings prior to receiving ball		Priority
			Develop receiving - Aerial - Chest, Thigh, Head Master receiving - Outside of foot		Secondary
					Third
Physical	Agility, Coordination & Balance	Change of Direction & Direction, with and without the ball	Flexibility & Mobility (Warm Up & Cool Down)	Aerobic & Anaerobic Conditioning	Introduce ACL injury prevention training/warm-up
	Nutrition	Rest and recovery			
Psycho-Social	Motivation/Love of the game	Sportsmanship	Life balance/Coach Social support /Coach mentoring Responsibility	Respect & Discipline	Teamwork
	Punctuality	Self Discipline	Commitment	Responsibility	Appearance
	Competitiveness/Desire	Self Confidence	Leadership		
Tactical	Possession Phase	Defending Phase	Organizational		
	Penetration v possession	Zonal Defending in functional groups	Set Piece Organization		
	Possession to Progress - Playing through lines	Pressing Tactics	Understanding 2 playing formations		
	Possession to Imbalance - Overloads/Interchange & Movement				
	Final Third - Finishing				
	Refine Roles and responsibilities				
Transition to attack & defense					





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RIO RAPIDS SOCCER CLUB		
U15-U18 Age Group Objectives		
Objectives	Technical	Refine basic and advanced soccer techniques - both feet
	Physical	Develop strength, power, aerobic & anaerobic conditioning Understanding of recovery, warm up & cool down
	Psycho-Social	Self discipline & competitiveness
	Tactical	Understanding of collective decision making - technical & tactical Understanding of roles and responsibilities
Organization	Players per team	16-22
	Sessions per week	3 or 4
	Training to game ratio	3:1
	Session time	90 minutes
	Game format	11v11
	Session structure	Warm-up - 15 minutes
		Physical - 10 minutes
		Conditioned game - 20 minutes
Technical/small group - 20 minutes		
SSG/Conditioned game - 20 minutes		
	Cool down/debrief - 5 minutes	
Recommended minimum playing time	Determined by the coach	
Recommended playing positions	Primary role and functions	
Recommended min. coaching license	Premier Track-B License; Academy Track-C License; Club Track-D License; Rio Track - E Lic.	





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RIO RAPIDS SOCCER CLUB

U15-U18 Age Group Objectives

Attacking		
Possession to Progress	Possession to Imbalance and Penetrate	Finishing
Playing shape - angles of support	Combination play	18 Yard box movement
Switching point of play	Runs from behind the ball	Crossing & service
Breaking and playing through lines	Runs from in front of the ball	Combination play
Threatening direct channel - narrowing opponent	Drawing & influencing defenders	Shooting
Stepping out of defensive line with ball - CD/OD	Switching point of attack	Finishing
Skipping midfield line - in build up play	Hold up play & link play	1v1 Attacking
Positive first touch & positive passing	1v1 Attacking play	2nd Phase attacking - following shots
Speed of play - ball movement	Disguised passes/reverse passes	2v1 Attacking
Individual space creation with & without ball	Attacking shape	
Collective space creation	Positional interchange	Attacking Set Pieces
Positional interchange		Delivery & service
	Attacking Transition	Organization & shape - shape behind ball
	Positive play - forward & central	Player movement & responsibilities
	Movement in front of ball	Second phase - organization
	Supporting runs	
Defending		
Defending to Deny Penetration	Defending to Deny Progression	Defending in Transition
Back 4 shape - zonal defending	Pressing mentality	Denying direct channel - central block
Back 6 shape - zonal defending	Pressing shape/organization	Lines of recovery & commitment to recovery
Back 8 shape - zonal defending	Cues to press	Rebuilding defensive shape
Horizontal & vertical compactness	Shape behind press & reactions	
Organization to defend central areas	Counter attacking play	
Organization to defend wide areas	Lines of recovery & resetting press	
Defending overloads - overlaps, inside out & outside in runs	Collectively limiting opponents playing space - locking play	
Goalkeeper role in defensive organization		
Midfield 4 shape - defending in 1 line or 2	Defending Set Pieces	
4-2-3-1, 4-1-4-1, 4-4-2	Shape/organization	
Role of holding midfield players	Principles of marking	
Roles when ball in behind midfield line	Clearances - heading & volleying	
Doubling down	Second phase organization	
Tracking runners from midfield areas	Counter attacking	





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Coach seasonal self evaluation:

- What were the club objectives for your age group?
- Did you work with these in mind?
- Did you cover the objectives given?





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Consider...

- **Your own planning – did you know where you were going?**
THINK – PLAN – DO!
- **Training:**
 - Ratio
 - Training session structure: whole-part-whole.
 - Training session tracking.
 - Attendance
 - Information taught support well rounded player development?
- **Games:**
 - Ratio
 - Seasonal plan, tournaments, etc.
- **Players:**
 - Player improvement: Did you see outcomes from the objectives outlined?
 - Enjoyment, fun, enthusiasm. Do players want to keep attending next session/game?
 - Player placement, like ability grouping, playing time.
 - Evaluation, feedback.





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From your age group objectives:

- What was successful? What worked well?
- Why?
- Share ideas, share information, share experience.





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From your age group objectives :

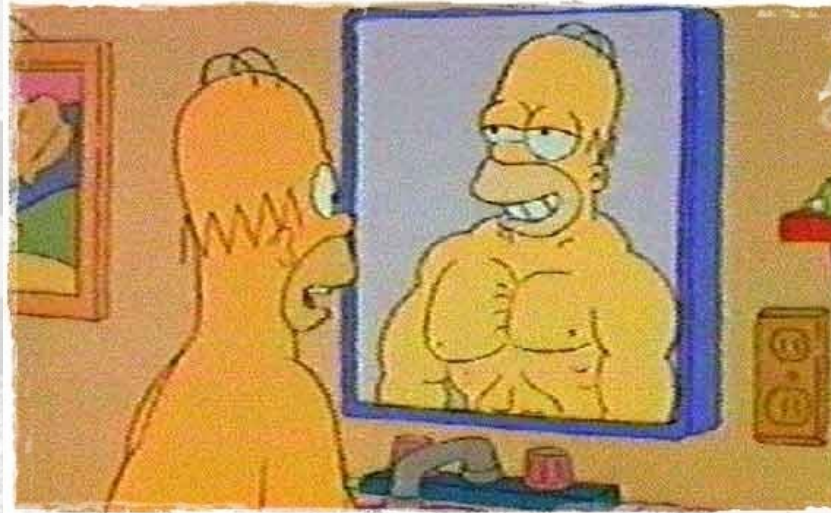
- What was difficult to achieve?
- Why? Players, information, schedule etc..
- How can the Rapids alliance and the club help you more?





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Self Evaluation



**“Be not afraid of growing slowly;
be afraid only of standing still.”**

