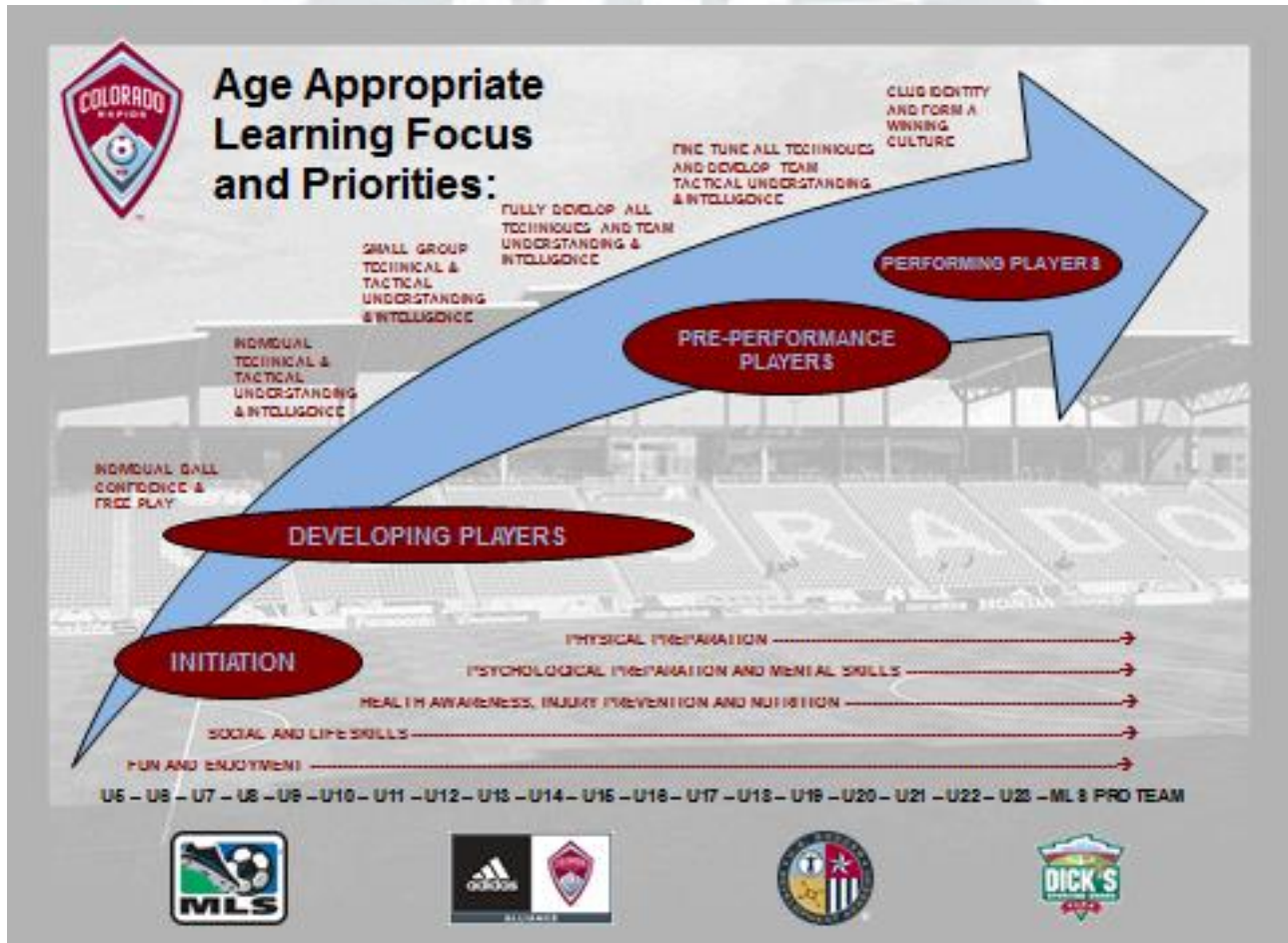




Rio Rapids Soccer Club

U13+ Curriculum

Age Group Focus and Training Priorities



Develop and Promote Player Friendly Competition Calendar

Approximate Cycle : **4-5 months of playing - one month break –
4-5 months of playing - one month break**

“We are burning kids out. The need to win the next tournament is the grand reason why we do everything, and so we manipulate the situation to find shortcuts to success. In many cases we just burn these guys out and in the end they haven’t mastered anything. We can do a lot better than that if we start thinking more about what makes the kids better players instead of just about winning meaningless games”

We Recommend : **3/4 : 1 – Training (all types) to Game Ratio
1 Game (all types) Per Week of Training**

Player Friendly Competition Calendar

Recommended Ratio is 3 or 4 training sessions per game **(3/4 : 1)**

- **Play approximately 1 game per week of training**
- **Train approximately 44 weeks per year**
- **Train 3 or 4 times per week**
- **Schedule periods of training with no games**
- **Games include scrimmages, leagues, ODP, high school, state cup, etc**

Therefore, in a calendar year

Approximately Train 132 – 176 times / Play 44 games

Training and Game Cycle



Rio Rapids SC - Style of Play Elements

ATTACKING

Vertical thinking, always looking to penetrate.

- Fast Paced Possession with purpose and with progress
- Technically Quick Players
- Mobility

GAME INTELLIGENCE

Principle based vs Position based.

- Speed of Thought
- Synchronized Technique and Movement
- Sharp in Transition
- Role Understanding
- Rotation in flow of game

DEFENDING

Recover the ball high on the field when possible.

- Concentration
- Organized
- Brave
- Mentally tough

Guiding Principles for Curriculum Implementation

- Developing the Rio Rapids SC Style of Play Elements should be the over-arching goal and objective of curriculum implementation.
- Use the single page curriculum handout to map out your plans for the fall or spring season and review them with your age group director before the start of each season
- Cover each phase within offensive themes at least twice as often as you cover each phase with defensive themes
- Each session should have a theme, phase and game principle and include the key technical requirements
- Weekly session planning can be implemented from among the following:
 - Focus on one theme/phase for the full week
 - Train a theme/phase on day 1, train the counter theme/phase on day 2 and train the theme/phase again on day 3
 - Train a theme/phase on day 1, train the counter theme/phase on day 2 and train a combination of the two on day 3 with an emphasis on game application
- Consider work load/periodization concepts as described later in document

Training Session Composition

- For U13 and older players, sessions should be 90 - 120 minutes maximum.
- Each session should focus on a theme, phase and game principle along with the corresponding technical requirements.
- Utilize the whole-part-whole methodology when designing the session.
- Each session should aim to teach players the technical, tactical, physical and mental tools required to enhance their performances in game like and functional environments.
- Delivered in an educational, enthusiastic and challenging atmosphere.
- Session Time Guidelines :
 - i. Warm-up activities : approx.15% of session
 - ii. Focus on Theme, Phase, Game Principle : approx.60% of session
 - iii. Small-sided games : approx. 25% of session

Rio Rapids SC – U13+ Curriculum

Theme: Offensive

Phase – Possession to Advance

Cover Week Beginning _____

Cover Week Beginning _____

(Counter Phase: Prevent Opponent from Advancing and Win the Ball)

- 1) Creation and Use of Space Date to Cover _____
 - Movement of Players to Create Free Space and Time for Themselves
 - Movement of Players to Create Passing Lanes/Space for a Teammate
- 2) Getting Unmarked/Open – Create Separation from Defenders Date to Cover _____
- 3) Play in the Gaps and Between Lines Date to Cover _____
- 4) Outnumber the Opponent Around the Ball Date to Cover _____
- 5) Combine with Teammates Date to Cover _____

Phase – Open Up the Opponent to Penetrate

Cover Week Beginning _____

Cover Week Beginning _____

(Counter Phase: Prevent Penetration and Win the Ball)

- 1) Create Gaps/Space in the Opponent Date to Cover _____
- 2) Switching the Point of Attack Date to Cover _____
- 3) Outnumber the Opponent Around the Ball and Combine with Teammates Date to Cover _____
- 4) Penetrate the Opponents Back Line Date to Cover _____
- 5) Isolate Defenders and Take Them on 1v1 Date to Cover _____

Phase – Create Scoring Chances

Cover Week Beginning _____

Cover Week Beginning _____

(Counter Phase: Deny Scoring Chances and Win the Ball)

- 1) Put Yourself in a Position to Score – Adjust Body Shape and Touch to Shoot Date to Cover _____
- 2) Create Space for Yourself Away from Defenders Date to Cover _____
- 3) Change Speed/Direction with or Without the Ball to Beat Opponent Date to Cover _____

Team _____ Age Group _____ Coach _____ Date _____.

Rio Rapids SC – U13+ Curriculum

Theme: Defensive

Phase – Prevent Opponent from Advancing and Win the Ball

Cover Week Beginning _____

(Counter Phase: Possession to Advance)

- 1) Apply Pressure on the Ball Carrier – Attempt to Win the Ball *Date to Cover* _____
- 2) Close / Compact the Space Between the Ball and the Goal (Direct Channel) *Date to Cover* _____
- 3) Mark Opponents and Get Numbers Behind the Ball *Date to Cover* _____
- 4) Protecting Space Behind the Back Line When There is no Pressure on the Ball *Date to Cover* _____
- 5) Recognizing Cues to Press as a Group and Win the Ball *Date to Cover* _____

Phase – Prevent Penetration and Win the Ball

Cover Week Beginning _____

(Counter Phase: Open Up the Opponent to Penetrate)

- 1) Get a Compact Team Shape Between the Ball and The Goal (Direct Channel) *Date to Cover* _____
- 2) Prevent Dribble Penetration and Forward Passes *Date to Cover* _____
- 3) Defensive Numerical Superiority: Providing Pressure, Cover and Balance as a Group *Date to Cover* _____

Phase – Deny Scoring Chances and Win the Ball

Cover Week Beginning _____

(Counter Phase: Create Scoring Chances)

- 1) Player Positioning to Protect the Goal and Win the Ball *Date to Cover* _____
- 2) Anticipate the Play, Prevent/Block Shots and Time Your Tackle *Date to Cover* _____
- 3) Starting the Counter Attack When Ball is Won *Date to Cover* _____

Team _____ Age Group _____ Coach _____ Date _____.

Rio Rapids Soccer Club U13+ Curriculum

Theme: Offensive

Phase - Possession to Advance

(Counter Phase - Prevent Opponent from Advancing and Win the Ball)

1) Creation and Use of Space

- **Movement of Players to Create Free Space and Time for Themselves**
 - Open up the field.
 - Make the field bigger (width and depth).
 - Move into more free space.
- **Movement of Players to Create Passing Lanes/Options for a Teammate**
 - Occupy/move defenders so that a teammate can receive or move with the ball.

2) Getting Unmarked/Open - Create Separation from Defenders

- Movement of players to get away from defenders.
- Awareness of space around you.
- Timing of movement to free yourself from defenders.
- Angle of movement.

3) Play in the Gaps and Between Lines:

- Recognize and move into space created to receive the ball
- Ball carrier:
 - o Recognize movement of teammates.
 - o Play forwards, through defenders when possible.
- Ball receiver:
 - o Awareness of space
 - o Movement between defenders to receive the ball and play forwards when possible.

4) Outnumber the Opponent Around the Ball

- Get players around the ball to outnumber opponent.
- Move the ball to an area of the field where you have more players than the opponent.

5) Combine with Teammates

- Look for passing combinations with teammates to progress the ball forward.

Rio Rapids SC – U13+ Curriculum

Individual Player Attributes to Apply within Possession to Advance Phase

Technical

Passing - Shorter Range - Key Teaching Points:

- Positive step just to side and just behind the ball.
- Bend the non-kicking leg into the pass.
- Toes curled up and ankle turned out for solid contact.
- Firm contact through the middle of the ball.
- Push through towards teammate to ensure pace and accuracy of pass.
- Maintain balance after pass in order to move quickly and support pass.

Passing - Longer Range - Key Teaching Points:

- Angle, distance, speed of approach to ball.
- Choose appropriate surface to complete pass with pace and quality.
- Position of non-kicking foot.
- Solid connection with ball through correct part of the ball.
- Good use of upper body for balance and increased power.
- Follow through - critical component to a successful end result.

Receiving - on the Ground and from the Air - Key Teaching Points:

- Move into the line of the ball.
- Move down the line of the ball if necessary (slower pass).
- Adjust non-kicking foot and sink at the knee.
- Solid contact with the middle of the ball and cushion the touch.
- Quick flowing movement into the ball, first touch is the first step of pass.

Receiving to Turn and Pass - on the Ground and in the Air - Key Teaching Points:

- Move into the line of the ball.
- Move down the line of the ball if necessary (slower pass).
- Choose the appropriate controlling surface.
- Quick, balanced footwork to receive and get half turned.
- Solid contact with the ball and cushion the touch into the pass.
- Quick flowing movement into the ball - first touch is the first step of pass.

One Touch Passing and Combination Play - Key Teaching Points:

- Quick, balanced footwork to get in line with ball.
- Toes curled up and ankle turned out for solid contact.
- Punch through the ball to ensure pace, accuracy and timing of pass.
- Maintain balance after pass in order to support or make dynamic runs.
- Combinations should be simple, positive, fast paced, accurate and well timed.

Rio Rapids SC – U13+ Curriculum

You must stress the need for the ball carrier, receiver and players involved to read each other's intentions.

Look at the players' body language to ensure that they synchronize their movements, play to the correct space, pass to the correct foot - coordinate!

Players must learn to give information with their body shape, eye contact and body movements to their teammate - these intentions must then be read and understood by all players.

Dribbling / Moving with the Ball - Key Teaching Points:

- Good first touch out of feet and be very positive.
- Guiding touches with outside of little toe of front foot.
- Head up between touches to see playing options.
- Slow down and take smaller touches on approach to a defender.

Tactical

- Awareness and recognition of space without the ball (to move into): in front of, around, and between defenders.
- Awareness and recognition of space with the ball (to play to a teammate): in front of, around, and between defenders.
- Awareness of defender pressure.

Physical

- Athletic stance.
- Lateral movement.
- Footwork and balance.

Rio Rapids SC – U13+ Curriculum

Theme: Offensive

Phase – Open Up the Opponent to Penetrate

(Counter Phase - Prevent Penetration and Win the Ball)

1) Create Gaps/Space in the Opponent

- Create free space in the opponent to play forwards and attack.
- Pass/dribble and make runs to move opposing defenders.
- Play forwards when the opportunity is there to do so.

2) Switching the Point of Attack

- Move the ball from one area of the field to another to create space to penetrate.
- Switch the point of attack left to right/right to left.

3) Outnumber the Opponent Around the Ball and Combine with Teammates

- Look for passing combinations with teammates and get more players than the opponent around the ball.
- Use numbers up/combo play to penetrate the opposing defense.

4) Penetrate the Opponent's Back Line

- Dribble to get behind the opponent's defense into free space.
- Players in possession looking to play passes behind the opponent defense.
- Movement of players to run behind the defense.

5) Isolate Defenders and Take Them on 1v1

- Find 1v1 opportunities.
- Movement to areas to isolate yourself 1v1.
- Attack defenders by dribbling 1v1.

Rio Rapids SC – U13+ Curriculum

Individual Player Attributes to Apply within Open Up the Opponent to Penetrate Phase

Technical

Passing - Shorter Range - Key Teaching Points:

- Positive step just to side and just behind the ball.
- Bend the non-kicking leg into the pass.
- Toes curled up and ankle turned out for solid contact.
- Firm contact through the middle of the ball.
- Push through towards teammate to ensure pace and accuracy of pass.
- Maintain balance after pass in order to move quickly and support pass.

Passing - Longer Range Appropriate to Age, Driven, Lofted, Bent - Key Teaching Points:

- Angle, distance, speed of approach to ball.
- Choose appropriate surface to complete pass with pace and quality.
- Position of non-kicking foot.
- Solid connection with ball through correct part of the ball.
- Good use of upper body for balance and increased power.
- Follow through - critical component to a successful end result.

Receiving - on the Ground and from the Air - Key Teaching Points:

- Move into the line of the ball.
- Move down the line of the ball if necessary (slower pass).
- Adjust non-kicking foot and sink at the knee.
- Solid contact with the middle of the ball and cushion the touch.
- Quick flowing movement into the ball, first touch is the first step of pass.

Receiving to Turn and Pass - on the Ground and in the Air - Key Teaching Points:

- Move into the line of the ball.
- Move down the line of the ball if necessary (slower pass).
- Choose the appropriate controlling surface.
- Quick, balanced footwork to receive and get half turned.
- Solid contact with the ball and cushion the touch into the pass.
- Quick flowing movement into the ball - first touch is the first step of pass.

One Touch Passing and Combination Play - Key Teaching Points:

- Quick, balanced footwork to get in line with ball.
- Toes curled up and ankle turned out for solid contact.
- Punch through the ball to ensure pace, accuracy and timing of pass.
- Maintain balance after pass in order to support or make dynamic runs.
- Combinations should be simple, positive, fast paced, accurate and well timed.

Rio Rapids SC – U13+ Curriculum

You must stress the need for the ball carrier, receiver and players involved to read each other's intentions.

Look at the players' body language to ensure that they synchronize their movements, play to the correct space, pass to the correct foot - coordinate!

Players must learn to give information with their body shape, eye contact and body movements to their teammate - these intentions must then be read and understood by all players.

Dribbling / Moving with the Ball - Key Teaching Points:

- Good first touch out of feet and be very positive.
- Guiding touches with outside of little toe of front foot.
- Head up between touches to see playing options.
- Slow down and take smaller touches on approach to a defender.

1 v 1 To Beat an Opponent: to Pass - Key Teaching Points:

- Positive Approach.
- Choose the appropriate dribbling technique and execute correctly.
- Big change of direction.
- Explode quickly past defender.

Tactical

- Awareness and recognition of space without the ball (to move into): between, around, and behind defenders.
- Awareness and recognition of space with the ball (to play to a teammate): between, around, and behind defenders.
- Awareness of defender pressure.

Physical

- Athletic stance.
- Changes of direction.
- Changes of speed.
- Footwork and balance.

Rio Rapids SC – U13+ Curriculum

Theme: Offensive

Phase – Create Scoring Chances

(Counter Phase – Deny Scoring Chances and Win the Ball)

1) Put Yourself in a Position to Score – Adjust Body Shape and Touch to Shoot

- Move to areas from which you can score.
- Prepare your body to finish with quality.

2) Create Space for Yourself Away from Defenders

- Get unmarked.
- Awareness of space around you.
- Timing of movement to free yourself from defenders.

3) Change Speed/Direction with or without the Ball to Beat Opponent

- Change of speed when running with the ball/dribbling to beat opponent. Speed up or slow down.
- Change speed of movement without the ball. Speed up or slow down.

Individual Player Attributes to Apply within Create Scoring Chances Phase

Technical

Crossing - Shorter and Longer Range Appropriate to Age (extension of passing techniques). Early, Pull-Back, Whipped in, Lofted - Key Teaching Points:

- Angle, distance, speed of approach to ball
- Choose appropriate surface to complete cross/pass with pace and quality
- Head up to observe position of GK, tracking defenders and attackers
- Use visual information to choose correct technique to cross/pass
- Position of non-kicking foot
- Solid connection with ball through correct part of the ball
- Good use of upper body for balance and increased power
- Follow through - critical component to a successful end result
- Aim to put the ball in the danger areas around second six-yard box (space between goalkeeper box and penalty spot the width of goalkeeper box) with pace

Shooting from Outside the Penalty Area - Key Teaching Points:

- Angle, distance, speed of approach to ball.
- Choose appropriate surface to complete shot with pace and quality.
- Position of non-kicking foot.
- Solid connection with ball through correct part of the ball.

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- Good use of upper body for balance and increased power.
- Follow through - critical component to a successful end result.
- Second opportunities to score.

Finishing Inside the Penalty Area - Key Teaching Points:

- Positive mental attitude and determination.
- Mostly one touch finishing.
- Good footwork to adjust to pace and bounce of the ball.
- Choose appropriate surface to complete shot with pace and quality.
- Solid connection with ball through correct part of the ball.
- Good use of upper body for balance and increased power.
- Follow through - critical component to a successful end result.
- Composure.
- Second opportunities to score.

Finishing 1v1 Against the Goalkeeper - Key Teaching Points:

- Good first touch if needed out of feet and be very positive towards GK.
- Positive guiding touches towards goal if needed.
- Head up to observe position of GK and tracking defenders.
- Use visual information to choose correct technique to finish.
- Good decision and timing to pass the ball past the GK if he stands up.
- Positive dribble past GK if he rushes out.
- Clip over GK if he goes to ground early.
- Pace and accuracy on finish using inside or outside of foot.
- Follow through the shot towards the goal for any rebounds.

Coordinating and Synchronizing the Crossing and Finishing - Key Teaching Points:

- Observe the body language of the crosser.
- Body position and movement of attacker into area around penalty area.
- Timing and pace of runs into second six-yard box.
- Angles of runs towards to ball to meet early and across defenders.
- Staggered runs into penalty area if more than one attacker.
- Positive mental attitude and determination.
- Mostly one touch finishing.
- Good footwork to adjust to pace and bounce of the ball.
- Choose appropriate surface to complete finish with pace and quality.
- Solid connection with ball through correct part of the ball.
- Good use of upper body for balance and increased power.
- Follow through - critical component to a successful end result.
- Composure.
- Second opportunities to score.

Attacking Heading - Key Teaching Points:

- Read crosser's intentions, timing.
- Footwork, light on feet and ready to move into flight of ball to attack ball fast and hard.
- Arms up for balance and protection - elbows high.
- Plant and Sink - use legs and core to push up hard to meet ball, lofted or higher cross.

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- Use leap to get height of head above or level with the ball.
- Arms extend and thrust elbows back, lofted or higher cross.
- Hard, aggressive contact on hairline.
- Solid neck on contact.
- Push eyes hard and fast through ball.
- Head ball downwards to keep below height of crossbar.
- Follow ball towards goal if possible, second ball opportunities to finish.

Dribbling 1v1 / Moving with the Ball - Key Teaching Points:

- Positive Approach
- Choose the appropriate dribbling technique and execute correctly
- Big change of direction
- Explode quickly past defender
- Good decision to either pass, shoot, cross.

Receiving to Turn and Pass, Shoot, Cross: on the Ground and in the Air - Key Teaching Points:

- Move into the line of the ball.
- Move down the line of the ball if necessary (slower pass).
- Choose the appropriate controlling surface.
- Quick, balanced footwork to receive and get half turned.
- Solid contact with the ball and cushion the touch into the pass, shot, cross.
- Quick flowing movement into the ball - first touch is the first step of pass, shot.

Tactical

- Awareness and recognition of space without the ball (to move into): between and behind defenders.
- Awareness and recognition of space with the ball (to play to a teammate): between and behind defenders.
- Awareness of defender pressure.

Physical

- Athletic stance.
- Changes of direction.
- Changes of speed.
- Footwork and balance.
- Jumping/landing.

Rio Rapids SC – U13+ Curriculum

Theme: Defensive

Phase – Prevent Opponent from Advancing and Win the Ball

(Counter Phase – Possession to Advance)

1) Apply Pressure on the Ball Carrier – Attempt to Win the Ball

- Be aggressive and win the ball back if possible.
- Concern the ball carrier with pressure, force their head to be down.

2) Close/Compact the Space Between the Ball and the Goal (Direct Channel)

- Get players between the ball and the goal.
- Limit forward passing options for the ball carrier by closing space between the ball and the goal.
- Limit space for the ball carrier to move into.

3) Mark Opponents and Get Numbers Behind the Ball

- Get close to opponents.
- Position players goal and ball side of the ball.

4) Protecting Space Behind the Back Line When There is no Pressure on the Ball

- Be aware of and be ready to protect the space behind your defense if the ball carrier is able to play forwards.

5) Recognizing Cues to Press as a Group and Win the Ball

Rio Rapids SC – U13+ Curriculum

Individual Player Attributes to Apply within Prevent Opponent from Advancing and Win the Ball Phase

Technical

1 v 1 Defending to Press - Key Teaching Points:

- Concentration / Read Game.
- Recognizing when to have a pressing attitude to win the ball.
- Angle and speed of approach / Intercept when possible.
- Slow down as the attacker takes a touch.
- Short, fast steps - don't reach or lean onto front foot.
- Make play predictable.
- Body position / Body language.
- Footwork / Patience.
- Time tackle when possible or block pass – poke with front foot.
- If attacker goes backwards or receives facing their own goal - stay touch tight.
- If attacker passes ball - first take away the return pass, then drop off as necessary into the team shape for cover.
- Time tackle or block if attacker attempts to turn (technique and aggression).
- Recovery when beaten.

Tactical

- Awareness and recognition of space.
- Awareness and recognition of opponent positioning/team shape.
- Awareness of teammate positioning.
- Individual angle and speed of approach.
- Timing of tackle.
- Timing of interception.

Physical

- Athletic stance.
- Lateral movement.
- Changes of direction.
- Changes of speed.
- Footwork and balance.

Rio Rapids SC – U13+ Curriculum

Theme: Defensive

Phase – Prevent Penetration and Win the Ball

(Counter Phase – Open up the Opponent to Penetrate)

1) Get a Compact Team Shape Between the Ball and The Goal (Direct Channel)

- Close free spaces and get players between the ball carrier and the goal.
- Force play away from the direction of your goal.
-

2) Prevent Dribble Penetration and Forward Passes

- Give clear information to teammates.
- Encourage the nearest appropriate player/s to apply pressure on the ball carrier.
- Win the ball back if possible.

3) Defensive Numerical Superiority: Providing Pressure, Cover and Balance as a Group

- Recognize when pressure is applied to the ball carrier.
- Position players in areas to cover the player who is applying pressure.
- Create defensive balance, make sure players are connected to each other with good spacing.

Rio Rapids SC – U13+ Curriculum

Individual Player Attributes to Apply within Prevent Penetration and Win the Ball Phase

Technical

1 v 1 Defending to Press, to prevent players turning - Key Teaching Points:

- Concentration / Read Game.
- Aggressive pressing attitude to win ball when opportunities arise.
- Angle and speed of approach / Intercept when possible.
- Slow down as the attacker takes a touch.
- Short, fast steps - don't reach or lean onto front foot.
- Make play predictable.
- Body position / Body language.
- Footwork / Patience.
- Time tackle when possible or block pass – poke with front foot, block tackle.
- Slide tackle if clear chance to win possession or desperate (dangerous counter attack)
- If attacker goes backwards or receives facing their own goal - stay touch tight.
- If attacker passes ball - first take away the return pass, then drop off as necessary into the team shape for cover.
- Time tackle or block if attacker attempts to turn (technique and aggression).
- Recovery when beaten.

2 v 2 Defending - Key Teaching Points:

- Concentration / Read Game / Loud, clear communication.
- Aggressive pressure when possible (see points for 1 v 1).
- Cover (angle, distance, body position, read game-start of 1 v 1).
- If attacker dribbles - stay tight with them.
- If attacker passes - drop off and cover.
- Recover (runs and body position).

2 v 2 Defending - Leading to 4 v 4 Defending - Key Teaching Points:

2 v 2 Defending

- Concentration / Read Game / Loud, clear communication
- Aggressive pressure when possible (see points for 1 v 1)
- Cover (angle, distance, body position, read game-start of 1 v 1)
- If attacker dribbles - stay tight with them
- If attacker passes - drop off and cover
- Recover (runs and body position)

4 v 4 Defending

- Concentration / Read Game / Loud, clear communication
- Fast, aggressive pressure - if not possible: team shape
- Good pressure, hold shape.
- No pressure, drop off and narrow the shape

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- Cover players' positions (see 2 v 2)
- Small group and team shape (Balance, angles, distances)
- Recover (individual and team recovery lines)

4 v 4 Defending - Leading to Zonal 4 Defending - Key Teaching Points:

- Concentration / Read Game / Loud, clear communication.
- Fast, aggressive pressure - if not possible: team shape.
- Good pressure, hold shape.
- No pressure, drop off and narrow the shape.
- Cover players' positions (see 2 v 2).
- Small group and team shape (Balance, angles, distances).
- Recover (individual and team recovery lines).

Defending Issues and Problems:

- When to mark players and when to mark space?
- When to press and when to drop off?
- High pressure (aggressive) v Low pressure (team shape).
- When to show in and when to show out?
- Shape when ball is in wide areas - "eagle" shape: 3 layers.
- Shape when ball is central - drop and narrow: 2 layers.
- Transition from attack to defense.
- Transition from defense to attack.
- Shape behind the ball as we attack.
- The space in front of our back 4.

Volleying - Key Teaching Points:

- Footwork – move into the line of the ball.
- Angle, distance, speed of approach to ball.
- Choose appropriate surface to complete volley with direction, distance and quality.
- Position of non-kicking foot.
- Bend the non-kicking leg into the volley.
- Toes curled up and ankle turned out for solid contact.
- Firm contact through the middle of the ball.
- Push through towards teammate or in an upwards motion if clearing defensively.
- Maintain balance after volley in order to move quickly to next position.

Defensive Heading - Key Teaching Points:

Defensive Heading - Unchallenged

- Concentration / Read Game.
- Loud, clear communication between teammates.
- Footwork back slightly and behind flight of ball to attack ball fast and hard.
- Arms up for balance and protection - elbows high.
- Plant and Sink - use legs and core to push up hard to meet ball.
- Arms extend and pull back fast with elbows high.
- Hard, aggressive contact on hairline.

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- Chin up high - solid neck on contact - do not nod head, drop chin, drop elbows or bend waist.
- Push eyes hard and fast through ball and extend off front foot.
- Height - Distance - Speed – Aggression.
- Other players drop off and behind header in zonal defensive shape - do it early!
- Second ball to protect from next wave of possession or attacking.

Defensive Heading - Challenged

- Concentration / Read Game.
- Loud, clear communication between teammates.
- Footwork back slightly and behind flight of ball to attack ball fast and hard.
- Arms up for balance and protection – front forearm high to protect face.
- Plant and Sink - use legs and core to push up hard to meet ball.
- Leave front forearm high to protect face and allow space for contact through ball.
- Hard, aggressive contact on hairline.
- Chin up high – very solid neck on contact - do not nod head, drop chin or bend waist.
- Push eyes hard and fast through ball and extend off front foot.
- Height - Distance - Speed – Aggression.
- Other players drop off and behind header in zonal defensive shape - do it early!
- Second ball to protect from next wave of possession or attacking.

Tactical

- Awareness and recognition of space.
- Awareness and recognition of opponent positioning/team shape.
- Awareness of teammate positioning.
- Individual angle and speed of approach.
- Clarity of communication to teammates.

Physical

- Athletic stance.
- Lateral movement.
- Backwards movement.
- Changes of direction.
- Changes of speed.
- Footwork and balance.

Rio Rapids SC – U13+ Curriculum

Theme: Defensive

Phase – Deny Scoring Chances and Win the Ball

(Counter Phase – Create Scoring Chances)

1) Player Positioning to Protect the Goal and Win the Ball

- Win the ball back when possible.
- Player positioning to defend the goal area as a priority.

2) Anticipate the Play, Prevent/Block Shots and Time Your Tackle

- Read play/sense danger.
- Be aggressive at the right time to win the ball.
- Win the ball back when possible.

3) Starting the Counter Attack When Ball is Won

- Time your interception or tackle and maintain possession of the ball.
- Win the ball back when possible.

Rio Rapids SC – U13+ Curriculum

Individual Player Attributes to Apply within Prevent Penetration and Win the Ball Phase

Technical

1 v 1 Defending to Press, to stop shot/dribble - Key Teaching Points:

- Concentration / Read Game.
- Aggressive pressing attitude to win ball when opportunities arise.
- Angle and speed of approach / Intercept when possible.
- Slow down as the attacker takes a touch.
- Short, fast steps - don't reach or lean onto front foot.
- Make play predictable.
- Body position / Body language.
- Footwork / Patience.
- Time tackle when possible or block pass – poke with front foot, block tackle.
- Slide tackle if desperate (dangerous counter attack), or clear chance to win possession.
- If attacker goes backwards or receives facing their own goal - stay touch tight.
- If attacker passes ball - first take away the return pass, then drop off as necessary into the team shape for cover.
- Time tackle or block if attacker attempts to turn (technique and aggression).
- Recovery when beaten.

1 v 1 Attacker Receives with Back to Goal - Key Teaching Points:

- Concentration / Read Game.
- Angle and speed of approach / Intercept if possible.
- Slow down as the attacker takes a touch.
- Short, fast steps - don't reach or lean onto front foot.
- Arms' length tight to attacker.
- Make play predictable.
- Body position / Body language.
- Footwork / Patience.
- If attacker goes backwards - stay touch tight.
- If attacker passes ball - first take away the return pass, then drop off as necessary into the team shape for cover.
- Time tackle or block if attacker attempts to turn (technique and aggression).
- Recover (work with support players, runs and body position, slide tackle if desperate).

1 v 2 Defending - Leading to 2 v 2 Defending - Key Teaching Points:

- Concentration / Read Game / Loud, clear communication.
- Aggressive pressure when possible (see points for 1 v 1).
- Cover (angle, distance, body position, read game-start of 1 v1).
- If attacker dribbles - stay tight with them.
- If attacker passes - drop off and cover.
- Recover (runs and body position).

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2 v 2 Defending - Key Teaching Points:

- Concentration / Read Game / Loud, clear communication.
- Aggressive pressure when possible (see points for 1 v 1).
- Cover (angle, distance, body position, read game-start of 1 v1).
- If attacker dribbles - stay tight with them.
- If attacker passes - drop off and cover.
- Recover (runs and body position).

2 v 2 Defending - Leading to 4 v 4 Defending - Key Teaching Points:

2 v 2 Defending

- Concentration / Read Game / Loud, clear communication
- Aggressive pressure when possible (see points for 1 v 1)
- Cover (angle, distance, body position, read game-start of 1 v 1)
- If attacker dribbles - stay tight with them
- If attacker passes - drop off and cover
- Recover (runs and body position)

4 v 4 Defending

- Concentration / Read Game / Loud, clear communication
- Fast, aggressive pressure - if not possible: team shape
- Good pressure, hold shape.
- No pressure, drop off and narrow the shape
- Cover players' positions (see 2 v 2)
- Small group and team shape (Balance, angles, distances)
- Recover (individual and team recovery lines)

4 v 4 Defending - Leading to Zonal 4 Defending - Key Teaching Points:

- Concentration / Read Game / Loud, clear communication.
- Fast, aggressive pressure - if not possible: team shape.
- Good pressure, hold shape.
- No pressure, drop off and narrow the shape.
- Cover players' positions (see 2 v 2).
- Small group and team shape (Balance, angles, distances).
- Recover (individual and team recovery lines).

Zonal 4 Defending - Key Teaching Points:

- Concentration / Read Game / Loud, clear communication.
- Fast, aggressive pressure - if not possible: team shape.
- Good pressure, hold shape.
- No pressure, drop off and narrow the shape.
- Cover players' positions (see 2 v 2).

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- Small group and team shape (Balance, angles, distances).
- Recover (individual and team recovery lines).

Defending Issues and Problems:

- When to mark players and when to mark space?
- When to press and when to drop off?
- High pressure (aggressive) v Low pressure (team shape).
- When to show in and when to show out?
- Shape when ball is in wide areas - “eagle” shape: 3 layers.
- Shape when ball is central - drop and narrow: 2 layers.
- Transition from attack to defense.
- Transition from defense to attack.
- Shape behind the ball as we attack.
- The space in front of our back 4.

Blocking - Key Teaching Points:

- Footwork – move into the line between the ball carrier and the goal.
- Angle, distance, speed of approach to ball.
- Read timing and direction of shot in order to position body to block.
- Timing of body extension or lunge to meet the ball as early as possible from the shooter’s foot.
- Make body big, slide if necessary.
- Aggressive and brave action to block.
- If remaining standing, try to extend/lunge in a balanced way in order to move again quickly in another direction if necessary.

Volleying - Key Teaching Points:

- Footwork – move into the line of the ball.
- Angle, distance, speed of approach to ball.
- Choose appropriate surface to complete volley with direction, distance and quality.
- Position of non-kicking foot.
- Bend the non-kicking leg into the volley.
- Toes curled up and ankle turned out for solid contact.
- Firm contact through the middle of the ball.
- Push through towards teammate or in an upwards motion if clearing defensively.
- Maintain balance after volley in order to move quickly to next position.

Defensive Heading - Key Teaching Points:

Defensive Heading - Unchallenged

- Concentration / Read Game.
- Loud, clear communication between teammates.
- Footwork back slightly and behind flight of ball to attack ball fast and hard.
- Arms up for balance and protection - elbows high.
- Plant and Sink - use legs and core to push up hard to meet ball.

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- Arms extend and pull back fast with elbows high.
- Hard, aggressive contact on hairline.
- Chin up high - solid neck on contact - do not nod head, drop chin, drop elbows or bend waist.
- Push eyes hard and fast through ball and extend off front foot.
- Height - Distance - Speed – Aggression.
- Other players drop off and behind header in zonal defensive shape - do it early!
- Second ball to protect from next wave of possession or attacking.

Defensive Heading - Challenged

- Concentration / Read Game.
- Loud, clear communication between teammates.
- Footwork back slightly and behind flight of ball to attack ball fast and hard.
- Arms up for balance and protection – front forearm high to protect face.
- Plant and Sink - use legs and core to push up hard to meet ball.
- Leave front forearm high to protect face and allow space for contact through ball.
- Hard, aggressive contact on hairline.
- Chin up high – very solid neck on contact - do not nod head, drop chin or bend waist.
- Push eyes hard and fast through ball and extend off front foot.
- Height - Distance - Speed – Aggression.
- Other players drop off and behind header in zonal defensive shape - do it early!
- Second ball to protect from next wave of possession or attacking.

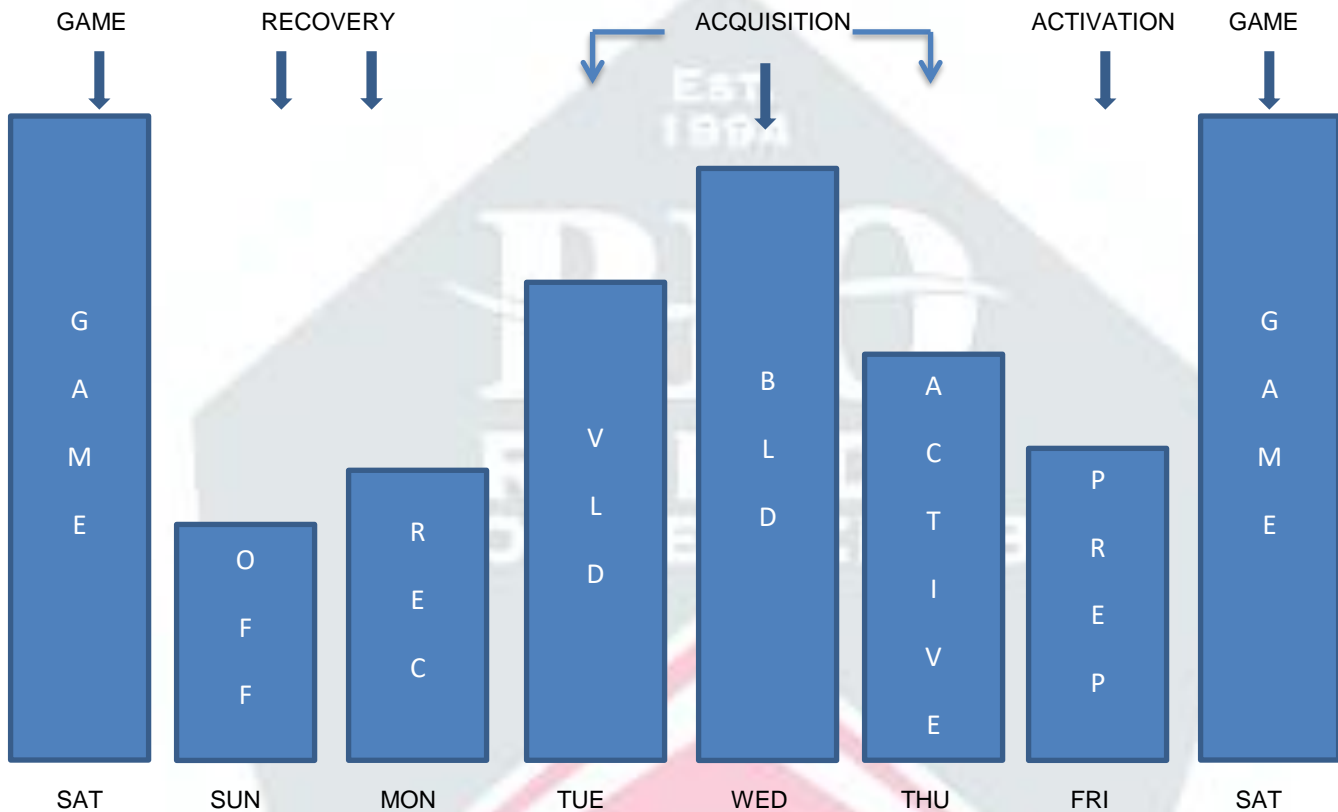
Tactical

- Awareness and recognition of space.
- Awareness and recognition of opponent positioning/team shape.
- Awareness of teammate positioning.
- Individual angle and speed of approach.
- Timing of tackle.
- Timing of interception.
- Timing of block.

Physical

- Athletic stance.
- Lateral movement.
- Backwards movement.
- Changes of direction.
- Changes of speed.
- Footwork and balance.
- Jumping/landing.

Work Load Periodization Chart



GAME:

- Naturally, players experience the highest amount of expended energy during games. It is therefore crucial that what is done between games is fully understood and acted upon.

RECOVERY DAYS:

- **OFF DAY-** This should be a day off. Complete recovery is required
- **RECOVERY-** Recovery days are not off days and a certain amount of work should be done.

ACQUISITION DAYS:

- **VLD-** Velocity Load Days are sessions where the physical aspects of the session are set up in a specific way. The training space should be large allowing players to perform more high speed (velocity), linear runs. Game times can be more extended with games running from 6 to 12 minutes with 7v7 to 11v11 style games being played.

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- **BLD-** Body Load days are sessions where the training space should be smaller and tighter requiring players to perform more explosive, dynamic movements such as cutting, jumping, twisting and turning. Players should rarely be able to perform full speed sprints. Game times should be short games with 2v2 through 6v6 style small sided games. This should be the heaviest workload day.
- **ACTIVE DAY-** Activation days are where the sessions are set up to allow players to activate all aspects of the players attributes; tactical, technical, physical and psychological without the players being physically depleted. This session is two days prior to a game and the day after the heaviest workload day. Game preparation and team organization should be considered.

ACTIVATION DAY:

- This is an at home activity for all players on the day before the game. It should involve a 20-30 minute warm up with movement preparation. This is a light day.

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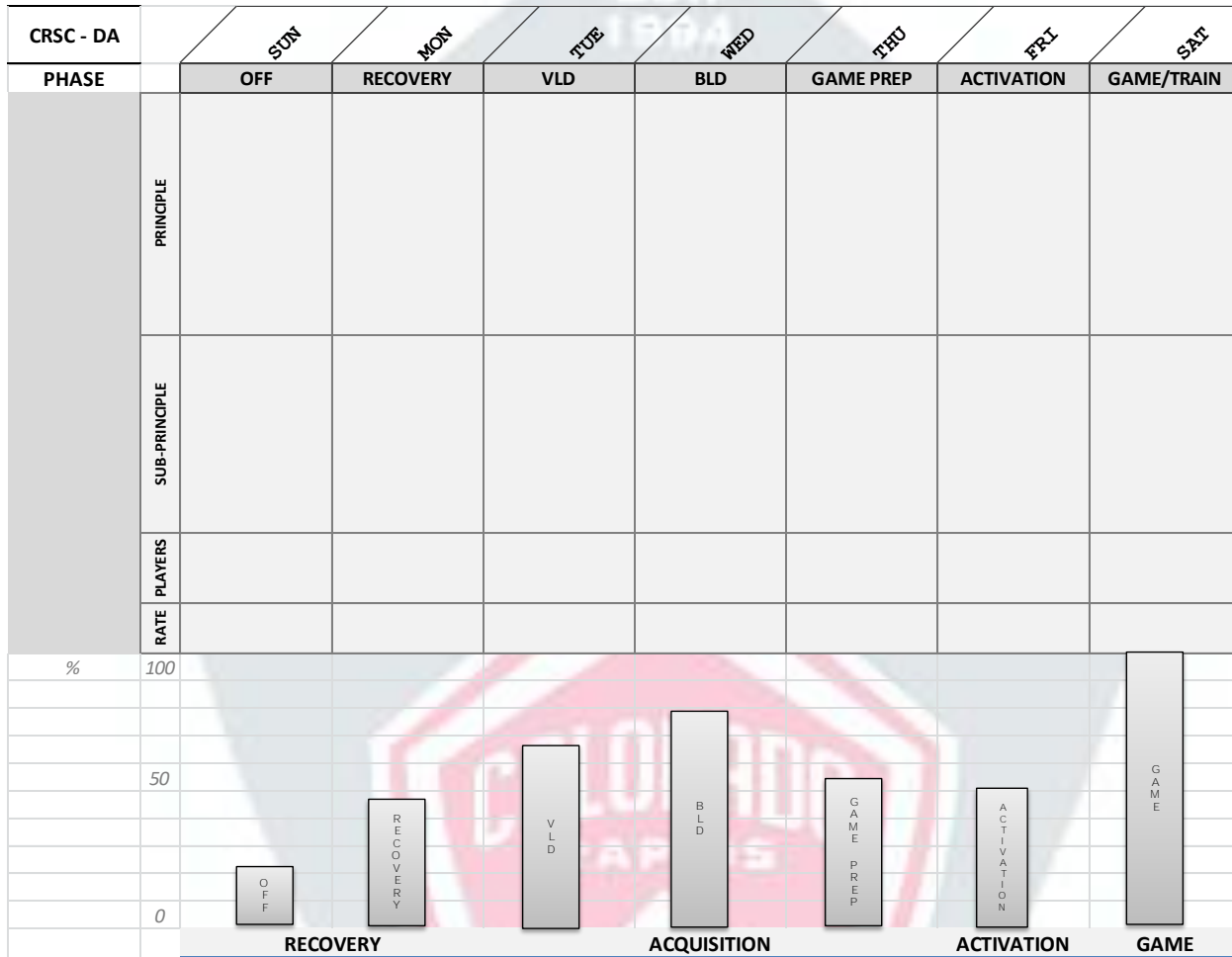
Meso Cycle (monthly)

MONTH: January		TEAM: U16 DA			COACH: Smith		
CRSC - DA	SUN	MON	TUE	WED	THU	FRI	SAT
ATT ORG	OFF	RECOVERY	VLD	BLD	GAME PREP	ACTIVATION	GAME/TRAIN
ATT ORG	OFF	RECOVERY	VLD	BLD	GAME PREP	ACTIVATION	GAME/TRAIN
DEF ORG	GAME/TRAIN	OFF	RECOVERY	VLD	BLD GAME PREP	ACTIVATION	GAME/TRAIN
CC	OFF	RECOVERY	VLD	BLD	GAME PREP	ACTIVATION	GAME/TRAIN

This shows the periodization for an “ideal” month where no circumstances negatively affect the preparation for training and/or games.

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Weekly Periodization



This shows the periodization for an “ideal” week and the weekly workload chart where no circumstances negatively affect the preparation for training and/or games.

If you have questions or would like any further information please contact:

Ray Nause

ray.nause@riorapids.org

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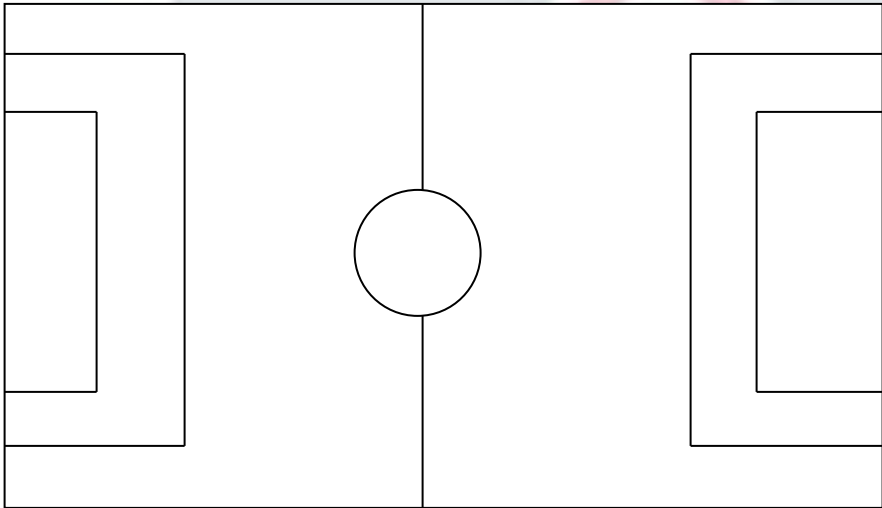
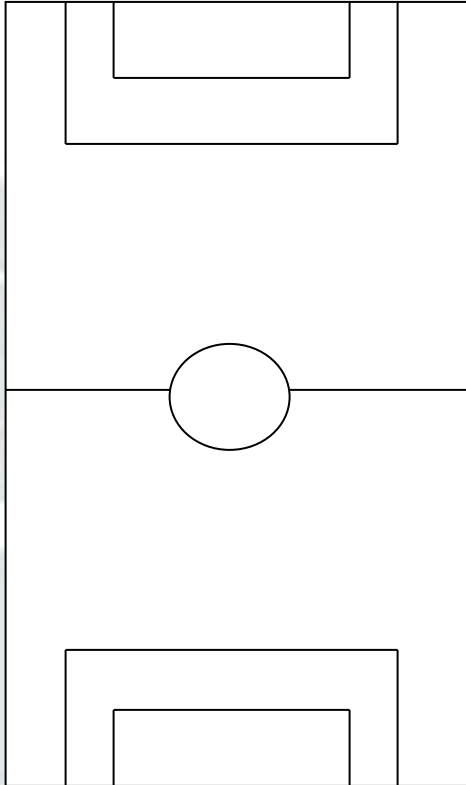
TRAINING LOG

Date: _____ Time: _____ Location: _____

Session Focus: _____

Introduction

Coaching Points



NOTES:

<u>NAME</u>	<u>ATTENDANCE</u>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	

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MATCH RECORD

DATE:

TIME:

OPPONENT:

VENUE:

COMPETITION:

RESULT:

STARTERS:

<i>NO.</i>	<i>NAME</i>	<i>MINUTES PLAYED</i>	<i>RATING 1-10</i>

RESERVES:

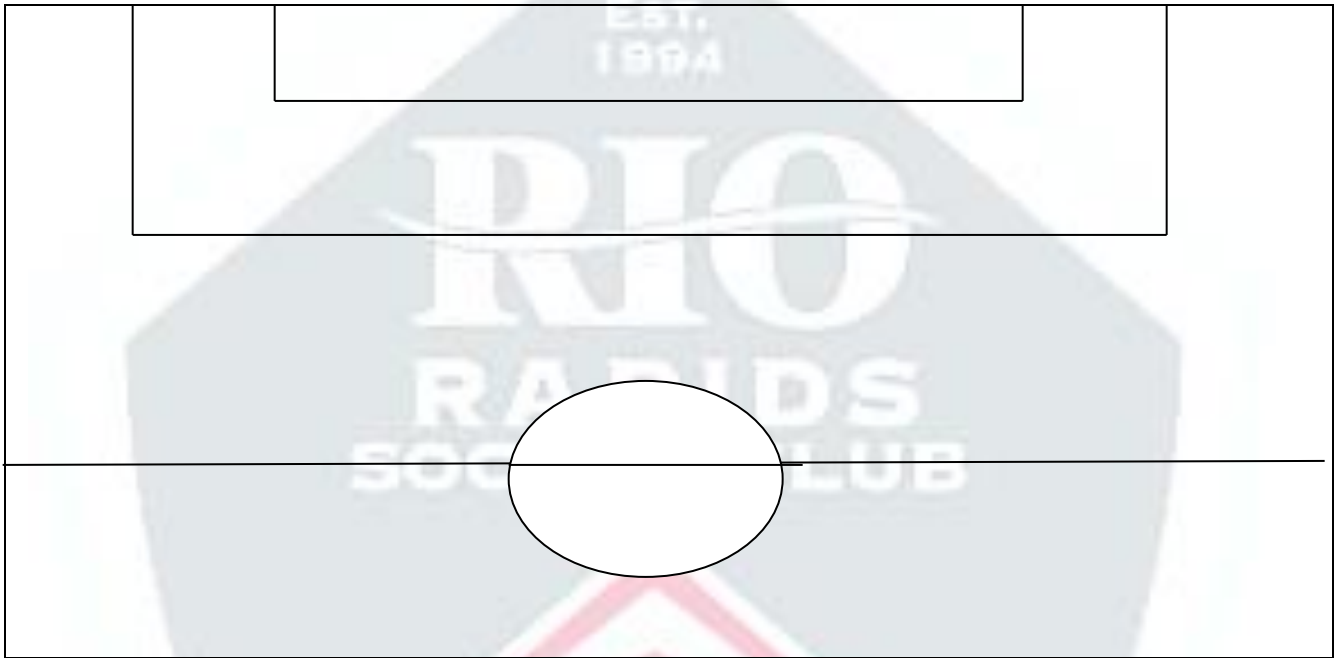
<i>NO.</i>	<i>NAME</i>	<i>MINUTES PLAYED</i>	<i>RATING 1-10</i>

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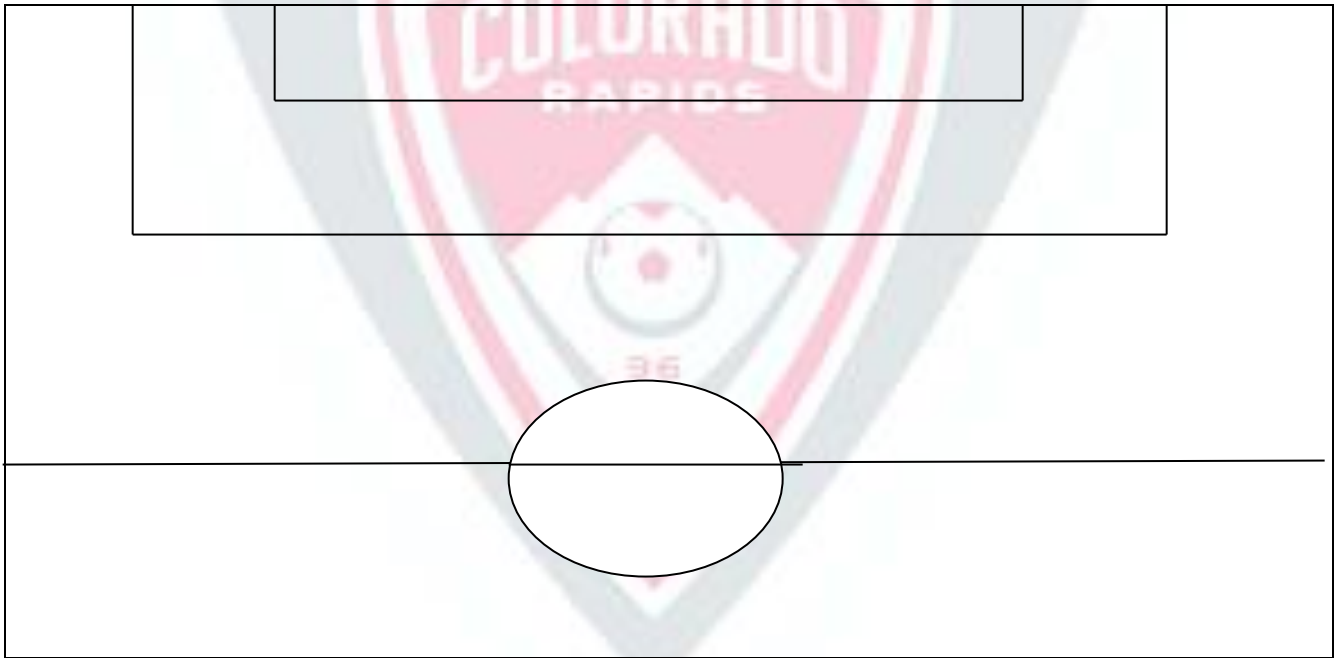
TEAM ARRANGEMENTS

1st Half



A diagram for the 1st Half team arrangements. It features a large, faint background logo of Rio Rapids Soccer Club. The logo includes the text "EST. 1994", "RIO RAPIDS", and "SOCCER CLUB". The diagram consists of a large rectangle divided into two horizontal sections by a central line. In the upper section, there is a smaller rectangle with a horizontal line through its center. In the lower section, there is a circle with a horizontal line through its center.

2nd Half



A diagram for the 2nd Half team arrangements. It features a large, faint background logo of Colorado Rapids. The logo includes the text "COLORADO RAPIDS" and "96". The diagram consists of a large rectangle divided into two horizontal sections by a central line. In the upper section, there is a smaller rectangle with a horizontal line through its center. In the lower section, there is a circle with a horizontal line through its center.