

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 _____

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 _____