

New Mexico Rapids Soccer Club

- **Complete Club Game Model**

- U5-U19 Boys and Girls
- Technical
- By: Justin Sells, Technical Director



Mission Statement

- Our mission is to provide the greater New Mexico area youth soccer community a unparalleled youth soccer experience aiding players in creating a lifelong passion for the game.



Core Values - Player Development

Passion = Energy and inspiration

Excellence = On and off the field

Integrity = Do the right thing

Commitment = Dedicated to the cause

Learning = Personal, social and athletic development



Playing Philosophy

1. We want to dominate our opponent!
2. We are always looking to attack spaces behind our opponent and in between the lines.
3. We are always looking to create shapes conducive to maintaining possession and penetrating our opponent.
4. Dominate transition moments (“Game Cycle”).
5. Defending compact from inside out together “hunting the ball.”
6. Communication is critical to our success.



Player Standards

1. Handshake on arrival to training & games to staff and teammates.
2. Always be early...the new on time!
3. All players are expected to be at training.
4. Always train at game intensity.
5. Always arrive prepared to play.
6. Work on self improvement and making teammates better.
7. Be a good teammate – respect.
8. Leave practice and game field better than we found it.



Systems of Play

3v3

Age: U5-U6

Topic: Ball

Formation: 2-1

4v4

Ages: U7-U8

Topic: Ball and Basic Shape

Formation: 1-2-1

7v7

Ages: U9-U10

Topic : Ball and Basic Shape

Formation: GK-2-3-1

9v9

Ages: U11-U12

Topic: Ball and Basic Shape

Formation: GK-2-4-2

GK-3-4-1

11v11

Ages: U13-U19

Topic: Basic Shape to
Advanced Principles of Play

Formation: GK-4-2-3-1

GK-4-3-3



Age Specific Training

U5-U8

Tactical

Basic Shape
Field Balance

Physical

Coordination
Basic motor skills

Technical

Basic technique
Dribbling / Receiving

Mental

Confident w/ ball
Interact w/ teammates
Aggressive

Age Group Outcome Goals

Basic change of direction and speed with ball.
Motor skill and coordination development.
Positional awareness (up in attack-back in defense).
Understanding field balance.

Training Characteristics

Time on the ball is important.

Small-sided games (1v1 - 4v4) with counter goals.

Spatial Awareness /
Quickness / Ability to
change direction

Hurdle work and agility
ladder (part of Phase I of
training method –
coordination
development)



Age Specific Training

U9-U10

Tactical

Understand space / shape
Understanding of transition

Physical

Coordination
Change of Pace / Quickness

Technical

Importance of 1st touch / Weight
of touch
Technical speed / Ability to
change directions w/ ball

Mental

Confident w/ ball
Confident w/ teammates
Aggressive

Age Group Outcome Goals

Continued confidence in 1v1 situations.
Improved technical speed / dynamic w/ ball.
Understands basic team transitional concepts
(compact to expanded (width / depth)

Training Characteristics

Maximize touches on the
ball.

Quality technique needs
to be high priority

Training session should
mimic older training
environment
(Phase-4 Training Method
/ Whole-Part-Whole

Motivation & respect
should be stressed in all
training sessions.



Age Specific Training

U11-U12

Tactical

Understand space / shape
Improved attacking principles

Physical

Improved coordination
Improved speed / strength

Technical

Quality passing & receiving
Technical speed

Mental

Confident w/ ball
Confident in larger group tactics
(4's, 6's and 8's)
Aggressive

Age Group Outcome Goals

Confident w/ technical speed in game situations.
Can apply attacking/defensive concepts in game.
Improved speed, strength and agility in training.

Training Characteristics

Phase 3 - 4 of Training Method becomes critical for players.

Collective group attacking / defensive activities become important part of training environment.

Continued use of counter goals within training environment to foster decision making / soccer IQ



Age Specific Training

U13-U14

Tactical

Improved Zonal Defending
Improved attacking movements

Physical

Improved endurance
Improved speed / strength

Technical

Quality passing & receiving
Improved finishing-ball striking

Mental

Commitment to team
Competition is put at a premium
Aggressive

Age Group Outcome Goals

Confident w/ technical speed in game situations.
Ability to deliver longer and short-range passes with varied texture.
Improved speed, strength and agility in training.

Training Characteristics

Addition of strength and fitness training.

Collective group attacking / defensive activities become important part of training environment. Combining lines of play.

Respect & discipline to the coach is paramount



Age Specific Training

U15-16

Tactical

Understand space / shape during transition moments
Develop good habits with ball in transition

Physical

Develop aerobic power
Improved explosive strength

Technical

Proficient passing & receiving
Possession of ball under pressure

Mental

Commitment to game outside of training
Improved understanding larger group tactics

Age Group Outcome Goals

Coordination of movements with teammates at speed under stress.
Can apply attacking/defensive concepts in game.
Good fitness and aerobic demands during matches

Training Characteristics

Phase 3 - 4 of Training Method becomes critical to the player development process.

Collective group attacking / defensive activities become important part of training environment.

Continued use of counter goals within training environment to foster decision making.



Age Specific Training

U17-19

Tactical

Improve all phases of the game emphasis on transition
Detailed in attack

Physical

Develop aerobic power
Improved explosive strength

Technical

Proficiency in all technical skills related to defense and offense.

Mental

Understanding advanced tactical concepts.
Maintaining concentration in matches and games

Age Group Outcome Goals

Confident w/ technical speed in game situations.
Coordination w/ teammates in quick transition.
Quality technique under fatigue and pressure.
High Soccer IQ.

Training Characteristics

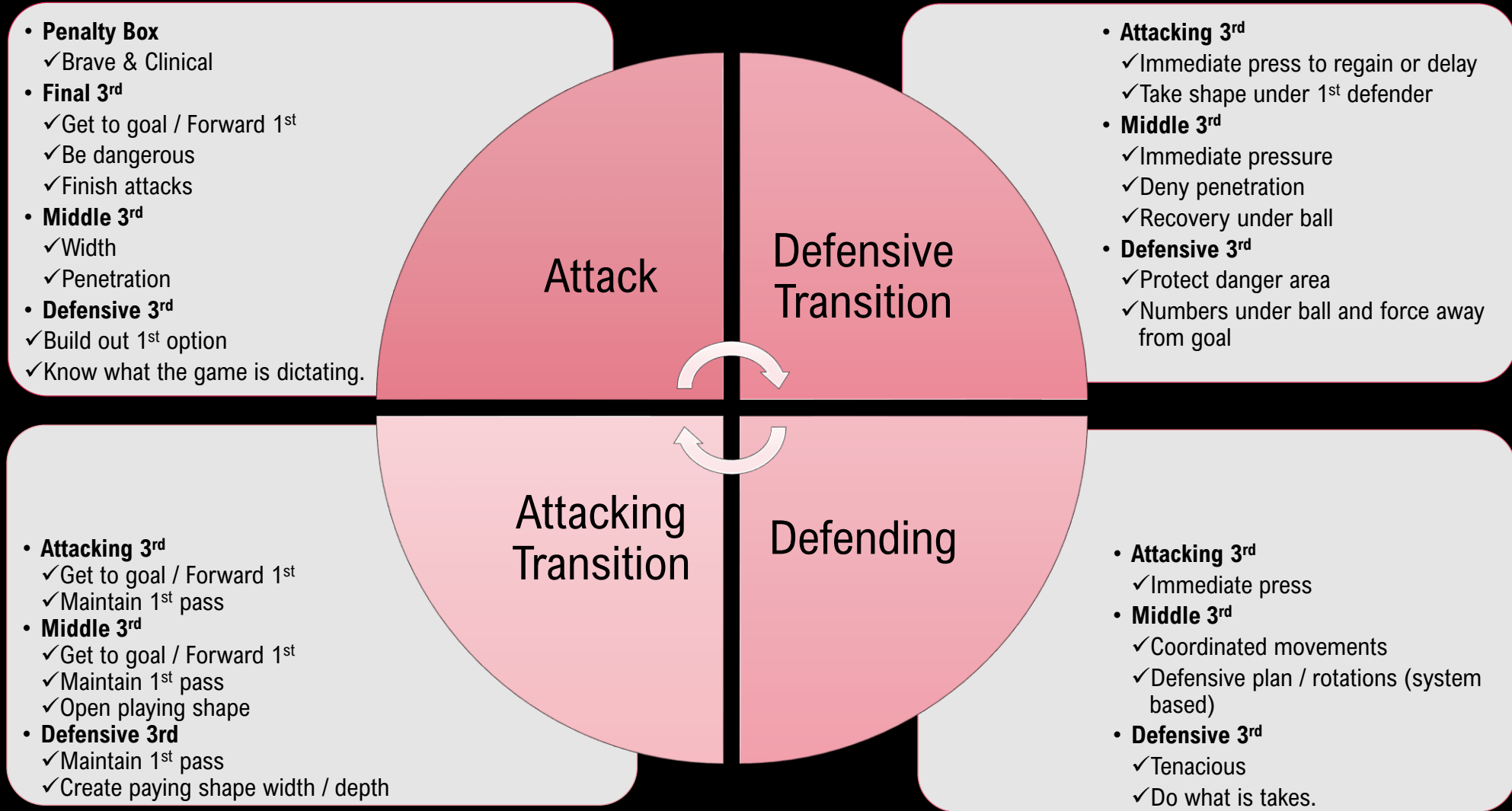
Phase 3 - 4 of Training Method becomes critical for players.

Collective group attacking / defensive activities become important part of positional/ team development.

Continued focus on commitment to individual game off the field (diet, conditioning, etc.)



Principles of Play



Age Based Curriculum Goals

Age Group	U5-U6	U7-U8	U9-U10	U11-U12	U13-U14	U15-U16	U17-U19
Individual Technique / Skill	Green	Green	Green	Green	Yellow	Red	Red
Pass or Dribble forward / ability to recognize space	Green	Green	Green	Green	Yellow	Red	Red
Individual and small group defending	Green	Green	Green	Green	Yellow	Yellow	Yellow
Recognize when to raise lines	Yellow	Yellow	Green	Green	Green	Yellow	Yellow
Break lines with passes (through or over)	Yellow	Yellow	Yellow	Green	Green	Green	Green
Understanding Offensive transition (width, shape and depth)	Red	Yellow	Yellow	Green	Green	Green	Green
Understanding Defensive Transition (pressure, cover and balance)	Red	Yellow	Yellow	Yellow	Green	Green	Green
Understand importance of possession & combination play	Red	Red	Yellow	Yellow	Green	Green	Green

Red = Little to no focus needed, and little to no revue needed.

Yellow = Medium focus needed, and/or minimal revue needed.

Green = High focus needed, and revue needed

Club Player Development Model

