



Rainier Soccer Alliance
Elite Soccer Club
Curriculum Guide

RSA Elite Curriculum Guide Lines

- ✓ Development of Functional and Team Play
- ✓ Development of Individual Skills and Small Group Tactics
- ✓ Recommended Licensing for Appropriate Age Groups
- ✓ Technical Development
- ✓ Tactical Development
- ✓ Physical Development
- ✓ Psychological Development
- ✓ Parent Code of Conduct Contract
- ✓ Players Code of Conduct Contract

Coaching Handbook

Rainier Soccer Alliance

Elite and Select Curriculum Guide

The Curriculum

The new and improved Soccer program has developed a curriculum and program that will challenge each player to succeed at the highest level. The program focuses on the four aspects each player must develop: ***technical, tactical, physical, and mental***. The players are forced to face these considerations at every competitive opportunity, whether it training or a game.

Coaches and Trainers

The appointed coaches will administer the age appropriate curriculum to the players and teams. Each team coach will stamp their style of coaching within the ideas and philosophies that have been set forth by the DOC guide lines. The goal of OUR Soccer Club is to develop and mold the individual player to be a dynamic risk taker who plays the game with confidence and composure. Coaches will train the players to be confident in their technical ability, ability to solve the problems the game presents, and to play the game with a physical and competitive commitment.

Coaches will be required to obtain the appropriate recommended coaching license before being assigned to coach in an age group or obtain it by a set date. Coaches will also participate in coaching clinics, workshops, and symposiums that will further advance their knowledge of the game and their ability to teach the game to youth players of all ages.

The appointed coaching staff will work in cooperation with each other and the Director of Coaching to achieve the following goals:

- *Technical mastery for the individual player.*
- *Applying technical mastery in an environment of pressure.*
- *Development of risk takers that are creative 1v1 artists.*
- *Development of goal scorers.*
- *Understanding and applying the concepts of zonal defending.*
- *Developing problem solvers.*
- *Understanding and applying maximum level physical commitment to every competitive situation.*
- *Involvement in community outreach and community service.*
- *Responsibility in academic endeavors and in life.*

The Curriculum

Training sessions will be based around a proven curriculum. The curriculum will focus on teaching younger players the technical aspects of soccer and enable them to perform these skills under pressure. The older players will be focused on learning team tactical concepts and how to get results.

Teams in the ELITE that are U13 and older will focus on the following points:

- *Result driven performance.*
- *Teaching players how to be physically committed to the game.*
- *Teaching players how to get results.*
- *Playing a system that plays to the strengths of the team.*
- *Structuring a system of play that will make the team most effective and play to the strengths of the individual players.*
- *Ability to change a system to exploit the weaknesses of an opponent.*
- *Understanding advanced tactical concepts.*

The Training

In the training session emphasis will be given to repeating the quality of soccer movements. These are corrected and repeated until they become a regular part of the player's package. The coaches must be quality demonstrators. The coaches will then work on:

- *Making the player's movements faster and better*
- *Linking movements efficiently and wisely. Coaches constantly ask the player why they use a certain move in a certain situation*
- *Using the weakest foot. Coaches will develop specific sessions to work on weaknesses in the player's game*
- *Technical exercises with high reoccurrences*
- *Games with the possibility of many choices and reflections*
- *Simple tactical exercises forcing the player to make a quick decision*
- *Realistic activities which make the player feel as if he were in a real game*

Coaching Boys Soccer

- *Intense Motivational Techniques work well*
- *Coach should focus on the individuals rather than the team.*
- *Encouragement is not always expected.*
- *More distance relationship between the coach and players*
- *Can handle longer more intense training sessions*

Coaching Girls Soccer

- *People oriented, democratic approach works best*
- *Coach should focus on the relationships among players*
- *Encouragement from the coach is a necessity*
- *More interaction between coach and players*
- *Shorter training sessions*

From these points, you can say the main difference between coaching boy's soccer versus coaching girl's soccer is not the training sessions, but the different social and psychological factors.

Training therefore is done with this context in mind:

- *Quantity*
- *Quality*
- *Consistency*
- *Demands of the game*
- *Simplicity*

Summary

Our new Soccer Cub coaching philosophy will operate under the principle that “*development of the individual player*”. The better job we do in the development of quality players at the youth level, the more accomplished high school, ODP, collegiate and professional players will burst onto the scene. We feel that the development of the complete player is crucial for the advancement of soccer in the United States.

Thank you.

Director Of Coaching

Steve Richards

SOCCKER CLUB GUIDE LINES

U15/U16 Curriculum

Development of Individual Skills/Individual, Group and Team Tactics

Because many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons, this is a critical stage of the player's development. This stage of development tends to have players that struggle with confidence and lack mental toughness. Players are very critical of their selves and struggle with competitiveness. There is a serious need for attention and security. Leadership, discipline within the team and team spirit are areas of intense focus.

Characteristics of the Coach:

Incredibly strong personality; Enthusiastic; Charismatic; Possess soccer experience and Knowledge; Disciplinarian; Persuasive and Demanding; Great Managerial Skills.

Recommended License: USSF "B"/Equivalent or Higher

Technical Development: No more than 40% of all training time.

- Skills should be mastered.
- Focus on imagination, artistry, improvisation and craft.
- Increase technical speed. Technique is still emphasized at this stage, but always at match conditions.
- Mastery of striking balls accurately over distance under pressure.

Tactical Development: At Least 60% of all training time.

Increase tactical speed (Decision making under pressure).

Tactical development/enhancement in the following areas through training and game situations:

1. Attacking

- Applying various technical abilities in order to increase tactical options.
- Aggressive attacking mentality in final third of the field.
- Change of pace and sense of urgency when entering the final third of the field.
- Knowing/Predicting what the game will need next.
- Understanding Roles and Responsibilities for each player will improve quest for understanding the "Big Picture"

2. Defending

- Understanding how to take options away from the attacker.
- Mastering individual roles in zonal defending.
- Understanding that Team Defensive Success is based on the quality of individual pressure.

1 *Small Group*- 4v4, 7v7, 9v9

1. **Attacking**

- Understanding when to possess, when to penetrate.
- Creativity in Problem Solving
- Combination play: Wall Pass, Take-over, Overlap, and Double Pass.
- Width, Depth, Penetration.
- Creative Mobility – Runs without the ball.
- Being able to pick players out with crosses and not just cross the ball into the box.
- Attacking with Strikers, Midfielders and Defenders.
- Set Pieces – Efficiency Rate of 75% in getting us either goal, shot on goal, or corner kick.
- Organized runs into box for service.

2. **Defending**

- Understanding compactness and the benefits of.
- Cover, Delay, Dictate and Recover.
- Effective communication.
- Defending with Strikers, Midfielders and Defenders.
- Understanding that dictating play and winning possession is the first step in Attacking.
- Understanding of Organization in Defending Set Pieces.

Team:

Clearly defined team tactics – How the team decides to play as a group.

1. **Attacking**

- Adjusting to Direct and Indirect styles of play.
- All Decisions based on the thirds of the field.
- Knowing that maintaining possession is the best way to dismantle the opposing team.
- Understanding how to counter Attack.
- The goalkeeper plays as an essential piece of the attack (balls played back to goalkeeper).

2. **Defending**

- Maintaining team compactness.
- Understand the concepts of “high pressure” and “low pressure” styles.
- Complete understanding of zonal defending from the front to the back.
- Understands how to deal with the Counter Attack.
- The goalkeeper plays as the last defender.

Recommended system of play:

Players should be exposed to a variety of systems using a 4-4-2, 3-4-3, or 3-5-2 System of play.

A great deal of coaching/teaching within 7 v 7 and 9 v 9 games

Physical Development: At least 10% of all training time.

Physical Development through fitness work with and without the ball

1. Flexibility – Stretching before and after training/matches.
2. Discipline – Always warm-up and cool down.
3. Agility – with and without the ball.
4. Aerobic and Anaerobic endurance
5. Strength & Balance – Upper and Lower body; core strength/stability.
6. Footwork – attempting to be active during all activities.
7. Nutrition – Proper diet pre-game, post-game, tournaments, training etc.
8. Injury prevention and care
9. Rest/Recovery

Psychological Development:

Psychological development through training, game experience, and organized team activities

1. The game should continue to be fun and enjoyable. Players should have a passion for the game.
2. Imagination/Creativity.
3. Increase Concentration & demands -Value of hard work-diligence.
4. Establish Training Targets and Goals.
5. Establish mental toughness, discipline and accountability.
6. Establish leadership and player responsibilities.
7. Change program periodically to satisfy player's urge to compete.
8. Establish individual and team routines for pre-practice and pre-match.
9. Encourage players/teams to watch professional and national team games live or on TV.

Development of Functional and Team Play

Reaching a player's potential is based on their own efforts, the support of their teammates and the guidance of their coach.

They must be exposed to an environment in Training and in Matches that enhances their Technical, Tactical, Physical and Mental capabilities to the limit. Training and match play should be demanding and challenging. Players must always be confronted with pressure situations in training. A sound knowledge of the games' principles and concepts is a must

Characteristics of the Coach:

Incredibly strong personality;

Enthusiastic; Charismatic; Possess soccer skill to demonstrate experience and knowledge; Disciplinarian; Authoritative; Persuasive and demanding; Great Managerial Skills.

Minimum "D" Recommended License: USSF "B"/Equivalent or Higher

Technical Development

Covered in Warm-up and Competitive Situations.

- Mastery of Skill.
All done at speed under match condition
- Demanding Excellence.
Tactical Development: At Least 75% of all training time.
- Increase tactical speed (Decision making under pressure). Ability to adapt to changes in the match.
Understanding of gamesmanship (Managing the clock, ebb and flow of the game, etc.).
Tactical development/enhancement in the following areas through training and game situations:
Individual - Decisions pertaining to the thirds of the field.

1. Attacking

- Time spent on Functional Training Environment
- Ability and comfort in playing in different areas of the field.
- Ability to take responsibility and solve problems as an individual

2. Defending

- Comfort at playing different positions
- Complete understanding that Team Defensive Success is based on the quality of individual pressure.

Small Group

1. Attacking

- Understanding when to possess, when to penetrate for the purpose of scoring goals.
- Deception and Creativity Encouraged.
- Combination plays in order to break down a defense.
- Attacking with Strikers, Midfielders and Defenders.

2. Defending

- Complete understanding of Pressure-Cover-Balance.
- Controlling the pace and direction of the game by decisions in defending.
- Understanding when to double team.

Team:

Understanding positional lines and how they are linked. Realizing the needs of the Team.

1. Attacking

- Good understanding of Direct and Indirect styles of play.
- Combination play based on strategy.
- All Decisions based on the thirds of the field.
- Knowing that maintaining possession is the best way to dismantle the opposing team.
- Speed of Play – Game is faster and more physical.
- Understanding how and when to Counter Attack.
- Quality of Final Ball to beat defenders.
- Set Pieces – Efficiency Rate of 75% in getting us either goal, shot on goal, or corner kick
- Organized runs into box for service.
- The goalkeeper plays as an essential piece of the attack through distribution (balls played back to goalkeeper).

2. Defending

- Maintaining team compactness
- Understand the concepts of “high pressure” and “low pressure” styles.
- Complete understanding of zonal defending from the front to the back.
- Being able to stop the Counter Attack.
- All Decisions based on the thirds of the field and systems of play.
- The goalkeeper plays as the last defender.
- Pressing – When and Where.

Recommended system of play:

Players should be exposed to a variety of systems using a 4-4-2, 3-4-3, or 3-5-2 system of play.

A great deal of coaching within 7 v 7 and 9 v 9 games

Physical Development:

At least 10% of all training time. Physical Development through fitness work with and without the ball.

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