

Clarence Soccer Travel Curriculum

Purpose: To devise a progressive and comprehensive curriculum program focusing on the cumulative development of technical and tactical aspects of the game of soccer from the under 10 to under 17 levels.

Under 10 to Under 11

At the culmination of the season each athlete will have been trained to understand/apply the following:

I. Dribbling

A. Speed dribbling, running with the ball

1. Toe is down
2. Use instep or outside of foot
3. First play of the ball should be long
4. As space to defender decrease, use more touches and keep the ball closer to feet

B. Dribbling to attack defender

1. Change speed and direction
2. Think of playing the ball past the defender and being first to it in the space behind the defender
3. Attack most forward leg
4. First play of the ball behind the defender should cut off any recovery run

C. Shielding

1. Keep body between the ball and the defender
2. Play ball with the far foot
3. Keep body at a right angle to the defender
4. Use arm to make body "large" (arm bent downward)
5. Come away from the goal or move lateral

II. Passing

A. Push Pass

1. Use inside of foot
2. Foot must be open to target
3. Strike ball in the middle
4. Foot follows through ball toward target
5. After pass immediately change speed and direction (peel off and don't ball watch)

B. Long driven pass

1. Ball must be "out from feet"
2. Player approaches from a slight angle
3. "Hop" onto support foot - pointed forward
4. Support foot slightly behind ball
5. Toe pointed down with ankle locked
6. Ball struck in the middle with instep
7. Follow through at target

C. Lofted pass

1. Ball must be out from feet
2. Player approaches from more of an angle
3. "Hop" onto support foot - pointed forward
4. Support foot slightly behind ball
5. Player leans back a bit
6. Toe pointed down and locked
7. Ball struck left of middle
8. Player kicks down at ball and extends to target

D. Direction of pass

1. When a player is standing or running at the server the ball should be played to his feet
2. When the player is running laterally the ball should be played to space

E. Speed of pass (weighting of ball)

1. The best weighted pass is one which the receiver can successfully one touch to a teammate

F. Timing of runs

1. Player with the ball determines when to run
2. Player(s) without the ball determine where ball is to be played

III. Receiving

A. Ball on the ground

1. Look over shoulder for defenders
2. Check to pass/show for ball/go to support angle in space
3. Open hips to field
4. Receive ball across the body
5. Look at next target as ball is being passed to you
6. If possible, keep ball moving
7. First touch alters angle of ball to relieve pressure or trick defender
8. When in possession stay composed

B. Ball in the air

1. Look over shoulder for defender
2. Get in line of flight of ball
3. Decide which body part to use
4. Present body part to ball
5. Cushion ball at impact

IV. Shooting

A. Power

1. Round and compact over ball
2. Horizontal body movement through ball
3. Plant foot - point toe at target
4. Keep toe on shooting foot pointed down
5. Lock Ankle
6. Keep knee over ball
7. Strike with instep through center of ball
8. Land on shooting foot

B. Placement

1. Early decision of target
2. Support foot, hips, and shooting kneecaps aiming at target when going through ball
3. Strike ball before keeper sets feet

C. Volleying

1. Side foot
 - a. toe raised
 - b. ankle locked
 - c. lift outer border of foot
2. Instep
 - a. preparatory coiling of shoulders
 - b. toe pointed down
 - c. ankle locked
 - d. upper leg parallel with ground

- e. knee top points at target
- f. power from knee extension

V. Heading

A. Defensive heading

1. Leave late to attack ball
2. One foot take off from run
3. Must jump first
4. Square shoulders to target
5. Head through bottom half of ball
6. High, far, and wide

B. Heading to goal or target

1. Leave late to attack ball
2. One foot take off from run
3. Must jump first
4. Square shoulders to target
5. Head through top half of target
6. Attempt to hit goal line of supporting feet with header

VI. First Defender (pressure)

A. Speed of approach

1. Decelerate as you approach the attacker, shorten steps as you approach

B. Angle of Approach

1. Bend run to force attacker to support or out of bounds

C. Distance

1. Arms length away

D. Defensive position

1. Low center of mass
2. On toe (no flat foot)
3. One foot out in front of the other (avoid meg)
4. Forty-five degree angle to defender
5. Head down looking at ball/attackers hips

E. Attack ball when out of attackers foot

F. Use 1v1 model

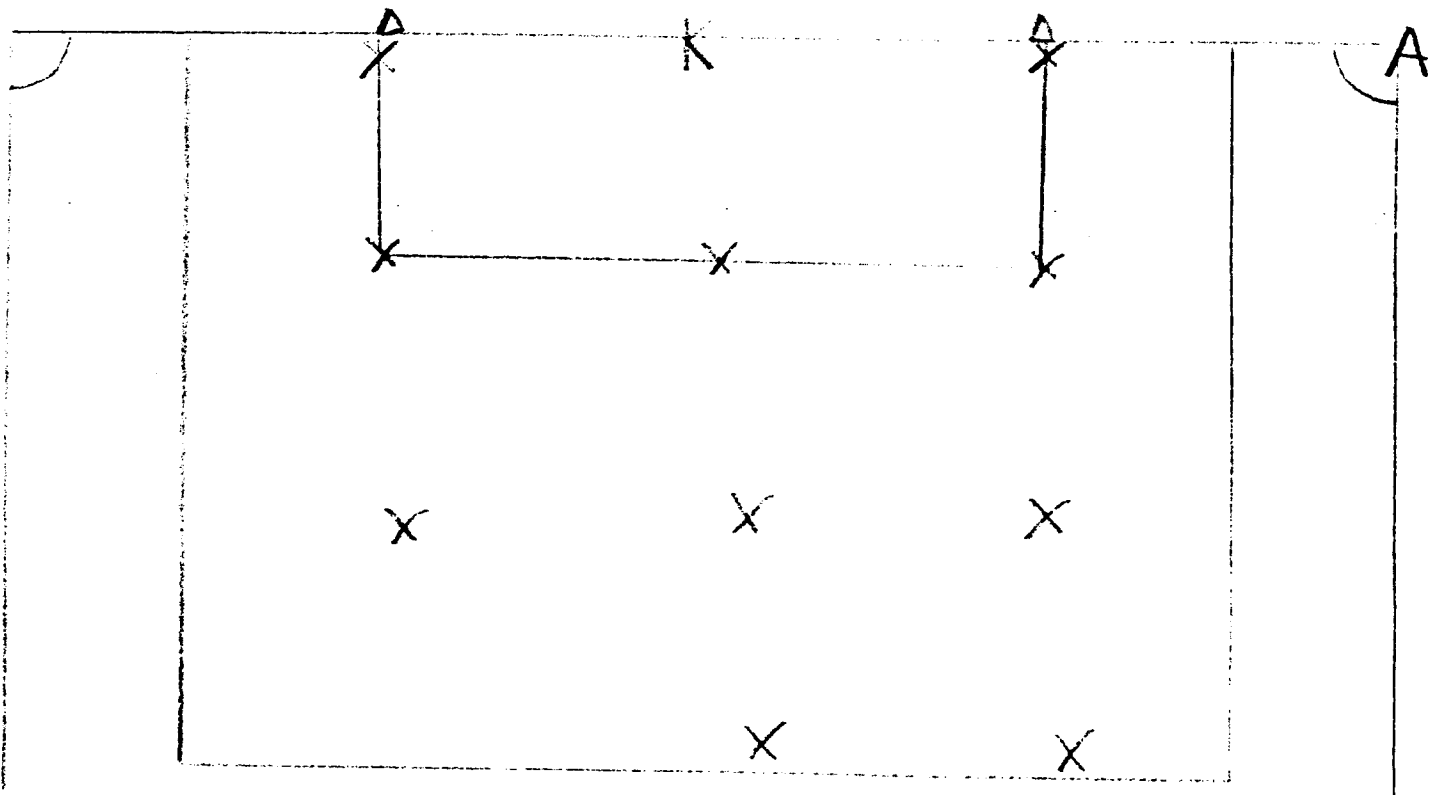
VII. First Attacker (penetrate)

- A. Pass (defensive, middle, and final thirds)
- B. Shoot (final third)
- C. Dribble (sometimes middle third, final third)
 - 1. Chop turn
 - 2. Inside of foot turn
 - 3. Outside of foot turn
 - 4. Bottom of foot turn
 - 5. Cruyff
 - 6. Scissors
 - 7. Rivolino
 - 8. Matthews
- D. Most important player on the field
- E. Use 1v1 model

VIII. Field-Team Positioning Concepts

- A. Compact defensively
- B. Spread offensively
- C. Move as a unit

IX. Zonal Corner Kick Defense



X. Free Kick Defense

- A. Numbers in wall (determined by distance and angle to goal by goalkeeper)
- B. Hold eighteen

Under 12 to Under 13

At the culmination of the season each player will be trained to understand/apply the following:

I. Review/Reinforce Items Taught at the Under 10 to Under 11 Level

II. Second Defender (cover)

- A. Support first defender slightly behind square at a forty-five degree angle (in most cases)
- B. Be in a position to become the first defender if necessary
- C. Angle and distance of pressuring player determines angle and distance of covering player
- D. Track down supporting attacker who makes run in advance of ball while still providing cover for first defender
- E. Use 2v2 model

III. Second Attacker

- A. Support of first attacker
 - 1. Supports behind of square
 - a. allow second attacker to recover and defend if first attacker is stopped by ball
 - b. allows second attacker to receive ball so that he can play it forward
 - 2. Supports far enough away from first attacker that first defender cannot restrict first and second attackers
 - 3. Supports close enough that a short, accurate ground pass can be played by the first attacker
- B. Combine with first attacker
 - 1. Bent run
 - a. second attacker bends away from and ahead of first attacker
 - b. second attacker has isolated first attacker to dribble
 - c. through ball

2. Wall Pass

- a. first attacker gets as close to defender as possible, plays firm pass, the playing of the ball is the first step behind the defender
- b. second attacker shows close to teammate, shows about square with defender, shows sideways on
- c. establish rhythm of movement

3. Takeover

- a. first attacker tucks ball in, drags ball with foot, decides whether to keep ball
- b. second attacker receives ball in opposite direction of first attacker's movement then creates options
- c. establish rhythm of movement

4. Overlap

- a. second attacker runs to outside of first attacker's movement
- b. second attacker pulled out of good supporting position
- c. first attacker will pass to overlapping player, or take on defender 1 v 1

C. Use 2v1 model

IV. Keep Body Open to the Field of Play

- A. See the entire field (when appropriate)
- B. Use 4v2 model (possession)

V. Play the Direction Facing

- A. Look for best option
- B. Play easy/early ball
- C. Use 4v2 model (possession)

VI. Organizing Runs in the Box

- A. Near post space
 1. Location of near post space
 2. Player making near post run starts from side opposite of ball or bends to far side of penalty box
 3. Run times to meet service in the near post space
 4. Player and the ball must arrive in the space at the same instant
 - a. if player is early he must clear space and continue to run
 - b. if player is late he must look for shot to deflect or rebound to finish
 5. Strike at goal is a re-direction of the ball

- B. Far post space
 - 1. Location of far post space
 - 2. Player making the run to the far post space bends away from middle to top and side of the penalty box
 - 3. Players look to run on blind side of defenders and be in position to aggressively attack service
 - 4. Player holds outside of space and reads flight of ball
- C. Space at top of penalty box
 - 1. Location of space
 - 2. Player holds outside of space to leave space live
 - 3. Player serving ball elects to play ball back because near and far post spaces are not available
 - 4. Top of box space is best to use when server is using non-dominant foot
- D. Organization
 - 1. Group organized as servers on flank, near post runners, and far post runners
 - 2. Use 3v3+2 with channels to two goals to teach

VII. Training the Sweeper

- A. Commander of defense
- B. Cut out through balls
- C. Give cover to markers as needed
- D. Pick up free attackers
- E. Attack when ball is won
- F. Use 6v6 model

Under 14 to Under 15

At the culmination of the season each athlete will be trained to understand/apply the following:

- I. Review/Reinforce Items Taught at the Under 10 to Under 13 Levels
- II. Third Defender (balance)
 - A. Track down attackers away from the area of the ball who are making runs toward goal
 - B. Deny space toward the center of the field

- C. Track vertically, see the ball and see the opponents
- D. Use 3v3 model

III. Third Attacker (balance)

- A. Attempts to disturb balance of defending team by making runs behind the defenders
- B. Deals with the area away from the vicinity of the ball
- C. The penetrating run allows possibility of the third attacker receiving the ball or creating space behind his run for another attacker
- D. Use 3v2 model

IV. One/Two Touch Play

- A. Anticipating the play and make supporting runs
- B. Decide where the ball will be played next before it is received
- C. Use 4v2 model to teach possession vs. penetration
- D. Use 5v3 model to teach the changing of the point of attack
 - 1. Use half field
 - 2. Five attackers on perimeter
 - 3. Three defenders in middle
 - 4. two players support players with the ball and two players go away from ball (one as far as possible)
 - 5. When ball is changed to farthest player, the two closest players support the player with the ball and the other two stay away

V. Team Shape/Space Utilization

- A. Transition
- B. Compression behind ball
- C. Thirds of the field
 - 1. Defensive third to middle third use 6v6 model in a space slightly larger than half of a field
 - 2. Middle third to final third use 6v4 model

VI. Long Passing- Bending and Hooking

- A. Toe pointed up at impact when hooking with inside of foot
- B. Toe pointed down at impact when slicing with outside of foot

- C. Kicking "across" the ball
- D. Follow through is across (slicing) or away from (hooking) the body

Under 16 to Under 17

At the culmination of the season each athlete will be trained to understand/apply the following:

I. Review/Reinforce Items Taught at the Under 10 to Under 15 Levels

II. Defensive Team Tactics

A. High Pressure

1. Win ball back as quickly as possible
2. Mark man to man over the entire field
3. Pressure the ball over entire field

B. Low Pressure

1. Insure that defenders occupy all attacking spaces
2. Allow the opponent to have half to two thirds of the field
3. Team must back up and organize defense at edge of middle and back third
4. Play in zones and pass people on (due to compact team defending)

C. Use 8v8 model leading to 11v11 model

III. Zonal Defense vs. Man-to-Man Marking

A. Shadow play

B. Midfield transitional marking

C. Hunt defense

IV. Advanced Combination Play

A. Anticipating the play

Communicative Calls: To be taught at all levels

man on
square
through
wide
shift
hold
release
ball
mark
dummy