



Schwaben A.C. Youth Development Plan

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Introduction to Schwaben A.C.

The Schwaben Athletic Club has been in existence in the Chicagoland area since 1926. During these years, Schwaben has produced many fine youth and adult teams at all competitive levels, including national players and national championships. We maintain six of our own soccer fields in Buffalo Grove with concessions and practice facilities for our teams and for competition.

Mission Statement

To be a premier soccer club in the Midwest.

Philosophy

The club creates a positive, challenging and enjoyable learning environment. We believe Schwaben players learn when they are having fun. They should start and finish the session with a smile. Schwaben strives to create a player first culture.

Style of Play

The Schwaben A.C. Soccer Club teaches an attacking-possession style of soccer. This means Schwaben teams are taught to play out of the back and attack or go forward as quickly and as often as possible, tempered by a healthy respect for the importance of ball possession.

Developmental System Features and Objectives

Schwaben AC has built a developmental system to teach its attacking possession philosophy of play. The developmental system has four different stages:

Entry Stage: U6 through U8

Developmental Stage: U9 through U11

Transitional Stage: U12 through U14

Competitive Stage: U15 through U19

The development of a Schwaben A.C. soccer player is a long and gradual process from a simple to a more complex involvement in the game. Our professional and licensed coaches will guide this progression with enthusiasm in an ethical and knowledgeable way. Players should participate at a level that is challenging and demanding for their ability. Every opportunity will be provided for a player to reach his or her potential. Within this progression players will develop responsibility for their own performance, learn the concept of team sport and learn life lessons. Our goal is to keep the passion for soccer a life long endeavor that will keep a player healthy for their lifetime.

“As a kid they teach you not to play to win, so much as to grow in ability as a player.”

-Lionel Messi on the culture of excellence at Barcelona

Approach

Coaches are expected to present the technical and tactical basic principles of the game in age appropriate direction/guidance. Coaches are there to guide the player through problem solving and exploring their potential by allowing the players to make their own choices on the field. Coaches must help players develop

“Youth prefers to be stimulated rather than instructed.”

-Johann Wolfgang von Goethe, German poet



Entry Stage U6 – U8

At this age players love to play. Therefore, all practices are based on fun games in a playful environment. Players practice together in a group but also spend time with their own ball. Players develop sense of a team and the game of soccer. The emphasis is placed on fun small-sided games with simple tactical tips from the coaches. Under 6 and under 7 players do not compete in travel leagues. At this level, U8 kids will be introduced to travel league games as appropriate.

Technical Development

Introduction to fundamental techniques (ball mastery) such as dribbling, passing, cutting, shooting and juggling
Players experiment/explore the ball on their own and with the team/group

Tactical Development

High emphasis on small-sided games 2v2, 3v3, 4v4
Develop the idea of scoring and preventing goals
Introduce defense and offense positions (fullback, forward)
Develop sense of a team
1v1, 2v1, 1v2
Shielding without resistance

Physical Development

Develop a variety of movement to build fundamental motor skills, for example, running, jumping, balance, reaction, rhythm and rolling. Maintain and improve flexibility

Personality Development

Develop self-confidence through playful practices

Inspiration

Sportspersonship, respect

Encourage experimenting/trying new things

Developmental Stage U9 – U11

Schwaben believes coaching the preteen age group can be one of the most important coaching positions in youth soccer. This is the time to lay the foundation for a lifetime love for the game. Schwaben continues to build a positive player-first culture during this stage.

Technical Development

Introduction to advanced techniques using both feet

Controlling and continuation with ball by all allowed body parts with speed and resistance

Dribbling

Technical Development Cont.

Passing the ball with the inside of the foot on the ground

Passing with the laces

Develop moves for passing an opponent.

Cutting of ball (inside, outside, sole)

Shooting at goals from different angles

Stopping the ball in different ways

Basic technique of heading without resistance

Shielding without resistance

Learning techniques to take penalty kick, throw-in, corner kick, kick-off, free kicks, goal kicks

“A good player is a dribbler!”

-Steve Highway, DOC FC Liverpool

Tactical Development

Many small-sided games 2v2, 3v3, 4v4, and 5v5 (street soccer style)

Players will learn the basic rules of soccer

Positional Covering of the field in length and width

Winning the ball

Tactical Development Cont.

Individual tactics

Players to push on in attack or drop back as a team

Learn to play different positions

Positional play 4v1, 3v1

Marking: Inside and most dangerous player

Players are introduced and guided to play out of the back by keeping ball possession instead of a launch up field

Physical Development

Develop a variety of movement to build fundamental motor skills, for example, running, jumping, balance, reaction, and rhythm.

Develop skill and speed with the ball

Maintain and improve flexibility

Start developing good running technique

Personality Development

Build self-confidence through fun practices

Encourage creativity

Sporting attitude, respect

Coaches are expected to encourage players to take responsibility and present the concept behind team sport/integrity
Learn to deal with winning and losing
The goal is to compete to do their best rather than compete to be the best.

“I don’t care if players at that age win a game. I want them to learn to love soccer and learn to deal with the round thing...”

-John Hackworth, Philadelphia Union, coach and youth development coordinator

Transitional Stage U12 – U14

Typically, between the ages of 11 and 14 is when athletes decide between playing a sport recreationally and with deeper commitment. The Schwaben A.C would like to prepare those players with a deeper commitment for the competitive stage.

Technical Development

Maintaining focus on ball mastery using both feet
Controlling and continuation with ball by all allowed body parts with speed and resistance
Dribbling

Technical Development Cont.

Passing with the inside on ground and in air

Passing with laces on ground and in the air

Cutting of ball (inside, outside, sole)

Develop and encourage creation of own fakes

Learning moves for passing an opponent

Shooting at goals from different angles

Stopping the ball in different ways

Basic technique of heading without resistance

Tactical Development

Small-sided games 4v4, 7v7, 8v8 played with and without tactical emphasis

- Speed of play (limit touches)
- Switch point of attack
- Transition (when winning and losing the ball)
- Keep possession
- With and without GK

Train line specific tactics

Train to play out of back

Passing to strikers and follow up

Movement in front of the goal

Tactical Development Cont.

Shielding with and without resistance

Learning and improving techniques to take penalty kick, throw-in, corner kick, kick-off, free kicks, goal kicks

Learning the drop-kick

All formations used by the teams in 11-a-side games must keep a back 4 line

The back 4 provides defense consistency and allows space to outside backs to move forward when attacking.

Positional play 5v2, 2v1, and 3v1

Personal Covering of the field in length and width

Being available for the ball, winning the ball back

Learn one-two combinations (with 3rd person)

Defending by making the field small and giving back-up (come inside, ball side)

Cooperation between goalkeeper, defense and offense

Teach and improve understanding of individual and group tactics

Learn about different pressing strategies (ball winning strategies)

Targeted expanding of theoretical knowledge

Playing out of the back (defender to learn how to make themselves available for the GK)

Players to push on in attack or drop back as a team

Play from the own position/zone (pick up the runner who came into zone)

Learn to play different positions

Positional play 5v2, 2v1, and 3v2

Marking: Inside and most dangerous player

Learn not to run into the offside trap and how to solve it, learn the different soccer terms, learn how to run off/away from the ball

Tactical Development Cont.

Introduction in position specific responsibilities in 11 vs. 11

Introduction of the major systems of play 4-4-2, 4-3-3, 3-4-3 advantages/disadvantages

Encourage motivation to compete

Physical Development

Focus on improvement of soccer specific athleticism/condition mainly via game forms

Improving a good running technique and coordination

Maintain and improve flexibility

Power/Strengthening with own body weight

Personality Development

Concept of Fair Play

Nurture creativity

Sporting attitude and respect

Learn to deal with winning and losing and team play

Learn communication: player-player, player-coach

- Coachable
- Accept leadership rules (coach, players and staff)
- Accept decisions
- Active player involvement for problem solving on the pitch

Learn to be critical of own performance

Listen to the own body and be able to report injuries

Competitive Stage U15 – U19

The Competitive Stage is the culmination of the developmental program. At this level our coaches and staff are preparing and assisting college-bound players in obtaining playing opportunities and scholarships if desired. Schwaben will focus on systematic improvement and stabilization of technical proficiency and tactical knowledge.

Technical Development

Controlling and continuation with the ball by all allowed body parts with speed and more resistance and also into direction
Passing with the inside on ground and in air bigger distances (both feet)
Passing with laces on ground and in the air bigger distances (both feet)
Cutting of ball (inside, outside, sole)
Shooting at goal from different angles
Stopping the ball in different ways/techniques
Learning the side-kick (from hip)
Learning the drop-kick
Different variations of crossing
Develop and encourage creation of own fakes
Learning and maintaining moves for passing an opponent
Shielding the ball with or without resistance

Technical Development Cont.

The throw-in

The penalty kick

Basic technique of heading with resistance

- Combination with jumping
- Defensive and attacking heading
- 1 or 2 footed jumps

Using all techniques in order to achieve tactical goals

Players with weaknesses in basic technical areas are expected to dedicate non-training time to the development of these skills.

Tactical Development

All formations must keep a back 4 line.

The back 4 provides consistency in defense and allows space for the outside backs to move forward when attacking.

Teams should be able to play out of the back through confidence in own ball skills and learned game openings from previous years.

Small-sided games 4v4, 7v7, 8v8 with tactical emphasis

- Speed of play (limit touches)
- Switch point of attack
- Transition (when winning and losing the ball)
- Keep possession
- With and without GK

Tactical Development Cont.

Address team tactics to effectively compete in all competitive situations.

Teams/players should have a strong understanding of the significant tactical difference when playing in a 4-4-2, 4-3-3, 3-4-3

Make players aware of individual and teammates' strengths and weaknesses and learn to find the best solutions and encourage creativity

Learn to see and use the weakness of the direct opponent

Learn to see and use the 3rd man

Positional covering of the field and cooperation of the lines in length and width

Being available for the ball (runs or positioning)

Adapting to opponents system

Line-specific tactic:

- Train to built-up from the back
- Passing to strikers and follow-up
- Movement in front of the goal

Winning the ball back

Learn variations of the one-two combinations (with 3rd man)

Defending by making the field small and giving back-up (come inside, ball side)

Cooperation between goalkeeper, defense and offense

Teach and improve understanding of individual and group tactics

Targeted expending of theoretical knowledge

Playing out of the back (defender to learn how to make themselves available for the GK)

Tactical Development Cont.

Players to push on in attack or drop back as a team

Play from the own position/zone (pick up the runner who came into zone)

Learn to play different positions

Positional play 8v4, 5v3, 6v4, and 4v4

Marking: Inside and most dangerous player

Marking in the zone

Marking with one man less

Learn and execute different pressing strategies (ball winning strategies)

Learn to play the offside trap

Learn not to run into the offside trap and how to solve it

Learn the different soccer terms

Learn how to run off/away from the ball

Learning and improving techniques to take penalty kick, throw-in, corner kick, kick-off, free kicks, goal kicks

Learn to play the cross-pass (switch field to change the game)

Learn restart organizations

Physical Development

Focus on improvement and stabilization of soccer-specific athleticism/condition

Maintaining a good running technique and coordination

Maintain and improve the flexibility

Power training with own body weight and specific exercises

Emphasis on explosivity (starts, sprints, jumps)

Personality Development

Concept of Fair Play

Sporting attitude and respect

Learn to deal with winning and losing

Team play

Learn communication: player-player, player-coach

- Coachable
- Accept leadership rules (coach, players and staff)
- Accept decisions
- Active player input on and around the pitch

Learn to be critical of own performance

Listen to the own body and be able to report injuries

Have study discipline (school)

Encourage motivation to compete

Encourage creativity

“Failure happens all the time. It happens every day in practice. What makes you better is how you react to it.”

-Mia Hamm FIFA World Cup Champion, Olympic Gold Medal Winner



GUIDELINES FOR PLAYTIME

The amount of playtime and starting line-up are generally determined by practice attendance, being on time, and performance in practices and games.

Entry Stage

If teams are apart of a league, playing time should be a balanced distribution amongst all of the players on the team.

Developmental Stage

Playing time in this group should be reasonably distributed amongst all of the players on the team. Starting lineups should vary and players should be given playing time at two to three different positions (recommended that players only play two positions in any one game). Playing time may become less proportional for all players depending on the competition level and ability of individual players to compete in specific game situations. Coaches are still strongly encouraged, however, to make sure players get reasonable playing time in every game.

Transitional Stage

Playing time in this group becomes less proportionally distributed with a greater focus on individual effectiveness in games and training. Players in this age group will be awarded playing time based on technical and tactical proficiency. Teams will generally have a core group of starters that may play a greater proportion of games than nonstarters but coaches should give enough play time for each player to earn more play time. Playing time in critical competitions will be based primarily on the individual players' ability to effectively execute in that game situation.

Competitive Stage

Playing time in this group is appropriated based on an individual players' ability to execute the tactical and technical principles within the teams.

Goalkeeper Academy Development Plan

The Schwaben A.C. developmental plan also applies to the goalkeeper. He/she is not a separate player but is part of the team. It is important in younger teams to train keepers within the group with the same exercises. The GK is special because he/she can use hands. That requires special training and ability. However, young players in the U7-U14 age groups should not begin to specialize in the goalkeeper position at this time in their development.

U9-U11

All technical, tactical, psychological and physical abilities that apply to the developmental stage of a field player apply to the goalkeeper in this age as well. In addition, the following applies specifically to the goalkeeper:

- Control of the ball with hands and feet
- Learning the game and the goalkeeper's task on the field with playful/fun exercises
- Introduction to GK specific rules
- In all exercises the emphasis is on technical discovery, experience and development. Exercises should be fun with a lot of repetition.

All technical, tactical, psychological and physical that apply for the developmental stage of a field player apply to the goalkeeper in this age as well. In addition, the following applies specifically to the goalkeeper:

- Learning by simulating game situations
- Improve existing techniques and learning new techniques
- The emphasis in exercises should be on development of game intelligence -- using the right goalkeeper techniques and tactics at the right time.

Technical Development

Movement in the goal and in front of the goal/making the goal smaller i.e. shorten the angle

Be ready at the moment of the shot

Catching techniques:

- Collect the ball from the ground
- Underhand and overhand catching and locking

Learn all falling and diving techniques for balls directed to the left or right side of the body

Coordination of jumping with one or two leg take-off, both feet without resistance

1v1

Volley and dropkick out of the hand

Goal kick, both feet

Rolling ball on ground and overhead throw

Handling back pass

Tactical Development

Positioning in goal with direct and indirect danger

1v1 duels

Basic coaching: “keeper” or “away”

U15-U19

Learning by imitating the performance in practice situation. Improve existing techniques to an optimum level and learning new techniques. Learned tactics and techniques have to be connected to game related tactics with players. In all age groups the keepers will receive additional training by the goalkeeper coach in separate goalkeeper practices.

Technical Development

Movement in and in front of the goal/making the goal smaller i.e. shorten the angle

Be ready at the moment of the shot

Catching techniques:

- Collect the ball from the ground
- Underhand and overhand catching and locking

Learn all falling and diving techniques for balls directed to the left or right side of the body with resistance

Falling and diving

Drifting

Technical Development Cont.

Tipping

Intercepting crossed balls or changing direction of ball

One or two-fisted punches with and without resistance

Coordination of jumping with one or two leg take-off, both feet without resistance

1v1

Volley and dropkick out of the hand

Goal kick, both feet

Rolling ball on ground and overhead throw

Handling back pass in different variations (bouncing, on the ground, fast, slow)

Tactical Development

Positioning in goal with direct and indirect danger

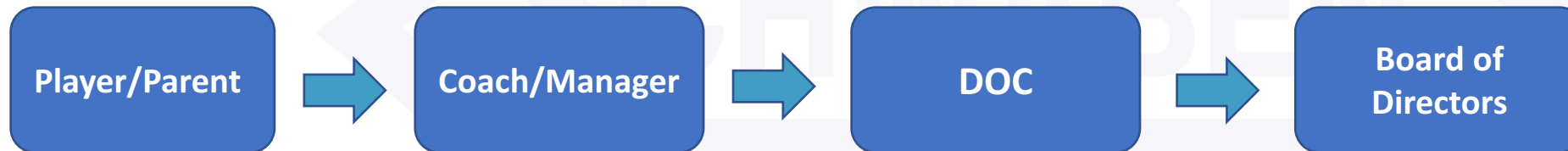
Positioning in and in front of the goal for crosses, free kicks, corner kicks and penalties

Coaching positioning of teammates

1v1 duels

Use all techniques and positioning in different game and weather conditions

Communication Chain



We know that during the course of the year, parents may see things that may not seem right or may seem unfair to your child. We want you to make us aware of your concerns so that we can address them, or at the very least, offer an explanation. Schwaben has established a means of handling these issues effectively and efficiently. Parents and players are asked to strictly adhere to the following Schwaben A.C. Chain of Communication.

- The first communication step should be in the form of an email to the manager (organizational questions only) or coach (soccer specific questions regarding your child/the player).
- The second communication step, in the event an issue/question has not been resolved, should be a scheduled in person discussion with the coach. Do not walk up to a coach after/before practice/game to discuss.
 - U6 - U11 parents should speak with the coach.
 - U12 - U14 parents and the player should speak with the coach
 - U15 – U18 the player should speak with the coach.
- The third communication step, in the event an issue/question has not been resolved, should be a phone call or email to the Director of Coaching by the parent/player.
- **Parents and players should adhere to a 24-hour pregame and post-game period when communicating with the coach. Please note this does not apply to communication to the coach to let them know a player is sick or injured and cannot attend a game, for example.**

Information Sharing

Schwaben A.C. is committed to open communication with parents and players via:

Informational emails/Newsletter

Soccer education

Mid-Season Feedback

End-Season Feedback

Annual evaluation of players

Parent Guidelines for Honoring the Game by PCA

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved "Honor the Game." Honoring the Game gets to the ROOTS of the matter and involves respect for the Rules, Opponents, Officials, Teammates and one's Self. You don't bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don't. Here are ways that parents can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

1. Make a commitment to Honor the Game in action and language no matter what others may do
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.
2. Don't give instructions to your child during the game. Let the coach correct player mistakes.
3. Cheer good plays by both teams (this is advanced behavior!)
4. Mention good calls by the official to other parents.
5. If an official makes a "bad" call against your team? Honor the Game— BE SILENT!
6. If another parent on your team yells at an official, gently remind him or her to Honor the Game.
7. Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"
8. Remember to have fun! Enjoy the game.

After the Game:

1. Thank the officials for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and effort.
3. Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills Emotional Tanks.
4. Tell your child again that you are proud of him or her, whether the team won or lost.

Nutrition Concept

Success in any sport is primarily dependent upon genetic endowment and proper training, but studies show that nutrition is also a very important factor. The purpose of the nutrients in the food we eat is to provide energy, build and repair body tissues, and regulate metabolic processes in the body. More than 40 specific nutrients are essential to life processes. They may be obtained in the diet through consumption of the 6 major nutrient classes: carbohydrates, fats, proteins, minerals, vitamins and water.

Deficiencies in nutrients by not eating a balanced diet can include:

- Apathy and short attention span and a drop in learning ability
- Unhealthy weight gain

Soccer Fitness Nutrition General Yes and No's

YES	NO
6-8 Glasses of water/day	Soda
Natural Juices	Artificial drinks

Soccer Fitness Nutrition General Yes and No's

YES	NO
Gatorade during and after matches	Energy drinks (Red Bull etc.)
Meals: More than 2 hours before a match	Meals less than 2 hours before match
Whole grain bread, brown rice	White bread, white rice
Fresh fruits and vegetables	Canned fruits and vegetables
Fish, chicken – grilled, steamed	Fried meat
Whole grain pasta	Pizza
Baked and boiled potatoes	Fries/chips
Olive Oil	Palm and coconut oil

Game Day Nutrition Guidelines

Since eating food before and in between soccer games can have such an impact on performance, below are some nutrition guidelines for game days especially when players have multiple games per day in tournaments.

Breakfast: Best if eaten at least 2 hours before an event and consist of high carbohydrate content and low protein and fat (cereal with fruit, oatmeal, whole wheat toast/bagel, low-fat yogurt etc.).

In between the games: Ideally you want at least 2 hours before the next game. If there is not enough time then instead of a full meal a small, high carbohydrate snack should be consumed along with adequate fluid intake from sports drinks and water. Generally, you do not want to consume more than about 300 calories if you have less than 2 hours to digest. The main focus is to keep hydrated and not feeling hungry, yet still leave the gastrointestinal tract empty when competition begins.

Ex. Pretzels, bread, Saltine crackers, low fat yogurt, Bananas

When there is time for a meal in between games something light should be consumed. Some options for food can be, salad, chicken, pasta, a basic bean burrito without sour cream or cheese, mushroom pizza vs. pepperoni or sausage or pepper pizza (stay away from red meat, hamburgers etc).

