



## SSA – 2012 14U Girls Regional

### TEAM GOALS

- Complete season in the top 4
- forward ball movement, attacking runs and final 1/3 play. Increase goals by 25%.
- Pay attention to details and look to improve at every session or game.

### PLAYER EXPECTATIONS

- Provide 100% effort and focus at every practice/game.
- Commit yourself to the team and strive to improve every day.
- Be accountable for your own actions and learn from my mistakes.
- Play with a winning mentality. Confidence. Composure. Passion.
- Support and display a positive attitude toward all teammates at all times, both on and off the field.
- Attend practice if you expect to play – it is **NOT optional!** If a player is going to miss practice, direct communication with the coach must be made in advance. • Arrive on time and prepared for practices/games. On time means on the field, dressed, and ready to compete.
- No discussion about playing time immediately before, during, or immediately following a game.
- Represent the SSA club in a respectful manner at all times.

### SEASON PLAN

#### Leagues

- TCSL Regional Winter & Summer League

#### Tournaments

- Minnesota Cup -end of May
- Shakopee Cup -Mid May
- Out of state tournament-TBD
- Target USA cup-July

#### Training

- Winter (February - April)
  - o HAUS Conditioning 1X per week.
  - o Futsal
  - o Additional Training ( Possibility TBD)
  - o Winter Training
- Spring/Summer (April – July)
  - o Training 2/3X per week.

- o League Games 2X per week.
- o Tournament Games

### **Style:**

- Attacking possession with a purpose and fluid movement off the ball and with a quality transition reading the situation.
- Style requires quality first touch and confidence on the ball with great movement off the ball.
- Forms of attack. Direct and Indirect depending on the opponent and situation
- When not in possession of the ball tight and closing gaps and spaces

### **Systems of Play:**

- 4-3-3, 4-4-2 on Defense.
- 4-2-3-1 or 3-5-2

### **Line of Pressure:**

- Middle Block with moments of high pressure.
- Quick counter press once losing the ball and have good numbers to press.

### **Defensive Set pieces:**

- CK will be a mix of Zonal and Man Marking.
- Free kicks in the final 3<sup>rd</sup> will have a wall and wide player.

### **Attacking Set Pieces:**

- Will cover in practice.

### **Team Environment:**

- A competitive environment where players push each other daily at practice.
- A healthy environment where we celebrate each other's success and support each other when we fail.