



# Harbor Premier Coaching Curriculum

January 2023- May 2023  
9 v 9 Curriculum

# 9 v 9 Information

- Teams should play in a 1-3-2-3 or a 1-2-5-1 Formation
- 1-2-5-1 can be adapted to a 1-4-3-1 when and where needed
- Each player will rotate through each position during the season
- Emphasis is on enjoyment, learning and individual development NOT winning the game at any cost
- Players should have game day tasks and questions based on the previous weeks practices and session themes

# 9 v 9 Information



# Player Characteristics and Numbering System

## #1 GOALKEEPER

+ Collecting, handling & serving with hands & feet.

+ Receiving aerial service (all angles, distances)

+ Tackle, regain possession one v one

+ Command, direct team during re-starts

+ Organize, direct team actions in own half

+ Transition to attack- possess or penetrate

+ Power, acceleration and explosive movement

+ Aerial mobility maximize height and reach

+ Maximal Speed of Reaction

+ Alert and focused, constant assessment of play

+ Lead- confident, decisive mentality

+ Resilient- re-focus on targets, objectives

# Player Characteristics and Numbering System

## #2, 3 OUTSIDE BACKS

- + Collecting the ball efficiently, serve, run fwd.
- + Full passing range, crosses from flank channel
- + Tackle, intercept, regain possession of ball

- + Recognize, execute penetration on flanks
- + Organize and direct #7, #11 in defending role
- + Central channel balance, cover for #4, #5

- + Speed endurance- repeated explosive runs
- + Acceleration- change speed response to ball
- + Endurance, box-box range for the full match

- + Confident competitor in one-one isolation
- + Confident in attacking and defending roles
- + Alert, immediate response in transition

## #4, 5 CENTER BACKS

- + Marking, tracking, intercepting and tackling
- + Heading, 1-touch passing on aerial serves
- + Passing to penetrate (all service types)

- + Decide, execute- mark opponent or mark space
- + Build-out, possession, tempo in central channel
- + Organize, direct outside backs and c. midfielders

- + Aerial- max. use of height, explosive movement
- + Rx Speed- adjust to ball, opponent movement
- + Agility- change direction in response to cues

- + Decisive leader- command and direct teammates
- + Control and composure under pressure
- + Focus- assess and prepare when ball is away



# Player Characteristics and Numbering System

## #6, 8 CENTER MIDFIELDER

- + Marking, tracking, intercepting and tackling
- + Collect, turn, re-direct to all regions of field (360)
- + Passing to penetrate (all service types)

- + Primary option for build out and possession
- + Defensive control centrally in front of backs
- + Penetrate- movement, passing or running w/ ball

- + Mobility- multi-directional, box-box, centrally
- + Speed endurance- intermittent, intense actions
- + Explosive movement- max. acceleration

- + Energized- maximal effort to connect the team
- + Game Awareness- control tempo & speed of play
- + Self-less- effort to connect all parts of the team

## #10 ATTACK C. MIDFIELDER

- + Collect and turn under pressure.
- + Passing- penetration and goal-scoring chances
- + Dribbling or striking to score goals.

- + Mobility- create separation from opponent
- + Create scoring opportunities for teammates
- + Transition- join 1<sup>st</sup> line of defending pressure

- + Explosive movement- separation from opponent
- + Acceleration- change direction or change speed
- + Strength-shoot from distance, challenge for ball

- + 360 degree awareness- mental focus
- + Ambitious attacking mentality
- + Perception- focus on multiple, complex cues

# Player Characteristics and Numbering System

## #7, 11 WINGERS

- + Flank service at high pace w/ either foot
- + Running with the ball, high pace (penetration)
- + Ball preparation, dribbling and ball manipulation

- + Transition- react, recover as 1<sup>st</sup> flank defender
- + Mobility to create team crossing opportunities
- + Mobility, timing of runs for central goal scoring

- + Speed endurance, high pace, frequent transition
- + Acceleration- with and without the ball
- + Agility- efficiency in changing direction

- + Ambitious penetrating attitude
- + Patience- prepared to max opportunities w/ ball
- + Focus- constant attention to game cues w/o ball

## #9 CENTER FORWARD

- + Scoring- one-touch on demand (head and feet)
- + Receive, secure ball under pressure
- + Able to turn and face the goal (Penetrate)

- + Mobility, timing to optimize scoring chances
- + Recognize, attack the spaces behind the defense
- + Pressure, contain opponents' build out

- + Speed Endurance- repetitive explosive runs
- + Strength- compete for possession
- + Explosive movement- compete for aerial service

- + Persistence- remain in advanced position
- + Aggressive attitude to compete for the ball
- + Alert, anticipate positive opportunities

# Training & Game Details

## SESSION 1

- **Me And My Ball**  
Players will work on individual techniques with the ball both on their own and with partners. Exercises to be done at speed to add pressure and competition
- **1 v 1 Battles**  
Players will compete in a series of 1 v 1 games with different technical outcomes so that we are able to use techniques under pressure
- **Under and Overloaded Technical Games**  
Players will add decision making to the technique and while going to goal
- **Small sided games**  
Players will play small sided to goals so that they can compete, play and have fun.

## SESSION 2

- **Me and My Ball**  
Players will work on individual techniques with the ball both on their own and with partners. Exercises to be done at speed to add pressure and competition
- **Creating The Bigger Picture**  
Players will start to add more ball striking techniques in while being under the pressure of small sided games and environments
- **Tactical Games**  
Players will start to learn and develop and understanding of how the team will start to play this season. Players may play in unfamiliar positions to create understanding of the game as a whole.



# 9 v 9 Training Weekly Curriculum

<b>Week Beginning</b>	<b>Weekly Topic</b>	<b>What To Cover</b>
<b>June 5th</b>	Pre Season	Technical work, Small sided games (3 v 3 and 4 v 4)
<b>June 12th</b>	Pre Season	Team Organization, Larger Sided Games (7 v 7, 9 v 9)
<b>June 19th</b>	Pre Season	Technical Work, Organizational Work in the 9 v 9 format
<b>June 26th</b>	Rangers Camp	N/A
<b>July 3rd</b>	Off	Off
<b>July 10th</b>	Pre Season	Building your team's attack
<b>July 17th</b>	Pre Season	Building your team's attack

# 9 v 9 Training Weekly Curriculum

<b>Week Beginning</b>	<b>Weekly Topic</b>	<b>What To Cover</b>
<b>July 24th</b>	Pre Season	Principles of Defending
<b>July 31st</b>	Pre Season	How to defend centrally in the Middle 3rd
<b>August 7th</b>	Pre Season	Recap of Any Session
<b>August 14th</b>	OFF	OFF
<b>August 21st</b>	Developing Play in the Defensive 3rd	Building from the back - When to play short and when to play longer.
<b>August 28th</b>	Defending in the Attacking 3rd	Pressing From the Front, Shape of forwards and CMs
<b>September 4th</b>	Counter Attacking When Regaining the ball High	What to do when we win the ball, movement and runs off the ball, developing the finish

# 9 v 9 Training Weekly Curriculum

<b>Week Beginning</b>	<b>Weekly Topic</b>	<b>What To Cover</b>
<b>September 11th</b>	Develop the play in the Midfield 3rd	When to possess and when to penetrate, midfield shape
<b>September 18th</b>	Defending in the Middle 3rd	When and why we drop deeper, how to win the ball back, how to contain
<b>September 25th</b>	Counter Attack in the Middle 3rd	How and where to play once we regain the ball
<b>October 2nd</b>	Developing Play in the attacking 3rd	Combination play to goal, creative movement to finish, wide and central finishing
<b>October 9th</b>	Defending in the Defensive 3rd	Work in a low block, denying the space in behind.
<b>October 16th</b>	Transitions from the defensive 3rd	How and where to play once we regain the ball
<b>October 23rd</b>	Developing Play in the Defensive 3rd	Building from the back - When to play short and when to play longer.
<b>October 30th</b>	Defending in the Attacking 3rd	Pressing From the Front, Shape of forwards and CMs

# 9 v 9 Training Weekly Curriculum

<b>Week Beginning</b>	<b>Weekly Topic</b>	<b>What To Cover</b>
<b>November 6th</b>	Counter Attacking When Regaining the ball High	What to do when we win the ball, movement and runs off the ball, developing the finish
<b>November 13th</b>	Develop the play in the Midfield 3rd	When to possess and when to penetrate, midfield shape
<b>November 20th</b>	Defending in the Middle 3rd	When and why we drop deeper, how to win the ball back, how to contain
<b>November 27th</b>	Counter Attack in the Middle 3rd	How and where to play once we regain the ball
<b>December 4th</b>	Developing Play in the attacking 3rd	Combination play to goal, creative movement to finish, wide and central finishing
<b>December 11th</b>	Defending in the Defensive 3rd	Work in a low block, denying the space in behind.
<b>December 18th</b>	OFF	OFF
<b>December 25th</b>	OFF	OFF

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