

The background of the slide features a dark, semi-transparent image of a soccer field. On the left, the Harbor Premier Soccer Club logo is visible, which is a shield-shaped crest with vertical stripes, the text 'Est. 1982' at the top, and 'HARBOR' in the center. Below the crest, a soccer ball is partially visible. On the right side, the lower legs and feet of a player wearing dark socks and cleats are shown, with a soccer ball positioned near their feet. A thin, light green horizontal line runs across the middle of the slide, separating the title from the dates.

Harbor Premier Coaching Curriculum

January 2022- May 2022
11 v 11 Curriculum (Mandatory Through U13/U14)

11 v 11 (U13/U14 Mandatory U15 and above Suggested) Training Weekly Curriculum

Week Beginning	Weekly Topic	What To Cover
June 5th	Pre Season	Technical work, Small sided games (3 v 3 and 4 v 4)
June 12th	Pre Season	Team Organization, Larger Sided Games (7 v 7, 9 v 9)
June 19th	Pre Season	Technical Work, Organizational Work in the 11 v 11 Format
June 26th	Rangers Camp	N/A
July 3rd	Off	Off
July 10th	Pre Season	Building your team's attack
July 17th	Pre Season	Building your team's attack

11 v 11 (U13/U14 Mandatory U15 and above Suggested) Training Weekly Curriculum

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

11 v 11 (U13/U14 Mandatory U15 and above Suggested) Training Weekly Curriculum

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

11 v 11 (U13/U14 Mandatory U15 and above Suggested) Training Weekly Curriculum

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

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 1st 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 1st 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

Game Standards

FORMATIONS

- **Primary Formation**
1-4-3-3
 - Balanced between solid at the back and numbers up going forward
 - 3 central midfielders are able to rotate between all 3 positions and can understand when to drop deeper or play further forward.
 - Attackers are free to rotate to find match-ups that suit them.
- **Secondary Formation**
1-3-5-2
 - Playing more direct when we are able to dominate an opponent
 - Numbers up in the wider areas with center backs moving into wider areas of support.
 - 2 players play “Pistons to offer options short and long.

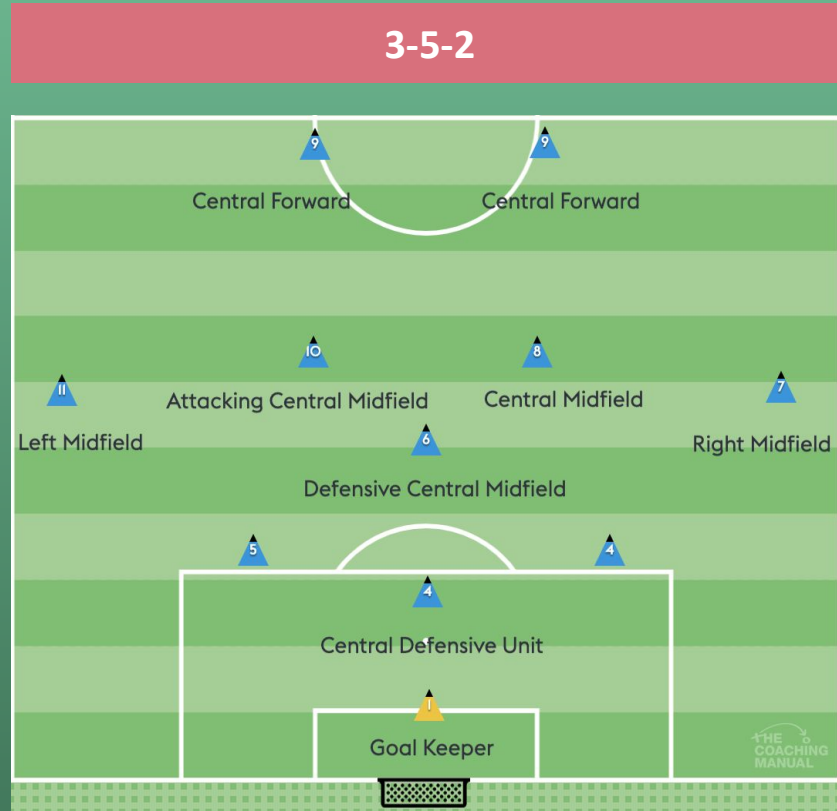
“Formations do not win games, but they can lose them!”

Player Characteristics and Numbering System



"Formations do not win games, but they can lose them!"

Player Characteristics and Numbering System



"Formations do not win games, but they can lose them!"