

# **Player Curriculum**

**Bullard Soccer Association**

# U-11 Player Objectives

- At 10 to 11 each player in the Bullard League should be encouraged to achieve or aspire to achieve to an acceptable level of ability in each of the following skills.
- Dribbling
- Receiving
- Passing
- Shooting
- Heading
- Tactics both Team and Individual
- Attacking
- Defending (Individual and Group)
- Training or practice sessions should be geared towards improving the player's TECHNICAL ability. Each player should be encouraged to touch and have a ball as much as possible during a practice session.

# Methodology

- **Technique:** Development of individual skills. Repetition of technique through fun 4v4 games and dynamic activities. Important to establish a strong solid technical base with 1+1's, 1v1's, and moving to 4v4's.
- **Dribbling:** 1v1 Confidence to dribble with pace in the proper areas of the field. Use of inside and outside of foot to do basic turns; Basic touches to move the ball from one end of the field in order to keep possession; Speed dribbling in open space.
- **Receiving:** Body behind the ball, Cushion ground balls, all surfaces of foot, from passing partner.
- **Passing:** Proper technique for laces and inside of foot, (outside of foot is optional). Properly weighted passes. Keep the ball on the ground and work on stringing passes together.
- **Shooting:** Proper striking technique (open body, position of plant foot, ankle locked, strike ball with laces, follow through, hit moving ball).
- **Heading:** introduction - Build with confidence through repetition
- **Tactics:** Fundamental tactical concepts. Playing the 11 v 11 game. Players should be encouraged to play a variety of positions with a goal to understanding the nature of cooperation between teammates. Players should begin to understand the nature of transition from attack to defense and vice versa.
- **Attacking:** 1v1 confidence to take players on. Develop a willingness to take chances, encourage flair, and a desire to take players on.
- **Defending:** 1v1 individual defending, up through 4v4 group defending
- **Physical:** ALL INITIAL fitness work should be done with a ball to promote coordination and agility and confidence with a ball.
- **Psychological:** Keep it FUN and ENJOYABLE but also demanding to foster a desire to play. Players should be encouraged to do their best while understanding the nature of competition

# U-12 Player Objectives

- At 11 to 12 each player in the Bullard League should be encouraged to achieve or aspire to achieve to an acceptable level of ability in each of the following skills whose foundations should have been taught in the prior year.
- Basic skills should include:
  - 1. A continuation of dribbling, heading, shooting, receiving, attacking (individual), defending, and passing skills learned in prior year with additions listed below.
  - 2. A greater emphasis should be placed on tactics both team and individual.

# Methodology

- **See U11 player objectives for development of individual techniques for a) dribbling b) receiving c) passing d) shooting e) shooting f) tactics\* g) attacking h) defending**
- 1. Development of Individual Skills.
- 2. Individual and Small Group Tactics.
- **Technique:** Important to continue the establishment of a good strong solid base of individual technique. The development of individual skills under the pressure of time constraints should be encouraged, space, and an opponent. Increase technical speed.
- **Dribbling:** Continue to encourage risk taking! Moves to beat an opponent; Keeping possession-shielding, spin turns; Change of speed, change of direction.
- **Receiving:** Ground and air balls. All surfaces, from a partner, on the move.
- **Shooting:** Proper striking technique, partner serve from all angles, turns, cut backs, volleys.
- **Passing:** Proper technique-Laces, inside, outside-Short and long; Crossing.
- **Heading:** Self serve / partner serve- jumping to head, turning the ball.
- **Tackling:** Proper technique. Block, poke, and slide.

# U12 Tactics

- **Tactics:** “Individual tactical awareness”. Basic principles of play.
- Play a variety of positions. Develop an awareness of all positions. Develop an understanding of the importance of the role of the individual in attacking and defending. Develop an understanding of how the team is attacking, and defending.
- **Attacking:** a) Encourage risk taking. B) Encourage players to develop an understanding of when to take players on in a 1v1 situation and when to pass.
- c) Develop an understanding of the importance of keeping possession of the ball.
- d) Develop an understanding of support, combination play, wall pass, take over, overlap, and double pass.
- **Defending:** Proper pressure (in front and behind); Channel player; Immediate chase.
- Small Group Defending => 2v1, 2v2, 3v1, 3v2, 3v3.
- Develop an understanding of: Pressure, Cover, and Balance.
- **Physical:**
- All fitness work done with a ball as much as possible.
- Flexibility-Static Stretching.
- Agility- Coordination on the ball.
- Speed.
- Strength.
- Endurance.
- **Psychological:** Keep it FUN and ENJOYABLE to foster a desire to play.
- Encourage decision making. Imagination/ Creativity. Increase demands. Discipline.

# U13-14 Player Objectives

- At 13 to 14 each player in the Bullard League should be encouraged to achieve or aspire to achieve to an acceptable level of ability in each of the following skills foundations for which should have been laid down and taught in the prior years.
- **Basic skills should include:**
- 1. A continuation of dribbling, heading, shooting, receiving, attacking (individual), defending, and passing skills learned in prior year with additions listed below.
- 2. A greater emphasis should be placed on tactics both team and individual.
- 3. Additional emphasis should be placed on systems of play and team formations.

# Methodology

- **\*See U11 and U12 player objectives for continued development of individual techniques for a) dribbling b) receiving c) passing d) shooting e) shooting f) tactics\* g) attacking h) defending**
- The pace of development quickens at this time due to the acceleration of physical and mental maturation. The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical, rebellious but have a strong' commitment to the team.
- **Technique:** Continue to build on the basics. -Development of individual skills under time constraints, space limitations, and individual and multi opponent pressure. -Set goals designed to increase player's technical speed by developing a good first touch.
- **Dribbling:** Encourage taking players on 1 v 1 - Feints/moves. Keep possession -shielding/spin turns.
- **Receiving:** Quality first touch- take balls out of the air/turning => Receiving ball using all parts of body from knees to chest to foot, on the run.
- **Shooting:** On the run; on the turn; from all angles, crosses, and volleys.
- **Passing:** Short, long, bent, crosses, driven, chipped => All surfaces, ALL on the run
- **Heading:** To goal (Shoot/flick), to pass, to clear.
- **Tackling:** Proper technique, block, poke, and slide.

# U13/14 Tactics

- **Tactics:** Encourage increased tactical decision making. Introduce systems of play i.e. 4-4-2, 3--5-3, etc.
- **Defending:** Proper pressure (in front and behind) when and how to channel player toward immediate chase group.
- Small Group => 2v1, 2v2, 3v2, 3v3, 4v2, 4v4
- **Attacking:** Keeping possession => Support. Combination play => wall pass, take-over, overlap, double pass. Width, depth, penetration; Crossing with proper runs in the box. Simple set plays. Encourage risk taking => taking players on in the proper areas of the field primarily the attacking third of the field.
- **Physical:**
- All fitness work should be done with a ball as much as possible.
- Including Flexibility - Static Stretching, Agility- Coordination on the ball, Speed
- Strength, Endurance, Establish training targets should be set and met as often as possible.
- **Psychological:**
- Coach should try to keep the game fun and enjoyable. Players should be encouraged to use their imagination / creativity through increased demands to improve overall individual ability.
- Players should be encouraged to develop and maintain a high level of self-discipline both on and off the field.
- Players should be encouraged to watch as many games as possible. From older aged local teams including Fresno Fuego to games televised such as the English Premier League.