

# The WWPSA Way Technical Plan 2017



## Introduction:

West Windsor Plainsboro Soccer Association (“WWPSA”) was formed September 29, 1979. WWPSA is a not-for-profit corporation organized exclusively for educational purposes and is run by a Board of Directors that is elected each year via an Annual General Meeting.

## Vision

WWPSA aims to provide soccer players of all ages within West Windsor, Plainsboro and the surrounding townships with the structure and organizational support to effectively deliver soccer programs, activities and events. We will proactively monitor our programs to flexibly and creatively meet our constituents’ needs and provide innovative options to help challenge them and instill both soccer and character skills to last the rest of their lives.

## Mission

The mission of the West Windsor Plainsboro Soccer Association is to provide youth and adults the opportunity to play instructional and competitive soccer at the highest level commensurate with their ability, potential and interest.

## Core Values

We at the WWPSA want to be clear with our constituents as to what we stand for:

Fun	Safety	Education
Community	Participation	Sportsmanship
Skill-building	Exercise	Competition
Activities for all ages	Teamwork	Balance needs of team and player
Camaraderie	Self-esteem and confidence	Integrated programs

## Long Term Player Development (LTPD)

'The WWPSA Way' is built using the principles of athlete development and the principles of player development which utilizes a soccer-specific periodized model for training and development through the four corners known as LTPD (technical, tactical, physical and mental development of players through the phases of athlete development). LTPD is designed to take a player through the cognitive processes of acquiring new and enduring information relative to the game, through the steps of physical maturation specific to phases of development, and provide the necessary tools to translate knowledge and understanding into performance at the highest level.

### WWPSA's Long Term Player Development Objectives

- To develop committed, soccer-savvy players who love the game and can play it well.
- Teach players to use soccer and sport as a tool for overall physical and psychological well-being, to aid in the pursuit of academic success while acquiring life skills such as discipline, good character, decision-making and problem-solving.
- Develop technically and tactically sound players who will enjoy the game more and hopefully contribute back through the Club as a Coach, Parent or Administrator
- Change the current mentality of the game for players, coaches and parents
- Eliminate setting players up for disappointment i.e. “winning is all that matters”
- Create lifelong soccer enthusiasts (Active for Life)
- Produce better quality coaches
- Produce better quality referees
- Educate membership on the modern approach to LTPD

## The Technical Plan Overview

The Technical Plan named “The WWPSA Way” is designed to facilitate the growth of soccer at all levels of the game within our club. The transparent and effective delivery of our programs will provide a clear and unified vision for players, coaches and volunteers looking to get involved with the “beautiful game”. WWPSA will align this Technical Plan with the development focus and initiatives of US Soccer and US Youth Soccer, using additional resources such as the American Development Model, to enhance how we equip our youth with the tools to become world class players. The Club aims to put in place a Five-Year Strategic Plan beginning in 2018 to 2021 that allows membership to contribute to the Club in ways that will ensure improvement not only in players, but coaches, referees, members and the community as well. The Technical Plan along with WWPSA’s Strategic Plan, will see the club take a fresh and modern approach to how clubs are operated. These bold changes will ensure that the club’s founding core principles will continue for years to come.

## The Club Technical Plan: “The WWPSA Way”

## Philosophy

**At WWPSA, we develop players for the game, through the game.** In terms of technique acquisition, the technical corner is developed through repetition of proper technique which then combines in a dynamic and functional environment where players are then tested in a small-sided game with opponents to determine if the technique has turned to skill. The goal is to equip players with the ability to naturally call on technique under pressure with enough skill and confidence that out-plays an opponent allowing one to advance individually on the field of play or combine successfully with teammates. On tactics, coaches must use multiple forms of visual aids to help players understand movements and responsibilities on and off the ball; considerations should be made regarding where on the field of play the ball is and where teammates and opponents are. The goal is for players to have a clear sense for the play with the ability to decision-make and problem-solve under pressure alone or with teammates; coupled with an understanding of personal and team member's roles and responsibilities on and off the ball. In terms of physical literacy, participation in multiple sports is encouraged with commitment at varying levels until age 14 where players start to specialize. Just like the other corners of development, the mental corner of the game must be developed at every training session with varying levels of stress on players to help learn the skills necessary to deal with pressure-situations in the game and in life.

After thorough review of our programs and in alignment with governing bodies and associations, WWPSA has implemented the following clear and Defined Pathway Across Recreational, Travel and Elite soccer:

- Zone 1: Discover, Learn and Play
- Zone 2: Develop and Challenge
- Zone 3: Train to Compete and Excel for High Performance

### Competitive Program

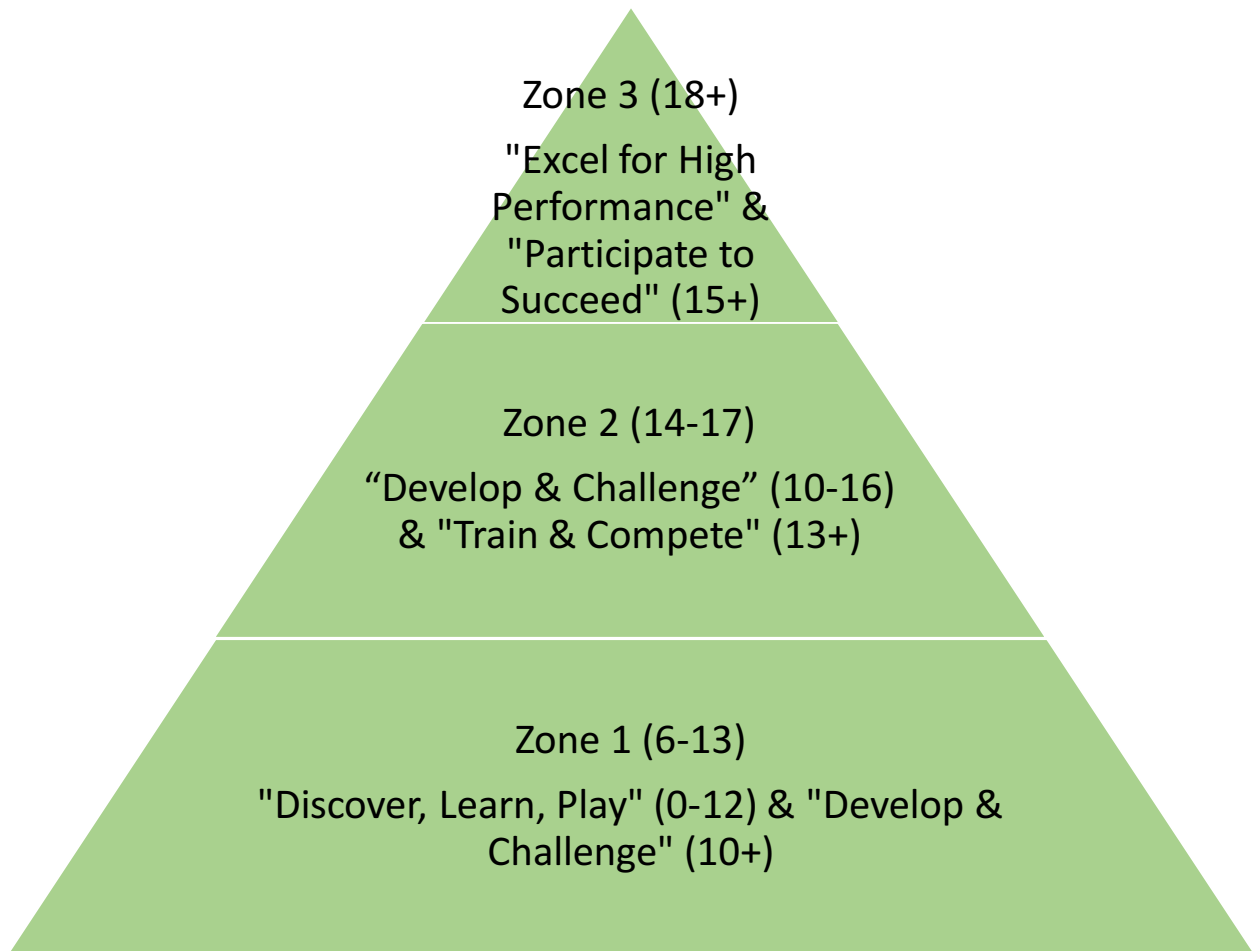
Using this technical plan with all its core components, WWPSA will be providing centralized group training environments, age-group coaching leads, utilizing station-work with structured training plans that include a four-phase warm up, technical activities that are dynamic and small-sided game activities that present problem-solving and decision-making to players.

In the effort to focus on player development, WWPSA will continue to support the rule changes to US Soccer in 2016 which saw players being grouped by birth year and format and roster changes with field size adjustments as well. All this, to further our potential to develop players in the beautiful game.

Group training environments will allow coaches to utilize a variety of coaching methodologies to best engage players. To constantly and effectively evaluate players and identify who is ready to move on to the next level or stage. Age-appropriate and level-specific curriculum with planned training sessions will allow coaches to get more of the players while at training and in games.

## Player Development Model (PDM)

As previously mentioned, WWPSA plans to work closely with its governing bodies to holistically develop its participants. In terms of player development, US Youth Soccer is a resource for WWPSA's Player Development Model as the mission is "...to help youth soccer coaches and soccer clubs raise the level of play across the country. This can be achieved by becoming aware of the capabilities and aspirations of players at each stage of their development and by creating more positive and enjoyable, player-centered learning environments."<sup>1</sup> Refer to the PDM for greater detail on the following pyramid:



Zone 1 has a technical emphasis that is accomplished by focusing on player development versus match outcome. The intent is for coaches, administrators and parents of the players to spotlight the process of playing the game, rather than the score. The measurement of success in Zone 1 is the players' improvement of ball skills, understanding of the rules of the game, playing fairly and learning general game principles.

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<sup>1</sup> US Youth Soccer: Player Development Model

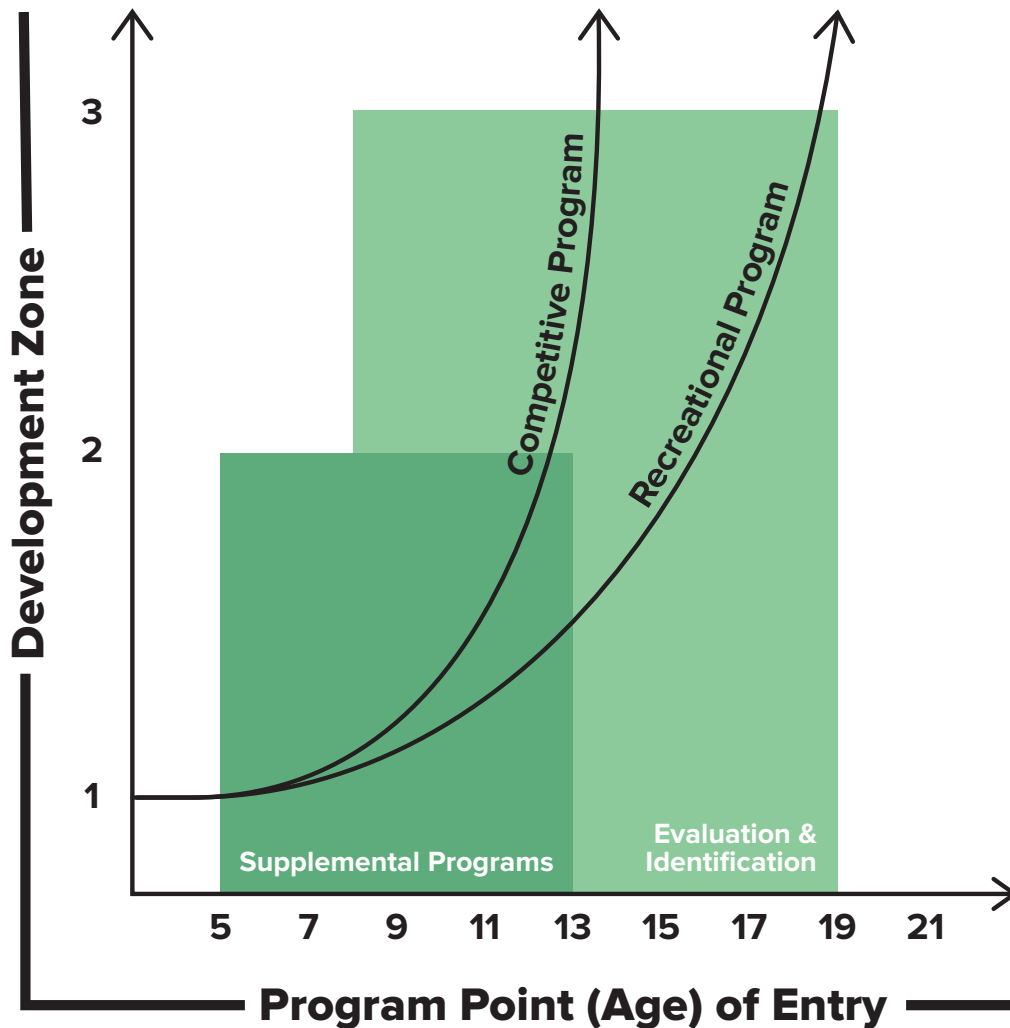
In Zone 2 the emphasis is on the club culture and daily training atmosphere. There must be more training sessions and fewer matches so the players can learn the details of tactics, team formations and game strategies. As is noted in the Seasonal Planning section and Table 5 (ratio of training sessions to matches), the focus in Zone 2 needs to be on training sessions. Matches should be fewer in number and of an appropriate level of competition.

Zone 3 takes the player toward professional player development. This development will occur in college, semi-pro and professional and youth national teams. This is the age to focus on the outcome of the match as well as the quality of performance. The long-term objective of Zone 3 of the U.S. Soccer Player Development Pyramid is to develop future U.S. National Team players. Change in the soccer landscape is necessary to create success at the international level. It is recognized that American players still have room for improvement on all elements of the game at this level and specifically ball skills, but the issue is being addressed through large scale change with support from all corners. Greatly affecting this change is the full implementation of U.S. Soccer's Best Practices.

## WWPSA's Player Development Pathway (PDP)

WWPSA's Pathway utilizes USYS Player Development Model and the phases of athlete development to align players within WWPSA to supplemental programs and evaluation and identification periods which allow participants access to the next level within the Club, State or Country. WWPSA considers it our responsibility to inform families about out-of-Club State or National opportunities. Should a Club-player be considered for programs such as ODP or National training opportunities, WWPSA would be proud and supportive along the player's journey to achieve new levels.

# WWPSA Player Development Pathway



## Player Development Curriculum (PDC)

The following charts for U6 through U8, and U9 through U12 will demonstrate the priorities relative to player development phases, these will be expanded on in WWPSA's Player Development Curriculum (PDC). The PDC will be a resource for coaches within WWPSA that will outline age-appropriate skills players must master at a proficiency level to successfully continue along their own development pathway.

### U6-U8

**Priorities** | 1 = High | 2 = Medium | 3 = Low | 4 = N / A

DEVELOPMENT STAGE			
TECHNICAL	U6	U7	U8
Dribbling	1	1	1
Shooting	1	1	1
Running with the ball	1	1	1
Ball Control	3	1	1
Passing	3	3	1
Receiving	3	1	1
Heading	4	4	4
Shielding the ball	4	4	3
Crossing	4	4	3
Finishing	4	4	3
1v1 Defending	4	4	3
1v1 Attacking	3	3	2

DEVELOPMENT STAGE			
PHYSICAL	U6	U7	U8
Agility	2	2	1
Balance	3	2	1
Coordination	3	2	1
Stamina	4	4	3
Strength	3	3	3
Speed	2	1	1
Suppleness	3	3	3
Acceleration	3	2	2
Reaction	3	2	2
Basic Motor Skills	1	1	1
Perception	1	1	1
Awareness	1	1	1
Other Sports	1	1	1

DEVELOPMENT STAGE			
SOCIAL / EMOTIONAL	U6	U7	U8
Listening	2	2	1
Cooperation	2	2	1
Communication	1	1	1
Sharing	3	2	1
Problem-solving	3	2	2
Decision-making	3	2	1
Empathy	3	2	2
Patience	3	2	2
Respect / Discipline	2	1	1
Fair play / Honesty	3	2	1

DEVELOPMENT STAGE			
PSYCHOLOGICAL / MENTAL	U6	U7	U8
Motivation	1	1	1
Self Confidence	1	1	1
Competitiveness	4	3	2
Concentration	3	3	3
Commitment	4	3	2
Self-control	3	3	2
Determination	3	3	2



U9-U12

Priorities | 1 = High | 2 = Medium | 3 = Low | 4 = N / A

DEVELOPMENT STAGE				
TECHNICAL	U9	U10	U11	U12
Dribbling	1	1	1	1
Shooting	1	1	1	1
Running with the ball	1	1	1	1
Ball Control	2	1	1	1
Passing	2	1	1	1
Receiving	2	1	1	1
Heading	4	3	3	3
Shielding the ball	3	2	2	1
Crossing	3	2	2	1
Finishing	3	2	2	1
1v1 Defending	3	3	2	1
1v1 Attacking	2	1	1	1

DEVELOPMENT STAGE				
PHYSICAL	U9	U10	U11	U12
Agility	1	1	1	1
Balance	1	1	1	1
Coordination	1	1	1	1
Stamina	2	2	2	1
Strength	2	2	2	1
Speed	1	1	1	1
Suppleness	2	2	2	2
Acceleration	1	1	1	1
Reaction	1	1	1	1
Basic Motor Skills	1	1	1	1
Perception	1	1	1	1
Awareness	1	1	1	1

DEVELOPMENT STAGE				
SOCIO / EMOTIONAL	U9	U10	U11	U12
Listening	2	2	1	1
Cooperation	2	2	1	1
Communication	1	1	1	1
Sharing	2	1	1	1
Problem-solving	2	2	1	1
Decision-making	2	2	1	1
Empathy	3	2	1	1
Patience	3	2	1	1
Respect / Discipline	2	2	1	1
Fair Play / Honesty	2	1	1	1

DEVELOPMENT STAGE				
PSYCHOLOGICAL / MENTAL	U9	U10	U11	U12
Motivation	1	1	1	1
Self Confidence	1	1	1	1
Competitiveness	2	2	1	1
Concentration	2	2	1	1
Commitment	2	2	2	1
Self-Control	2	2	1	1
Determination	2	2	1	1

**DEVELOPMENT STAGE**

TACTICAL	U9	U10	U11	U12
Possession	2	2	2	2
Transition	2	2	2	2
Combination Play	2	2	2	1
Switching Play	4	4	4	3
Counter Attacking	4	4	4	4
Playing out from the back	2	2	2	1
Attacking Principles	3	3	3	3
Zonal Defending	4	4	4	4
Pressing	3	2	2	2
Retreat	3	3	3	3
Recovery	3	3	3	3
Compactness	3	3	3	2

**U13**

Priorities | 1 = High | 2 = Medium | 3 = Low | 4 = N / A

**DEVELOPMENT STAGE**

TECHNICAL	U13
Dribbling	1
Shooting	1
Running with the ball	1
Ball Control	1
Passing	1
Receiving	1
Heading	1
Shielding the ball	1
Crossing	1
Finishing	1
1v1 Defending	1
1v1 Attacking	1

**DEVELOPMENT STAGE**

PHYSICAL	U13
Agility	1
Balance	1
Coordination	1
Stamina	1
Strength	1
Speed	1
Suppleness	1
Acceleration	1
Reaction	1
Basic Motor Skills	1
Perception	1
Awareness	1

DEVELOPMENT STAGE	
SOCIO / EMOTIONAL	U13
Listening	1
Cooperation	1
Communication	1
Sharing	1
Problem-solving	1
Decision-making	1
Empathy	1
Patience	1
Respect / Discipline	1
Fair Play / Honesty	1

DEVELOPMENT STAGE	
PSYCHOLOGICAL / MENTAL	U13
Motivation	1
Self Confidence	1
Competitiveness	1
Concentration	1
Commitment	1
Self-Control	1
Determination	1

DEVELOPMENT STAGE	
TACTICAL	U13
Possession	1
Transition	1
Combination Play	1
Switching Play	1
Counter Attacking	1
Playing out from the back	1
Attacking Principles	1
Zonal Defending	1
Pressing	1
Retreat	1
Recovery	1
Compactness	1

### Life Skills & Psychology

Developing the psychology of players (i.e. mental side of the game) is extremely important and will be incorporated into training sessions across the age groups alongside the appropriate phase of development as outlined in our Club's philosophy. At the youngest ages where we begin to work on the mental side of the game, eight years and up, we plan to help players through the self-awareness, self-image and self-reflection. Taking players over time through no-pressure, low-pressure and eventually high-pressure environments will positively prepare the player for dealing with similar situations on and off the field. Our hope is to help players deal with pressure and communicate their need for assistance or support if the situation is too great.

## Fitness & Health

WWPSA plans to prepare players for the game, through the game. Taking advantage of PHV (Peak, Height, Velocity) optimal windows of trainability for speed, endurance, flexibility and stamina. Using small-sided activities and games to develop aerobic and anaerobic endurance at high-intensities which directly relate to the game. Tracking and monitoring our players across the Club's age groups and genders and comparing the data we collect to standards and norms across the state and country will help prepare players for the next level in their game. WWPSA plans to offer parent education clinics on topics that help you prepare your child for an athletic and active for life lifestyle.

## Principles of Play

Through guidance and support of the coaches, players at the grassroots levels should begin to understand the most basic form of principles of play which are attacking and defending (i.e. if we have the ball, we are attackers; if we do not have the ball, we are defenders). As players grow through their stages of development, coaches will transfer information through training in functional and small-sided games environments that help players grasp the principles of play. The following categories will be expanded on in greater detail in the Player Development Curriculum Document:

<b>Attacking</b>	<b>Defending</b>
Penetration (Through, Over, Behind)	Pressure ('The Chase')
Depth / Support (Angle and Distance)	Delay (Goal-Side) / Deny / Direct
Mobility (Off the ball runs)	Depth (Cover) / Support
Width / Dispersal (Switch Point of Attack)	Balance (Ball-Side) or Numbers Up
Improvisation / Surprise	Compactness
Finishing / Individualism	Control / Restraint / Individualism

## Coaching Development Plan

We cannot develop players, without developing coaches. Our long-term coaching development goals are listed below:

- To develop sound knowledge and understanding of the game
- To deliver world class coaching education materials and courses
- To implement modern and relevant age appropriate training curriculums and initiatives to promote long term player development in our club and province.
- To cultivate a culture of coaches whose foundation is built on sharing information and best practices
- To inspire coaches of all ages to continue their personal and professional development as educators of the game

- To solidify a coaching education pathway where coaches can matriculate through our system
- To monitor and evaluate our programs to ensure that we are providing the best service and support possible to our membership
- To be a leader in coaching development in the province.

WWPSA follows and supports the highest level coaching education program in the world offered through UEFA. And the highest level coaching education program in the United States, offered through USSF.

Here is the UEFA Coaching License Pathway:



Here is the USSF Coaching License Pathway:



Supplemental Coaching Education:

- UEFA (B, A and Pro Accepted within Club as equivalent to US Soccer B, A and Pro)
- US Youth Soccer Coaching Education
- NSCAA Coaching Education

#### Match Officials Development Plan

WWPSA plans to identify a Club Head Referee who can work toward developing an in-house referee development plan with the aim to properly support and develop young up and coming referees in our system.

#### Member / Parent Education Plan

WWPSA plans to hold parent / member education seminars for interested individuals to attend and hear more about initiatives, events and programs. These seminars will be communicated to membership using our website, hard-copy posting, social media and email communication from the Club to members. WWPSA will look to hold information sessions in advance of upcoming Club events and will generally run from 30 -60 minutes in duration. The aim is to help better inform membership about the program that will participate in or have participated in the past.