

YES 'THINK LESS, IMAGINE MORE' Curriculum For 13+ Year Old Boys and Girls



YES RATIONALE WHEN COACHING A UNIT OR TEAM OF 13+ YEAR OLDS

13+ year old programs move from a 'Training to Train' and 'Training to Compete' to a 'Training to Win' approach to soccer coaching. The main objective is to optimize fitness preparation, soccer specific skills and performance. These programs are build 60:40 training to competition ratio with players experiencing a high level of competition specific training activities in a variety of competition conditions. Players will learn how to manage their bodies pre, during and post game using a wide range of nutritional and hydration education techniques to maximize performance. A YES long term player development model (LTPD) include both learning (how player take in information) and teaching (what coaches teach players) objectives.

YES LEARNING OBJECTIVES

With a focus on 'TALENT IDENTIFICATION' there are a wide variety of weekly learning objectives when coaching 13+ year olds (see below).

YES TEACHING OBJECTIVES

A teaching objective is to ensure all activities are done using small numbers of players.

YES COMPONENTS OF PRACTICE

- 1) Dynamic Warm-up
- 2) Ball Mastery & 1 v 1 Turns/Moves
- 3) Daily Learning Outcomes
- 4) Small Sided Games to Full Sided Game
- 5) Warm-down & Developmental Stretching

YES KEY COACHING METHODOLOGIES

Purpose of the Session	-Set clear objectives and goals. You will spend your practice time effectively if you can select one clear objective for every 15 minutes of training time. -Ask yourself what you are hoping to see at the end of the session. Are the objectives individual, functional or team goals? -Make sure that the objectives of the session can be attained with the activities you are suggesting -Communicate these objectives to your players & Stay on course and keep to your objectives, do not get side tracked -Make the practices soccer specific and realistic.
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Organization	-Organize your players, area and equipment to maximize the session -Coaching progressions - challenge your players and move them towards real game situations. Create progressions and themes
Coaching Technique in Grids	-Coach technical application within competitive situations. Increase the pressure and therefore coach the decision making process of the players -Move from technical to tactical elements by increasing players as well as pressure
Coaching in conditioned games/ small sided games	-Provides for more opportunities for ball contact and can provide a more realistic involvement in the play. -Exposes players to realistic and quick transition from attack (we have the ball) to defense (they have the ball) and of course no team has possession. Diminishes physical limitations on players. -The fewer players included, the easier it is to understand the situation team shape and less risk of boredom -When incorporating small-sided games you should know the following: -What is your small-sided game about? What are the "key factors" of the game? What is the logical order of these key factors?
Functional Practices	-Use functional and phase practices by setting up activities in the relevant areas of the field -The coach should work with the team as a unit in developing tactical plays through to functional awareness.
Free play using intervention	-Making corrections - observe the play, freeze the play, demonstrate and restart quickly as few times as possible -Keep Instruction time to a minimum - keep your commands simple and avoid commentary

YES Weekly Learning Outcomes

Week	Topic	Learning Objectives
1.	'Creating Space As An Individual'	<ol style="list-style-type: none"> 1. Concentrate on the quality of the pass and the controlling touch. 2. Receiving player must be ready and alert to play the ball back. 3. Pass the ball into space in front of your partner to run onto. 4. Communicate with your partner. 5. Try to receive the ball on your back foot so you open up the field of play. 6. Select the controlling surface. 7. Control with the first touch. 8. Establish a balanced position before making contact with the ball. 9. Turn sharply and move away quickly. 10. Attack the space to the sides of the defenders.
2.	'Creating Space As An Individual'	<ol style="list-style-type: none"> 1. Be ready and alert-up on the ball of your feet. 2. As the ball comes to you, make a step so your body is sideways on and open. 3. Be on your toes, ready to move. 4. One touch-passes should be firm and to the feet. 5. Use your body to screen the ball and turn away from the defender. 6. Make 1-2 combination passes around defenders. 7. Use turns and fakes when pressured by defenders. 8. Encourage players to take on defenders at every opportunity. 9. When the ball is won, play forward. 10. Attack by running with the ball.

3.	'Creating Space As A Team'	<ol style="list-style-type: none"> 1. Quick pass to support player-soft touch into space. 2. Support player should be side on to make the forward pass. 3. The overlapping runner must call for the ball to distract the defender, 4. The player dribbling the ball should do so on the farthest foot from the defender, thus screening the ball. 5. 1st pass is "up," 2nd pass is "down," 3rd pass is through. 6. Play with 1 touch. 7. Play angled passes to curved runs. 8. In progression, what type of through ball is played? Loft? Chip? Driven? 9. Good angles and positions to receiving the ball. 10. Good angles and positions to receive.
4.	'Creating Space As A Team'	<ol style="list-style-type: none"> 1. Encourage improvisation and risk. 2. Make good attacking runs to near, far and central positions. 3. Can you pass into the space behind the defender? 4. Play in the direction you are facing. 5. Attack at pace. 6. Supporting players must be very active creating passing opportunities and calling for the ball. 7. When a player runs across the field, teammates must look to exploit the space created. 8. Passes and runs should be diagonal. 9. Switch the ball to the weak side. 10. Open up the field by receiving the ball side on.
5.	'Passing and Support'	<ol style="list-style-type: none"> 1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier. 2. Players off the ball should be accessible to the ball carrier at all times. 3. When you win the ball, turn and get it to your team immediately. 4. Position at a good angle and distance to receive the ball. 5. Pass, then move to another support position. 6. After passing the ball, players should make diagonal or overlapping runs. 7. Teams should attempt to beat man to man marking by cross over plays. 8. Midfield player should look to make a triangle with defenders to play out from the back. 9. Passing across the back must be done quickly and crisply. 10. Play the way you are facing if there is pressure on the ball.
6.	'Passing and Support'	<ol style="list-style-type: none"> 1. Good supporting positions at good distance and angles. 2. Quality of pass and quality runs. 3. Spread out wide and deep when we attack. 4. Move from defense to attack at controlled. 5. Players should begin to move off the ball to offer a passing option. 6. Use both lofted drives and chips over different distances. 7. Create space on the flanks by drawing defenders from the attacking space. 8. 1 midfield go short, the other midfield go long. 9. Let the ball run across your body to create a passing angle. 10. The receivers must check away from the ball and back towards the ball.
7.	'Scoring and Finishing'	<ol style="list-style-type: none"> 1. Shoot on the turn. 2. Follow your shot. 3. Keep the shot low. 4. Concentrate on accuracy. 5. Strike through the middle top-half of the ball. 6. Shoot low and to the far post. 7. Direct the ball low and to the corners of the goal. 8. Encourage the second attacker to follow-in on rebounds from the goalkeeper. 9. The near post run should be at approximately a 45 degree angle. 10. Shoot after one controlling touch.
8.	'Scoring and Finishing'	<ol style="list-style-type: none"> 1. Turn and shoot in one continuous movement. 2. Shoot early-shoot low. 3. Be creative-backheels-toe pokes. 4. Be composed. 5. Use an early fake. 6. If the keeper comes, then stops, you may be able to chip him. 7. The ball should arrive between head and knee height in front of the attacker. 8. Try to get in front of the defender at the near post. 9. The supporting player should move into a position at an angle and distance away from the receiver. 10. Shoot on goal at the earliest opportunity.
9.	'Defending To Win'	<ol style="list-style-type: none"> 1. Fake the tackle. 2. Pressure the ball and delay forward movement. 3. Don't jump in! 4. Take a good defensive stance. 5. Close down the space. 6. Don't get beaten by attacker's 1st touch. 7. The challenging player should force the opponent down the touchline blocking the opponent's route inside. 8. The covering defender should be at the correct angle and distance from the primary defender. 9. Make early decisions. 10. Get as many defenders back goal side of the ball.
10.	'Defending To Win'	<ol style="list-style-type: none"> 1. The recovery run must be quick and take the shortest route. 2. Keep play in front of defenders at all times. 3. The closest person to the ball must close down the space to the ball and pressure. 4. As the ball moves so do defenders in terms of balance and support. 5. Cover ground as ball travels. 6. Midfield players must track forward runners. 7. Keep play in front of you in defense. 8. Focus on height, width and distance of headers. 9. Anticipate the placement of your header before the ball comes to you-read the game. 10. Keep your eye on the ball at all times.

YES SESSION PLANNER



Age Group-		Equipment Needs-	
Ability Level-			

WARM-UP/ ACTIVATOR WARM-UP/ ACTIVATOR TECHNICAL DEVELOPMENT/ SKILL BUILDING TECHNICAL DEVELOPMENT/ SKILL BUILDING CONDITIONED GAMES/ SMALL SIDED GAMES CONDITIONED GAMES/ SMALL SIDED GAMES WARM-DOWN WARM-DOWN	Objective of the Practice Session-				
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.	
	1)				
	2)				
	3)				
	4)				
5)					

