

FREMONT YOUTH SOCCER CLUB

*U9 to U12
Curriculum*



FREMONT
YSC

The Fremont YSC Coaching Curriculum aims to develop the individual player, and to assist in continued coach education.

Youth soccer and its development in a player is an individual sports within the context of a game scenario.

Vision

Fremont YSC develops the individual player, by providing its coaches with an age specific curriculum to best develop the player's 4 pillars of development and the structures that make up the player. The 9 to 12-year-old is still in a stage of development where fundamentals are still important for development, between the ages of 8 and 12 players have the greatest chance of optimizing their motor skills, and co-ordination system. At this time, the players enter the 'train to train' stage of development, a proactive approach to ensuring players train all aspects of soccer and create good training habits. It is at this time some players will also begin their maturation, a key moment for coaches to recognize to show empathy with the effects this can have on the physical, psychological, and technical pillar of development.

Creating a player at the youngest age with a good technical skills base will mean players will feel comfortable in possession of the ball at the older age groups. Winning is not a focus, and mistakes will happen, which is all part of the learning experience. As coaches, we need to encourage players to try skills and learn from the experience. Feedback is critical for development, with players receiving multiple feedbacks from actions - winning/losing the ball, and from verbal feedback. It is encouraged that coaches reward player's efforts with responses that praise hard work and good effort followed with a coaching point. Praise for being the 'best' player, or for being a player with 'outstanding' skills, that are perceived to be at the 'next level', will be detrimental to their continued development as they will feel that they have already achieved the highest level. This is a key element in their psychological development.

Every player must also be treated as a human being, with youth sports acting as the vessel for important life skills, and it is key for coaches to feel safe in the methodology of delivering the life skills needed by all youth athletes.

Recommended Reading - 'Bounce', Matthew Syed; 'Mindset', Carol Dweck

Thank you for your time and effort in providing youth soccer players with an environment that is safe and fun. I look forward to working with you all over the coming season.

Thank you,

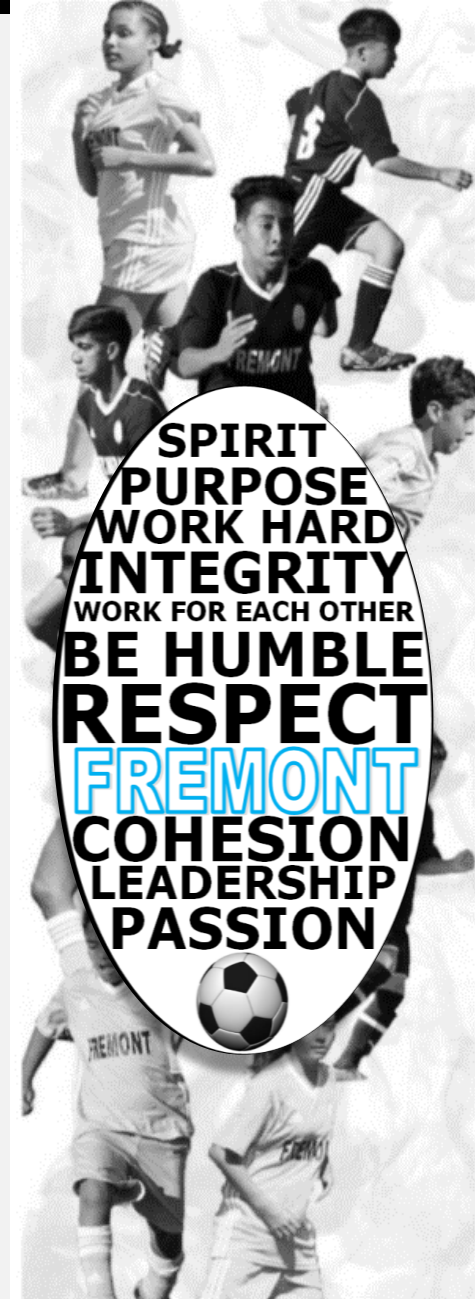
Dai Redwood

Executive & Sporting Director, Fremont YSC



What is soccer?

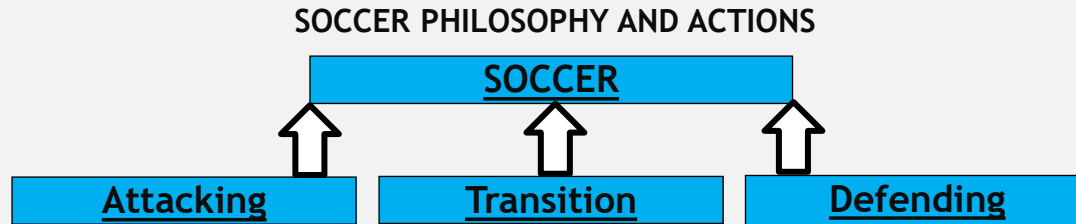
- What is the fundamental concept of soccer, the philosophy?
- What are we coaching in soccer? Is the content situational?
- What is soccer fitness?
- Do we understand the process of soccer fitness and its reference to the game?



Soccer is an objective task with principles and rules of play which will never change, no matter where in the world you are. The philosophy of soccer has no external factors, and is based on fact; fact, you can only score with the ball entering the goal. Past experiences do not change the philosophy of soccer, past opinions are subjective to the context of soccer and these external factors give room for error.

“External factors influence action without direction, otherwise known as chaos”

Raymond Verheijen



This is soccer’s philosophy, and its simplest form, from here we must coach the soccer actions, which make up the components to the philosophy.

Process = Soccer Actions - Passing, Dribbling, Pressing

The Fremont YSC curriculum provides an outline and sessions to work on the soccer actions, we must now coach within the soccer philosophy. The curriculum provides technical coaching points on every soccer action, and situational points that will be seen in any given session. At the point of stopping for a coaching point you must point out one of the following:



In football, the communication between players is of the highest order. This verbal and non-verbal communication is trained in tactical training sessions. In such tactical training the coach teaches his players a tactical reference in terms of WHAT they are supposed to do together when attacking, defending and transitioning. For example, if the team tactical reference is ‘disturbing the build-up of the opponent horizontally’ it means that players must shift from left to right or from right to left. This is WHAT players are supposed to do. But HOW each player shifts horizontally cannot be determined in advance by the coach because football is not a game of robots.

The HOW of football actions in terms of position, moment, direction and speed is the responsibility of the player. It is the decision making (game insight) and the execution of decisions (technique) by individual players within the team tactical reference. This is something else than developing the communication between players (tactics) but it still does take place within the team tactical training. In other words, it is the individual training within team training.



Soccer Fitness - THE GAME

Soccer fitness is the process of repeated soccer actions at high repetition at a high quality. Importance must be placed on the soccer action, laps around a field is a basic action and not a soccer specific action, at no time will you see a player running laps during a game, and neither will you in this curriculum!

X = actions

- = repetitions

X - - - X - - - X - - - X - - - X = actions in game, action less frequent and lack of quality (drops)

X - X - X - X - X - X - X = High Level, more frequent actions, quality maintained

Better Soccer Actions - High Repetition - More Actions / Minute (maintain) - Maintain Quality

1. Position
2. Moment
3. Direction
4. Speed

Maximum Explosive Soccer Action	Soccer Sprints - maximum rest	Better Actions
Quicker Recovery Between Actions	3v3/4v4 games	More Actions
Maintain Maximum Explosive Actions	Soccer Sprints - minimal rest	Maintain Good Actions
Maintain Quick Recovery	8v8/11v11 games	Maintain Many Actions

At the younger ages, the soccer specific fitness will be achieved through free play and small sided games. Small sided games require changes in speed and direction, increasing explosive soccer actions and ultimately better actions in the game. The small dimensions and times of a small sided game puts stress on recovery, with high repetitions overloading number of action usually performed in a bigger game. All this soccer fitness is developed while playing!
Higher quality, at a higher intensity, fewer times, is better than poor quality many times; no need for shuttle sprints at the end of practice. Overload the players at a high intensity during practice.

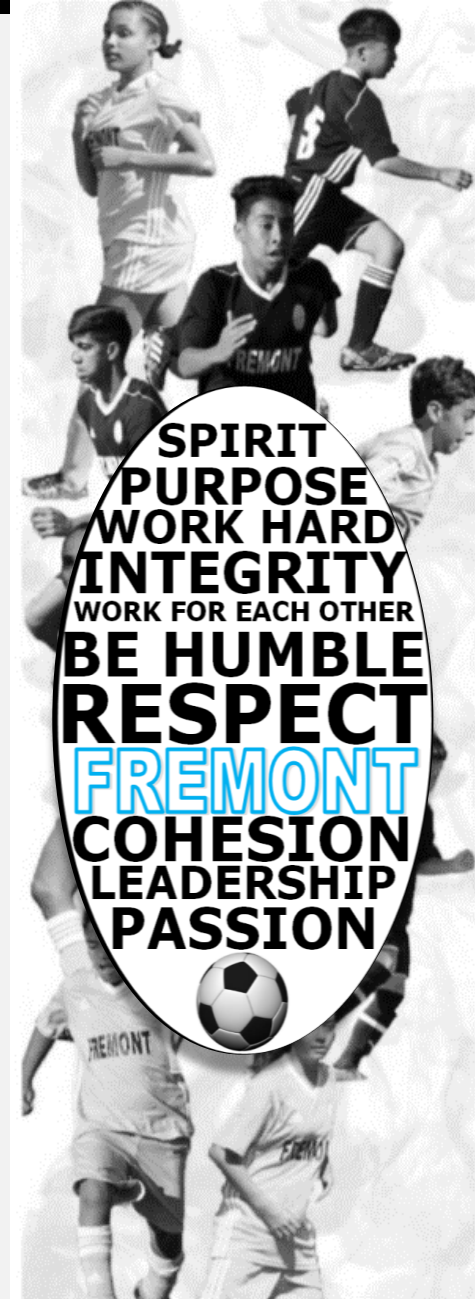
The Fremont YSC curriculum brings a holistic approach to soccer, through scientific research with execution of the practice at a high level. Keep the coaching objective, stick to the facts of the soccer philosophy, your subjectivity is the art in which you coach, so raise your level and maintain the highest standards, avoid the chaos.

Good luck this season, raise your bar, and be the best for the youth players you are working for!



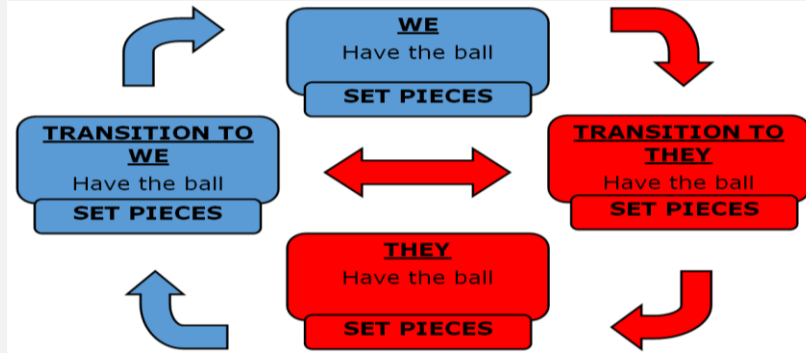
How do we coach soccer?

- What is the universal soccer language?
- What are the phases with the structure of soccer?
- How does the team function reference the phases of play, and its organization?

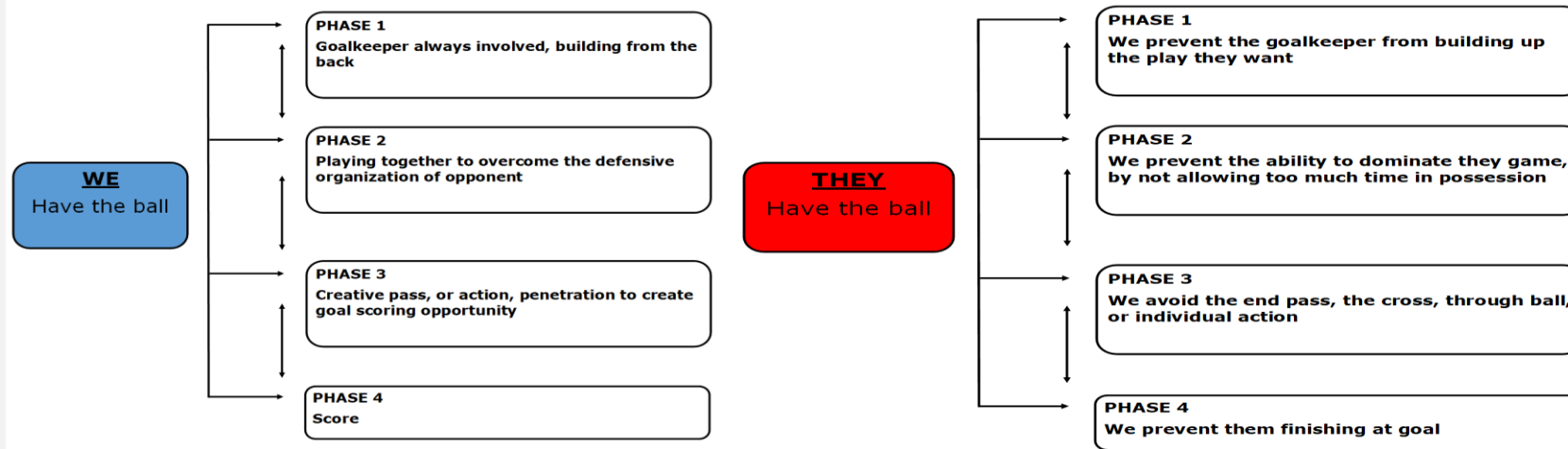


Soccer is a worldwide sport, and while the culture in which it lies may change, or the methodology in its coaching system may differ, the soccer language is consistent. The soccer language is a base for all that we do within the sport.

The sport never changes no matter where you are, the philosophy of soccer is something that cannot be argued. Soccer is attack (we have the ball), defend (they have the ball), and transition.



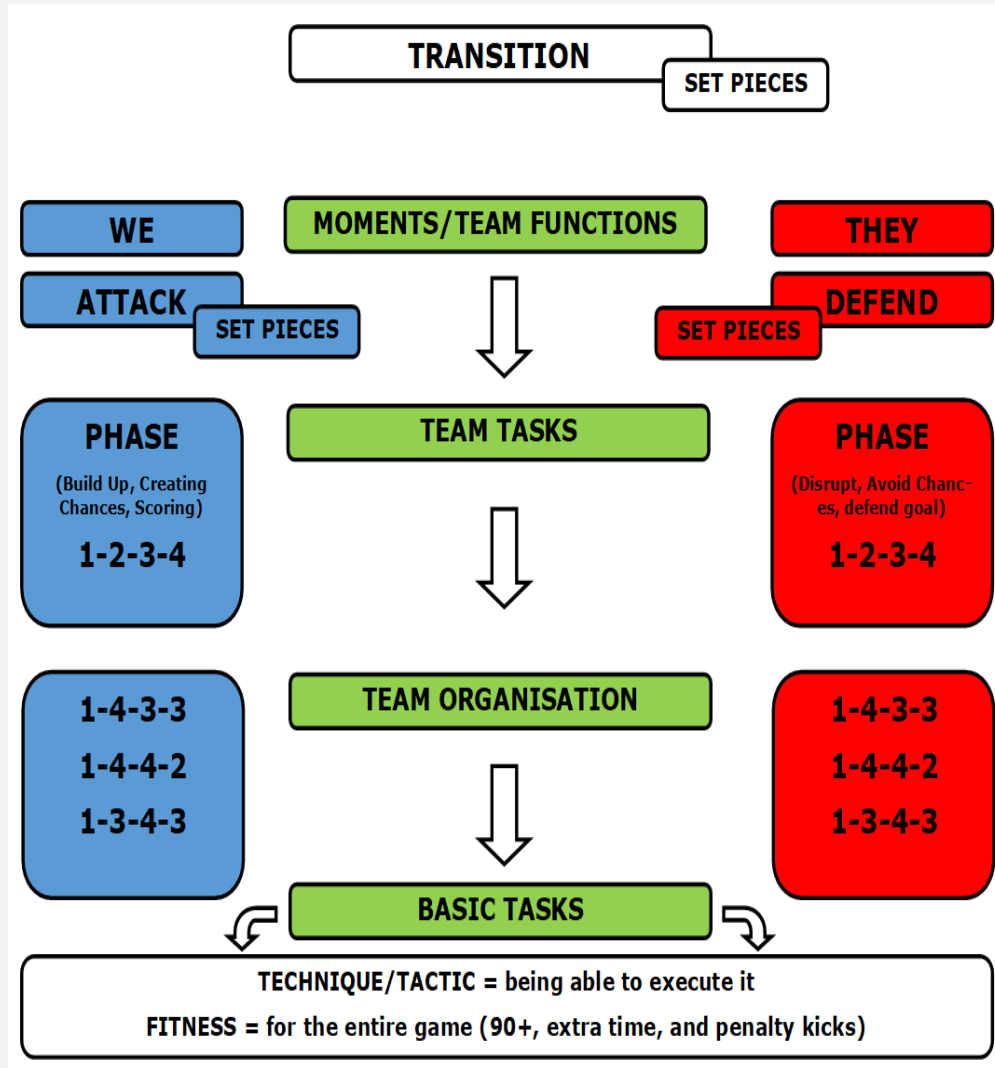
Within the philosophy of soccer there are phases in which the game is played, with these phases providing the basis for team tasks and player roles. These phases are commonly categorized as Phase's 1, 2, 3, and 4, both being we and they, have the ball.



Vision of the soccer club should be evident through the execution of the soccer movements, within the framework of phases. Where and when on the field do you press the ball? How do you prevent penetration and creative actions from opposition? How does the team play to break down defensive opposition, and to then make goal scoring opportunities?



Your aims should be clear within the structure, do you play to win or focus on development? The kind of soccer played will indicate whether your aim is to win, or whether the club is focused on development.



Using the soccer language to construct and break down styles of play, as shown in the above diagram, the individual player profile can be created. From the moment within the game at which team functions can be defined, a team's task through its organization, will highlight the basic task as needed to be executed by the player.



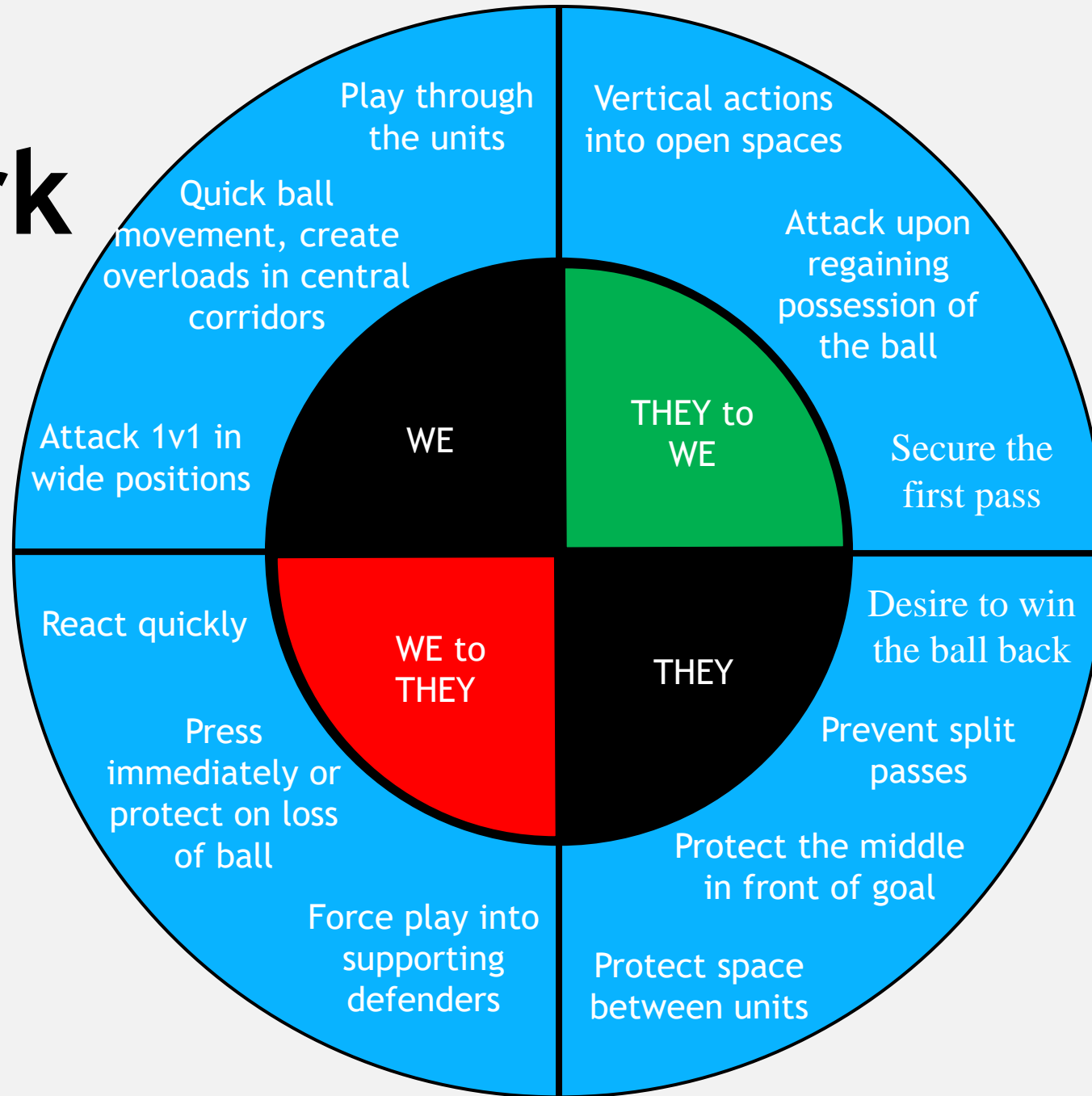
What is the Style of Play?

- What is the clubs game model?
- What are the principles of play within the game model?
- What are the playing concepts that achieve the principles of play?
- What player elements are needed to be optimized to achieve performance at the later stage of player development?



Fremont Framework

Game Model



Principles of Play

Create and Exploit Overloads

Understanding how to create triangulation in play to utilize the third person in central areas of the field.

Switch the Point of Attack

Recognition of spaces, using short passes and lateral body shapes to find 1v1 opportunities in wide positions.

Passes through the Units

Recognize opportunities for vertical passes into players in spaces of mutual assistance and cooperation.

When to Pass and When to Dribble

Understanding of spaces , and utilizing ball manipulation to beat opponent in 1v1's

Collective Approach to Successful Play

'WE' have possession, pass from good positions to open players.



WE

Playing Concepts

Generate Passing Lines, Types of Support

Ball is ours, don't lose it, enjoy playing. Location, trajectory of players. Mobility without the ball

Form Triangles to Overcome Opponents

Triangles in central areas. Precision and rhythm of combination play

Laterality (body position, using both feet)

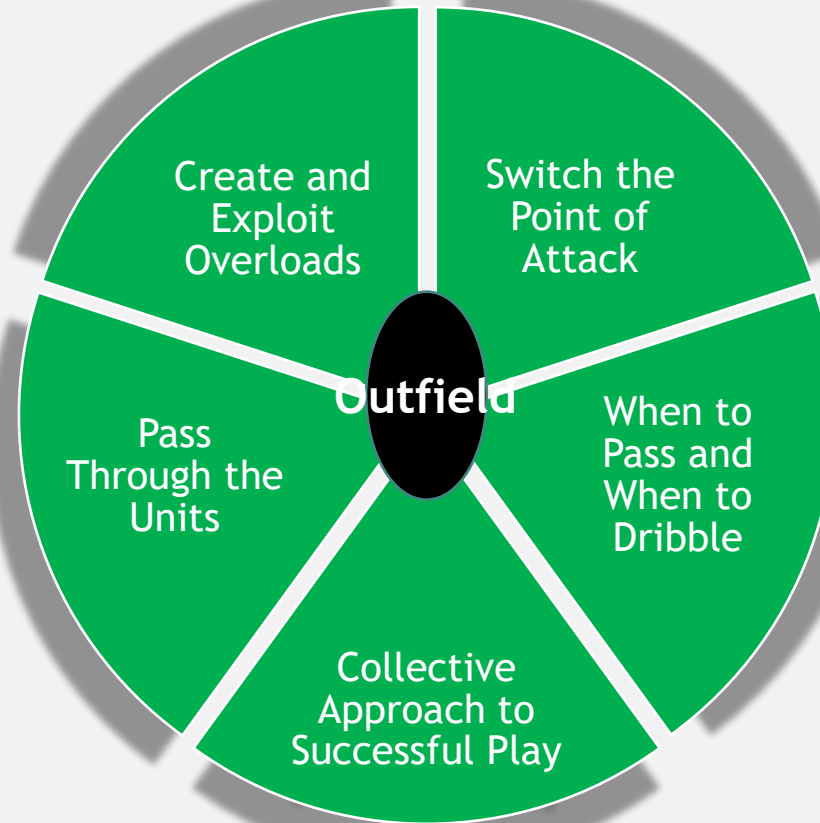
Laterality. Attract to change orientation of the game. Alternate, short and long, passes inside and out

Concepts of Before, During, After - Read it, Act On It, Develop It

Ball is ours, don't lose it, enjoy playing. Maintain communication between possessor of the ball and receiver. Individual and collective concepts

Initiate Play from Own Goal

Use of goalkeeper to start play. Laterality. Individual and collective concepts



WE

Playing Concepts

Generate Passing Lines, Types of Support

Ball is ours, don't lose it, enjoy playing. Location, trajectory of players

Form Triangles to Overcome Opponents

Triangles in central areas. Mobility without the ball

Laterality (body position, using both feet)

Attract to change orientation of the game. Alternate, short and long, passes inside and out

Concepts of Before, During, After - Read it, Act On It, Develop It

Ball is ours, don't lose it, enjoy playing. Maintain communication between possessor of the ball and receiver. Individual and collective concepts

Initiate Play from Own Goal

Use of goalkeeper to start play



THEY

Playing Concepts

Generate Passing Lines, Types of Support

Ball is ours, don't lose it, enjoy playing. Location, trajectory of players

Form Triangles to Overcome Opponents

Triangles in central areas. Mobility without the ball

Laterality (body position, using both feet)

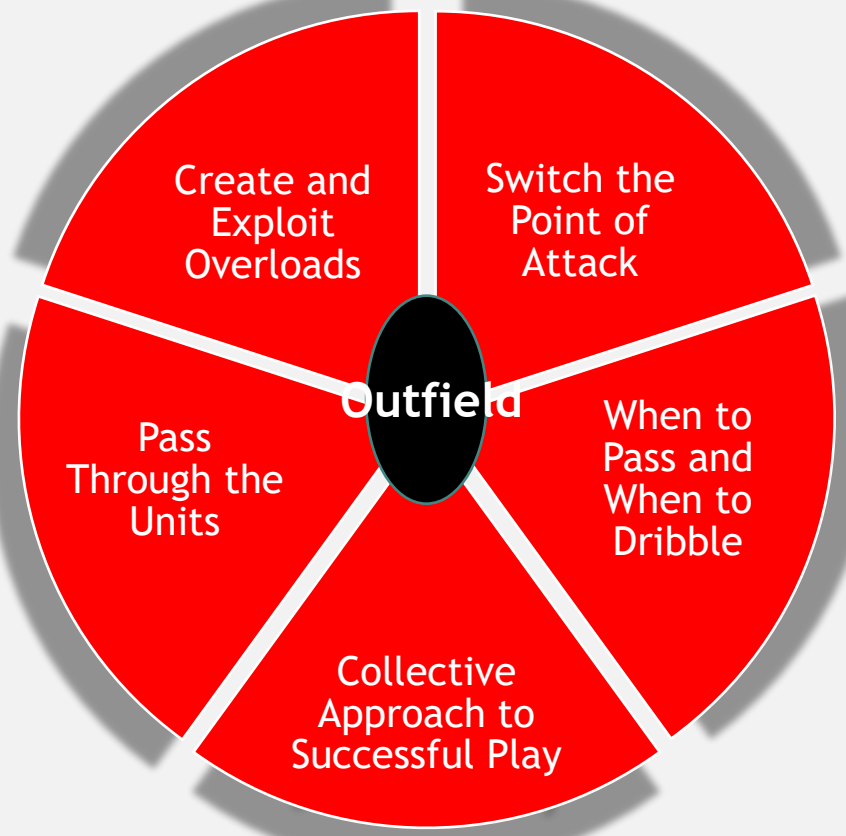
Attract to change orientation of the game. Alternate, short and long, passes inside and out

Concepts of Before, During, After - Read it, Act On It, Develop It

Ball is ours, don't lose it, enjoy playing. Maintain communication between possessor of the ball and receiver. Individual and collective concepts

Initiate Play from Own Goal

Use of goalkeeper to start play



THEY

Playing Concepts

Permanent Concentration

Group together, collective action

Different Recovery Trajectories, Understanding the Distances of Intervention and Mutual Assistance

Perceive intervention distances, help each other in recovery

Position Related to Spaces

Reduce opponents' space and time. Place in position to obstruct passing lines. Protect the switch of play

Collective Sense of Recovery

Group together, collective action. 1 player press, others find opponents

Initiate Play from Own Goal

Reduce opponents' space and time. Group together, collective action



Ability and confidence to take on an opponent in 1v1 situations

Variety of striking techniques for disguised passes and finishing

Variety of skills and tricks, comfort in performing these in game situations

Ball mastery to be comfortable in tight spaces

Head Up, taking information from the environment

Exposed to multiple playing positions on the field

Willingness and comfort to have possession of the ball



SPIRIT
PURPOSE
WORK HARD
INTEGRITY
WORK FOR EACH OTHER
BE HUMBLE
RESPECT
FREMONT
COHESION
LEADERSHIP
PASSION



The Curriculum

- Technical breakdown of soccer actions
- 44-week season plan
- Methodology
 - Sessions
 - Objectives
 - Coaching Points



Dribbling

1. Keep ball close
2. Vary surfaces of the foot
3. Head Up
4. Change of pace
5. Change of direction



Running with the Ball

1. Get ball out of feet.
2. Make contact with the laces
3. Head up
4. Get into running stride
5. Move quickly



Running with the Ball vs Dribbling

Running with the Ball is taking the space ahead of you, at speed with larger touches of the ball when in your sprinting stride.

Dribbling is utilized when there is limited space and pressure by an oncoming defender, keeping the ball close and changing direction at speed

Attacking

1. Eyes open
2. Head ball using forehead
3. Use neck & back muscles for power
4. Arms out for balance
5. Stay on toes
6. Head top to middle of ball
7. Go for accuracy

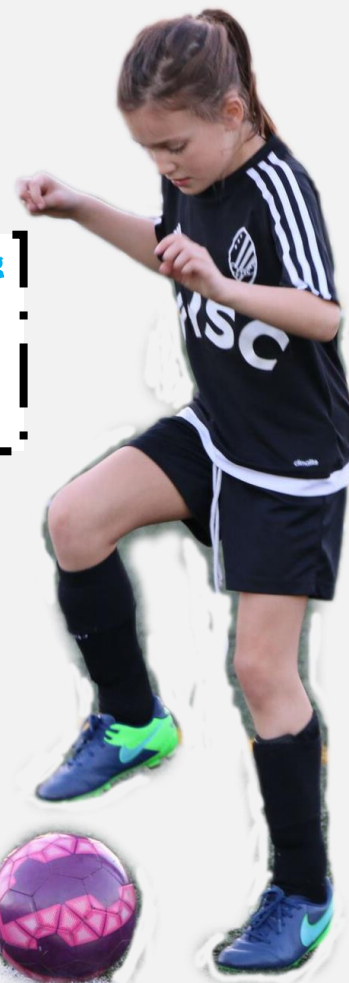
Heading

1. Eyes open
2. Head ball using forehead
3. Use neck & back muscles for power
4. Arms out for balance
5. Stay on toes
6. Head middle to bottom of ball
7. Go for height and distance

Defending

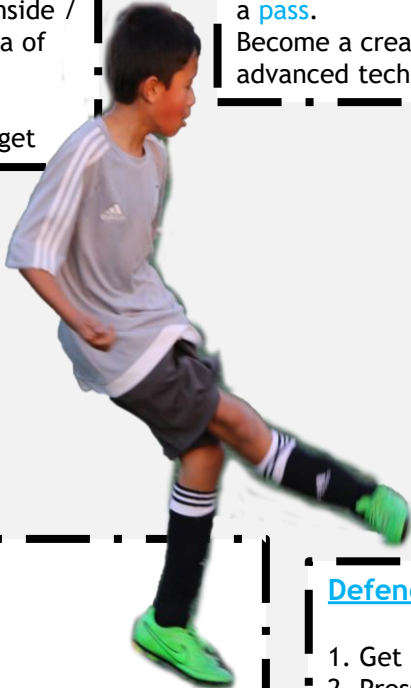
Control

1. On toes
2. Eye on the ball
3. Get in line with ball
4. Decide and present surface towards ball
5. Relax on impact



Short Passing

1. Look at target
2. Eye on ball
3. Angle of approach
4. Non-kicking foot alongside ball in a comfortable position
5. Strike Centre of ball with inside / outside of foot (Identified area of the ball)
6. Firm ankle
7. Follow through towards target



Passing Variations

There are several different techniques when passing the ball, and this variety of distribution is used in different situations. By adjusting the surface of the foot used, and the striking area of the ball, you can add spin to **dip**, **bend**, and **curl**, along with a variety speed to **loft**, **chip**, and drive a **pass**.

Become a creative player and practice these advanced techniques to use in your games.

Shooting

1. Get your body in a position to strike the ball
2. Angled approach
3. Non kicking foot beside the ball
4. Head over the ball
5. Select Surface & Strike: E.g. Laces, Inside.
6. Follow through
7. Aim low and across goal (Accuracy)
8. Decision



Turning

1. Eye on the ball
2. Decision, Change of Direction
3. Contact with surface (if required) or feint.
4. Head Up
5. Low Centre of gravity (balance)
6. Change of Direction
7. Acceleration into Space

Defending

1. Get in Line
2. Pressure on the ball
3. Deceleration
4. Body Position
5. Stay on toes
6. Be Patient
7. Decision
8. Recovery Runs (Movement)
9. Tracking Players



Learning Stages: Fundamental, and Introduction to Specific Training Stage

Week	Session	Topic	WE	THEY	OTHER	PHASE	WU	CONDITION	STAGE	MACRO
1	1	Free Play				1, 2, 3, 4	J		2	
	2	Free Play				1, 2, 3, 4	J		2	
	3	Free Play				1, 2, 3, 4	J		2	
2	1	Physiological Development - Speed					J		2	
	2	Physiological Development - Agility					J		2	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Sprint	2	
3	1	Physiological Development - Speed				2, 3, 4	J		2	
	2	Physiological Development - Agility					J		2	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1 Touch Finish	2	
4	1	Pre-Season Scrimmage				1, 2, 3, 4	J		2	
	2	Pre-Season Scrimmage				1, 2, 3, 4	J		2	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Counterattack	2	
5	1	Dribbling 1				2, 3	D		2	
	2	Dribbling to Beat the Opponent				3	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Gate Dribble	2	
6	1	Dribbling in a 1v1				3	D		2	
	2	SSG - 1				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
7	1	Dribbling Under Pressure...				3	D		2	
	2	Shooting and Finishing				3, 4	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
8	1	Pressure as 1st Defender				2	J		2	
	2	SSG - 1				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Gate Dribble	2	
9	1	Passing 1				2, 3	J		2	
	2	Player Movement and Body Shape				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Team Involvement	2	
10	1	Receiving the Ball				2, 3	J		2	
	2	Passing Between the Units...				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Team Touch Limit	2	
11	1	Driving the Ball Over Distance				2, 3	J		2	
	2	SSG - 2				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Corner targets	2	
12	1	Shooting from Distance				4	J		2	
	2	Shooting and Finishing				3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Striking Over Distance	2	
13	1	Shooting 1					J		2	
	2	SSG - 1				2, 3, 4	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1 Touch Finish	2	



Learning Stages: Fundamental, and Introduction to Specific Training Stage

14	1	Pressure as 1st Defender				2	J		2	Yellow
	2	SSG - 2				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
15	1	Dribbling 1				2, 3	D		2	Yellow
	2	Dribbling to Beat the Opponent				3	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Gate Dribble	2	
16	1	Dribbling Under Pressure...				1, 2, 3, 4	D		2	Yellow
	2	SSG - 1				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
17	1	Passing 1				2, 3	J		2	Yellow
	2	Player Movement and Body Shape				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Team Involvement	2	
18	1	Passing 2				2, 3	J		2	Yellow
	2	Passing Between the Units...				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Team Touch Limit	2	
19	1	Shooting from Distance				4	J		2	Yellow
	2	Shooting and Finishing				3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Striking Over Distance	2	
20	1	Free Play				1, 2, 3, 4	J		2	Red
	2	Free Play				1, 2, 3, 4	J		2	
	3	Free Play				1, 2, 3, 4	J		2	
21	1	Free Play				1, 2, 3, 4	J		2	Red
	2	Free Play				1, 2, 3, 4	J		2	
	3	Free Play				1, 2, 3, 4	J		2	
22	1	Physiological Development - Balance					J		2	Red
	2	Coach Development					J		2	
	3	Free Play				1, 2, 3, 4	D		2	
23	1	Physiological Development - Speed					J		2	Red
	2	Coach Development					J		2	
	3	Free Play				1, 2, 3, 4	D		2	
24	1	Physiological Development - Agility					J		2	Red
	2	Coach Development					J		2	
	3	Free Play				1, 2, 3, 4	D		2	
25	1	Physiological Development - Coordination					J		2	Red
	2	Coach Development					J		2	
	3	Free Play				1, 2, 3, 4	D		2	
26	1	Dribbling 1				2, 3	D		2	Blue
	2	Dribbling to Beat the Opponent				3	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Gate Dribble	2	
27	1	Dribbling in a 1v1				3	D		3	Blue



Learning Stages: Fundamental, and Introduction to Specific Training Stage

	2	SSG - 1				2, 3, 4	J		2	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
28	1	Dribbling Under Pressure...				3	D		2	
	2	Shooting and Finishing				3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
29	1	Pre-Season Scrimmage				1, 2, 3, 4	D		2	
	2	Pre-Season Scrimmage				1, 2, 3, 4	D		2	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Counter Attack	2	
30	1	Pressure as 1st Defender				2	J		2	
	2	SSG - 1				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Gate Dribble	2	
31	1	Passing 2				2, 3	J		2	
	2	Player Movement and Body Shape				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Team Involvement	2	
32	1	Receiving the Ball				2, 3	J		2	
	2	Passing Between the Units...				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Team Touch Limit	2	
33	1	Driving the Ball Over Distance				2, 3	J		2	
	2	SSG - 2				2, 3, 4	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Corner targets	2	
34	1	Shooting from Distance				4	J		2	
	2	Shooting and Finishing				3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Striking Over Distance	2	
35	1	Shooting 1					J		2	
	2	SSG - 1				2, 3, 4	J		2	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1 Touch Finish	2	
36	1	Pressure as 1st Defender				2	J		2	
	2	SSG - 2				2, 3, 4	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	1v1 Confrontation	2	
37	1	Running with the Ball				2, 3	D		3	
	2	SSG - 1				2, 3, 4	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D		2	
38	1	Dribbling 1				2, 3	D		2	
	2	Dribbling to Beat the Opponent				3	D		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D	Gate Dribble	2	
39	1	Passing Between the Units...				2, 3	J		3	
	2	Player Movement and Body Shape				2, 3	J		3	
	3	Pool Training, Tournament				1, 2, 3, 4	D		2	
40	1	Driving the Ball Over Distance				2, 3	J		2	
	2	SSG - 2				2, 3, 4	J		3	



Learning Stages: Fundamental, and Introduction to Specific Training Stage

	3	Pool Training, Tournament				1, 2, 3, 4	D		2	
41	1	Evaluations							2	
	2	Evaluations							2	
	3	Evaluations							2	
42	1	Free Play				1, 2, 3, 4	J		2	
	2	Free Play				1, 2, 3, 4	J		2	
	3	Free Play				1, 2, 3, 4	J		2	
43	1	Free Play				1, 2, 3, 4	J		2	
	2	Free Play				1, 2, 3, 4	J		2	
	3	Free Play				1, 2, 3, 4	J		2	
44	1	Free Play				1, 2, 3, 4	J		2	
	2	Free Play				1, 2, 3, 4	J		2	
	3	Free Play				1, 2, 3, 4	J		2	
							Pre			
							During			
							Post			

Week	Refer to season calendar, mesocycle
Session	Refer to calendar, microcycle
Topic	Refer to curriculum for session plan
We/They	Priority towards who has possession
Speciality	Outside of stage of development
Phase	1. Including keeper build up / defensive shape 2. Build up / disruption of build up 3. Overcoming opponent / preventing opponent 4. Attempt at goal / prevention of goal
WU	Juggling Challenge - Dribbling Challenge
Condition	First 45 mins of SSG
Stage	Funtamental - Specific
Macro	Pre - During - Post Season



Dribbling 1

Activity 1

Unopposed technical practice

Activity 2

Opposed skill acquisition

Activity 3

Small Sided Game

Player Elements

- Ability and confidence to take on an opponent in 1v1 situations
- Variety of skills and tricks, comfort in performing these in game situations
- Head Up, taking information from the environment

Objectives

- Recognizing spaces to attack.
- Understanding when to dribble and when to run with a ball.
- Optimizing individual skills to beat a player 1v1.

Psychological Skills

- Confidence
- Control
- Concentration

Mechanical Breakdown

1. Keep ball close
2. Vary surfaces of the foot
3. Head Up
4. Change of pace
5. Change of direction

Coaching Points

- Decision making
- Awareness
- Ball manipulation
- Recognition of spaces



Organisation

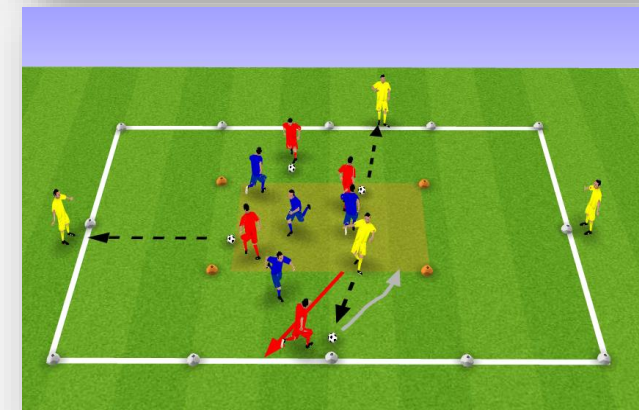
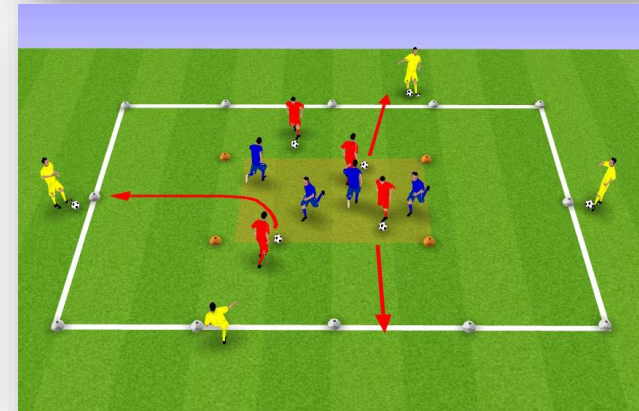
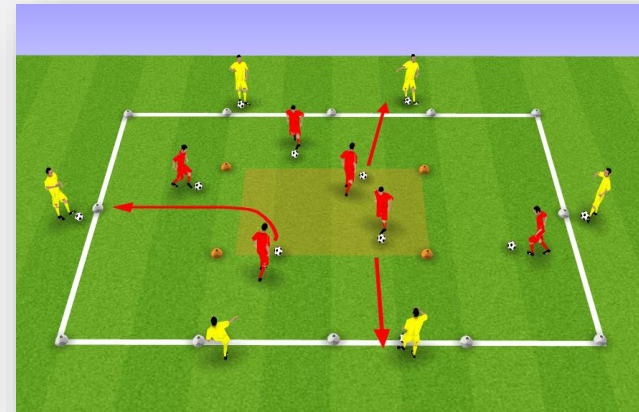
Practice Layout and Transitions

- Playing area appropriate for the number of players (3 x 3 yards per player, i.e. 12 players 36 x 36 yards adjusted to 30 x 40).
- Layer cones for transition to SSG, allowing for quick movement in to the game. Consider the conditions you'll be using that will need layering.
- Split up teams as shown in diagrams

Adaptations to the Practice

(Progression/Regression, Challenges')

- **Technical** - dribbling through the central grid practicing a turn or skill of choice, before leaving to dribble around an outside player. Outside players working on keeping the ball moving by creating footwork patterns, i.e. rollovers and drag backs.
Progression - introduce passive defenders to central area to limit space. **Competition** - dribble around as many players on the outside as possible.
- **Skill** - As the previous activity but now with the defenders being active and dribbling players passing to a free outside player.
Progression - allow defenders to defend the entire playing area. Rotating with attacker on winning possession of the ball. **Challenge** - not to lose possession of the ball within the time given by the coach. **Competition** - Point for every successful dribble through central area with successful pass to free outside player.





FREMONT
YSC

CREATE : DEVELOP : PLAY

Dai Redwood

✉ dredwood@fremontyouthsoccer.com

🌐 www.fremontyouthsoccer.com

