



Auburn Thunder Coaching Curriculum



Stage; Cognitive Principles	Age; Physical Principles	Technical Developmental Principles	Tactical Developmental Principles	Training Environment; SSG's; Scrimmage #'s
<p>Early (4v4)</p> <p>Limited understanding of time and space.</p> <p>One ball per player and single-task-oriented activities.</p> <p>Introduce concept of boundary lines, rules of the game.</p>	<p>Up to U-8</p> <p>No significant gender differences</p> <p>Soccer-related running, jumping, twisting, bending, and turning activities.</p> <p>Movement of ball using varied parts of the foot.</p>	<p>Dribbling</p> <ul style="list-style-type: none"> • Inside of foot • Laces • Sole of the foot • Running with the ball <p>Passing</p> <ul style="list-style-type: none"> • Inside of the foot – 5 yards <p>Receiving</p> <ul style="list-style-type: none"> • Inside of the foot – on ground w/ soft 1st touch <p>Finishing</p> <ul style="list-style-type: none"> • Inside of the foot (1v0 and 1v1 to goal) 	<p><i>Tactics are not an area that should be focused on with this age group as their cognitive/technical development does not allow them to understand/train tactical theories and strategies.</i></p>	<p>1v0 1v1 3v3 4v4 (No GK's)</p> <p>All players should rotate through all positions</p>
Stage; Cognitive Principles	Age; Physical Principles	Technical Developmental Principles	Tactical Developmental Principles	Training Environment; SSG's; Scrimmage #'s
<p>Beginner (7v7)</p> <p>Keep activities to no more than two players per ball, if possible</p> <p>Limited ability to address more than 1 task at a time leaves little capacity for "tactical" decision making</p> <p>Activities should incorporate 1v1 attacking/defending situations as fully opposed (pressured) activities develop decision making skills.</p>	<p>U9-U10</p> <p>Minimal gender differences</p> <p>Combination of balance and coordination to execute a soccer skill at speed and accurately</p> <p>Aerobic training through competitive and fun activities</p>	<p>Dribbling</p> <ul style="list-style-type: none"> • Speed Dribbling (and changing speeds) • Turning with: <ul style="list-style-type: none"> ◦ Inside/outside/sole of the foot <p>Fakes/Feints/Speed Moves</p> <ul style="list-style-type: none"> • Shoulder drop • Scissors/DbI Scissors • Cruyff • Cut-Catch (Croqueta) • Step-over (Zico) • Pull-Push • Pull V • Pull L behind <p>Passing</p> <ul style="list-style-type: none"> • Inside of the foot – 10-15 yards <p>Receiving</p> <ul style="list-style-type: none"> • instep - on ground w/ forward 1st touch • instep - on ground w/ lateral 1st touch • Out of the air with the instep - soft first touch • Pivot (aka "pull") Turn • Cruyff Turn • Outside of the foot Turn <p>Finishing</p> <ul style="list-style-type: none"> • Inside of the foot - 8-12 yds • Inside of the foot - 6-8 yds on breakaway vs. GK <p>Defending</p> <ul style="list-style-type: none"> • Closing down attacker: body shape and distance • Poke Tackle <p>Juggling (Starting from hands)</p> <ul style="list-style-type: none"> • Thigh – Single then alternating (1-2 reps) • Foot – Single then alternating (1-2 reps) 	<p>Defending</p> <ul style="list-style-type: none"> • Pressure (Role of the 1st Defender) • Delay <p>Attacking</p> <ul style="list-style-type: none"> • Role of the 1st Attacker • Shape – use width-based Training Games (see glossary) • Playing out of the back • Combination play: wall pass (1-2) 	<p>1v1 2v1 2v2 3v2</p> <p>^a4v0 Rondo ^b4v1 Rondo</p> <p>4v4 (5v5 with GK's)</p> <p>7v7 (6v6 with GK's)</p> <p>All players should rotate through all positions</p>



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<p>Intermediate (9v9)</p> <p>Lengthened attention span, ability to sequence thoughts and actions.</p> <p>Starting to recognize fundamental tactical concepts</p> <p>Tactical issues may be presented.</p> <p>Roles and responsibilities of the players may be introduced.</p> <p>Focus on groups of players working together in attacking and defending situations.</p> <p>A range of numbers up (i.e. 2v1), numbers down (i.e. 2v3), and balanced numbers activities are used to teach group concepts.</p>	<p>U11-U12</p> <p>Gender differences increasing as girls enter puberty; girls can be as much as two years ahead</p> <p>Aerobic endurance training within the game.</p> <p>Dynamic stretching is critical as are warmups and cooldowns</p> <p>Repetitive technique very important, but must be dynamic, not static.</p>	<p>Dribbling</p> <ul style="list-style-type: none"> Shielding Change of Direction/Speed <p>Fakes/Feints/Speed Moves</p> <ul style="list-style-type: none"> Matthews Scoop (hook) turn 360/Maradona Roulette (pull back 360) Stop-n-go Zico (sole roll) Stepover-takeaway (back to defender Zico) <p>Passing</p> <ul style="list-style-type: none"> One touch passing, on the ground, with inside of the foot – 10-15 yards Inside of the foot – 20-25 yards Outside of the foot - 10 yards Laces: ground 10-15 yds; in air 20-25 yds; chip Feints <p>Receiving</p> <ul style="list-style-type: none"> Out of the air with: <ul style="list-style-type: none"> inside of the foot - lateral first touch chest - forward first touch thigh - lateral first touch Back to goal: <ul style="list-style-type: none"> Inside/Outside of the foot Pivot Turn Cruyff Turn Reverse Matthews <p>Heading</p> <ul style="list-style-type: none"> Basic Technique <p>Finishing</p> <ul style="list-style-type: none"> Shooting with the instep - 12--20 yards One time shot - inside of the foot - 8-12 yards <p>Defending</p> <ul style="list-style-type: none"> Body shape and angle of approach Block Tackle Slide Tackle <p>Juggling (Starting from hands)</p> <ul style="list-style-type: none"> Thigh - Alternating (5-10 reps) Feet - Alternating (5-10 reps) 	<p>Defending</p> <ul style="list-style-type: none"> Role of the 1st Defender Cover (Role of the 2nd Defender) Delay Compactness <p>Attacking</p> <ul style="list-style-type: none"> Role of the 1st Attacker Roles of the 2nd Attacker Possession Playing out of the back Penetration - passing on the ground Mobility - Creation of space for teammates Combinations: Wall Pass; Overlap; Takeover Shape - Height and Depth; Linking Player Flank Play Crossing to the Slot Slot Run to Receive Timing of Runs <p>Transition</p> <ul style="list-style-type: none"> From attacking to defending From defending to attacking <p>Final Third</p> <ul style="list-style-type: none"> Basic movement/combinations <ul style="list-style-type: none"> Give and go (wall pass) Service from the flanks <ul style="list-style-type: none"> Near post run Getting endline and serving cut-back <ul style="list-style-type: none"> Near post and PK spot run 	<p>1v1 2v1 2v2 3v2</p> <p>^b4v1 Rondo ^c3v1 Transition Rondo</p> <p>5v5 (4v4 + GK's) 7v7 9v9</p> <p><i>Positional rotation continues but (field player) specialization should begin to be factored into training.</i></p> <p><i>Some goalkeeper training can be built into sessions, but in most cases individual goalkeeper training is inappropriate</i></p>



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<p>Advanced (11v11)</p> <p>Have a sense of belonging, status, and recognition. Ability to stay focused over a longer period of time. More responsive to group activities and their role in being an individual. Encourage creative solutions and personal accountability. Team building exercises may be incorporated.</p> <p>Team tactics are typically taught using 7v7 to 11v11 scenarios that connect the three lines of team shape (defense, midfield, and attack)</p>	<p>U13 and above</p> <p>Introduction to pure speed training within structured soccer activities. Aerobic and anaerobic specific training. Position specific physical conditioning. Fitness periodization.</p>	<p>Passing</p> <ul style="list-style-type: none"> • Inside of the foot – bending passes 20-30 yards • Outside of the foot – 15-20 yards • Instep - 30 yards • Chipping • Out of the air with inside of the foot - 10 yards • Out of the air with laces – 30 yards <p>Fakes/Feints/Speed Moves</p> <ul style="list-style-type: none"> • Review/perfect all • encourage players to create new ones ☺ <p>Receiving</p> <ul style="list-style-type: none"> • Outside of the foot - on the ground with a lateral first touch • Turning with back to goal: outside of foot; cruyff; pivot (“pull”) turn <p>Heading</p> <ul style="list-style-type: none"> • Defensive heading • Attacking Heading • Protecting Oneself <p>Finishing</p> <ul style="list-style-type: none"> • Front Volley • Side Volley • Long Range - 18-25 yards • Half Volley • Bending Shot <p>Defending</p> <ul style="list-style-type: none"> • Shoulder challenge • Body positioning to prevent the attacker from turning <p>Juggling (Starting from the ground)</p> <ul style="list-style-type: none"> • Feet - Alternating (25-50 reps) 	<p>Defending</p> <ul style="list-style-type: none"> • Balance (Role of the 3rd Defender) • Shape • Recovery Runs • Transition to Defense • Tracking • Zonal Defending • High/Low Pressure Defending <p>Attacking</p> <ul style="list-style-type: none"> • Role of the 3rd Attacker • Possession vs. Penetration Decisions • Penetration – Passing through the air • Playing in the final third • Counter Attack • Mobility – Creation of Space for Oneself • Changing the Point of Attack • Combination - Double Pass; 3 Player Combinations • Flank Play • Crossing to the Near Post • Crossing to the Far Post • Near Post Runs to Receive • Far Post Run to Receive • Timing of Runs • Recycling Runs 	<p>3v2 4v3 6v4</p> <p>4v1 Rondo 3v1 Transition Rondo 5v2 Double Rondo</p> <p>7v7 and up</p> <p><i>Field player positional specialization should be factored into training.</i></p> <p><i>Individual goalkeeper training is appropriate, but a continued emphasis on functional and technical training as the “11th field player” is vital</i></p>



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SSG details and diagrams

^a 4v0 Rondo:

Introductory level. Unlimited touches, no defensive pressure. Coaching points:

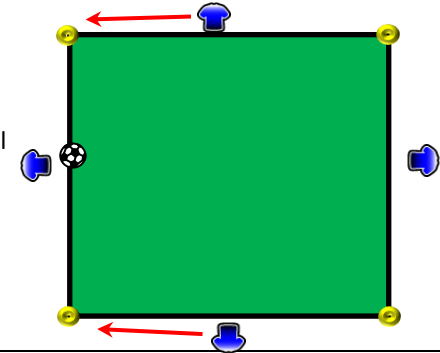
- off the ball movement (move toward the corner cone)
- playing to the far foot (playing teammate "open")
- soft and intentional (directional) 1st touch
- passing technique (toe up, ankle locked, plant foot at target, follow through to target).

Challenges: make it directional; no pass back to the player it came from, left or right but not across (split).

1 minute rounds and then change the challenge

Grid size changes with age/skill level

As small as 5x5, as large as 10x10



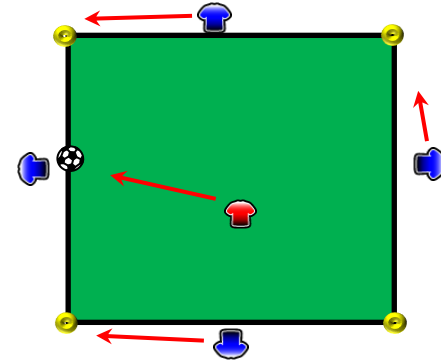
^b 4v1 Rondo:

Intermediate level. Can begin with unlimited touches but now have added defensive pressure. Coaching points are same as above +:

- communication
- movement of split/target player in anticipation of 2nd pass
- deception/feints

Challenges: Must take two touches, L/R but no split, allow 2 or 1 touch, can split but split-target-player must play 1 touch; only 1 touch, must interchange with another player x times/round

Very effective to run as a progression: 1 minute rounds beginning with "must take 2 touches, can play L/R but no split". After a round or two, allow 1 touch play. Then allow split passes. Then allow split but split target must play 1 touch.

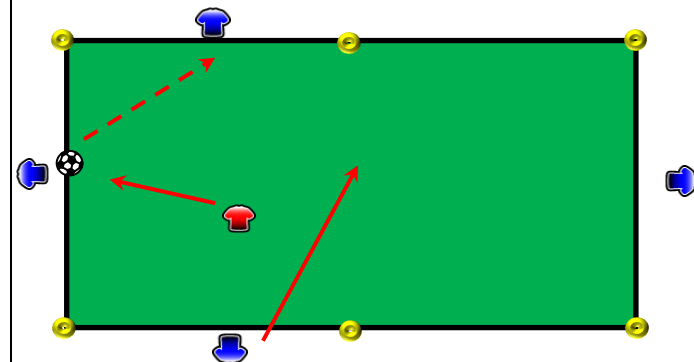


^c 3v1 Transition Rondo:

Advanced Level. A 3v1 Rondo where x passes must be achieved before playing "long" to the target player. After x passes are achieved, play the target player as soon as possible. Players on the sides must quickly support the target player to form a new 3v1. Coaching points:

- Movement of off-the-ball players to always provide the player in possession 2 options
- Communication (perhaps especially from the target player)
- Quality of all passes, but especially the long pass
- Speed of transition of the supporting players

Challenges: increase the number of required passes; restrict target player to 1 touch (on the long ball)



At least twice as long as the standard 4v1 rondo grid



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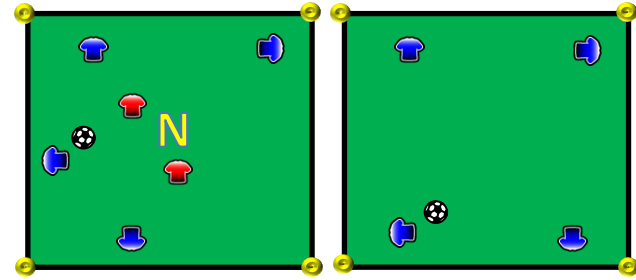
^d5v2 Double Rondo:

Advanced level. The “5” = 4 attackers + 1 Neutral. Everyone except the N has a partner they remain with the entire time. All players are INSIDE the grid, so more space is needed (12x12 is a good general size for U13). The 5 keep the ball, using the N in the center as much as possible. The 4 in the other grid pass the ball, keeping an eye on the active grid. When the defenders win the ball, the partners who lost it/gave it away transition to the opposite grid as defenders. The Neutral transitions quickly as well, creating a 5v2 in the new grid. The 4 remaining behind pass the ball, keeping an eye on the other grid knowing that two defenders (and the Neutral) will soon be returning.

Coaching points:

- 1st touch, passing technique/accuracy/weight <https://www.youtube.com/watch?v=Mmp6mxi-0Zo&t=26s>
- Pressure/cover from the 2 defenders
- Movement to support the ball
- Quick transition to defending (best time to win a ball is immediately after losing it)
- Decision making of the linking/central (Neutral) player

See animated explanation at



Glossary with Video Links

Maradona/360 (also see Roulette)	Attacking space in front/slightly to the side: https://www.youtube.com/watch?v=JRxwskOZB7o
Matthews	Builds on the “Shoulder Drop”: https://www.youtube.com/watch?v=KJSZAicqmRQ
Passing Drills	Hourglass Pattern Passing: https://www.youtube.com/watch?v=2xAdVYu4FmE
Pivot turn	Turning (spinning) quickly in space when no pressure: https://www.youtube.com/watch?v=sYXtBNCioLA
Reverse Matthews	Receiving back to defender move: (@ :27) https://www.youtube.com/watch?v=cVWYhVCp4Y
Rondo	A game where one group of players has the ball while in numerical superiority (3v1, 5v2, 5v5+2 etc ...) over another group With Interchange and finishing: https://www.youtube.com/watch?v=L6XWi4cPOnY With 2 groups and a linking midfielder: https://www.youtube.com/watch?v=Azicpmh33qc
Roulette (pull back 360)	Using the 360 to attack space BEHIND you: https://www.youtube.com/watch?v=ffCrnHcpWec
Scoop Turn	https://www.youtube.com/watch?v=UnWK9nrxPpg
Shoulder Drop	Probably the most effective “speed move” in the game: https://www.youtube.com/watch?v=kpBGK3rIpUE
Stop-n-Go	Quicker than a pull-push: https://www.youtube.com/watch?v=bswKD0pDYcs
Width-based Training Games	4-goal games: https://www.youtube.com/watch?v=hfE2uTCKw3A
Zico (stepover)	Many variations of this, some moving forward, others with back to defender: https://www.youtube.com/watch?v=03Whxkn98IM https://www.youtube.com/watch?v=-8QVHI5kj0s