



## **Style and Principles of Play:**

### OFFENSIVE STYLE

All teams will be encouraged to display an offensive style of play based on keeping possession and quick movement of the ball.

### QUICK TRANSITIONS AND FINISHING

Speed of play, avoiding over-dribbling, looking for an organized and quick movement of the ball and finishing will be encouraged in all age groups.

### POSITION SPECIFIC

A team must be organized defensively, keeping their specific positions in the formation. However, players will look for space and movements to support forward when attacking by moving away from their original positions.

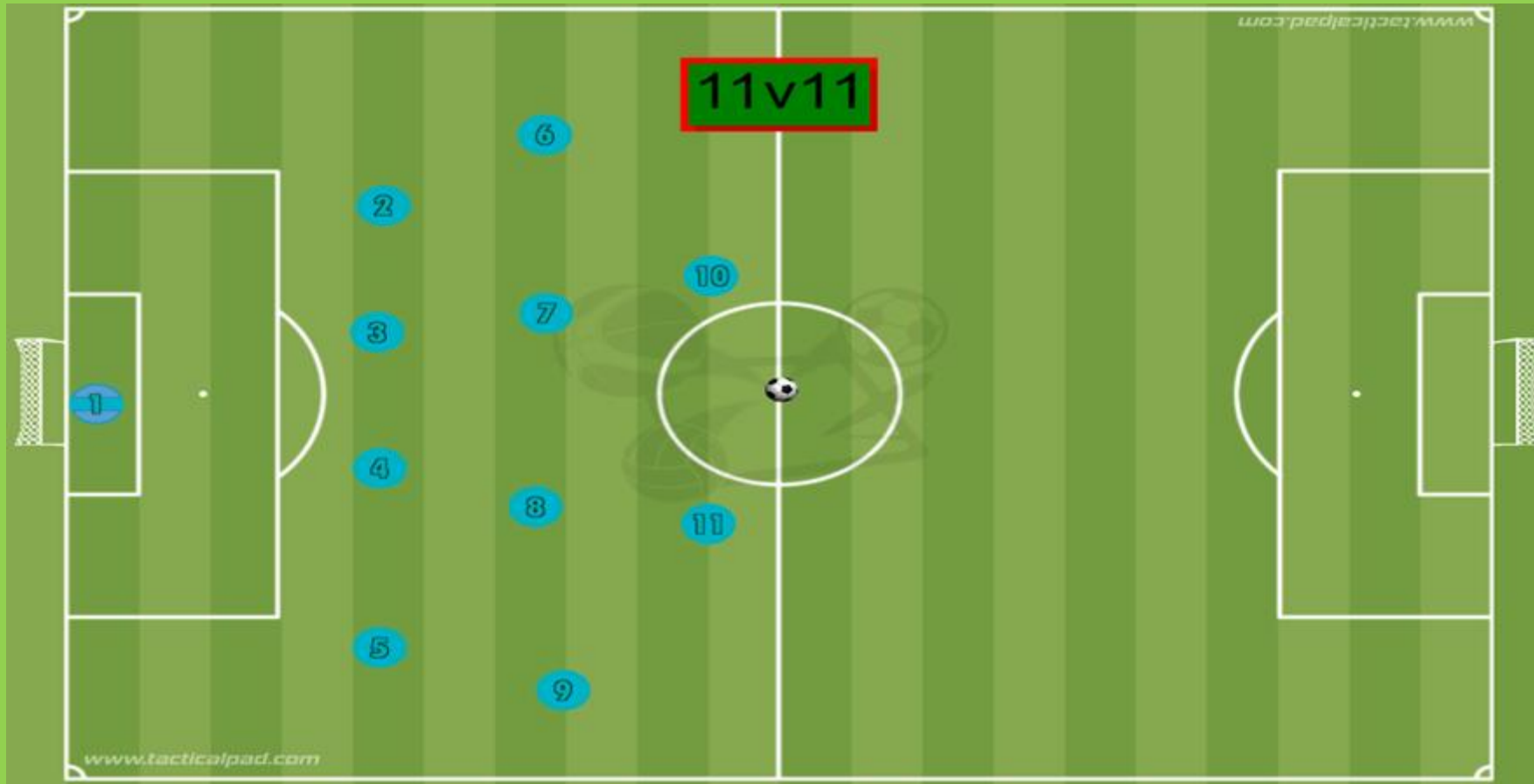




## Formation 11v11

4-4-2 formation with a diamond in the middle. This system (4-4-2 diamond) provides more space in the wide areas of the field for the outside backs to move forward and join the attack.

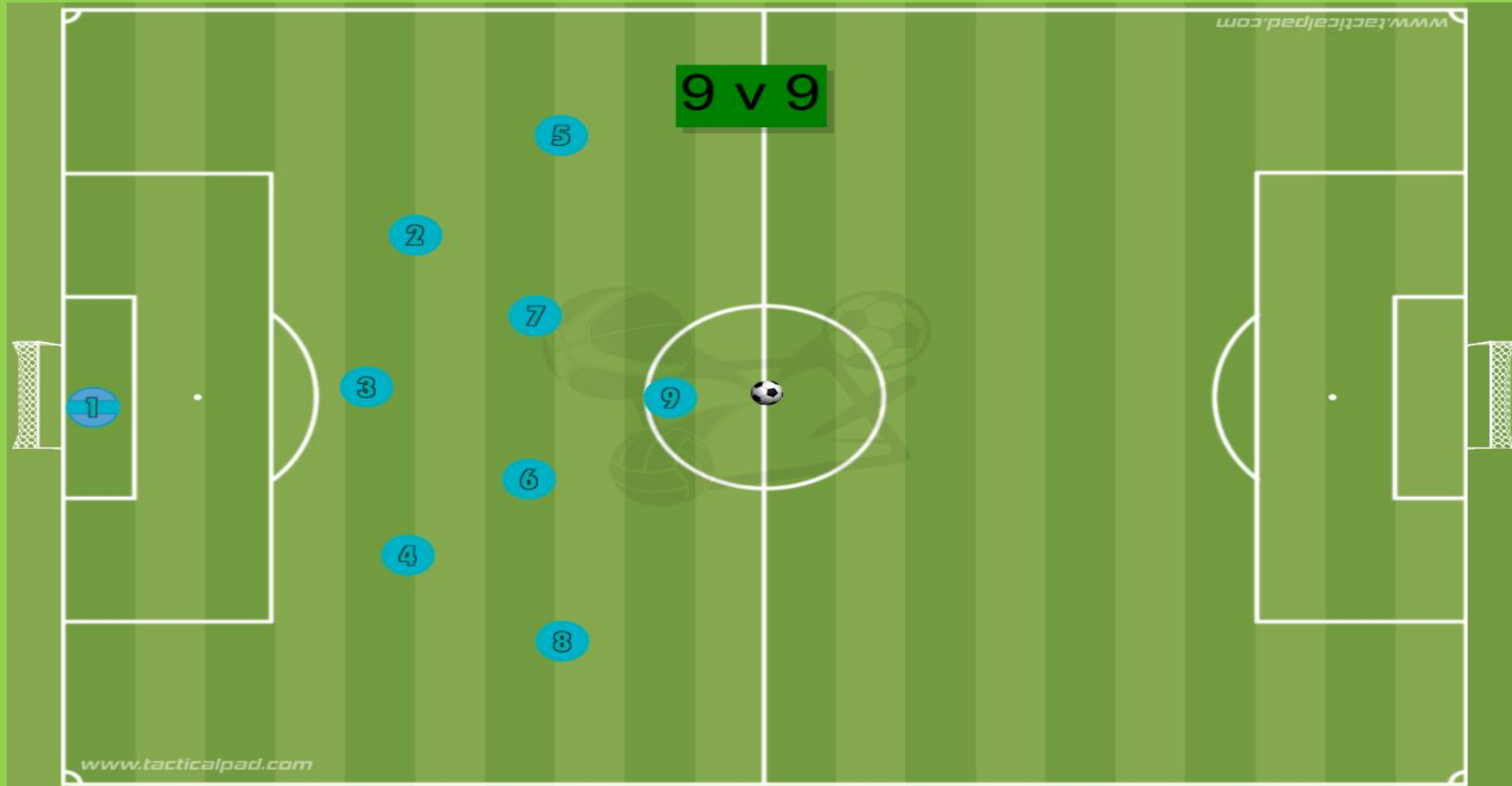
The back 4 provides consistency in defense and allows space for the outside backs to move forward when attacking.





## Formation 9v9

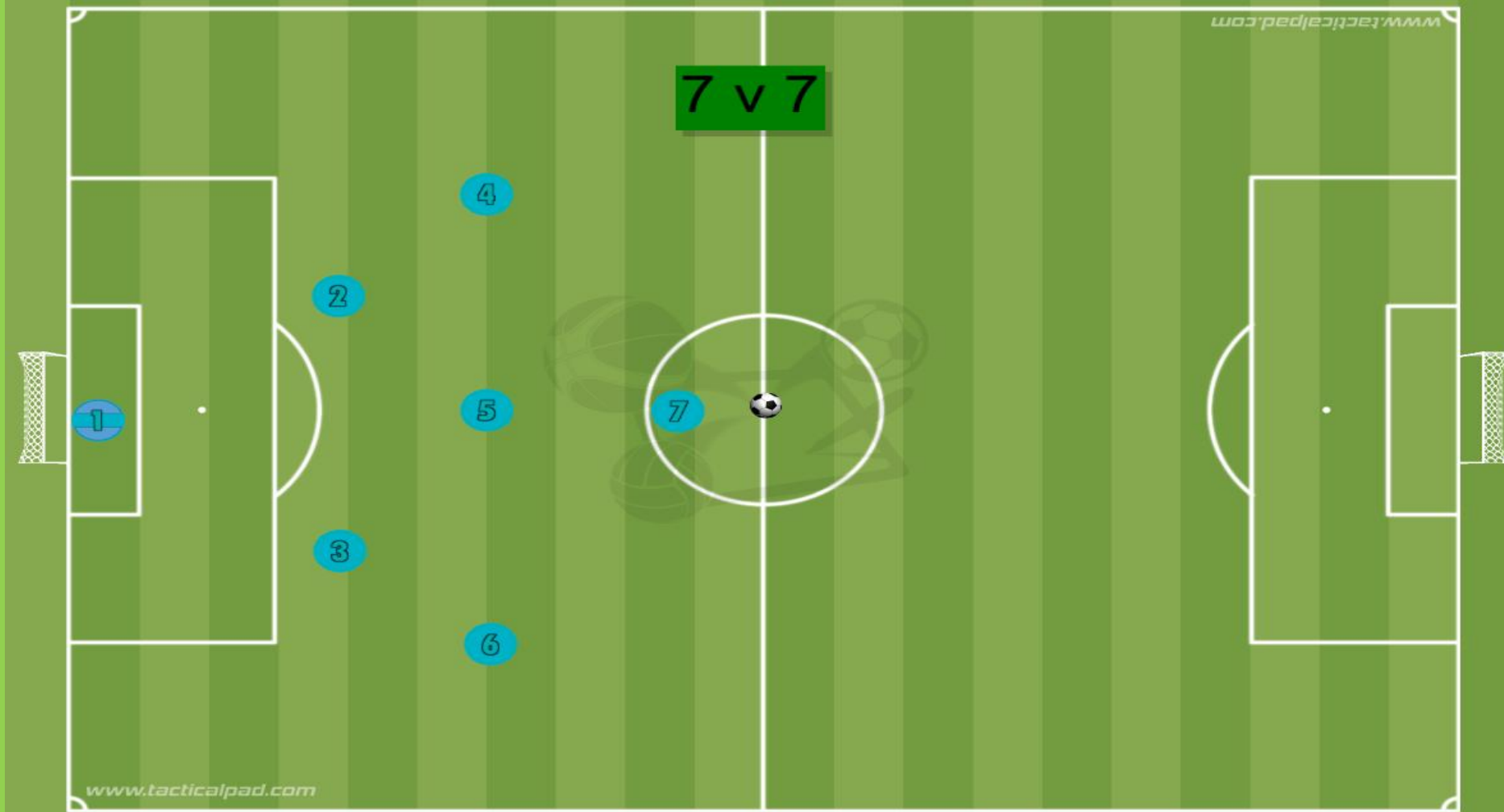
Teams playing 9v9 soccer use the 3-4-1 formation. This formation helps players express the principles of play specified in this document. This system allows for better adaptation to a 3-4-1 formation as the players progress to 11v11.





## Formation 7v7

Teams playing 7v7 soccer use the 2-3-1 formation, which supports the principles of play outlined in this document. This system also provides a smoother transition to the 3-4-1 formation as players progress to 9v9.





## Types of practice:

### 1. Technical Practice

Definition: Training focused on developing individual soccer skills involving ball control and manipulation.

Purpose: Improve mastery of fundamental techniques such as dribbling, passing, shooting, receiving, and heading. Example: Dribbling through cones, passing drills, shooting at targets.

### 2. Practice Skills

Definition: A broader type of practice that includes technical skills but also emphasizes refining soccer abilities in the presence of opponents or pressure.

Purpose: Enhance key skills such as ball control, agility with the ball, quick decision-making, and coordinated movements while adapting to challenges posed by defenders or game-like pressure.

### 3. Fitness Practice

Definition: Training aimed at improving physical attributes essential for soccer—such as endurance, strength, speed, and agility—often using technically focused drills performed at high intensity and with many repetitions to build fitness in a soccer-specific context.

Purpose: Develop the athlete's overall physical capacity to perform effectively during matches and reduce injury risk by combining fitness with technical skill under realistic conditions.





#### 4. Analytic Practice

Definition: Practice sessions focused on breaking down and analyzing specific aspects of play, often with detailed feedback and correction.

Purpose: Improve understanding and execution by isolating parts of the game or technique to refine. Often uses video analysis or focused drills.

#### 5. Situational Practice

Definition: Training that simulates real-game situations to develop decision-making, positioning, and tactical awareness.

Purpose: Prepare players for actual match conditions by practicing specific scenarios like defending a lead, attacking under pressure.

### **Most relevant points of each of the key components:**

#### **TECHNICAL:**

PASSING & RECEIVING: Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving will be encouraged in all age groups.

SHOOTING: Players must develop the ability to shoot from different distances. All players will be encouraged to shoot from any distance during the game.

BALL CONTROL AND TURNING: Players will be encouraged to keep close control of the ball and use different turning techniques to move away from the defender.





## **TACTICAL:**

### PLAYING OUT FROM THE BACK

All teams must feel comfortable playing the ball from the back through the midfield and from there to the final quarter of the field.

### POSSESSION & TRANSITION

All teams must try to keep possession of the ball playing a one-two touch game. Players will be encouraged to support and move, thus creating passing options. Once the possession game is consolidated the team must learn how to transfer the ball in the most efficient way from one area of the field to another.

### OFFENSE-DEFENSE QUICK TRANSITION & VICE VERSA

When possession is lost, players must react quickly and apply pressure to regain the ball. Once possession is regained, players will be positioned immediately to counter-attack.





## **PHYSICAL**

### SPEED & AGILITY

These qualities will be evident in the game from the early ages.

### ENDURANCE

Individual players and teams will train to be resilient to high-intensity action.

### STRENGTH & POWER

Strong players develop their speed more quickly, prevent injuries and are more competitive in games.

### COMPETITIVENESS

Competitive players will be rewarded for their effort and focus.





## PRINCIPLES OF PLAY:

### COACHES POINTS:

1. Possession games are a means to improve both the technique and tactical understanding of the players.
2. Opposition will be encouraged to increase the competitiveness of the players.
3. High-intensity games based on speed and agility. Short but intense working periods.
4. 2 or 3 touch maximum: Minimizing the number of touches improves the speed of play.
5. Keep the game simple: Do not force situations, overdribble or be careless with the ball.
6. Keep the ball on the ground. A ball on the ground is easier to control and can be moved more efficiently by the team.
7. Accuracy and quality of the pass: Passing must be firm and accurate, with the proper weight.
8. First touch: Make a clean, control the ball and take the touch away from pressure and into free space.
9. All players with or without the ball should constantly scan the field.
10. Take risks: Soccer is an error prone sport, and mistakes are part of the game and learning process. Players are encouraged to take risks in training session to increase the speed of play.





## Coaching Content Summary:

<u>Tactical</u>		<u>THECNICAL</u>	<u>PHYSICAL</u>	<u>GOALKEEPING</u>
<b>Attacking:</b> Creating Space Support Width Depth Overlaps Possession Counter/attack.	<b>Defending:</b> Mark Press Cover Balance Tracking Compactness Recovery	Passing Run with ball Dribbling Turning Shooting Receiving Crossing Body shape	<ul style="list-style-type: none"><li>• Endurance</li><li>Explosive</li><li>Aerobic</li><li>Reaction</li><li>Acceleration</li><li>Coordination</li><li>Agility</li><li>Balance</li></ul>	Ball Handling Crossing Dives & Saves Footwork Positioning Thrown Coordination Flexibility





## TECHNICAL CONTENT DISTRIBUTION BY AGE:

TECHNICAL	STAGE AND AGE GROUP											
	INITIAL			BASIC				INTERMEDIATE		ADVANCED		
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5
2. Running with the Ball	2	3	3	4	5	4	3	2	1	→		
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	1
4. Turning	1	2	3	4	5	5	4	→				
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5
6. Ball Control	2	3	4	5	5	5	5	4	3	→		
7. Heading			1	1	2	3	4	4	5	4	3	→
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	3	3	2
9. Shielding the Ball	1	1	2	2	2	3	3	2	→			
10. Receiving to Turn	1	1	1	2	2	3	3	4	5	5	4	→
11. Crossing and Finishing			1	2	2	3	3	3	3	4	→	
12. 1v1 Defending				1	2	2	3	4	5	4	4	3





## TACTICAL CONTENT DISTRIBUTION BY AGE:

STAGE AND AGE GROUP														
TACTICAL		INITIAL			BASIC				INTERMEDIATE		ADVANCED			
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
ATTACKING	1. Attacking Principles				3	3	4	4	5	5	5	5	5	5
	2. Possession				2	3	4	5	→					
	3. Transition				1	2	3	4	5	→				
	4. Combination Play				2	3	4	5	→					
	5. Switching Play				1	1	2	3	3	4	→			
	6. Counter Attacking						1	1	2	3	4	4	5	→
	7. Playing out from the back				3	3	4	4	5	→				
	8. Finishing- Final Third				1	2	3	4	5	→				
DEFENDING	1. Defending Principles				2	3	4	4	5	5	5	5	4	4
	2. Zonal Defending				2	2	3	3	4	4	5	5	4	4
	3. Pressing				1	1	2	2	3	3	4	4	5	→
	4. Retreat & Recovery				2	2	3	3	4	4	5	5	5	5
	5. Compactness				1	1	1	1	2	2	3	3	4	4





## ATTACKING PRINCIPLES:

### 1. Penetration:

- Objective: Move the ball forward toward the opponent's goal.
- How: Through dribbling, passing, or shooting.
- Example: A striker making a run behind the defense or a midfielder playing a through ball.

### 2. Support:

- Objective: Provide passing options to the player with the ball.
- How: By positioning oneself at angles and distances where a pass can be received.
- Example: A fullback overlapping the winger or a central midfielder checking back to receive.

### 3. Width:

- Objective: Stretch the defense horizontally to create space.
- How: Use the full width of the field with wingers, fullbacks, or even switching play.
- Example: A switch of play from left to right to exploit space on the weak side.

### 4. Depth:

- Objective: Stretch the defense vertically.
- How: By having players positioned both deep (closer to the goal) and behind the ball.
- Example: A striker staying high to push the defense back or a midfielder staying behind the play to recycle possession.

### 5. Mobility:

- Objective: Create movement to unbalance and disorganize the defense.
- How: Through dynamic off-the-ball runs, rotations, and switching positions.
- Example: A winger cutting inside while the fullback overlaps.





## 6. Creativity / Improvisation:

- Objective: Break down defensive lines with unpredictable play.
- How: Using skill moves, quick combinations, or unexpected decisions.
- Example: A backheel pass, a sudden dribble in tight space, or a one-two combination.

## **The Must Important: Finishing the Attack**

- Objective: Convert opportunities into goals.
- How: By recognizing when and how to shoot, timing runs into the box or selecting the best shot option.
- Example: A composed finish after a cutback cross.

## **DEFENDING PRINCIPLES:**

### 1. Pressure:

Objective: Apply immediate pressure on the ball to delay or disrupt the attacker.

Coaching Points:

- Close the space quickly but under control.
- Approach on an angle to block forward play and force the attacker into less dangerous areas.
- Use body shape and footwork to contain the attacker.
- Stay on feet—don't dive in.





## 2. Cover :

Objective: Support the pressuring defender and be ready to win the ball if they are beaten.

Coaching Points:

- Position at a diagonal behind the first defender.
- Read body language and anticipate passes or dribbles.
- Stay mobile and alert to step in if necessary.

## 3. Balance:

Objective: Maintain defensive structure and prevent switches or overloads.

Coaching Points:

- Adjust position according to the ball's movement.
- Stay compact and ready to shift across the field.
- Communicate with teammates to maintain shape.

## 4. Compactness:

Objective: Minimize space between players vertically and horizontally.

Coaching Points:

- Keep defensive lines tight—especially between midfield and defense.
- Shift as a unit toward the ball side.
- Avoid gaps between defenders and midfielders.





## 5. Control and Restraint (Patience):

Objective: Avoid unnecessary fouls or overcommitment; wait for the right moment.

### Coaching Points:

- Don't dive in—contain and guide the attacker.
- Time tackles and interceptions carefully.
- Stay disciplined under pressure.

### Supporting Concepts

- Communication: Constant verbal cues between defenders.
- Tracking: Follow runners and mark tightly in dangerous areas.
- Recovery Runs: Sprint back with urgency to support team shape.

