



FC 814

Player Development Curriculum



FC 814 Player Development Curriculum

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Mission Statement

FC814 strives to create a club culture and identity that is built around player development and instilling the confidence and understanding in players to take risks and be creative. We pride ourselves on having a quality age-appropriate training curriculum that fosters individual technique and skill while incorporating team tactics and philosophies.

The focus of FC814 is the development of the individual player. Our goal is to maximize the development of the individual through training that challenges each player and a coaching staff that adheres to high standards. FC814 dedicates its time and resources to the technical, tactical, physical, and psychological aspects of playing soccer.

Philosophy

Travel/Competitive

Our coaching philosophy is to strive for the overall long-term development of every player's soccer skills, both individual and team-oriented, maximizing their potential on an individual basis. We emphasize having FUN while learning to love the game of soccer, good sportsmanship, fair play, positive attitudes, respect for others and solid team values. Although most of our objectives remain similar to our overall In-House Program philosophies, differences exist. More emphasis is placed on individual skills development and team tactics. While at both the Division 4 and 5 travel levels each player is required to play in at least 50% of each game, playing time beyond that threshold is not guaranteed due to a higher emphasis on winning as a product of development.

Classic

Our coaching philosophy is to strive for the overall long-term development of every player's soccer skills, both individual and team-oriented, maximizing their potential on an individual basis. At the Classic level, more emphasis is placed on individual skills development and team tactics, and a higher premium is placed on winning matches and attempting to promote upwards. Therefore, there is no guarantee of minimum playing time at the Classic level.



PLAYER DEVELOPMENT

Main Objectives by Age Group

U6-U8

Players are technically effective on the ball

Players spread out on offense

U9-U10

Players are excellent dribblers and passers of the ball

Players are willing to attack 1v1

Players try to build out of back

Players try to pass or dribble out of trouble

U11-U12

Players have an excellent 1st touch

Players are excellent ball strikers

Players thoroughly understand defensive principles of pressure, cover, and balance.

Teams play a possession style

Teams are able to build out of the back

U13-U14

Players are technically clean all around

Teams have a strong presence of the #6 and #10

Teams possess through all 3 lines

Teams are highly organized in a zonal defending system

Teams transition quickly and with organization

U15-U16

Teams have excellent final 1/3 play with a lot of interchange between attacking 6 players

Teams recognize when and how to press high

U17-U19

Players are prepared to be successful at the collegiate and professional levels

Teams are highly organized defensively and offensively



PLAYER DEVELOPMENT

Success Indicators

Success occurs when:

1. Players find their experience to be fun and enjoyable.
2. Players improve during the season.
3. Players and families feel connected to FC 814.
4. Players return to FC 814 the following season.



Coaching Standards

1. Coaches should always **act in a professional manner**.
 - Carry a calm demeanor towards players, parents, and referees.
 - Maintain a respect for individuals, equipment, property, events, and the game of soccer.
 - Stay focused on training/matches during these time periods.
 - Maintain positive body language at all times.
2. Coaches should always **dress in a professional manner**.
 - When representing the club (training, match, meeting), wear an FC 814 shirt.
 - When weather dictates, wear FC 814 outerwear.
 - During training sessions and matches, wear soccer shoes or sneakers.
 - Wear a watch as opposed to using your phone for timekeeping.
3. Coaches should always be **prepared for training sessions/matches**.
 - Arrive to training sessions early enough to set up your field prior to the start time.
 - Arrive to matches early enough to set up your field for warm-up.
 - Have training session planned out prior to the start of training.
4. Coaches should always **encourage players to support other FC 814 teams**.
 - When feasible, have your players watch/support other FC 814 teams at events.
5. Coaches should always be **proactive communicators**.
 - Outside of the house, coaches are the most influential people on young lives.
 - Praise in public, reprimand in private.
 - Assume players/parents don't already know.
 - Communicate regularly with players, families, and club directors.



PLAYER DEVELOPMENT

Technical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Ball Control		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Dribbling		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Passing		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Receiving		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Shooting		3	3	3	2	2	1	1	1	1	1	1	1	1	1
Turning				3	2	2	1	1	1	1	1	1	1	1	1
1v1 Attacking					3	2	1	1	1	1	1	1	1	1	1
1v1 Defending					3	3	2	2	1	1	1	1	1	1	1
Heading							3	2	2	1	1	1	1	1	1
Tactical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Attacking	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Possession				3	2	1	1	1	1	1	1	1	1	1
	Playing from the Back				3	2	1	1	1	1	1	1	1	1	1
	Combination Play				3	3	2	2	1	1	1	1	1	1	1
	Final Third Play				3	3	2	2	1	1	1	1	1	1	1
	Switching Point of Attack				3	3	2	2	2	1	1	1	1	1	1
	Midfield Third Play				3	3	2	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Counter Attack						3	3	2	2	1	1	1	1	1
Defending	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Retreat & Recover				3	3	2	2	1	1	1	1	1	1	1
	Zonal				3	3	2	2	1	1	1	1	1	1	1
	Compactness				3	3	3	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Pressing				3	3	3	3	2	2	1	1	1	1	1
	Transition				3	3	2	2	1	1	1	1	1	1	1
Physical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Balance		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Agility		2	2	2	2	1	1	1	1	1	1	1	1	1	1
Flexibility					3	3	2	2	1	1	1	1	1	1	1
Speed					3	3	2	2	2	1	1	1	1	1	1
Endurance					3	3	3	2	2	1	1	1	1	1	1
Strength							3	3	2	2	1	1	1	1	1
Psychological		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Confidence		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Motivation		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Communication		2	2	2	2	2	2	1	1	1	1	1	1	1	1
Focus		3	3	3	2	2	2	2	1	1	1	1	1	1	1
Respect				3	2	2	1	1	1	1	1	1	1	1	1
Competitiveness					3	3	2	2	1	1	1	1	1	1	1
Commitment					3	3	2	2	1	1	1	1	1	1	1
Discipline					3	3	3	2	2	1	1	1	1	1	1
Self-Control					3	3	3	3	2	1	1	1	1	1	1
Leadership						3	3	2	2	2	1	1	1	1	1

- 1 = Primary Priority (Skills to Master)
 2 = Secondary Priority (Skills to Develop)
 3 = Tertiary Priority (Skills to Introduce)



PLAYER DEVELOPMENT

Technical			
Passing	Dribbling	Turning	Ball Control
Inside of Foot	Foundations	Outside of Foot	Foundations
Outside of Foot	Toe Taps	Inside of Foot Across Body	Toe Taps
Driven Ball	Sole Rolls	Inside of Foot to Open	Sole Rolls
Bent Ball	Speed Dribbling	Dummy Turn	V's Touches
Chip Pass	Inside Cuts		Juggling
Lofted Ball	Outside Cuts		Instep
Receiving	Shielding	Shooting	Thigh
Inside of Foot	<i>Attacking Moves</i>	Instep Strike	Chest
Instep of Foot	Step Over	Bent Shot	Shoulders
Sole of Foot	Scissors	Inside of Foot	Head
Thigh	Inside Outside (Matthews)	Outside of Foot	Heel
Chest	Outside Inside (Ronaldhino)	Toe Poke	Inside of Foot
Head	Maradona	Chip	Outside of Foot
Balls on Ground	Stop & Go	Volley	Freestyle Tricks
Bouncing Balls	<i>Possession Moves</i>	1/2 Volley	
Balls out of Air	Cruyff	Side Volley	
	Sole Pulls	Bicycle Kick	
		Header	
Tactical		Physical	
Attacking	Defending	Speed	Agility
Principles	Principles	Maximum Speed	
Spacing	Pressure	Reaction	
Movement	Cover	Acceleration	Flexibility
Penetration	Balance	Speed Endurance	
		Acyclic Speed	Balance
Possession	Zonal Defending	Strength	
		Strength Endurance	
Combination Play	Pressing	Explosive Strength	
Wall Pass	Retreat & Recover	Maximum Strength	
Three-Man Combo	Compactness	Core Strength	
Take Over		Endurance	
Overlaps		Anaerobic	
Switching Point of Attack		Aerobic	
Transition			
Offense to Defense			
Defense to Offense			

Psychological
Confidence
Mistakes are OK
Handles Criticism
Self-Belief
Motivation
Intrinsic
External
Value as Person
Leadership
Self-Leadership
Group Leadership
Team Leadership
Competitiveness
Self-Control
Focus
Commitment
Discipline
Respect
Communication



PLAYER DEVELOPMENT

As we prepare training sessions, it is important to outline the 2-4 coaching points that will be the focus of the entire training session. Those coaching points should answer either 'How' or 'Why'. Those coaching points should also remain the same for the entire training session. By the end of training, **players should be able to regurgitate the 2-4 coaching points.**

For technical sessions, **coaching points should answer 'how' not 'what'**. For example, instead of telling the player, "You have to keep your first touch closer" (that is the what)...tell the player, "Cushion the ball like an egg as it comes to your foot" (that is the how). The first comment tells the player what they already know. The second comment tells them how to fix it. You can check how you are doing by asking the players to tell you how to fix it. If they can readily answer the question, then progress is being made. If they can't answer it, then they need to hear the coaching point a 100 more times (literally).

Coaching Points - Technical Topics

Dribbling for Control

1. Heel down, toe up
2. Small touches
3. Head up

Dribbling for Speed

1. Toe down
2. Locked ankle
3. Small, quick touches
4. Head up

Dribbling Moves for Penetration

1. Attack defender's front foot
2. Change of direction
3. Misdirection - body feint or ball feint
4. Change of speed
5. examples: scissors, step over, inside-out, outside-in,

Dribbling Moves for Possession

1. Attack defender's front foot
2. Change of direction
3. Misdirection - body feint or ball feint
4. Change of speed
5. examples: Cruyff, sole pull, inside cut, outside cut,

4 P's of 1v1 Defending

1. Pressure
force attacker's head down
2. Positioning
force one way by being outside of attacker's shoulders
3. Posture
low center of gravity, body angled open to way you are forcing
4. Patience
look for moment to win ball; big touch, ball under feet, failed attempt at a move, back turned to you

Passing

1. Toe Up, Heel Down when contacting ball
2. Swing through middle of ball
3. Non-kicking foot pointed at target
4. Hips square to target

Receiving

1. Toe Up, Heel Down when contacting ball
2. Cushion ball as contacting to receive (like catching an egg)
3. Knees bent & body balanced
4. Slight hop as receiving for balance
5. Active 1st touch, touch should take you where you want to go

Turning

1. Toe Up, Heel Down when contacting ball
2. Cushion ball as contacting to receive
3. Slight hop as receiving for balance
4. Open body to direction you want to go
5. When needed, drop shoulder opposite of direction you want for deception

Shooting

1. Toe down, ankle locked
2. Non-kicking foot pointed at target
3. Strike through middle of ball
4. Chest over the ball
5. Land on shooting foot



PLAYER DEVELOPMENT

As we prepare training sessions, it is important to outline the 2-4 coaching points that will be the focus of the entire training session. Those coaching points should answer either 'How' or 'Why'. Those coaching points should also remain the same for the entire training session. By the end of training, **players should be able to regurgitate the 2-4 coaching points.**

For tactical sessions, **coaching points should answer 'why'**. We can tell players what to do, or we can teach them why we do it. Take playing out of the back as an example. We can tell our #2 and #3 to open up to the touchline and they will do it. But if we don't explain the 'why', then they will just stand out there without understanding the game. If we explain that we open up in hopes to stretch out the opposing team's forwards, then now they understand how to read the other team. This leads to better decisions with distribution since they now know why they are standing out wide.

Coaching Points - Tactical Topics

1v1 Attacking

1. Create space to attack (run at) defender
2. Recognize cues of where to attack
 - Attacking 1/3 = yes
 - Midfield 1/3 = maybe
 - Defending 1/3 = no
3. Recognize cues of when to attack
 - no cover = go
 - cover = maybe

1v1 Defending

1. Delay attacker
2. Force into cover or out of bounds
3. Recognize when to tackle
 - you have cover
 - poor touch
 - indecisive attacker
 - shooting range

Possession in Tight Spaces

1. Active 1st touch; away from pressure, into space
2. Open support angles
3. Recognize opportunity to pass between defenders (split)
 - cover flat with pressure
 - defender pulled out of shape
4. Attacker positioned centrally
 - allows for in and out passing
 - creates more penetrating options

Attacking Principles

need to be taught in order

1. Create Space (open up)
2. Support
3. Width
4. Depth
5. Movement

Defending Principles

need to be taught in order

1. Pressure
2. Cover
3. Balance
4. Marking
5. Tracking

Combination Play to Break Lines

1. Look for 2v1 or 3v2 match ups
2. Commit 1st defender with dribble
3. Provide support to 1st attacker
4. Recognize space for a shot
 - pressure too far off you
 - penetration has occurred
 - GK is poor position

Creating Separation for a Shot

1. Combo play to create penetration
2. Change of direction to get defender off balance
3. Recognize numbers up and find open player for shot
4. Explosive movement to get ball side/goal side of defender

Playing from the Back

1. #2 and #3 must get wide
2. #2 and #3 start higher up line then come back if pressured
3. #4/#5 and GK must provide negative support
4. #6 and/or #8 must recognize central space and be available for backs to play into
5. #4/#5 and GK are critical to switching point of attack in defending 1/3 of field.

U9 – U10 Curriculum





Philosophy

While many players have now been in the game for a couple of years, others are still being introduced to soccer for the first time. Building a strong technical foundation is still paramount at this point. Teaching through fun games is still encouraged. However, with growing attention spans, training sessions can take on a more traditional form. More rules and restrictions can be utilized in training exercises. It is important to challenge players based on their individual levels of talent.

Emphasis

The emphasis remains on having fun while introducing and developing a technical foundation. Dribbling, passing, receiving, shooting, and general ball control will be the focus of training. Different surfaces of the foot are introduced to the players. While a majority of training will be focused on the technical aspects, basic tactical components are introduced.

Main Objectives

In this age group, our main objective is that by the end of the season:

1. Players are excellent dribblers and passers of the ball.
2. Players are willing to attack 1v1.
3. Players try to build out of the back.
4. Players try to pass or dribble out of trouble; not just kick it away.

Success Indicators

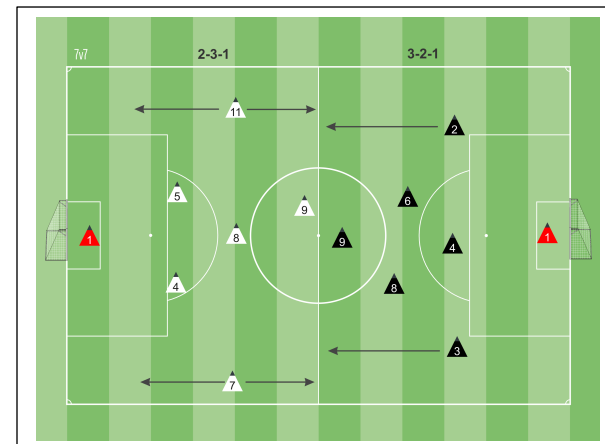
Success occurs when:

1. Players find their experience to be fun and enjoyable.
2. Players and families feel connected to FC 814.
3. Players return to FC 814 the following season.

Standards	Field Size	# of Players	Goalkeepers	Offside	Heading	Build Out Line	Playing Time (Half x Length)	Half Time Length	Ball Size	Goal Size
U9 (2008)	47x30	7v7	Yes	Yes	No	Yes	2x25	10	4	6.5x18.5
U10 (2007)	47x30	7v7	Yes	Yes	No	Yes	2x25	10	4	6.5x18.5

Systems of Play

The U9 & U10 ages play 7v7. These two age groups also introduce goalkeepers. There are two systems of play which can be utilized. With these systems, team shape is introduced as well as positional roles. Players should still be utilized in all positions on the field.





PLAYER DEVELOPMENT

Technical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
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Shooting		3	3	3	2	2	1	1	1	1	1	1	1	1	1
Turning				3	2	2	1	1	1	1	1	1	1	1	1
1v1 Attacking					3	2	1	1	1	1	1	1	1	1	1
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Heading							3	2	2	1	1	1	1	1	1
Tactical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Attacking	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Possession				3	2	1	1	1	1	1	1	1	1	1
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	Compactness				3	3	3	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Pressing				3	3	3	3	2	2	1	1	1	1	1
	Transition				3	3	2	2	1	1	1	1	1	1	1
Physical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Balance		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Agility		2	2	2	2	1	1	1	1	1	1	1	1	1	1
Flexibility					3	3	2	2	1	1	1	1	1	1	1
Speed					3	3	2	2	2	1	1	1	1	1	1
Endurance					3	3	3	2	2	1	1	1	1	1	1
Strength							3	3	2	2	1	1	1	1	1
Psychological		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Confidence		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Motivation		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Communication		2	2	2	2	2	2	1	1	1	1	1	1	1	1
Focus		3	3	3	2	2	2	2	1	1	1	1	1	1	1
Respect				3	2	2	1	1	1	1	1	1	1	1	1
Competitiveness					3	3	2	2	1	1	1	1	1	1	1
Commitment					3	3	2	2	1	1	1	1	1	1	1
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Self-Control					3	3	3	3	2	2	1	1	1	1	1
Leadership						3	3	2	2	2	1	1	1	1	1

- 1 = Primary Priority (Skills to Master)
 2 = Secondary Priority (Skills to Develop)
 3 = Tertiary Priority (Skills to Introduce)



U9-U10

U9-U10 Comp

Macro	Competitive Level Annual Training Plan: 2025-2026																					
Meso	Spring Prep				Spring Comp								Summer Trans									
Micro	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul
Technical Topics	Ball Control	Ball Control	Dribble	Dribble/1v1 Attacking	1v1 Attacking	Passing & Receiving	Passing & Receiving	Turning & Shooting	Turning & Shooting	1v1 Defending	1v1 Defending	1v1 Defending			Try-Outs/Evaluations							
Tactical Topics			Attacking Principles: Spacing	Attacking Principles: Spacing	Attacking Principles: Movement	Possession	Possession	Playing from the Back	Playing from the Back	Defending Principles: Pressure	Defending Principles: Pressure & Coverage	Defending Principles: Pressure & Coverage										

The Annual Training Plan allows the coach to build a holistic training program. This is a template that may need amending during the season. Players and teams will progress at different rates. It is the role of the coach to follow the plan while making intentional adjustments along the way to ensure a challenging yet fun environment.



Training Session Outline

U9-U10 Training

Length: 80-90 Minutes

Stage 1 – Introduction (Warm-Up) **(15 minutes)**

- introduce technical skills
- demonstrate skills
- players attempt skills
- no pressure situations
- dynamic stretching

Stage 2 - Orientation **(20 minutes)**

- games utilizing skills
- add pressure with time/space
- no defensive pressure yet
- no direction or one direction games

Stage 3 - Learning **(20 minutes)**

- games utilizing skills
- add pressure with time/space
- add pressure with defense
- one direction or two direction games

Stage 4 – Implementation (Scrimmage) **(20 minutes)**

- 7 v 7 format
- Teach within the game (minimal stoppages)
- Focus on technical component of training
- mix of goalkeeper and no goalkeeper

Cool Down/Debrief

(10 minutes)

- small/short standard cool down
- discuss training
- ask questions
- check for understanding of session

General Notes for Training Sessions

1. Fun and High Energy
2. Active Engagement
3. Keep Players Moving
4. Lots of Games
5. Player to Ball Ratio
 - Keep player:ball ratio at 1: 1 or 2:1 as much as possible
 - Limit time of 1 ball is use except for scrimmages
6. NO HEADING

U11 – U12 Curriculum





Philosophy

Players at this age are able to digest more comprehensive concepts. It is no longer just about ‘what to do’ but rather ‘why to do it’. Understanding of soccer principles can be developed along with more specific topics of possession, playing out of back, and combination play. Intentional physical development can occur as coordination continues to develop.

Emphasis

The emphasis continues to be having fun while developing and reinforcing a technical foundation. More finite, technical skills can be developed. While technical sessions are the first priority, tactical sessions will become more common. Teaching the principles of attacking and defending is the first tactical priority.

Main Objectives

In this age group, our main objective is that by the end of the season:

1. Players have an excellent 1st touch.
2. Players are excellent ball strikers.
3. Players thoroughly understand defensive principles of pressure, cover, balance.
4. Teams play a possession style.
5. Teams are able to build out of the back.

Success Indicators

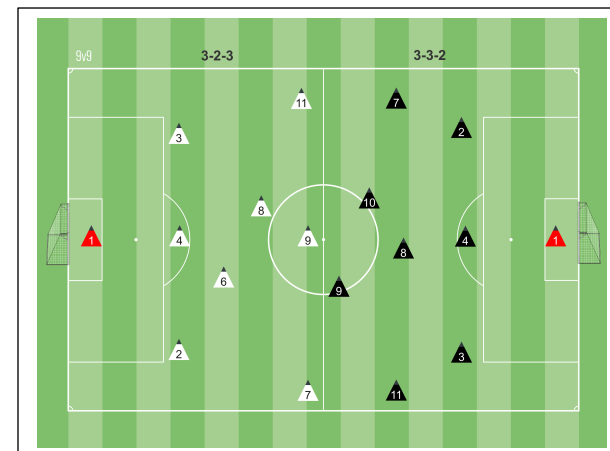
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2. Players and families feel connected to FC 814.
3. Players return to FC 814 the following season.

Standards	Field Size	# of Players	Goalkeepers	Offside	Heading	Build Out Line	Playing Time (Half x Length)	Half Time Length	Ball Size	Goal Size
U11 (2006)	75x47	9v9	Yes	Yes	Yes	No	2x30	10	4	6.5x18.5
U12 (2005)	75x47	9v9	Yes	Yes	Yes	No	2x30	10	4	6.5x18.5

Systems of Play

The U11 & U12 ages play 9v9. These two age groups also introduce heading to the match. There are two systems of play which can be utilized. While players will start to favor or excel in certain positions, players should still be utilized in a variety of positions on the field.





PLAYER DEVELOPMENT

Technical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Ball Control		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Dribbling		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Passing		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Receiving		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Shooting		3	3	3	2	2	1	1	1	1	1	1	1	1	1
Turning				3	2	2	1	1	1	1	1	1	1	1	1
1v1 Attacking					3	2	1	1	1	1	1	1	1	1	1
1v1 Defending					3	3	2	2	1	1	1	1	1	1	1
Heading							3	2	2	1	1	1	1	1	1
Tactical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Attacking	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Possession				3	2	1	1	1	1	1	1	1	1	1
	Playing from the Back				3	2	1	1	1	1	1	1	1	1	1
	Combination Play				3	3	2	2	1	1	1	1	1	1	1
	Final Third Play				3	3	2	2	1	1	1	1	1	1	1
	Switching Point of Attack				3	3	2	2	2	1	1	1	1	1	1
	Midfield Third Play				3	3	2	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Counter Attack						3	3	2	2	1	1	1	1	1
Defending	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Retreat & Recover				3	3	2	2	1	1	1	1	1	1	1
	Zonal				3	3	2	2	1	1	1	1	1	1	1
	Compactness				3	3	3	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Pressing				3	3	3	3	2	2	1	1	1	1	1
	Transition				3	3	2	2	1	1	1	1	1	1	1
Physical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Balance		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Agility		2	2	2	2	1	1	1	1	1	1	1	1	1	1
Flexibility					3	3	2	2	1	1	1	1	1	1	1
Speed					3	3	2	2	2	1	1	1	1	1	1
Endurance					3	3	3	2	2	1	1	1	1	1	1
Strength							3	3	2	2	1	1	1	1	1
Psychological		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Confidence		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Motivation		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Communication		2	2	2	2	2	2	1	1	1	1	1	1	1	1
Focus		3	3	3	2	2	2	2	1	1	1	1	1	1	1
Respect				3	2	2	1	1	1	1	1	1	1	1	1
Competitiveness					3	3	2	2	1	1	1	1	1	1	1
Commitment					3	3	2	2	1	1	1	1	1	1	1
Discipline					3	3	3	2	2	1	1	1	1	1	1
Self-Control					3	3	3	3	2	2	1	1	1	1	1
Leadership						3	3	2	2	2	1	1	1	1	1

- 1 = Primary Priority (Skills to Master)
 2 = Secondary Priority (Skills to Develop)
 3 = Tertiary Priority (Skills to Introduce)



PLAYER DEVELOPMENT

Technical				Psychological	
Passing Inside of Foot Outside of Foot Driven Ball Bent Ball Chip Pass Lofted Ball	Dribbling Foundations Toe Taps Sole Rolls Speed Dribbling Inside Cuts Outside Cuts Shielding <i>Attacking Moves</i> Step Over Scissors Inside Outside (Matthews) Outside Inside (Ronaldhino) Maradona Stop & Go <i>Possession Moves</i> Cruyff Sole Pulls	Turning Outside of Foot Inside of Foot Across Body Inside of Foot to Open Dummy Turn	Ball Control Foundations Toe Taps Sole Rolls V's Touches Juggling Instep Thigh Chest Shoulders Head Heel Inside of Foot Outside of Foot Freestyle Tricks	1v1 Attacking Change of Direction Change of Pace Setting up Defender	Confidence Mistakes are OK Handles Criticism Self-Belief
Receiving Inside of Foot Instep of Foot Sole of Foot Thigh Chest Head Balls on Ground Bouncing Balls Balls out of Air		Shooting Instep Strike Bent Shot Inside of Foot Outside of Foot Toe Poke Chip Volley 1/2 Volley Side Volley Bicycle Kick Header		1v1 Defending Pressure Position Posture Patience Tackling Block Tackle Toe Poke Slide Tackle	Motivation Intrinsic External Value as Person
				Heading Attacking Headers Defensive Headers Winning 50/50's	Leadership Self-Leadership Group Leadership Team Leadership
Tactical			Physical		
Attacking Principles Spacing Movement Penetration	Counter Attack Playing from Back Midfield Play Final 1/3	Defending Principles Pressure Cover Balance	Speed Maximum Speed Reaction Acceleration Speed Endurance Acyclic Speed	Agility Flexibility Balance	Competitiveness Self-Control Focus Commitment Discipline
Possession Combination Play Wall Pass Three-Man Combo Take Over Overlaps	Set Pieces Corner Kick Throw-in Service Free Kick Shooting Free Kick	Zonal Defending Pressing Retreat & Recover Compactness	Strength Strength Endurance Explosive Strength Maximum Strength Core Strength		Respect Communication
Switching Point of Attack Transition Offense to Defense Defense to Offense		Set Pieces Corner Kick Throw-in Service Free Kick Shooting Free Kick	Endurance Anaerobic Aerobic		



U11-U12 Comp

Macro	Competitive Level Annual Training Plan: 2025-2026																					
Meso	Spring Prep				Spring Comp								Summer Trans									
Micro	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul
Technical Topics	Ball Control & Heading (U12)	Ball Control & Heading (U12)	Passing & Receiving	Passing & Receiving	1v1 Defending	1v1 Defending	1v1 Attacking	1v1 Attacking	1v1 Defending	1v1 Defending	Turning & Shooting	Turning & Shooting			Try-Outs/Evaluations							
Tactical Topics	Possession	Possession	Playing from the Back	Playing from the Back	Defending Principles: Pressure, Cover & Balance	Defending Principles: Pressure, Cover & Balance	Combination Play & Switching Point of Attack	Combination Play & Switching Point of Attack	Defending Principles: Pressure, Cover & Balance	Zonal Defending	Final 1/3 Play	Final 1/3 Play			Try-Outs/Evaluations							

The Annual Training Plan allows the coach to build a holistic training program. This is a template that may need amending during the season. Players and teams will progress at different rates. It is the role of the coach to follow the plan while making intentional adjustments along the way to ensure a challenging yet fun environment.



Training Session Outline

U11-U12 Training

Length: 90 Minutes

Stage 1 – Introduction (Warm-Up) **(15 minutes)**

- introduce technical skills
- if tactical session, introduce a technical skill needed for the tactics being taught
- demonstrate skills
- players attempt skills
- no pressure situations
- dynamic stretching

Stage 2 – Orientation **(20 minutes)**

- games utilizing skills/tactics
- add pressure with time/space
- no or limited defensive pressure
- no direction or one direction games

Stage 3 - Learning **(20 minutes)**

- games utilizing skills/tactics
- add pressure with time/space
- add pressure with limited or full defense
- one direction or two direction games

Stage 4 – Implementation (Scrimmage) **(25 minutes)**

- 7 v 7 format (9 v 9 when possible)
- Teach within the game (minimal stoppages)
- Focus on technical component of training
- Utilize 1 or 2 goalkeepers when possible

Cool Down/Debrief **(10 minutes)**

- small/short standard cool down
- discuss training
- ask questions
- check for understanding of session

General Notes for Training Sessions

1. Fun and High Energy
2. Active Engagement
3. Keep Players Moving
4. Lots of Free-Flowing Exercises
5. Player to Ball Ratio
 - Keep ratio as low as possible during technical sessions
 - Utilize a low enough ratio to keep all players engaged

U13 – U14 Curriculum





Philosophy

Players at this age should have a strong technical foundation. Tactical components become a larger part of the match and training. Specific strength and conditioning session can be introduced to the players as well. While individual development is always the priority, a clear commitment to and identification with the team will develop.

Emphasis

The emphasis is creating a fun yet challenging environment where tactical sophistication is developed. Teaching the principles of attacking and defending will lead to teaching of more specific components such as playing from the back or zonal defending. Technical development and refinement should continue.

Main Objectives

In this age group, our main objective is that by the end of the season:

1. Players are technically clean all around.
2. Teams have a strong presence of a #6 and #10.
3. Teams possess through all 3 lines.
4. Teams are highly organized in a zonal defending system.
5. Teams transition quickly and with organization.

Success Indicators

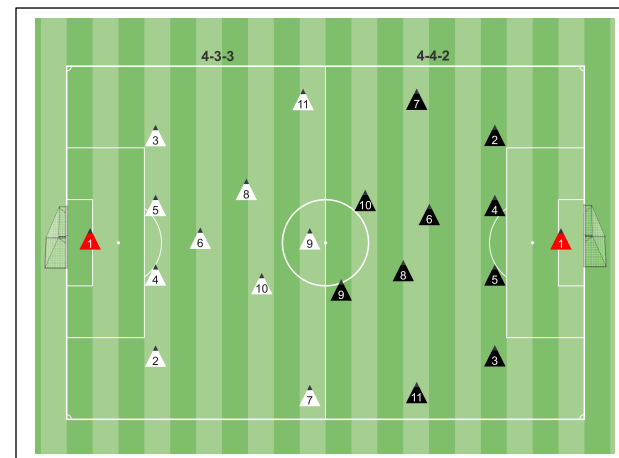
Success occurs when:

1. Players find their experience to be fun and enjoyable.
2. Players and families feel connected to FC 814.
3. Players return to FC 814 the following season.

Standards	Field Size	# of Players	Goalkeepers	Offside	Heading	Build Out Line	Playing Time (Half x Length)	Half Time Length	Ball Size	Goal Size
U13 (2004)	112x75	11v11	Yes	Yes	Yes	No	2x35	15	5	8x24
U14 (2003)	112x75	11v11	Yes	Yes	Yes	No	2x35	15	5	8x24

Systems of Play

The U13 & U14 ages move into 11v11 play. While there are a variety of systems to play in an 11v11 setting, the 4-3-3 and 4-4-2 are recommended. These systems will allow for greater success of playing out of the back during the transition to 11-a-side. They are also the mostly commonly played and should be the first systems mastered by players.





PLAYER DEVELOPMENT

Technical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Ball Control		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Dribbling		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Passing		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Receiving		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Shooting		3	3	3	2	2	1	1	1	1	1	1	1	1	1
Turning				3	2	2	1	1	1	1	1	1	1	1	1
1v1 Attacking					3	2	1	1	1	1	1	1	1	1	1
1v1 Defending					3	3	2	2	1	1	1	1	1	1	1
Heading							3	2	2	1	1	1	1	1	1
Tactical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Attacking	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Possession				3	2	1	1	1	1	1	1	1	1	1
	Playing from the Back				3	2	1	1	1	1	1	1	1	1	1
	Combination Play				3	3	2	2	1	1	1	1	1	1	1
	Final Third Play				3	3	2	2	1	1	1	1	1	1	1
	Switching Point of Attack				3	3	2	2	2	1	1	1	1	1	1
	Midfield Third Play				3	3	2	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Counter Attack						3	3	2	2	1	1	1	1	1
Defending	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Retreat & Recover				3	3	2	2	1	1	1	1	1	1	1
	Zonal				3	3	2	2	1	1	1	1	1	1	1
	Compactness				3	3	3	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Pressing				3	3	3	3	2	2	1	1	1	1	1
	Transition				3	3	2	2	1	1	1	1	1	1	1
Physical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Balance		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Agility		2	2	2	2	1	1	1	1	1	1	1	1	1	1
Flexibility					3	3	2	2	1	1	1	1	1	1	1
Speed					3	3	2	2	2	1	1	1	1	1	1
Endurance					3	3	3	2	2	1	1	1	1	1	1
Strength							3	3	2	2	1	1	1	1	1
Psychological		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Confidence		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Motivation		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Communication		2	2	2	2	2	2	1	1	1	1	1	1	1	1
Focus		3	3	3	2	2	2	2	1	1	1	1	1	1	1
Respect				3	2	2	1	1	1	1	1	1	1	1	1
Competitiveness					3	3	2	2	1	1	1	1	1	1	1
Commitment					3	3	2	2	1	1	1	1	1	1	1
Discipline					3	3	3	2	2	2	1	1	1	1	1
Self-Control					3	3	3	3	2	2	1	1	1	1	1
Leadership						3	3	2	2	2	1	1	1	1	1

- 1 = Primary Priority (Skills to Master)
 2 = Secondary Priority (Skills to Develop)
 3 = Tertiary Priority (Skills to Introduce)



PLAYER DEVELOPMENT

Technical				Psychological	
Passing Inside of Foot Outside of Foot Driven Ball Bent Ball Chip Pass Lofted Ball	Dribbling Foundations Toe Taps Sole Rolls Speed Dribbling Inside Cuts Outside Cuts Shielding <i>Attacking Moves</i> Step Over Scissors Inside Outside (Matthews) Outside Inside (Ronaldhino) Maradona Stop & Go <i>Possession Moves</i> Cruyff Sole Pulls	Turning Outside of Foot Inside of Foot Across Body Inside of Foot to Open Dummy Turn	Ball Control Foundations Toe Taps Sole Rolls V's Touches Juggling Instep Thigh Chest Shoulders Head Heel Inside of Foot Outside of Foot Freestyle Tricks	1v1 Attacking Change of Direction Change of Pace Setting up Defender	Confidence Mistakes are OK Handles Criticism Self-Belief
Receiving Inside of Foot Instep of Foot Sole of Foot Thigh Chest Head Balls on Ground Bouncing Balls Balls out of Air		Shooting Instep Strike Bent Shot Inside of Foot Outside of Foot Toe Poke Chip Volley 1/2 Volley Side Volley Bicycle Kick Header		1v1 Defending Pressure Position Posture Patience Tackling Block Tackle Toe Poke Slide Tackle	Motivation Intrinsic External Value as Person
				Heading Attacking Headers Defensive Headers Winning 50/50's	Leadership Self-Leadership Group Leadership Team Leadership
Tactical				Physical	
Attacking Principles Spacing Movement Penetration	Counter Attack Playing from Back Midfield Play Final 1/3 Set Pieces Corner Kick Throw-in Service Free Kick Shooting Free Kick	Defending Principles Pressure Cover Balance	Speed Maximum Speed Reaction Acceleration Speed Endurance Acyclic Speed	Agility Flexibility Balance	Competitiveness Self-Control Focus Commitment Discipline Respect Communication
Possession Combination Play Wall Pass Three-Man Combo Take Over Overlaps Switching Point of Attack		Zonal Defending Pressing Retreat & Recover Compactness Set Pieces Corner Kick Throw-in Service Free Kick Shooting Free Kick	Strength Strength Endurance Explosive Strength Maximum Strength Core Strength		
Transition Offense to Defense Defense to Offense			Endurance Anaerobic Aerobic		

U13-U14 Comp

Macro	Competitive Level Annual Training Plan: 2025-2026																						
Meso	Spring Prep				Spring Comp								Summer Trans										
Micro	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	
Technical Topics	Ball Control & Dribbling	Passing, Receiving & Turning	Passing, Receiving & Turning	Shooting & 1v1 Attacking	Shooting & 1v1 Attacking	1v1 Defending	1v1 Defending	Passing & Receiving	1v1 Defending	1v1 Attacking	Passing, Receiving & Turning	1v1 Attacking & 1v1 Defending		Try-Outs/Evaluations									
	Tactical Topics	Attacking Principles	Possession & Switching Point of	Playing from the Back	Combination Play & Final 1/3 Pl	Combination Play & Final 1/3 Pl	Defending Principles	Retreat & Recover / Zonal	Transition: Defending to Attacking	Transition: Attacking to Defending	Middle 1/3 Play & Switching Poi	Middle 1/3 Play & Switching Poi	Transition		Try-Outs/Evaluations								

The Annual Training Plan allows the coach to build a holistic training program. This is a template that may need amending during the season. Players and teams will progress at different rates. It is the role of the coach to follow the plan while making intentional adjustments along the way to ensure a challenging yet fun environment.



Training Session Outline

U13-U19 Training

Length: 90 Minutes

Stage 1 - Introduction (Warm Up) **(15 minutes)**

- introduce technical skills
- if tactical session, introduce a technical skill needed for the tactics being taught
- demonstrate skills
- players attempt skills
- no pressure situations
- dynamic stretching

Stage 2 - Orientation **(20 minutes)**

- games utilizing skills/tactics
- add pressure with time/space
- no or limited defensive pressure
- no direction or one direction games

Stage 3 - Learning **(20 minutes)**

- games utilizing skills/tactics
- add pressure with time/space
- add pressure with limited or full defense
- one direction or two direction games

Stage 4 – Implementation (Scrimmage) **(25 minutes)**

- 7 v 7 format or biggest numbers (11 v 11 when possible)
- Teach within the game (minimal stoppages)
- Focus on technical/tactical component of training
- Utilize 1 or 2 goalkeepers when possible

Cool Down/Debrief **(10 minutes)**

- small/short standard cool down
- discuss training
- ask questions
- check for understanding of session

General Notes for Training Sessions

1. Fun and High Energy
2. Active Engagement
3. Keep Players Moving
4. Lots of Free-Flowing Exercises
5. Player to Ball Ratio
 - Keep ratio as low as possible during technical sessions
 - Utilize a low enough ratio to keep all players engaged

U15 – U16 Curriculum





Philosophy

Players will continue to specialize in certain positions. It is important to continue teaching the tactical principles. These principles will serve as the foundation for all decision making on the field. These principles will equip players with the knowledge needed to excel in their specific role.

Emphasis

The emphasis is creating a fun yet challenging environment where tactical understanding is the main emphasis. Tactical awareness of specific positions should be improving so players can understand their role within the team. Technical development and refinement should continue.

Main Objectives

In this age group, our main objective is that by the end of the season:

1. Teams have excellent final 1/3 play with a lot of interchange between attacking 6 players.
2. Teams recognize how and when to press high.
3. Teams possess through all 3 lines.
4. Teams are highly organized in a zonal defending system.

Success Indicators

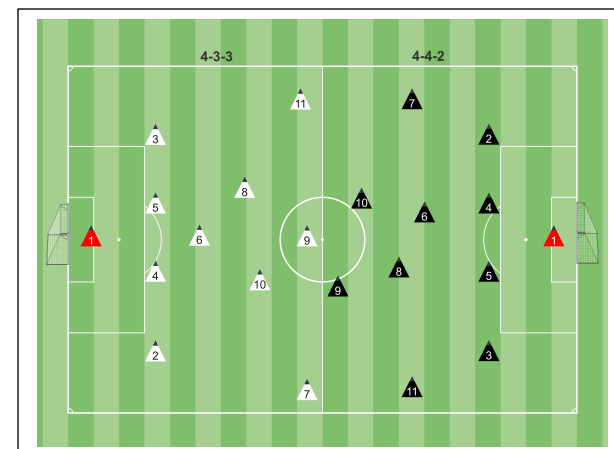
Success occurs when:

1. Players find their experience to be fun and enjoyable.
2. Players and families feel connected to FC 814.
3. Players return to FC 814 the following season.

Standards	Field Size	# of Players	Goalkeepers	Offside	Heading	Build Out Line	Playing Time (Half x Length)	Half Time Length	Ball Size	Goal Size
U15 (2004)	112x75	11v11	Yes	Yes	Yes	No	2x40	15	5	8x24
U16 (2003)	112x75	11v11	Yes	Yes	Yes	No	2x40	15	5	8x24

Systems of Play

At the U15 & U16 ages a team's shape looks differently based on attacking or defending. However, should be operating from a base system. While there are a variety of systems to play in an 11v11 setting, the 4-3-3 and 4-4-2 are recommended. These two systems will allow for easy transition into other formations. They are also the most commonly played and should be the first systems mastered by any player.





PLAYER DEVELOPMENT

Technical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Ball Control		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Dribbling		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Passing		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Receiving		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Shooting		3	3	3	2	2	1	1	1	1	1	1	1	1	1
Turning				3	2	2	1	1	1	1	1	1	1	1	1
1v1 Attacking					3	2	1	1	1	1	1	1	1	1	1
1v1 Defending					3	3	2	2	1	1	1	1	1	1	1
Heading							3	2	2	1	1	1	1	1	1
Tactical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Attacking	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Possession				3	2	1	1	1	1	1	1	1	1	1
	Playing from the Back				3	2	1	1	1	1	1	1	1	1	1
	Combination Play				3	3	2	2	1	1	1	1	1	1	1
	Final Third Play				3	3	2	2	1	1	1	1	1	1	1
	Switching Point of Attack				3	3	2	2	2	1	1	1	1	1	1
	Midfield Third Play				3	3	2	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Counter Attack						3	3	2	2	1	1	1	1	1
Defending	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Retreat & Recover				3	3	2	2	1	1	1	1	1	1	1
	Zonal				3	3	2	2	1	1	1	1	1	1	1
	Compactness				3	3	3	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Pressing				3	3	3	3	2	2	1	1	1	1	1
	Transition				3	3	2	2	1	1	1	1	1	1	1
Physical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Balance		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Agility		2	2	2	2	1	1	1	1	1	1	1	1	1	1
Flexibility					3	3	2	2	1	1	1	1	1	1	1
Speed					3	3	2	2	2	1	1	1	1	1	1
Endurance					3	3	3	2	2	1	1	1	1	1	1
Strength							3	3	2	2	1	1	1	1	1
Psychological		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Confidence		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Motivation		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Communication		2	2	2	2	2	2	1	1	1	1	1	1	1	1
Focus		3	3	3	2	2	2	2	1	1	1	1	1	1	1
Respect				3	2	2	1	1	1	1	1	1	1	1	1
Competitiveness					3	3	2	2	1	1	1	1	1	1	1
Commitment					3	3	2	2	1	1	1	1	1	1	1
Discipline					3	3	3	2	2	2	1	1	1	1	1
Self-Control					3	3	3	3	2	2	1	1	1	1	1
Leadership						3	3	2	2	2	1	1	1	1	1

- 1 = Primary Priority (Skills to Master)
 2 = Secondary Priority (Skills to Develop)
 3 = Tertiary Priority (Skills to Introduce)



PLAYER DEVELOPMENT

Technical				Psychological	
Passing Inside of Foot Outside of Foot Driven Ball Bent Ball Chip Pass Lofted Ball	Dribbling Foundations Toe Taps Sole Rolls Speed Dribbling Inside Cuts Outside Cuts Shielding <i>Attacking Moves</i> Step Over Scissors Inside Outside (Matthews) Outside Inside (Ronaldhino) Maradona Stop & Go <i>Possession Moves</i> Cruyff Sole Pulls	Turning Outside of Foot Inside of Foot Across Body Inside of Foot to Open Dummy Turn	Ball Control Foundations Toe Taps Sole Rolls V's Touches Juggling Instep Thigh Chest Shoulders Head Heel Inside of Foot Outside of Foot Freestyle Tricks	1v1 Attacking Change of Direction Change of Pace Setting up Defender	Confidence Mistakes are OK Handles Criticism Self-Belief
Receiving Inside of Foot Instep of Foot Sole of Foot Thigh Chest Head Balls on Ground Bouncing Balls Balls out of Air		Shooting Instep Strike Bent Shot Inside of Foot Outside of Foot Toe Poke Chip Volley 1/2 Volley Side Volley Bicycle Kick Header		1v1 Defending Pressure Position Posture Patience Tackling Block Tackle Toe Poke Slide Tackle	Motivation Intrinsic External Value as Person
				Heading Attacking Headers Defensive Headers Winning 50/50's	Leadership Self-Leadership Group Leadership Team Leadership
Tactical				Physical	
Attacking Principles Spacing Movement Penetration	Counter Attack Playing from Back Midfield Play Final 1/3 Set Pieces Corner Kick Throw-in Service Free Kick Shooting Free Kick	Defending Principles Pressure Cover Balance	Speed Maximum Speed Reaction Acceleration Speed Endurance Acyclic Speed	Agility Flexibility Balance	Competitiveness
Possession Combination Play Wall Pass Three-Man Combo Take Over Overlaps Switching Point of Attack		Zonal Defending Pressing Retreat & Recover Compactness Set Pieces Corner Kick Throw-in Service Free Kick Shooting Free Kick	Strength Strength Endurance Explosive Strength Maximum Strength Core Strength		Self-Control
Transition Offense to Defense Defense to Offense			Endurance Anaerobic Aerobic		Focus
					Commitment
					Discipline
					Respect
					Communication

U15-U16 Comp

Macro	Competitive Level Annual Training Plan: 2025-2026																					
Meso	Spring Prep				Spring Comp								Summer Trans									
Micro	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul
Technical Topics	Passing, Receiving & Turning	1v1 Attacking	1v1 Defending	1v1 Defending	Passing, Receiving & Turning	Turning & Shooting	1v1 Defending	1v1 Defending	Passing & Receiving	Turning & Shooting	1v1 Defending	1v1 Defending		Try-Outs/Evaluations								
Tactical Topics	Playing from the Back	Combination Play	Defending Principles	Retreat & Recover / Zonal	Middle 1/3 Play	Final 1/3 Play	Zonal & Pressing	Zonal & Compactness	Counter Attacking	Final 1/3 Play	Zonal	Zonal		Try-Outs/Evaluations								

The Annual Training Plan allows the coach to build a holistic training program. This is a template that may need amending during the season. Players and teams will progress at different rates. It is the role of the coach to follow the plan while making intentional adjustments along the way to ensure a challenging yet fun environment.



Training Session Outline

U13-U19 Training

Length: 90 Minutes

Stage 1 - Introduction (Warm Up) **(15 minutes)**

- introduce technical skills
- if tactical session, introduce a technical skill needed for the tactics being taught
- demonstrate skills
- players attempt skills
- no pressure situations
- dynamic stretching

Stage 2 - Orientation **(20 minutes)**

- games utilizing skills/tactics
- add pressure with time/space
- no or limited defensive pressure
- no direction or one direction games

Stage 3 - Learning **(20 minutes)**

- games utilizing skills/tactics
- add pressure with time/space
- add pressure with limited or full defense
- one direction or two direction games

Stage 4 – Implementation (Scrimmage) **(25 minutes)**

- 7 v 7 format or biggest numbers (11 v 11 when possible)
- Teach within the game (minimal stoppages)
- Focus on technical/tactical component of training
- Utilize 1 or 2 goalkeepers when possible

Cool Down/Debrief **(10 minutes)**

- small/short standard cool down
- discuss training
- ask questions
- check for understanding of session

General Notes for Training Sessions

1. Fun and High Energy
2. Active Engagement
3. Keep Players Moving
4. Lots of Free-Flowing Exercises
5. Player to Ball Ratio
 - Keep ratio as low as possible during technical sessions
 - Utilize a low enough ratio to keep all players engaged

U17 – U19 Curriculum





Philosophy

Players have become specialized in certain positions. Tactical principles serve as the foundation for all decision making on the field. These principles will equip players with the knowledge needed to excel in their specific role. Tactical match-ups become recognizable for the players. There is an understanding of creating advantageous match-ups.

Emphasis

The emphasis is creating a fun yet challenging environment where tactical understanding is the main emphasis. Tactical awareness of specific positions should be improving so players can understand their role within the team. Technical development and refinement should continue.

Main Objectives

In this age group, our main objective is that by the end of the season:

1. Players are prepared to be successful at the collegiate and professional levels
2. Teams are highly organized defensively and offensively

Success Indicators

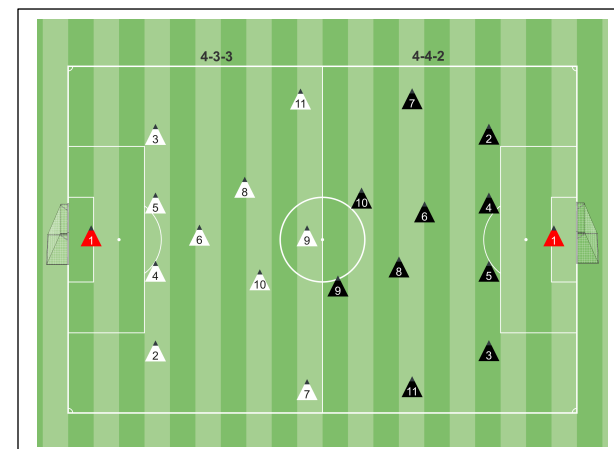
Success occurs when:

1. Players find their experience to be fun and enjoyable.
2. Players and families feel connected to FC 814.
3. Players return to FC 814 the following season.

Standards	Field Size	# of Players	Goalkeepers	Offside	Heading	Build Out Line	Playing Time (Half x Length)	Half Time Length	Ball Size	Goal Size
U17 (2004)	112x75	11v11	Yes	Yes	Yes	No	2x45	15	5	8x24
U19 (2003)	112x75	11v11	Yes	Yes	Yes	No	2x45	15	5	8x24

Systems of Play

At the U17 - U19 ages a team's shape looks differently based on attacking or defending. While there are a variety of systems to play in an 11v11 setting, the 4-3-3 and 4-4-2 are recommended. These two systems will allow for easy transition into other formations. They are also the most commonly played and should be the first systems mastered by any player.





PLAYER DEVELOPMENT

Technical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Ball Control		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Dribbling		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Passing		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Receiving		2	2	2	1	1	1	1	1	1	1	1	1	1	1
Shooting		3	3	3	2	2	1	1	1	1	1	1	1	1	1
Turning				3	2	2	1	1	1	1	1	1	1	1	1
1v1 Attacking					3	2	1	1	1	1	1	1	1	1	1
1v1 Defending					3	3	2	2	1	1	1	1	1	1	1
Heading							3	2	2	1	1	1	1	1	1
Tactical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Attacking	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Possession				3	2	1	1	1	1	1	1	1	1	1
	Playing from the Back				3	2	1	1	1	1	1	1	1	1	1
	Combination Play				3	3	2	2	1	1	1	1	1	1	1
	Final Third Play				3	3	2	2	1	1	1	1	1	1	1
	Switching Point of Attack				3	3	2	2	2	1	1	1	1	1	1
	Midfield Third Play				3	3	2	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Counter Attack						3	3	2	2	1	1	1	1	1
Defending	Principles	3	3	2	2	2	1	1	1	1	1	1	1	1	1
	Retreat & Recover				3	3	2	2	1	1	1	1	1	1	1
	Zonal				3	3	2	2	1	1	1	1	1	1	1
	Compactness				3	3	3	2	2	1	1	1	1	1	1
	Set Pieces				3	3	3	2	2	1	1	1	1	1	1
	Pressing				3	3	3	3	2	2	1	1	1	1	1
	Transition				3	3	2	2	1	1	1	1	1	1	1
Physical		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Balance		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Agility		2	2	2	2	1	1	1	1	1	1	1	1	1	1
Flexibility					3	3	2	2	1	1	1	1	1	1	1
Speed					3	3	2	2	2	1	1	1	1	1	1
Endurance					3	3	3	2	2	1	1	1	1	1	1
Strength							3	3	2	2	1	1	1	1	1
Psychological		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Confidence		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Motivation		1	1	1	1	1	1	1	1	1	1	1	1	1	1
Communication		2	2	2	2	2	2	1	1	1	1	1	1	1	1
Focus		3	3	3	2	2	2	2	1	1	1	1	1	1	1
Respect				3	2	2	1	1	1	1	1	1	1	1	1
Competitiveness					3	3	2	2	1	1	1	1	1	1	1
Commitment					3	3	2	2	1	1	1	1	1	1	1
Discipline					3	3	3	2	2	2	1	1	1	1	1
Self-Control					3	3	3	3	2	2	1	1	1	1	1
Leadership						3	3	2	2	2	1	1	1	1	1

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Technical Topics	Try-Outs/Evaluations																Ball Control & Dribble	Passing, Receiving & Turning	Passing, Receiving & Turning	Turning & Shooting	Turning & Shooting			Dribbling & 1v1 Attacking	Dribbling & 1v1 Attacking	1v1 Defending	Passing & Receiving	Passing & Receiving	Receiving & Turning	Turning & Shooting	Turning & Shooting
Tactical Topics	Try-Outs/Evaluations																Attacking Principles	Attacking Principles	Possession	Final 1/3 Play: Create space to sh	Final 1/3 Play: Create space to sh			Combination Play	Combination Play	Pressure & Cover	Possession: in Tight Spaces	Combination Play: to Break Lines	Combination Play: to Break Lines	Final 1/3 Play: Create space to sh	Final 1/3 Play: Create space to sh



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