



A1 SINCE DAY1 CURRICULUM

A1 SINCE DAY1 STYLE OF PLAY:

These are the key elements that will define our style of play. This is to be used by all coaches as a basis for what we expect, but we want all coaches to be creative and understand that it is your individuality, tactics and strategies that makes you special. These traits will help with the development of our athletes and the growth of footballers in our program.

MATCH:

OFFENSIVE STYLE OF PLAY: All teams will be encouraged to show an offensive style of play that is based on keeping possession and quick movement off the ball (similar to tiki taka). We want to emphasize short, intelligent, accurate passing, with the primary objective to keep possession for long periods, work the ball through various channels, and ultimately reach advanced positions in which scoring opportunities are created.

QUICK TRANSITIONS & FINISHING: Controlling speed of play is important, avoiding over dribbling, looking for an organized and quick movement of the ball and finishing will be encouraged in all age groups.

POSITION SPECIFIC: We always want our teams to be organized defensively by keeping their specific positions in the formations the coach is running. However, we also want to encourage players to look for spaces and movements to support forward when attacking by moving away from their original position.

FORMATIONS:

11v11: Our 11v11 programs will use the 3-5-2 (3-4-3, 5-3-2) & 4-3-3 formation either as a 4-2-3-1 or 4-1-2-3 variations. Younger teams (U15 & under) can use the 4-4-2 with a diamond in the middle. This formation can provide more space in the wide areas of the field for the outside backs to move forward and join the attack. Keep in mind that a back 4 can provide consistency on defense.

9v9: Teams playing in this age group should look to play in a 3-2-3 or 3-1-3-1 formation. These formations will help the transition to the 11v11 go more smoothly for the players moving up in our program. These formations not only allow for better transition, but also allow room for creativity and confidence.

7v7: Teams playing in this age group can expect learning a 2-3-1, 2-3-2, 3-2-1 or 1-2-3 formation. These formations will help with the transition to our 9v9 program and it will help the players understand the balance between the different formations (attacking, balanced, defensive, etc.). Our coaches are also welcome to other variations that will help in the players growth and development.

TECHNICAL PLAY

PASSING & RECEIVING: Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving will be encouraged at 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 as long as the shots make sense and are within range.

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

TACTICAL PLAY

PLAYING OUT FROM THE BACK: All teams must feel comfortable playing the ball from the back, through the midfield, and on to the final quarter or third of the field (coaches' preference). Other methods are also encouraged if taught properly.

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 the other.

OFFENSE-DEFENSE QUICK TRANSITION & DEFENSE-OFFENSE: 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 but in the style that best fits the game plan and formation.

PHYSICAL PLAY

SPEED & AGILITY: It is our goal that these qualities will be evident in the game from the younger ages and beyond. We will also provide speed and agility content for our players.

ENDURANCE: Individual players and teams will train to be resilient to high-intensity action and constant movement.

STRENGTH & POWER: Strong players develop their speed more quickly, prevent injuries and are more competitive in games. We want to encourage our athletes to work on strength and power outside of practice as well.

PSYCHOSOCIAL

RESPECT & DISCIPLINE: Players will adapt to their role on the team (even if their role changes throughout the season) and respect teammates, coaches, referees and opponents.

COOPERATION: Each player will be part of a unit and they will cooperate with teammates to achieve the objectives for a given task, session or game, as well as for the entire season. Attitudes will not be tolerated.

COMPETITIVENESS: Competitive players will be rewarded for their effort and focus, but we must make sure they know what a competitive attitude is and to remain humble.

AI SINCE DAY1 PRINCIPLES OF PLAY:

FOR COACHES:

1. Possession games are designed 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. Transition: Into attack once ball is won and into defense once the ball is lost. Utilizing space, organization, and speed is important.
5. Fluidity of Position. Good team shape is a product of players understanding of their role for their position as well as the roles of the positions surrounding their own and that player's ability to fill a different positional role for a short period of time (Ex: dropping back for a defensive player moving forward on the attack).
6. Understanding the importance of recovery practices. As coaches WE MUST make sure we implement recovery practices so players can recover and be ready for the upcoming game(s). Recovery is crucial to player growth.

FOR PLAYERS:

1. 1, 2 or 3 touch maximum: Minimizing the number of touches improves the speed of play, but also improves awareness (knowing where teammates are and what their next move will be).
2. Keep the game simple: Do not force situations, over-dribble or be careless with the ball. Responsibility!!
3. Keep the ball on the ground: A ball on the ground is easier to control and can be moved more efficiently by the team.
4. Accuracy and quality of the pass: Passing must be firm and accurate, with the proper weight.
5. First touch: Make a clean, controlled first touch without stopping the ball. Take the touch away from pressure and into free space.

6. Perception and awareness: All players with or without the ball should constantly scan the field.
7. 1v1 situations: Encourage determination to regain control of the ball in defense and keep it simple in attack by taking a touch to the side, at speed, to beat the defender.
8. Individual transition: Players must react quickly when possession change from offense to defense and defense to offense.
9. Shooting: Always keep an eye on the goal. All players are encouraged to shoot when in range and they have a chance at a good shot.
10. Take risks: Soccer is a sport that has many errors and mistakes. It is part of the game and a learning process. Players are encouraged to take risks in training sessions to increase the speed of play.

FOR THE TEAM:

1. ALL players attack and ALL players defend: ALL players must be involved in the game as a unit.
2. Numerical advantage: Soccer is a game of numbers. We want to create a numerical advantage in attack and avoid being in a numerical disadvantage while defending.
3. Flow of the ball: The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.
4. Triangle principle and passing options: The player in possession of the ball must receive constant support and have at least two passing options.
5. Speed of play: Quick movement of the ball creates 2v1 situations.
6. Movement off the ball: Find the best available space to create passing options for the player in possession of the ball.
7. Pressure as a unit: Organized pressure forces the opponents to commit errors.
8. Transition: Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.
9. Direction of the game: The game flows in two directions. Keep the essence of the game in most of your practices (game like drills or modified game drills).
10. Team breakdowns will happen. The team must be capable of adapting to new situations and imposing its own style of play during the game.

In Conclusion, let's show this community that we are here to change the game. We want to instill confidence into all kids, no matter what flight they play on. We also want to be encouraging and give our players, organization, and families everything we have to ensure

growth, development and to show the will to win and become better individuals. We don't wanna be good, we wanna be GREAT!!