

Sunrise Soccer Club

Style of Play: General
2015 – 2016



Match Day

Offensive Style: All teams will display an offensive and aggressive style of play based on keeping possession and quick movement of the ball.

Quick Transition and Finishing: Speed of play needs to be determined by player based on the score and momentum of the game. Avoiding over-dribbling, looking for an organized and quick movement of the ball and finishing will be encouraged in all age groups unless for a 1 vs 1 to goal without player support.

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

Formations

4-2-3-1 Formation: Teams will use the 4-2-3-1 formation. This system provides more spaces in the wide areas of the field for the outside backs to move forward and join the attack

Back Four: All formation used by teams in 11-a-side games must keep a back four line. The back four provides consistency in defense and allows space for the outside backs to move forward when attacking.

6v6: Teams in academy playing 6v6 will use the 1-3-1 Diamond Shape formation. This formation helps players express the principles of play specified in this document. This system allows better adaptation to the 8v8 2-3-2 and eventually 11v11.

8v8: Teams in academy playing 8v8 are will use the 2-3-2 Diamond Shape formation. This formation helps players express the principles of play specific in this document. This system allows better adaptation to a 4-3-3 formation as the players' progress to 11v11.

Sunrise Soccer Club

Style of Play: Specific



Technical:

With Ball:

- *Passing/shooting and receiving techniques*
- *Dribbling techniques*
- *Moves*
- *Headers (Defense/Attack, Standing/Jumping)*
- *Goalkeeping techniques*
- *Special skills*

Soccer Specific Without the Ball:

- *running*
- *Stop/go*
- *Turning/jumping*
- *Body checks*
- *Tackles*
- *Falling/rolling off*
- *Finesse*

How should techniques be developed:

- *Providing children with an understanding of certain motor skills and motions*
- *Correct demonstration*
- *Frequent repetition*
- *Verbal corrections*
- *Variable usage of techniques in game-like situations/games*
- *Basis: motivated, concentrated, and teachable (players with the will to learn) players*

Mental/Creating the Intelligent Player:

- *Vision*
- *Decision making*
- *Awareness*
- *Aggressiveness on the field*
- *Confidence*
- *Motivation*
- *Focus*
- *Competitiveness*
- *Discipline*
- *Respect*

Tactical

Technical-tactical basics have to be studied over longer periods of time

Drills/games have to be created to target individual aspects of the technical-tactical understanding of a player (For Example: body shape)

Trying to create game-like situations

Corrections should be made within the game situation, in short one on one dialogues, or by freezing the game and other natural stoppages

Players should be involved directly in the learning process (asking questions, giving answers, showing solutions to problems themselves)

Difficulty of practice has to be adjusted to the quality of the players

Physical

Speed and 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 and welcome it.

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

Psychosocial

Respect and Discipline: Players will adapt to a role on the team and respect teammates, coaches.

Cooperation: Each player will be part of a unit, and will cooperate with teammates to achieve the objectives for a given task, session or game, as well as for the entire season.

Composure: In life there are many situations in which people lose their composure and with it many opportunities to progress. Players have to learn how to keep their composure in high pressure situations created by the environment.

Love and Compassion: loving one another and the game of soccer is the #1 reason why each one of us is on the field. Compassion for diverse thinking is of high importance.

Sunrise Soccer Club

Principle of Play



Principles of Play

Coaches:

- I. Possession games are means to improve both technique and tactical understanding of the players and must have a purpose.
- II. Opposition will be encouraged to increase the competitiveness of the players.
- III. High-Intensity games based on speed and agility. Short but intense working periods.

Players:

- I. 1, 2, 3 touch maximum: Minimizing the number of touches improves the speed of play. Unless in a 1v1 situation without support going to goal.
- II. Keep the game simple: Do not force situations and do not be careless with the ball.
- III. Keep the ball on the ground: A ball on the ground is easier to control and can be moved more efficiently by the team.
- IV. Accuracy and quality of the pass: Passing must be firm and accurate with the proper weight. (Coaching Point)
- V. First Touch: Make a clean, controlled first touch without stopping the ball. Take the touch away from pressure and into free space.
- VI. Perception and Awareness: All players with or without the ball should constantly scan the field.
- VII. 1v1 Situations: Encourage determination to regain control of the ball in defense and recognize 1v1s with high percentages. (85%; unless 1v1 to goal with no support).
- VIII. Players must react quickly when possession change from offense to defense and vice-versa.
- IX. 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.

Team:

I. All players' attack and all players defend: All players must be involved in the game as a unit.

II. Numerical Advantage: Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.

III. Flow of the ball: The ball should flow from inside to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options to play.

IV. Triangle Principle and Passing Options: The player in possession of the ball must receive constant support and have at least two passing options.

V. Speed of Play: Quick movement of the ball creates 2v1 situations.

VI. Movement Off the Ball: Find the best available space to create passing options for the player in possession of the ball.

VII. Pressure As a Unit: Organized pressure forces the opponents to commit errors.

VIII. Transition: Improve transition by reducing the number of passes needed to arrive at the largest area of the opponent's goal.

IX. Two Directional Game: The game flows in two directions. Keep the essence of the game in the majority of your practice.

X. Take Initiative During the Game: Team breakdowns will occur. The team must be capable of adapting to new situations and imposing its own style of play during the game.

Sunrise Soccer Club

Coaching Philosophy



The Core

The Match: The objective of the training session is to prepare players for competition. The game shows the tactical, technical, physical and psychosocial development of the player.

- Tactical: Does the player fit into the team? Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.
- Technical: All players in the team have to be individually competent and proficient in the most important skills for each position.
- Physical: Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.
- Psychosocial: The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.

Sunrise Soccer Club

Coaching Style



Methodology

Competitive: All games will have a competitive component, rewarding the winning team and creating a healthy competitive spirit and training environment.

Ball: All practices must be done with the ball whenever possible.

Fun: The coach must use his/her creativity to design fun practices that apply to soccer, especially for younger players.

Organization

Preparation: all coaches will prepare and review a session plan before the session. A record of all session plans will be kept with the coaching department.

During the Session: Do not stop the session often. Players must learn to find solutions without constant coaching. Give clear and accurate coaching points and quickly restart the practice.

Evaluation: Take a few minutes after the session to review and note what worked well and what needs to improvement.

Coaching the Player

Ball Control and Passing: The technique of the player is based upon ball control as well as accuracy of the pass. The quality and direction of the first touch is of paramount importance.

Perception and Awareness: Emphasize keeping the head up and scanning the field at all times. Perception and awareness are major parts of the game.

Speed and Reaction: All practices will incorporate speed in perception, decision-making and execution. Increasing individual speed will increase the speed of the whole team.

Coaching the Team

Space and Movement: Creating space in order to receive the ball and offer passing options to the player in possession is essential. Demonstrate to player how to move at the right time.

Attack Defense: All players attack and defend. Give specific roles and explain the appropriate movements for your players individually and as a team-unit.

Speed of Play: The main objective of the team will be to play at maximum speed. Reducing the space and number of touches on the ball increases the speed of play.

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Coaching Organization



Preparation

Session Plan: In order to be efficient during training sessions, all coaches must meet and plan their sessions prior to training. Regardless of a coach's experience, preparation prior to training is essential to a dynamic and rewarding training session.

Time: The time will be planned as a whole. For effective management, the coach should indicate the time spent on each exercise in the session plan.

Before the Session

Equipment: Have all the necessary materials prepared. Goals, balls, multicolor cones and four sets of pinnies should be enough to prepare each session.

Initial Set Up: Make sure that you have the spaces organized and plan for a smooth transition from one exercise to another. Minimize the number of cones that you have to pick up or reset.

Review: We will take a few minutes just before the training session to review the session plan and the coaching points.

During the Session

Position During the Practice: Coaches should occupy a position during practice that allows a clear, general vision of training and simultaneously permits the detailed view of the topic being worked on.

Flexible: A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task.

Coaching Points: Coaches should cover necessary coaching-points in the session plan depending on players' performance and adaptation.

After the Session

Discussion with the Players: Do not underestimate the value and impact of a positive comment or individual feedback to a player after the training session.

Review Your Session Plan: Review the session at the end of the training session and note what worked well and what needs to improve.

Evaluate Yourself: Do not be ashamed to ask for constructive feedback and the opinion of you colleagues in relation to your coaching management and structure of the session.

Sunrise Soccer Club

Creating An Appropriate Environment



The four components presented are instrumental in the development of a player. They are: Game Understanding, Quality, Intensity, and Competitiveness. Developing these components in the training sessions will be essential to create an appropriate environment in order to develop top soccer players.

Game Understanding: This component is related to the **TACTICAL** side of the game (Page. 6). Developing vision and game awareness is crucial from an early age. In soccer, one action is never repeated in exactly the same way and game situations change constantly. Collective practices and experience in different game situations aids the player by improving his/her knowledge of the game.

Quality: This component is related to the **TECHNICAL** side of the game (Page. 6). A quality touch of the ball is indispensable to the tactical side of game efficiency. Technique in soccer allows for great diversity; therefore repeating specific technical actions in a game context provides the player with a wide range of technical movements. Coaches will insist on a clean touch on the ball as well as quality technique.

Intensity: This component is related to the **PHYSICAL** side of the game (Page. 6). Practices must be performed at game intensity. Short working periods of high-intensity develops the technical quality and the quick, tactical decisions required in the game. Reproducing game intensity during training sessions is essential to the improvements of the different types of speed and endurance.

Competitiveness: This component is related to the **PSYCHOSOCIAL** part of the game (Pg. 6). Opposed and high-intensity practices are essential in the development of high-quality and competitive players. Developing committed and competitive players from an early age is an indispensable aspect in the creation of successful teams.

Sunrise Soccer Club

U6 U7 U8 Developmental Philosophy
2015 – 2016



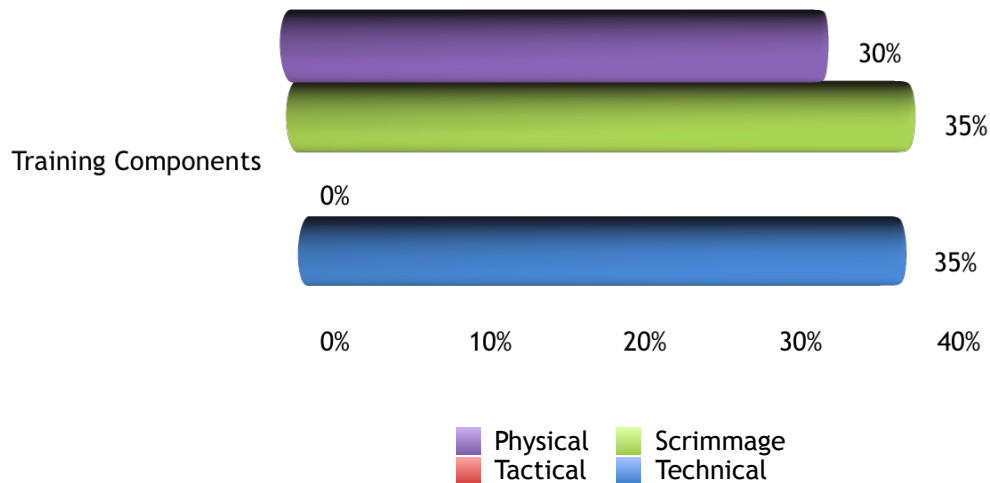
Age Group Specific Training Philosophy

General Approach:

Children at this age have a very limited attention span and are very self-centered. Therefore, the exercises have to be individualized in terms of training preparation. Games are supposed to be played in small-sided environments (no more than 5vs5). All drills need to have basic explanations and are to be created for children to have fun, compete, and learn how to play soccer efficiently. Kids need to have maximum time on the ball meaning all exercises should be organized with the ball. In this age group it is very important to also focus on the player's basic motor skills.

As we enter U9, players need to be able to handle the ball with both feet and hands; they need to be able to occupy their original position after an action is finished: they need to be able to run, jump, and stop with and without the ball; they need to have all basic coordinated movements with and without the ball; they need to be able to stop and run with and without the ball at high speed, they need to be able to recognize to move forward when attacking and to retreat when they have to defend; they need to be able to do basic quick movements with and without the ball. No tactical components are to be touched yet, except small individual tactical guiding. All games need to be completely designed for joy, competition, and the creation of love for the game. At the same time children shall learn by doing. The game is the best teacher.

- Advanced players of each age group shall get the opportunity to play and train with an older age group.



Sunrise Soccer Club

U6 U7 U8 Curriculum



August to September (8 Week Cycle)

Technical Concepts: Dribbling and ball control; introduction to basic skill development.

- Speed Dribbling
- 1 vs 1
- Changing direction and speed
- Controlling the ball with different surfaces of the foot (inside, outside, sole, laces)
- Turns and cuts

- Skills / Moves
(Scissors, step-overs, shot fake, Cut, L- Move)

October to December (12 Week Cycle)

Technical Concept: Developing the basic skill of receiving.

- Receiving the ball with different surfaces to turn (Inside, outside, behind foot)
- Receiving balls on the floor

- Skills / Moves
(V-Move, Sir Stanley Mathews, Reversed Sir Stanley Mathews, Maradona, Okocha, 360 drags)

January to February (8 Week Cycle)

Technical Concepts: Developing the basic skill of passing.

- Different surfaces to pass (Inside, outside, laces, heel)
- Moves (Slap shot, heel shot, Ziki- Zaka, Pull Back, Cruyff, Cristiano Ronaldo Cut, 360)

March to April (8 Week Cycle)

Technical Concepts: Developing the basic skill of shooting.

- Different Surfaces to shoot
(Inside, outside, laces, head)
- Skills / Moves
(Drag, Stop and Go, Tripple Roll, Janinho, Backwards Steop-Over, Wallapass, Stop-Push behind foot)

May to June

- Post Season
- Reinforcement material that has been worked on throughout season.
- Try-Outs

*One person with a belief is equal to a force of ninety-nine who have only interests. –
Peter Marshall*

Sunrise Soccer Club

U9 U10 Developmental Philosophy
2015 – 2016

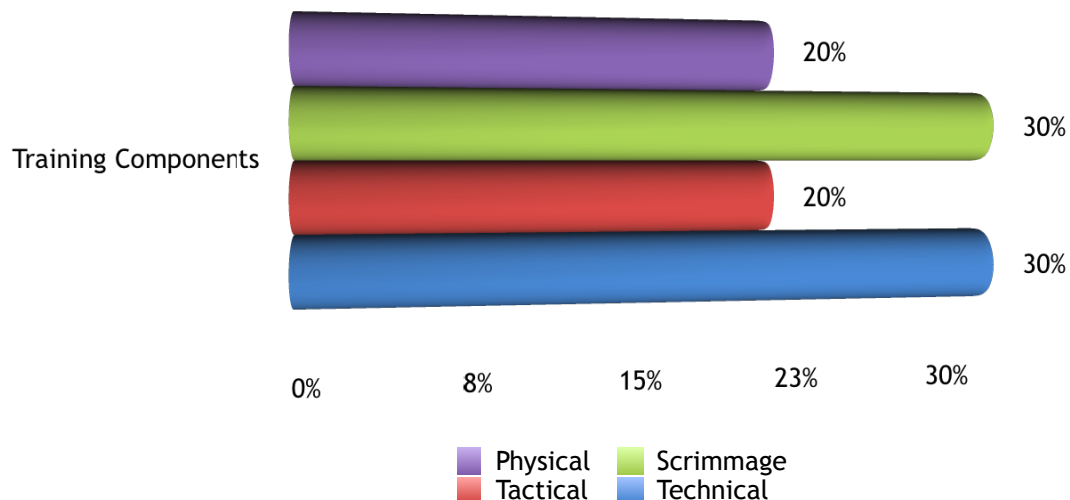


Age Group Specific Training Philosophy

General Approach

During this age the basic and intermediate 1 vs. 1 skills should be acquired by the player. Therefore 1 vs. 1 drills and small sided competitive games should get the major focus in practice. The players need to be at a stage where they can keep balance with or without the ball (moving forward, backwards, and side to side). The players should be able to learn all basic coordinated movements with and without the ball. It is still important that players get the maximum amount of touches individually. In small sided activities they will already have less touches each. In each age group we start developing the first tactical aspects of the game. All of these aspects are individual tactical aspects. Creating space to receive the ball, keeping possession of it and being able to apply the basic game principals are the main focus in this age group. Technically the coaches have to make sure that the players improve individually and collectively on their basic soccer techniques and accuracy in these techniques. U-9/10 soccer players should also be physically developed in terms of speed, coordination, agility, and balance with and without the ball. Coaches should create an environment where children can be confident and interact positively in training sessions and games.

***Advanced Players of each age group shall get the opportunity to play and train with an older age group



Sunrise Soccer Club

U9 U10 Curriculum



August to September (8 Week Cycle)

Technical Concept: The basic skills of dribbling will be learned during this phase.

- Speed Dribbling
- 1 vs 1 Attack and Defense; Front, side, back to pressure [Careful introduction]
- Shielding
- Changing direction with different surfaces; laces, outside and sole
- Skill/ Moves: Scissors, Step-Overs, Shot Fake, Cut, L-Move, Half-Maradona

Individual Tactical Concepts

- Area of occurrence, where to dribble
- Penetration through dribbling
- First attacker and first defender

Group Tactical Concepts

- Situations of occurrence; Where to dribble
- Second attacker and second defender in a dribbling situation

October to December (12 Week Cycle)

Technical Concepts: The basic skills of receiving will be learned during this phase.

- Different turns using different surfaces
- Receiving with the inside, outside, sole, thigh, chest; Driven, curved and normal passes
- LayOffs
- Balls in the air and on the floor
- Skills/ Moves: V-Move, Sir. Stanley Mathews, Maradona, O'Kocha, 360 Drags

Individual Tactical Concepts

- Effectiveness of the first touch in to open space, away from pressure and towards target
- Processing thoughts before receiving the ball to have immediate solutions
- Awareness
- Decision Making
- Speed of Thought
- First Attacker and First Defender

Group Tactical Concepts

- Playing out of the back through the center of the field or the wings
- Attacking Principles; Width, Depth, Possession and Mobility

* Touch upon Zonal Defending and Combination Play

January to February (8 Week Cycle)

Technical Concepts: Players will develop the basic passing skills.

- Different surfaces; Inside, outside, laces, heel and sole
- Driven balls on the floor and in the air
- Curved balls on the floor and in the air
- Defensive and attacking heading
- Skills/ Moves: Slap Shot, Heel Shot, Ziki-Zaka, Pull-Back, Cruyff, Cristiano Ronaldo Cut, 360 Drags

Individual Tactical Concepts

- Recognizing choices
- Penetrating through passing
- When to go forward, sideways and backwards
- Reading and intercepting the opponents passess

Group Tactical Concepts

- Combination play in the attacking third of the field
- Transition
- Switching Play
- Possession

March to April (8 Week Cycle)

Technical Concepts: Players will develop the basic shooting skills

- Surfaces; Inside, outside, laces and header
- Moves/ Skills: Drag, Stop and Go, Triple Roll, Janinho, Backwards Step-Over, Wallpass and Stop-Puch behind foot

Individual Tactics

- First Attacker; Penetrating through shooting; When, where, recognition and shooting mentality
- First Defender in shooting situations

Group Tactical Concepts

- Transition
- Compactness
- Retreat/ Recover
- Finishing in the final third

May

- Post Season
- Reinforcing material that has been worked on throughout season
- Tryouts

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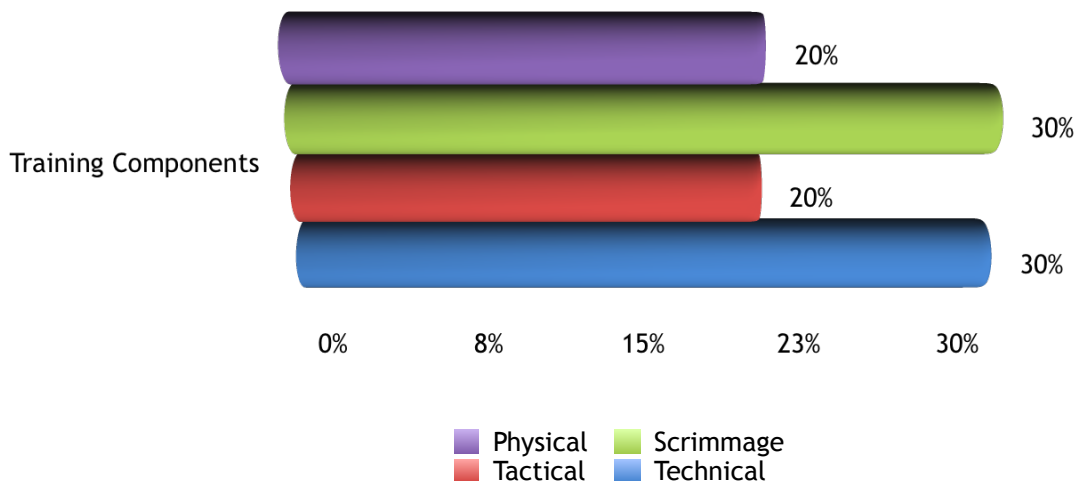
U11 U12 Developmental Philosophy



Age Group Specific Training Philosophy

During the U-11/12 period we now want to start shifting away from the pure individual development and start focusing to integrate the talent into a team based game. Therefore the game approach needs to shift to possession and transition. Small sided games should be designed to fit those two aspects on the regular basis. Other tactical aspects like the improvement of attacking principles (i.e. width, depth, mobility) and basic defending should also be included into training sessions. In this age group we will also lay the foundation of group and team tactical aspects by teaching players attacking & defending principles. We are now looking to equip the players with intermediate and advanced 1 vs. 1 skills. Therefore 1 vs. 1 drills and small sided competitive games where players have to recognize the appropriate moment for a 1 vs. 1 are still of high necessity. The players need to be developed to a level where they now can perform individual and collective techniques with accuracy and high speed. Players have to be able to apply the technical aspects of soccer consistently good in game situation before they enter the U-13 age group. Since players have to be able to perform all technical aspects with speed and under pressure, agility and speed training with and without the ball needs to be included in the routine schedule. Through the agility and speed training we will also look to keep developing their coordination and balance. Trainers also have to start moving away from an individual approach. Children now have to learn and be able to cooperate with teammates in more collective tasks.

***Advanced Players of each age group shall get the opportunity to play and train with an older age group



Sunrise Soccer Club

U11 U12 Curriculum



August to September (10 Week Cycle)

Technical Concepts: Players will develop advanced dribbling and ball control skills.

- Speed Dribbling
- 1 vs 1 Attack and Defense: Front, back, sideways
- Shielding
- Turns and cuts/ Changing direction
- Skills/ Moves: Scissors, step-overs, shot fake, cut, L-Move

Individual Tactical Concepts

- Areas of Occurrence
- First Attacker/ Defender

Group Tactical Concepts

- Stimulating attacks through dribbling and the wing or in the center of the field.

October to December (12 Week Cycle)

Technical Concepts: Players will develop advanced receiving skill.

- Different turns using different surfaces
- Receiving with the inside, outside, sole, thigh, chest, Driven-Curved-Normal passes.
- Lay-Offs
- Receive balls in the air and on the floor
- Skills/ Moves: V-Move, Sir. Stanley Mathews, Reversed Sir. Stanley Mathews, Maradona, O'Kocha, 360 Drags

Individual Tactical Concepts

- Effectiveness of first touch into open space, away from pressure and towards target
- Processing thoughts before receiving the ball (Speed of Thought) to have immediate solutions to situation.

Group Tactical Concepts

- Playing out the back through the center of the field or the wings
- Retreat and recover; Transition/ Behavior after giving up possession in the opponents defensive half (Pressure, Retreat)

- Switching play using proper body shape, first touch and awareness in order to recognize when we need to switch play.
- Compactness; Where and how to compress defensive shape- double teaming, triple teaming, shifting, contracting

January to February (8 Week Cycle)

Advanced skill development in passing.

- Different surfaces; Inside, outside, laces, heel and sole
- Driven balls on the floor and in the air
- Curved balls on the floor and in the air
- Defensive and attacking header
- Skills/ Moves: Slap Shot, Heel Shot, Ziki Zaka, Pull Back, Cruyff, Cristiano Ronaldo Cut, 360 Turn

Individual Tactical Concepts

- Recognizing choices
- Penetrating through passing
- Reading and intercepting the opponents passes

Group Tactical Concepts

- Combination play in the attacking third, in the center and on the wings.
- Double pass, one two pass, overlap; where and when, combination play through the “third man”
- Counter Attack; recognition of occurrence
- Possession; Advancing Possession vs General Possession
- Pressing; Area of occurrence, double team, triple team and contracting

March to April (8 Week Cycle)

Technical Concept: Players will develop advanced shooting skills.

- Shooting with different surfaces. Inside, outside, lace, heel and header
- Shooting of a dribble
- Shooting of a pass or cross; on the floor, in the air; driven or curved balls
- Skills/ Moves: Drag, Stop and Go, Tripple Roll, Janinho, backwards Step Over, WallPass, Stop Push behind foot

Individual Tactics

- First Attacker: Penetration through shootin. When, where, recognition and shooting mentality
- Defending scoring opportunities

Group Tactical Concepts

- Creating scoring opportunities after gaining possession in the center/on the wings of the field in the attacking third against an unorganized opponent
- Creating scoring opportunities against an organized opponent. Patience and visual signs
- Regaining defensive shape after losing the ball in the center or on the wings of the field in the midfield third. Dropping off, slowing down the attack, when to step up

May (Post-Season)

- Reinforcing Material that has been worked on throughout season
- Try-Outs

One person with a belief is equal to a force of ninety-nine who have only interests. – Peter Marshall

WE DO NOT PASS TO MOVE THE BALL; WE PASS TO MOVE THE OPPOSITION.
Pep Guardiola