



WSA Player Development Curriculum

The topics discussed in this booklet provide the WSA coach a guideline for teaching throughout the club indoor soccer season. This curriculum has been developed in order to provide continuity and age appropriate education to the players of WSA.

Coaches have the freedom and flexibility to design and implement any training activity they feel will aid them in their instruction. All coaches are strongly encouraged to utilize the curriculum as the backbone of their season planning.

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Rationale.

Throughout my soccer playing and coaching experience it has become evident that a young player's experience/development is strongly tied to the coach he or she is assigned to. Unfortunately, as many parents and players have seen, not all coaches are able to provide the appropriate learning environment for the player.

Being a great coach stretches much farther than winning games. A true measure of coaching is when an individual is able to create a fun, educational, and challenging environment that players both respect and enjoy. In order for this to occur, coaches must be well versed in many areas including the game they are instructing, the methodology used to relate the information to the player, child development and psychology.

As a volunteer organization it can and often times is very difficult to find highly qualified Moms and Dads to teach the game of soccer to our children. Although their intention and effort is both noble and appreciated by all, we have found that they themselves (the parent coaches) would love to be better trained in the area of coaching soccer.

To that end, WSA has begun to take steps that will enhance and ensure the coaching our children receive will improve every year. By offering monthly coaches education to our current staff along with full tuition reimbursement for United States Soccer Federation coaching licensure, WSA is a leading club for enhanced coaching for our youth player.

In addition, we at WSA have realized that providing our coaches a season long guideline relating to the topics they will teach will be beneficial in many ways. Not only will our coaches feel more confident and empowered with a direction in mind, but our players will benefit from consistent, age appropriate instruction. This type of structured growth will allow our club to build on previous skills each year with the future coach having a better base with which to build on for the upcoming season.

In conclusion, our goal at WSA is to consistently improve the training we provide the soccer players of the Webster community. I personally feel that a curriculum based development program that focuses on the individual at early ages and progresses to training the collective team is the most effective and enjoyable way to teach the game of soccer.

*-Antonio V Porretta
Director of Coaching*



October U11 Curriculum

Topic:

- Dribbling (to beat an opponent and possession)

Dribbling to beat an opponent:

- Focus on going at defender with pace.
- Use fake/feint to get defender off balance.
- Push ball at 45° angle with outside of opposite foot (from direction of fake).
- Cut back in behind defender and explode away.

Dribbling for possession:

- Take ball away from pressure.
- Utilize own body as a shield between defender and ball.
- When turning from pressure keep ball on outside foot.
- Explode into open space away from pressure.



November U11 Curriculum

Topic:

- Passing (short and long)

Short Passing:

- Concentrate on technique...knee over ball, ankle locked, swing through middle of target with inside of foot, etc.
- Explore idea of passing with the outside of the foot (do not confuse technique with inside of foot pass as is different.)
- REPETITION WILL CREATE SUCCESS.

Long Passing:

- Player must use top part of foot (laces).
- Strike through middle to top half of target.
- Plant foot must be next to ball to allow for body weight to be over ball.
- Toe pointed down and ankle locked.
- Hips facing direction of target.



December U11 Curriculum

Topic:

- Receiving (ground/air balls)

Receiving Ground Balls:

- Cushion ball into foot.
- Get in line of flight.
- Select correct surface.
- Control ball so first touch is out of feet and away from pressure.
- Keep ball moving.

Receiving Air Balls:

- Get in line of flight.
- Select correct surface to receive with.
- Cushion ball into body.
- Do not fear ball...attack it!

January U 11 Curriculum

Topic:

- Combination Play

Focus on the following:

- Teach in groups of 2-4 players overlap, take-over, give and go, wall pass.
- Utilize 3v2, 3v3, 4v3, 4v4 situations for progression.
- Teach proper area of the field for each combination when in the “big game” at end of session.



February U 11 Curriculum

Topic:

- 1 v 1 Defending

Focus on the following:

- Pressure ball immediately with controlled speed.
- Channel attacker into pressure.
- Maintain weight on balls of feet.
- Sideways approach versus flat.
- Aggressive mentality.
- Keep attacking player in front.

March U 11 Curriculum

Topic:

- Defending and attacking in a 3 v 3 game.

Focus on the following:

- Only coach attack or defense in a given session (do not comment on both).

3 v 3 attacking:

- Can players utilize dribble to create goal scoring opportunity.
- Combination play by 1st and 2nd attacker.
- Transition from defending to attacking.
- Ability to support the play from front, back, side.

3 v 3 Defending:

- 1st defender must apply pressure right away.
- Shrink space of attacking area.
- Stay disciplined to avoid being removed from the play.
- Transition from attack to defense.