



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 work from 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 U 15 Curriculum

Topic:

- Dribbling (review)

Dribbling:

- Go at defenders at speed.
- Use body to shield.
- Utilize all parts of foot.
- Change of pace with ball.
- Cut in behind after beating defender.

November U 15 Curriculum

Topic:

- Passing/Receiving

Passing/Receiving:

- Ability to comfortably pass 10-15yds with accuracy and pace.
- Passing into space.
- 1st touch into space.
- Receiving flighted balls.
- Passing air balls.



December U 15 Curriculum

Topic:

- Transition Play

Transition Play:

- Ability of players to be “in the action at all times”
- Anticipation of transition.
- Looking/preparing for counter attack off the ball.
- Speed of play and recognition from defending to attacking and vice versa.

January U 15 Curriculum

Topic:

- Defending 1st, 2nd and 3rd defender

Focus on the following:

- Pressure on ball immediately
- Cover for pressure defender (Close enough to offer support to 1st defender but far enough to prevent serious penetration with a pass.)
- Balance defender must be able to cover backside of field. (Should be in a position to prevent the long ball or diagonal ball.)
- Split the difference.
- Aggressive attitude.



February U 15 Curriculum

Topic:

- Team shape (9v9) defending and attacking.

Focus on the following:

- Must have width and depth in attack
- Attacking support should be from the front, side and back.
- Shrink field when defending and get players around the ball.
- Make sure to have balance from back side defenders.
- Steer the ball with front two (when defending).
- All players should provide cover for someone else.

March U 15 Curriculum

Topic:

- Finishing off a cross

Focus on the following:

- Cross must eliminate Goalkeeper.
- Timing of runs.
- Location of near/far post runs.
- Ability to get down the line of flight of the ball.
- Frame the goal.
- Finish with 1st touch.
- Surface selected to use when finishing.