



2007 Expectations

What you can expect from the coaches:

- **Dedication:** We will be there for your learning and leadership.
- **Education:** We will do our best to help each of you as individuals, and as a team, to develop your skills and understanding of soccer at a more advanced level.
- **Organization:** We will plan practices, games and team activities.
- **Role Models:** We participate in the training sessions to raise the level, speed, enthusiasm and urgency of play.
- **Communication:** We will communicate information to the Team Managers and players.
- **Personal Growth:** As coaches we will strive to instill in the players a sense of leadership, teamwork and self confidence.

Playing time:

- There will be times when players will not get playing time in games due to team chemistry on the field, players' performance, players' commitment level to team, and/or absence/tardiness (please see player rules for guidelines).

What we expect from players regarding attitude and commitment:

- **Be mentally tough.** Each player needs to be mentally tough and have concentration and determination at the highest level. Never give up on yourself or the team. ***Never Quit!***
- **Be a team player.** Need to know that you are no longer considered as an individual, but rather a piece of a team. Learn to be one unit that does everything together. We win as a team and lose as a team.
- **Be respectful.** Respect your teammates, coaches, referees, opponents and parents. You represent yourself, your family, our team, and our club.
- **Practice like you play.** Keep a high level of intensity, concentration, determination, focus and positive attitude in our training sessions. This will instill great habits in life and it will carrier over to game day.
- **Have fun!** This is premier soccer and we are here to have fun while training hard. It is okay to make mistakes. We learn from our mistakes and so does our teammates. Even coaches make mistakes and we learn from them too.
- **Train outside of practice.** At this level of soccer it takes more than the 3 + hours we get at practice. You must train outside of practice in order to improve. We only have a limited time at practice to focus on the tactics of soccer. We cannot progress as a team if we still need to focus on basic skills. This means practicing dribbling, juggling, strength training, and fitness (most important!).



Team Training Curriculum

Technical Skills:

- Ball skills: dribbling, juggling, trapping,
- Serving and receiving passes over a longer distance (30+ yards)
- Accuracy driving the ball in the air and on the ground
- Crossing the ball from the flanks (outside midfield position)
- Finishing crosses
- Heading (offensive and defensive)
- Tackling

Tactical:

- Team shape on the field in 11 v. 11.
- Team shape in small areas in 3 v. 3.
- Defensive flat back four.
- Forwards' movement.
- Midfield shape.
- Set Pieces: free kicks, corner kicks, throw-ins, goal kicks.

Defending:

- Teach all aspects of individual responsibilities on defense.
- Proper body positioning when marking the player with the ball and players without the ball.
- Transitions: from offense to defense (staying goal-side of opponent), defense to offense.
- Patience and delay when pressuring the ball.

Offence:

- Possession: (individually and with team) keeping the ball with no turnovers.
- Dribbling at speed: includes moves, turns and fakes.
- Movement off the ball: checking back to the ball, where/when to make runs, angled runs and runs to open space.
- Recognize offensive options quickly. Options include: takeovers, wall passes, over lapping runs, switching the field, shooting on goal, taking players on, dropping pass, etc.
- Finishing: How to strike a ball when shooting.