



“Soccer is simple but it is difficult to play simple” – Johan Cruyff

RYSA Academy program:

TEAMS

Coaches have a responsibility regardless of system to ensure teams display the following qualities;

Be hardworking- This is a basic fundamental for all players at our soccer club regardless of age.

Have a high level of technical ability- All of our teams must be able to handle the ball in a way that allows us to be successful.

Understand that the result at this stage is not the most important factor but the will to gain the right result is.

Regardless of result or circumstance our players must show **a level of togetherness** that sets them apart from other soccer clubs.

Be prepared for whatever test is given to them

PLAYERS

To be successful all players must have the following qualities;

Take responsibility for their own attitude at all times. Ensuring they set high standards both on and off the field of play.

Ability to handle the ball under pressure. They are preparing to play at the very highest level where a high level of proficiency will be required.

Ability to learn. The Academy represents a school of soccer, on this basis players must be able to take on board information and apply it in training and in games.

Players must have their own vision of the game. The very best players see “pictures” before anybody else. Our players have to display a certain level of game intelligence.

Whether we are attacking or defending, winning or losing, playing well or poorly, regardless of opposition or playing surface, in wind or rain players **must have a desire to play the game**

COACHES

It is vitally important that all coaches display the following qualities at all times;

Be organized in everything you do at the Academy particularly in your preparation for training and games.

Be approachable. Understand that you are working with young players and as such they must feel comfortable in working with you.

To work with our best players you must have a **high level of knowledge** to ensure that players receive the very best in coaching and support.

Be young at heart. You must enjoy being in the company and playing a part in the development of young players.

Be Professional

SOCCER PHILOSOPHY

Our club believes in playing open, creative, attacking soccer, where players are encouraged to express themselves. Ball possession is emphasized, with attacks built up from the back and players interchanging their positions, as dictated by the game. Aimless kicking, kick-and-chase, and over reliance on physical play are discouraged. Our teams will exhibit good support play around the ball and patience and composure on the ball.

There are four key moments in any game ;

1. We are in possession of the ball- We want to play a purposeful possession based soccer style. Our teams should be comfortable with the ball at their feet.

2. We do not have possession of the ball- We want to win the ball back as close as possible to the opponents goal

3. We have won the ball back and are organizing to attack

4. We have lost possession of the ball and are organizing to defend

- **When regaining control of the ball our teams should have the following questions;**

Can we counter and attack quickly? if yes we must do so.

If not can we retain possession of the ball to build an attack?

- **On losing control of the ball our teams should have the following questions;**

Can we press high up the field to successfully regain possession? If yes we must do so.

If not can we delay our pressing of the ball by retreating to a new line of confrontation to win back control of the ball?

COACHING METHODS CONTINUUM



Coaching Methodology	Command (Directive)	Question & Answer
Player/Coach Interventions	Coach tells & shows required solution	Coach leads with question to gain response from players
Example	"I want you to..!"	"Can you tell me what you can do here?"
Description	Coach determines the chosen outcomes in practice	Coach poses question & player offers verbal solution to challenge

It is important to recognize the importance of employing different coaching methods when working with young players. Across the Academy different age groups will have very different needs and requirements.



Observation & Feedback	Guided Discovery	Trial & Error
Coach & Players observe	Coach asks a question or issues a challenge	Players &/or coach decide on challenge
"Let's watch this!"	"Can you show me?.."	"Try for yourself..!"
Players and coach observe & discuss feedback	Coach prompts & Players offer visual demo of their personal solution	Players are encouraged to find solutions with minimal support from coach

On this basis, coaches must have an understanding of the needs of the group if they are to successfully impart key information that young players understand. To make this possible the styles and methods in the above continuum must be used appropriately when coaching with your age group.

OVERALL ACADEMY EXPECTED OUTCOMES: U8-U12

These qualities are expected to be developed over the child's progression through the academy program with emphasis on different areas depending on age and skill level

Attacking

Technical

- The ability to move the ball with all parts of the foot / both feet through a variety of technique & skill based activities.
- Integrate the ability to move the ball in combination with other techniques and skills (turn to shoot). Advanced ball control through progressive activities.
- The ability to pass the ball over short distances using different parts of both feet. Focus to be placed on Accuracy, Weight, Choice of Pass, Disguise etc
- The ability to control the ball on the floor in a variety of ways with both feet and using a variety of other body parts (Chest, Thigh, Foot, Head etc).
- Ability to control the ball out of the feet and run with the ball with control.
- Change pace and direction based on situations within the environment.
- The ability to dribble incorporating a variety of turns / changes of direction (Cruyff, Step over, L Turn, Drag back etc).
- Practice should develop both feet / all areas of the foot.
- Beating of opponents to create for the team including escaping tight situations / Attacking to cross, shoot, pass, combine etc.
- Awareness of the need to head the ball and a development of confidence through fun games / own service. Review of technical requirements; Contact with forehead, Eyes open / mouth shut etc.
- The ability to shoot into corners of the goal with both feet. 1 / 2 touch finishing as they progress.

Tactical

- Awareness of organizing quickly to attack (Transition).
- An understanding of when we can move forward/ make decisions quickly to take the chance to attack.
- Awareness of the need to pass and move with other players in quick combination.
- Awareness that this begin in many areas of the pitch.
- The development of skills to allow the team to build up and construct play to include;
 - Awareness of the need to pass and move with other players in combination.
 - Awareness that the ball can be played forwards / backwards and sideways to do this.
 - Basic awareness of the principle of creating space. Finding space to receive and keep possession.

- Awareness of others and how this might affect the above (Angle & Distance)
- Understanding of the need to support others and how.
- When to pass to feet and when to pass into space.
- When to perform a particular technique; Shoot, Dribble, Run with the ball, Pass etc
- Interchange of positions.
- An understanding of the technique of defending to incorporate the following elements;
 - Pressure on the ball to reduce time and space for the opposition to play in and construct attacking moves.
 - Pressure on the ball to reduce attempts on goal or entries into our half of the field.
 - Pressure on the ball to win back possession and provide opportunities for us to attack and score goals.
 - Cover and support for others in an attempt to win back possession together.
- On losing possession an awareness of the importance of getting back quickly to be organized to support the regaining of the ball to allow us to attack again (transition).
- Communicating to each other and working together to win back the ball.
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Defensive

Technical:

- An understanding of the technique of defending to incorporate the following elements;
- Pressure on the ball to reduce time and space for the opposition to play in and construct attacking moves.
- Pressure on the ball to reduce attempts on goal or entries into our half of the field.
- Pressure on the ball to win back possession and provide opportunities for us to attack and score goals.
- Cover and support for others in an attempt to win back possession together.
- On losing possession an awareness of the importance of getting back quickly to be organized to support the regaining of the ball to allow us to attack again (transition).
- Communicating to each other and working together to win back the ball

Tactical

Awareness of the importance for all players to have an active role in defensive play.

- A development of techniques and skills in relation to defending 2v2 / 3v3 / 4v4 etc.
- Working as a group to regain possession;

- All teams in this age group to take the initiative and attempt to win back the ball as soon as possible and as high up the pitch as possible.
- Awareness of team strategy to win back possession and an appropriate way of doing this related to the position of the ball (Get pressure on the ball / Get players behind the ball as soon as possible.)
- An understanding of the need to organize quickly to defend and a responsibility for all team members to play a part in this.

What to expect from U9-12 age group

- Generally the attention span of young players is quite short. Activities should be fun and very much action oriented. Use short, clear instructions and allow players to spend greater periods of time in action.
- It is important to encourage experimentation and creativity at these age groups. Young players at this age will enjoy trying new things and as such we should encourage their input.
- Players in these age groups are generally developing a reasoning ability and as such greater emphasis should be placed on them being allowed to solve problems with the support of the coach.
- Because the players are at such a young age and are attempting many activities that may be new to them. Positive feedback and reinforcement must be used at all times. This will motivate the players to continue to strive for development.
- Players will have a positive attitude towards participation and as such we must nurture this through the selection of activities that place the players in a fun, safe, problem solving environment.
- Technical development requires practice that contains an element of distraction such as players moving; other balls moving, or other things happening, to make practice more attuned to games.
- There is a fundamental need to practice and improve precision in techniques and skills at these age groups.
- Whilst a real focus needs to be placed on the development of technique and its proficiency, it is important that we recognize that this also needs to be related to the key principles of the game to prepare players for the application of these skills at an older stage.

- Players initial focus will be heavily focused on technique and skill development, and as competency increases tactical elements are introduced
 - INITIAL STAGE: DEVELOPMENT AND FORMATION OF NEW MOVEMENTS THROUGH *MOTOR SKILL DEVELOPMENT*
 - 2ND STAGE- MASTERY AND USE OF TECHNIQUES THROUGH *TECHNIQUE AND SKILL DEVELOPMENT*
 - 3RD STAGE WILL BE THE CONFIDENCE AND ABILITY TO BE SUCCESSFUL IN 1 V 1 SITUATIONS THROUGH *INDIVIDUAL TACTICS*
 - 4TH STAGE- WHERE PLAYERS ARE AWARE OF OTHER PLAYERS AROUND THEM AND COMBINE WITH THESE PLAYERS THROUGH *GROUP TACTICS*
 - 5TH STAGE- COMBINATION OF UNITS FOR *TEAM TACTICS*

PHASE	AGE	HOW/WHY/WHAT
Motor Skill Development	4 +	<p>What: Fun based soccer activities.</p> <p>Why: Aid in the development of basic motor skills and inspire players to love and grow in the game.</p> <p>How: Short, fast paced games that relate to a players understanding of the game.</p>
Technique & Skill	7 +	<p>What: Technical based soccer activities</p> <p>Why: Prior formation of motor skills enables introduction of soccer specific techniques.</p> <p>Development How: Activities that maximize ball contact and repetition.</p>
Individual Tactics	9 +	<p>What: Activities that focus on 1 v 1 attacking and defending situations.</p> <p>Why: Prior formation of technical development enables introduction of individual tactics, forming the foundation to build group and team tactics.</p> <p>How: Introduction of fully opposed activities that develop decision making skills.</p>

Group Tactics	11 +	<p>What: Focuses on groups of players working together in attacking and defending situations.</p> <p>Why: Introduced so that players are comfortable in dealing with 'outnumbered' game situations.</p> <p>How: A range of numbers up (ie: 2 v 1), numbers down (ie: 2 v 3), and balanced numbers activities are used to teach group concepts</p>
Team Tactics	13 +	<p>What: Situations where multiple groups of players are working together to develop full team concepts.</p> <p>Why: Players transition to the 11v11 game, functioning within an adult framework and standards.</p> <p>How: Team tactics are typically taught using 7v7 to 11v11 scenarios that connect the three lines of team shape</p>

Typical training session:

Section	% of time	Key Points
Arrival	15 mins prior session start	<p>Inspect area to ensure a safe playing environment</p> <p>Set up session in advance of player arrival</p> <p>Players check in</p>
Warm Up	20%	<p>Main focus is to maximize contact with the ball</p> <p>Dynamic activity to prepare mind and body for training session</p>
Main Activity	50%	<p>Focus on one main theme per session</p> <p>Technical application to skill mastery</p> <p>High frequency of repetition and variety</p> <p>Techniques introduced on a scale from low pressure to full pressure</p>
Conditioned Play	10%	<p>Small sided group play</p> <p>Conditions added to reinforce the application of skill</p> <p>Directional activities featuring an element of transition with numerous attacking and defending opportunities</p>
Match	20%	<p>Session ends with a competitive scrimmage</p> <p>Reduced coach interactions to encourage specific learning through play</p>
Debrief	N/A	<p>Review of daily topic and homework assignment</p> <p>Players check out</p>

Game day:

- Players should arrive 30-45 mins before kick off time.
- Pre game should consist of a brief team discussion on team goals for the game or to recap the week's topics
- Each team will have a custom warm up to get their players ready for the game

Playing Time

Georgia Soccer Youth rules require that players must play a minimum of half a match provided they meet practice participation requirements set by their club. These rules pertain to Georgia league games and is not a requirement for tournaments. However, playing time in tournaments should be similar to regular season rotations.

The coach will determine playing time for each player. This is a complex process involving many considerations including:

- player's physical state of development
- physical endurance
- mental acuity
- The speed of the game
- emotional state
- Technical ability

Team Taxonomy:

RYSA REVOLUTION/ YEAR/ COLOR

BLUE- TOP TEAM

SILVER- SECOND TEAM

BLACK- THIRD TEAM