



**Mission:**

- To help foster young players physical, mental and social growth so they can reach their potential in life through their participation in soccer. The club will provide the highest quality staff, facilities, environment and curriculum to make this a reality.

**Vision:**

- The vision of the SELECT/SCCL program is to develop a reputation of producing well trained male and female athletes capable of playing at the state, regional, collegiate and national level.



## **RYSA SELECT/SCCL PROGRAM**

### **TEAM QUALITIES:**

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 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**



### **SOCCKER 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.**

### **Principles of play for possession soccer- Adopted from ODP**

- Team shape- Make the field big
- Peel off and open body to the field
- Bending runs
- Runs trigger runs- awareness of surroundings
- Diagonal passes
- Back passes followed by a switch
- Ball doesn't stay in an area for long
- Goalkeeper distribute balls and avoid long punts
- Use Throw- ins to switch the point of attack
- Speed of play



### **Expected Characteristics of each position:**

- Both center backs to be comfortable in possession and have the ability to start things off in a very simple way. Primarily they must be good in 1v 1 situations.
- At least one full back to be involved in every attacking movement.
- The central midfielder on the side of the ball to drop backward of square to receive possession / open the window for the ball to be played forwards.
- The central midfielder on the opposite side of the ball to move into an advanced position to support the ball into the forwards.
- Wide players to operate both in wide positions and off the line.
- One striker must always look to run in behind the defending team, 2nd striker to drop in between the defensive units when the ball is central to link play via holding players / to turn and feed forward runs.
- All teams to play out from the back where possible.
- All players to participate in defensive responsibilities to win the ball back.



Methodology:

Attacking:

Technical

- Refinement of techniques to allow the successful application within a game setting in relation to team tactics and strategies.
- Passing-  
Quick and early over a range of distances / circumstances. Forward passing / switching of play / 1 touch passes / passes in combination / penetrative passing.  
Passing in the air and on the carpet. Development of passing to feet and to space.
- Development of body position / angles & distance of support to support ball transfer.
- Control: Controlling the ball from varying distances, angles, heights etc
- Awareness of elements to support successful control inc angle & distance of support / body position to receive and to screen and protect possession.
- Passing and control to always take place in quick combinations with others and related to the specific moments in the game.
- Dribbling / Running with the ball  
Refine turns and changes of direction with the ball through the addition of elements such as disguise, speed etc through a range of activities under pressure. Running with the ball to incorporate running away from and toward opponents and into space.
- Heading from various types of service.



## Attacking:

### Tactical

- Collective; Group of players attacking at pace with direct, combination play.
- Solo; Individual action, using direct running with the ball & solo finishing. Practice all from regains in the middle & defending thirds of the field.
- Build up play  
Refine passing priorities based on circumstances and team philosophy.
- Individual roles and responsibilities based on team strategies
- Understand the relevance of combination play and be aware of how combinations might differ based on; pitch geography player position, circumstance.
- When and where to switch play.
- Consolidate crossing & finishing (Where the ball should be played, type of runs etc)
- Varying the tempo of play based on circumstance.
- Transition :Attack; Break quickly, Pass forwards, Run forwards with and without the ball.

### Attacking Set plays

Focus to be placed on the understanding of;

- Delivery
- Organisation
- Variety
- Efficiency
- Surprise
- For corners, wide free kicks, throws.





Defending:

Technical

- Clear understanding of the importance of core defending elements in relation to position and pitch geography.
- Players should be proficient and recognize the importance of the following elements;
- Pressure on the ball.
- Showing inside and outside depending on circumstances.
- Using hands and arms as part of the defensive process.
- Intercepting, spoiling, challenging, blocking.
- Cover and support.
- Angles and distance of support.
- Recovery runs.
- Tracking runners.
- Communication.
- The importance of delaying tactics and the how of doing this.
- Heading from various types of service.



## Defending:

### Tactical

- A refinement of defending technique through appropriate practice with particular emphasis placed on;
- The ability to defend 1 v 1.
- The ability to work with others to successfully defend attacks in 2v2 / 3v3 / 4v4 situations.
- The ability to apply a team strategy to defend in 11v11 situations.
- High Press

All players to collectively press high up the field in an attempt to win the ball back early and as close to the goal of the opposition as possible.

- Delay

Delay our pressing of the ball by retreating to a new line of confrontation to win back control of the ball through the protection of the space in behind us and the space in between us.

- Transition

The importance of organizing quickly to recover to defensive positions to make it difficult for the opposition to penetrate our defenses.

- Defending Set plays in the defensive half.



### Typical training session:

Section	% of time	Key Points
Arrival	15-30 mins prior session start	Inspect area to ensure a safe playing environment Set up session in advance of player arrival Players check in
Warm Up	20%	Main focus is to maximize contact with the ball Dynamic activity to prepare mind and body for training session
Main Activity	50%	Focus on one main theme per session Technical application to skill mastery High frequency of repetition and variety Techniques introduced on a scale from low pressure to full pressure
Conditioned Play	10%	Small sided group play Conditions added to reinforce the application of skill Directional activities featuring an element of transition with numerous attacking and defending opportunities
Match	20%	Session ends with a competitive scrimmage Reduced coach interactions to encourage specific learning through play
Debrief	N/A	Review of daily topic and homework assignment Players check out



**Additional opportunities:**

**ELITE TEAM PROGRAM:**

The Elite team will be formed using a tryout process with selected individuals competing in tournaments both in and out of state at the highest level of competition and to showcase players for college recruitment

- Tryouts for the elite team will take place in early Fall
- DOC and elite team coaches will have the right to invite players to join the team.
- Limited spots will be available for the elite team
- Players will commit to elite team training and tournaments as long as they do not conflict with regular team games/training sessions