



U15/U16 Curriculum Summary

Technical	Tactical	Fitness	Psychology	Practice Tips
<p>Objectives: Develop player's technical and skill development and player's consistency to perform these over the course of the year.</p> <p>Turning Moves Under Pressure:</p> <ul style="list-style-type: none"> • Creating space to receive and turn <p>Attacking Moves Under Pressure:</p> <ul style="list-style-type: none"> • Refine the moves • Combination of moves <p>Control and Receiving</p> <ul style="list-style-type: none"> • Ground Control • Aerial Control <p>Passing:</p> <ul style="list-style-type: none"> • Executing a wide range of passing techniques. <p>Dribbling/ Running with the ball</p> <ul style="list-style-type: none"> • Forward running with the ball • Change of pace and direction. <p>Shooting and finishing</p> <ul style="list-style-type: none"> • Finishing from various service <p>Heading:</p> <ul style="list-style-type: none"> • Defensive heading • Attacking heading <p>Defending:</p> <ul style="list-style-type: none"> • 1v1 facing attacker • Preventing opponents from turning. 	<p>Objective: Improve player's confidence to use skills the game.</p> <p>Principle of Offense</p> <p>(1)Mobility</p> <ul style="list-style-type: none"> • Diagonal /blind side runs • Recognize open space <p>(2)Width</p> <ul style="list-style-type: none"> • Dummy runs • Movement off the ball <p>(3)Support</p> <ul style="list-style-type: none"> • Angle/distance • Give and go • Take over • Overlapping runs <p>Principle of Defense</p> <ul style="list-style-type: none"> • Pressure/Cover/Balance • Man marking /Zone marking • Situational Defending (1v2, 2v2, 2v3, 3v3, 4v4) <p>Understanding the 3 key moments</p> <ul style="list-style-type: none"> • Own team has possession • Opposition has possession • Possession changes from one team to another. <p>TEAM UNDERSTANDING:</p> <ul style="list-style-type: none"> • System of play (Low pressure, High pressure, Man marking, Zonal play, Direct play, etc) • Formations • Restarts • Coaching functional role of the player 	<p>Objective: Develop basic strength training, Program instructed by Synergy Fitness and Sports.</p> <p>Improve player's Anticipation Skills(be 1st to the ball)</p> <ul style="list-style-type: none"> • Sprinting and agility training, with and without the ball. • Balance and coordination training • Speed of thought • Strength determination in 1v1 duels. • Winning personal battles 	<p>Objective: Ensure that the player is aware of his/her roles and responsibilities.</p> <p>Concentration</p> <p>Co-operation</p> <p>Team Play</p> <p>Sportsmanship</p> <p>Discipline</p> <p>Determination</p> <p>Self evaluation of performance, both on the training ground and during competition.</p> <p>Develop a "Winning Mentality", both on the training ground and during competitive play.</p>	<p>It is the responsibility of every player to improve and maintain their own fitness level and develop a "lifestyle" for soccer.</p> <p>The importance of maintaining a high fitness level should never be underestimated, as a disciplined year round fitness program will undoubtedly reap vast rewards.</p> <p><i>A trained soccer player can work harder and longer than an untrained player.</i></p> <p><i>While a fit soccer player can concentrate on the game, an unfit player will be counting the seconds to the final whistle.</i></p> <p>Develop a "lifestyle for soccer"</p> <ul style="list-style-type: none"> • Do not smoke • Do not take drugs • Eat healthy and regularly • Don't skip breakfast • Keep clean • Dress neat • Be polite • Get plenty of rest • Remember to say "thank you"