



U17/U18 Curriculum Summary

Technical	Tactical	Fitness	Psychology	Practice Tips
<p>Objectives: Master the skills under pressure, both during training and competitive play.</p> <p>Development of Individual Skills:</p> <p>Dribbling</p> <p>Receiving</p> <p>Shooting</p> <p>Passing</p> <p>Heading</p> <p>Defending</p> <p>Tackling</p> <p>Crossing</p> <p>Players are asked to perform all of the above skills under pressure from an opponent, with limited time and space.</p>	<p>Objective: Improve player's decision making on the field.</p> <p>Ability to change and adapt to game dynamics</p> <p>Management of the clock</p> <p>TEAM UNDERSTANDING:</p> <ul style="list-style-type: none"> • Playing out of the back • Playing into the middle third • Midfield control through possession • Defending in the final third • Attacking in the final third • Switching the point of attack • Flank play • Transition • Coaching functional role of the players • System of play (Low pressure, High pressure, Man marking, Zonal play, Direct play, etc) • Formations • (4-4-2, 4-3-3, 3-4-3, 3-5-2, etc) • Restarts 	<p>Objective: Develop basic strength training, Program instructed by Synergy Fitness and Sports.</p> <ul style="list-style-type: none"> • Importance of a disciplined warm up and cool down. • Flexibility / Stretching • Nutrition-proper diet and fluid intake • Prevention and care of injuries • Importance of rest and recovery 	<p>Objective: Ensure that the player is aware of his/her roles and responsibilities.</p> <p>Respect the laws of the game</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>Vary program-satisfying the players need and urge for competition.</p>	<p>It is the responsibility of every player to improve and maintain their own fitness level</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"