



# Coaching Curriculum

## Chicago Fire Juniors West | 12 to 16 Year Olds

### Training Priorities

Provide structured training activities that differentiate between individuals who are early, normal or late in their maturation. As skill and game-sense develops, the players tactical development will become more emphasized through Small Sided Games (SSG). Introduce and incorporate two separate systems of play for the 11 a-side game.

#### TECHNICAL

1. Recommended training sessions to games played is 4:1
2. Individualization of skills training to address strengths and weaknesses
3. Consistency in performing skills/techniques: passing, dribbling, control and shooting
4. Perform skills under competitive conditions
5. Develop techniques through tactical links
6. Positional awareness in relation to ball and opposition

#### TACTICAL

1. Undergo the early stages of tactical preparation
2. Implement basic team principles and positions: team shape
3. Play effectively in small sided games (in training)
4. Play the full 11v11 game
5. Play in different positions
6. Understand the rules of the game
7. Read and understand the game
8. Implement concepts of width, depth, support and penetration

#### PHYSICAL

1. The onset of Peak Height Velocity influences physical development
2. Speed sessions should focus on quality not quantity: football specific acceleration, top speed and chaotic speed focused upon.
3. Enhance reactions and decision-making in order to improve game speed
4. Promote power exercises by introducing multi-directional hopping and low intensity jumps (plyometric). As strength develops, increasingly intense exercises can be incorporated
5. Develop endurance through multiple sprint activities
6. with different lengths of work and recovery

#### PSYCHOLOGICAL

1. Development of goal-setting abilities in training and games
2. Develop understanding of quality training and competitiveness
3. Development of the ability to focus on relevant cues, at the right time.
4. Attention training introduced to develop ability to switch
5. attention in different situations
6. Introduction to pre-performance routines to help develop focus
7. Introduction to techniques to control emotions before, during and after games

#### PERSONAL

1. Performance = Training + Recovery + Adaptation. Players to take increasing responsibility for each of these factors off the field
2. Rest, nutrition and hydration are all key factors
3. Education regarding key lifestyle issues
4. Introduction to injury prevention and injury management
5. Introduction to performance analysis to guide players own approaches to training and playing

### Low Emphasis Training Priorities

Winning/team results - Performance and improvement comes first at this stage. Players will show a natural will to win. The focus of training is on development of the player. Practice and games should not be focused on preparing a team to win, but on individual development.