

**Roadrunners SC
U8 Program**

Trainings: 2 x 1:15 hours per week

Matches: 5v5 (shape: GK-1-2-1)

Session Structure

Warm-up: 10 min.

Physical: 10 min.

Technique: 30 min.

Scrimmage: 20 min.

Cool Down: 5 min.

% of Trainings

Technical: 40%

Tactical: 10%

Physical: 15%

Scrimmage: 35%

Objectives

Technical: Improve basic individual & collective soccer technique.

Tactical: Basic understanding of spacing between players & that all players are involved in attacking and defending.

Physical: Develop coordination & basic motor skills with and without the ball.

Psychosocial: Increase confidence with the ball. Interact with teammates during training sessions.

Scrimmage: Take up good positions during the game. Balance in relation to the ball & teammates during the game.

Measurable Outcomes

Dribbling:

- a) Footwork – Side to side, V, Tuck, Rake, Pull Push with inside-outside-laces, Taps, Inside-Outside (one & both feet)
- b) Moves - Platini, Matthews (Margetic), Batata, Cryuff, Van Basten
- c) Turns – Zico, Librski, Conti, Beckenbauer, Fake pass
- d) Stopping & running with the ball at speed
- e) Figure 8's
- f) Beginning to get head up when dribbling

Passing:

- a) Inside of foot (push pass)
- b) Basic striking balls with laces
- c) Pass & Move
- d) Beginning to take a look before passing

U8 Cont.

Receiving:

- a) With inside of foot, outside of foot and sole of foot
- b) Receive across body
- c) Beginning to take a look up before all is received

Ball Control:

- a) Juggling using both feet

- b) Five juggles consecutively

Shooting:

- a) Striking balls with laces and landing on same foot
- b) Shooting off the dribble
- c) Beginning to get head up just before shooting

Play:

- a) Moving forward when attacking and retreating when defending
- b) Immediate chase when possession is lost. Win the ball back after you lose it.
- c) All players in same half of the field (stay connected to the game & teammates)
- d) Move, move, move
- e) No punting from GK

Coaching Points:

- Head Up
- Dribble, dribble, dribble
- Big touch, small touch
- Lock your ankle and toe up (push pass)
- Strike through center of the ball (push pass/laces)
- Move after passing
- Receive ball across body
- Give with the ball (when receiving)
- Toe up (when receiving)
- Ankle locked and toe down (when striking ball with laces)
- Kick and land on the same foot (laces)
- Eyes focused on ball as you pass/strike/receive ball.
- Move, move, move
- Win the ball back after it is lost
- Everyone attacks, everyone defends
- No punting

**Roadrunners SC
U9**

Trainings: 2-3 x 1.5 hours per week

Matches: 7v7 (shape: GK-2-3-1 & GK-3-2-1)

Session Structure

Warm-up: 10 min.
Physical: 15 min.
Technique: 20 min.
Tactics: 15 min.
Scrimmage: 25 min.
Cool Down: 5 min.

% of Trainings

Technique: 30%
Tactics: 20%
Physical: 20%

Scrimmage: 30%

Objectives

Technical: Improve individual & collective basic soccer techniques.

Tactical: Creating space to receive the ball & keep possession.

Physical: Develop speed, coordination and balance with and without the ball.

Psychosocial: Positive interaction with teammates during the game.

Scrimmage: Efficiently occupy the spaces on the field.

Measurable Outcomes

Dribbling:

- a) **Footwork – Side to side, V, Tuck, Rake, Pull push with inside-outside-laces, Taps, Inside-Outside (one & both feet)**
- b) **Moves – Platini, Matthews (Margetic), Batata, Cryuff, Van Basten**
- c) **Turns – Zico, Beckenbauer, Libarski, Conti, Fake Pass**
- d) **Combinations – Footwork, Moves, Turns**
- e) **Basic 1v1 situations**
- f) **Body feints**
- g) **Running with the ball**
- h) **Head up while dribbling**

U9 cont.

Passing:

- a) **Beginning outside of foot**
- b) **Driving ball with laces**
- c) **Capable inside of foot passing**
- d) **Two touch passing**
- e) **Pass & continue your run**
- f) **Head up before, during & after passing**

Receiving:

- a) **Receiving flighted balls with inside of foot and laces**
- b) **Body feints before receiving ball**
- c) **Play with two touch**
- d) **Change the angle of the ball with first touch**
- e) **Checking (looking) over shoulder before receiving ball**

Ball Control:

- a) **Juggling with both feet and both thighs**
- b) **25 consecutive juggles**

Shooting:

- a) **From off the dribble**
- b) **First time shots**
- c) **Shooting rhythm of ‘head up-touch-look-head down-shot’**

Tactics:

- a) **1v1 – Att./Def.**

- b) **Basic possession - play what you face**
- c) **Basic team shape –width, depth**
- d) **Concept of ‘strong side step, weak side hold**
- e) **Concept of ‘get inside man when we defend and outside man when we attack’**
- f) **Concept of ‘triangle principal’**
- g) **Concept of ‘what is the game telling you to do’**
- h) **Play at every opportunity (possession)**
- i) **No Punting**

U9 cont.

Coaching Points:

- **Keep your head on a swivel**
- **Dribble, dribble, dribble**
- **Ankle locked and toe down (outside of foot pass)**
- **Pass off the center of the ball (outside of foot pass)**
- **Touch and play**
- **Keep foot close to ground (receiving flighted ball)**
- **Feint and take ball away at angle**
- **Open body up to field of play**
- **Play what you face**
- **Create width and depth (players off the ball when attacking)**
- **Stay connected (when attacking & defending)**
- **Play, play, play**
- **No punting**

**Roadrunners SC
U10**

Trainings: 2-3 x 1.5 hours per week

Matches: 7v7 (shape: GK-2-3-1 & GK-3-2-1)

Session Structure

Warm-up: 10 min.

Physical: 15 min.

Technique: 20 min.

Tactics: 15 min.

Scrimmage: 25 min.

Cool Down: 5 min.

% of Training

Technique: 30%

Tactics: 20%

Physical: 20%

Scrimmage: 30%

Objectives

Technique: Accuracy in individual soccer techniques.

Tactical: Creating space and applying basic principles.

Physical: Develop speed, agility, coordination and balance.

Psychosocial: Interact positively and feel confident within the group.

Scrimmage: Efficiently occupy space in relation to the ball and to teammates.

Measurable Outcomes:

Dribbling:

- a) Becoming efficient in 1v1 situations to beat an opponent
- b) Shielding
- c) Turning to maintain possession (facing opponent)
- d) Dribbling at defenders to create combination play opportunities
- e) Diagonal dribbling to create through balls
- f) Head up while dribbling to see next option

U10 cont.

Passing:

- a) Driving balls with laces
- b) Overhit passes with laces

- c) 1 touch passing
- d) Passing ball to end of teammates run
- e) Pass & and move to find a pass
- f) Head up to see where to run next

Receiving:

- a) Receiving and turning (across body, tight, wide, touch back, dribble back)
- b) Receiving flighted balls with outside of foot, thighs and beginning chest
- c) Changing the angle of the first touch of flighted balls with laces and inside of foot
- d) First touch away from defender
- e) Look before and after ball is received

Ball Control:

- a) Juggling with both feet and thighs and head
- b) 50 consecutive juggles

Shooting:

- a) Shooting across the body off the dribble
- b) Beginning half volley shots
- c) Look up to see where the GK is not at

Heading:

- a) Basic heading technique

Tactics:

- a) 2v1 & 2v2 – Pressure, cover (def.) & 1st and 2nd attacker (att.)
- b) Possession with basic transition – Immediate chase (def.) & Play out of pressure (att.)
- c) Basic combination play of wall pass, overlapping runs & underlapping runs
- d) Application of basic attacking principals of space (width & depth)
- e) Beginning of playing out of the back
- f) Recovery runs – Central players to mid-goal and wide players to near post
- g) Concept of ‘playing shorter when defense drops & playing bigger/wider when def. steps’
- h) Concept of ‘three channels of the field :wide, center, wide’
- i) Concept of ‘thirds of the field: def.-mid.-att.’
- j) Concept of finding ‘windows’ to check into to receive pass
- k) Play at every opportunity

U10 cont.

Coaching Points:

- Head on a swivel
- Dribble, dribble, dribble
- Keep body between ball and opponent (shielding)
- Diagonal dribble (when going at defender(s))
- Strike through bottom half of ball (for flighted ball)
- Step to pass ball first time
- Pass to end of runs
- First touch in direction of next touch (receiving)
- Strike ball when it is dropping and below knee (half volleys)
- Head through center of ball with forehead
- ‘I’ve got Pressure. I’ve got cover’

- **Win ball back in three or less passes (from opponents. Immediate chase)**
- **Play out of pressure**
- **Look to combine**
- **No punting**
- **Most important pass is the first one**
- **Find a window (to receive pass)**

**Roadrunners SC
U11**

Trainings: 2-3 x 1.5 hours per week

Matches: 9v9 (shape: GK-3-2-3 & GK-3-3-2)

Session Structure

Warm-up: 10 min.
Physical: 15 min.
Technique: 20 min.
Tactics: 15 min.
Scrimmage: 25 min.
Cool Down: 5 min.

% of Trainings

Technique: 30%
Tactics: 20%
Physical: 20%
Scrimmage: 30%

Objectives

Technical: Accuracy and speed in individual and collective techniques.
Tactical: Improve attacking principals and basic defending.

Physical: Improve speed, agility, coordination and balance.
Scrimmage: Match focus is on possession and transition.

Measurable Outcomes

Dribbling:

- a) Turning when back is to goal
- b) Basic 1v2 situations
- c) Dribbling across channels to unbalance defense & exploit space
- d) Dribbling to create space for self and teammates
- e) Looking to see what the defender(s) is/is not giving you

U11 cont.

Passing:

- a) Chipping balls
- b) Beginning of bending balls
- c) Basic crossing techniques of overhit crosses, balls swung in with inside of foot & playing balls off the end line
- d) Speed of play
- e) Passing to get behind defense: through balls and combination play
- f) Head on swivel to find teammates and spaces to play into

Receiving:

- a) Receiving flighted balls with chest and beginning head
- b) Changing the angle of flighted balls of first touch with thigh and chest
- c) First touch to unbalance the defender
- d) Look to see how defender(s) are approaching you to determine how you receive ball

Ball Control:

- a) Juggling with feet, thighs, head and shoulders
- b) 75 consecutive juggles
- c) Creative juggling

Shooting:

- a) Half volleys and basic full volleys
- b) Finishing off crosses
- c) Shooting from distance
- d) Head up to see which technique to use when shooting

Heading:

- a) To pass, to clear balls and basic heading on goal

Tactics:

- a) 3v2 -3v3 – 4v3 – 4v4: Covering defender(s) & 3rd attacker(s)
- b) More use of combination play

- c) **Playing out of the back**
- d) **Switching point of attack & getting outside defenders forward into attacking positions**
- e) **Zonal defending in small groups**
- f) **Basic restart organization (att. & def.)**
- g) **Concept of 'third man combination play**
- h) **Concept of 'pressing when/where/why'**
- i) **Concept of 'mobility to create space for self and others'**
- j) **Concept of 'creating numbers up around ball'**
- k) **Concept of 'switching positions' within the game**

U11 cont.

Coaching Points:

- **Head on a swivel**
- **Be sideways on (turning with back to goal)**
- **Diagonal dribble**
- **Strike bottom of ball with shortened follow through (chipping)**
- **Strike off center of ball (when bending ball)**
- **Speed of play**
- **Use first touch to unbalance the defender (receiving)**
- **Attack the ball (shooting first time shots)**
- **Head through bottom half of ball (clears)**
- **Head through top half of ball (on goal)**
- **'I've got cover' (3rd defender)**
- **Build out of back**
- **Rotate ball out of pressure**
- **Get a rhythm, keep a rhythm (possession)**
- **Show patience (possession/building)**
- **Open up to wider spots as the ball rotates out (possession)**
- **Tuck in when we are defending central. Slide when we are defending wide.**
- **Get goal side/ ball side (defending restarts)**

U12

Trainings: 2-3 x 1.5 hours per week

Matches: 9v9 (shape: GK-3-2-3 and 3-3-2)

Session Structure

Warm-up: 10 min.

Physical: 15 min.

Technique: 20 min.

Tactics: 15 min.

Scrimmage: 25 min.

Cool Down: 5 min.

% of Trainings

Technique: 30%

Tactics: 20%

Physical: 20%

Scrimmage: 30%

Objectives

Technical: Focus on quality of passing and receiving technique as well as ball control in game situations.

Tactical: Develop attacking/defending principals and combination play.

Physical: Compete to increase speed, agility, coordination and balance in competitive games.

Psychosocial: Increase collective self confidence.

Scrimmage: Improve possession and transition as well as collective defending during the match.

Measurable Outcomes

Dribbling:

- a) Dribbling to create in numbers down situations
- b) Dribbling in & around the penalty box
- c) Touching ball with every step & use of body feints to unbalance defender(s)
- d) Head up to see the shooting window

Passing:

- a) Use of all passing techniques in match situations
- b) Crossing the ball while moving at speed
- c) Clearing balls with height, distance, width
- d) Head on swivel to see beyond initial line of defense

U12 cont.

Receiving:

- a) Receiving balls while running at speed
- b) Checking back to receive & turn
- c) Looks to deceive defender(s)

Ball Control:

- a) Juggling using multiple body surfaces
- b) 100 consecutive juggles

- c) **Around the World (foot-thigh-shoulder-head-shoulder-thigh-foot)**

Shooting:

- a) **Side Volleys (half and full)**
- b) **Breakaways 1 v GK**
- c) **Head up to see the approach of the GK**

Heading:

- a) **Heading on goal**
- b) **Flicking balls with head**

Tactics:

- a) **7v7 – 9v9**
- b) **Combination play**
- c) **First and second runs to create space for self and others**
- d) **Third man combinations to get behind def.**
- e) **Recovery runs: Team dropping back when defense pressure is broken**
- f) **Building from the back third to through middle third**
- g) **Play in the 1/3's of the field**
- h) **Runs off ball to create space for self, others and person in possession of ball**
- i) **Concept of 'angles and distance of support'**
- j) **Concept of 'creating a tempo of play: when to slow the game down and when to quicken the pace of the game'**
- k) **Restarts organization of when to play quick and when to set up**

U12 cont.

Coaching Points:

- **Head on a swivel**
- **Every step, every touch (dribbling around box)**
- **Strike through bottom ball (when clearing)**
- **Block it out (when clearing)**
- **Place non-kicking foot on wrong side of ball (when crossing ball off endline)**
- **Slow down as ball arrives at feet (running to receive ball)**
- **Drop opposite shoulder & hip up high (side volleys)**
- **Shoot if GK stays on line. Dribble GK if he/she comes out to defend high (1v GK)**
- **Skip on the bottom of ball (flick-on)**
- **Unbalance the defense with runs with & without the ball**
- **Drop back and in (when retreating)**
- **Show patience and build at every opportunity**
- **Safety vs. Risk (1/3 of fields)**
- **Forwards stretch the field & Defenders drop off (building through midfield)**

**Roadrunners SC
U13**

Trainings: 2-3 x 1.5 hours per week

Matches: 11v11 (shape: 4-3-3 and 4-4-2)

Session Structure

Warm-up: 10 min.
Physical: 15 min.
Technique: 15 min.
Tactics: 20 min.
Scrimmage: 25 min.
Cool Down: 5 min.

% of Trainings

Technique: 20%
Tactics: 25%
Physical: 25%
Scrimmage: 30%

Objectives

Technical: Focus on quality of passing and receiving technique and ball control in small spaces.
Tactical: Improve attacking coordinated movements and zonal defending.
Physical: Basic development of speed, endurance and strength.
Psychosocial: Commitment to the team and focus on training.
Scrimmage: Coordinated possession, transition and finishing.

Measurable Outcomes

Dribbling

- a) **Turning with back to goal to combine & as decoy**
- b) **Dribbling to get across defender**
- c) **Vision early and late to see what defender(s) are giving you**

Passing

- a) **Playing bending balls into the path of teammates**
- b) **Passing to change &/or continue the rhythm of the game**

Receiving

- a) **Receiving to turn & shoot**
- b) **Receiving flighted balls at pace**
- c) **Head up to determine the weight of the first touch**

U13 cont.

Ball Control

- a) **Juggling and passing flighted balls over distance**

Shooting

- a) **Shooting from distance including: 1st time shots & volleys**
- b) **Vision as decoy to deceive the GK**

Heading

- a) **Diving headers on goal**

Tactics

- a) **9v9 – 11v11**
- b) **Building from middle third to attacking third**
- c) **Pressing: area's of field, players, off attacking play**
- d) **Defensive channeling of opponents**
- e) **Playing formations ; advantages & disadvantages**
- f) **Zonal Defending with team**
- g) **Runs into the box and framing the box**
- h) **Tracking runners &/or passing them on**
- i) **Team Compactness (east/west & north/south)**
- j) **Diagonal Play (attacking)**
- k) **Restarts – What /where/why/when**

Coaching Points:

- **Keep head on a swivel**
- **Dribble diagonal to get across body of defender**
- **Check run (slow down) before receiving flighted ball**
- **Attack the ball/space (shooting 1st time shots)**
- **Force opponents attack into pressuring areas (into other defenders)**
- **Step/drop/ slide (defending as a team)**
- **Attack near, far and penalty spot (runs into box)**
- **Don't run square with a square pass. Drop and slide (defending change of fields passes)**
- **Communication: Run with man OR leave (tracking runners)**
- **Inside players go towards outside, outside players go towards inside (diagonal play)**
- **Playing balls into channels between defenders & between defensive lines**
- **What is on? (attacking restarts)**

- Match up early & /or how many needed in wall (defending restarts)

**Roadrunners SC
U14**

Trainings: 3-4 x 1.5 hours per week

Matches: 11v11 (shape: GK-4-3-3 and 4-4-2)

Session Structure

Warm up: 10 min.
Physical: 15 min.
Technique: 15 min.
Tactics: 20 min.
Scrimmage: 25 min.
Cool Down: 5 min.

% of Trainings

Technique: 20%
Tactics: 25 %
Physical: 25%
Scrimmage: 30%

Objectives

Technical: Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces.

Tactical: Application of attacking principals to create combination play.

Physical: General development of endurance, speed and strength.

Psychosocial: Competition in individual and team building.

Scrimmage: Coordinate playing out from the back, possession, transition, combination play and finishing during the game.

Measurable Outcomes

Dribbling

- To get between defenders &/or between defensive lines
- To unbalance def. shape of opponents team
- Looking beyond initial pressure to covering defender(s)

Passing

- First time passing over distance on ground
- First time passing over distance thru air
- Vision to see area's to attack beyond the last defender(s)

U14 cont.

Receiving

- Receiving & turning simultaneously
- Receiving with heavy first touch that put you behind the defense

Ball Control

- a) **Juggling and passing ball through air over distance with limited touches**

Shooting

- a) **Side volleys**
- b) **Overhead volleys (bicycle kicks)**
- c) **Direct & Indirect free kicks**

Heading

- a) **Head passing around goal to:**
 - lob goal keeper
 - back across goal
 - lay backs

Tactics

- a) **Playing out of pressure**
- b) **Counter attack**
- c) **Playing with numbers up/ down**
- d) **Situational defending**
- e) **Playing scenario (winning/losing/tied)**
- f) **High Pressure**
- g) **Low Pressure**
- h) **Off sided trap**
- i) **Restarts variations to create deception**
- j) **Winning mentality**

Coaching Points:

- **Keep head on swivel**
- **Dribble across channels**
- **Collective team thoughts (attack & defense)**
- **Restarts to expose defensive weaknesses**
- **Defending restarts**

Roadrunners SC U15

Trainings: 3-4 x 1.5 hours per week

Matches: 11v11 (shape: GK-4-3-3 and 4-4-2)

Session Structure

Warm-up: 10 min.
Physical: 20 min.
Technique: 10 min.
Tactics: 20 min.
Scrimmage: 25 min.
Cool Down: 5 min.

% of Trainings

Technique: 15%
Tactics: 30%
Physical: 25%
Scrimmage: 30%

Objectives

Technical: Focus on speed of passing and receiving technique, ball controlling in small spaces.
Tactical: Application of attacking and defending principals.
Physical: Basic development of aerobic power, acyclic speed and explosive strength.
Psychosocial: Commitment to the team.
Scrimmage: Development of possession of the ball at speed and quick organization of zonal defending.

Measurable Outcomes

Roadrunners SC U16

Trainings: 3-4 x 1.5 hours per week

Matches: 11v11 (shape: GK-4-3-3 and 4-4-2)

Session Structure

Warm-up: 10 min.
Physical: 20 min.
Technique: 10 min.
Tactics: 20 min.
Scrimmage: 25 min.
Cool Down: 5 min.

% of Trainings

Technique: 15%
Tactics: 30%
Physical: 25%
Scrimmage: 30%

Objectives

Technical: Focus on speed of passing and receiving technique as well as ball control in small and

big spaces.

Tactical: Application of attacking and defending principals.

Physical: Development of aerobic power, acyclic speed and explosive power.

Psychosocial: Commitment to teammates in accomplishing specifics tasks.

Scrimmage: Development possession and transition of the ball at speed and quick organization of

zonal defending retreat & recovery.

Measurable Outcomes