

# DIABLO FUTBOL CLUB

## U15-U18 PROGRAM



### DIABLO FC TRAINING PROGRAM & STYLE OF PLAY

The U15-U18 Program is the 3rd and Final Stage of Development at Diablo FC. The primary objective will be TEAM DEVELOPMENT and SPEED OF PLAY. Players will still continue to develop the fundamentals of the game of soccer in the 4 Areas of the Player Development: Physical, Technical, Tactical, and Psycho-Social. However, the focus will transition to the team tactics and speed of play.

#### 4 AREAS OF PLAYER DEVELOPMENT

PHYSICAL	TECHNICAL	TACTICAL	PSYCHO-SOCIAL
<b>Strength</b> •Strength Endurance •Explosive Endurance  <b>Endurance</b> •Aerobic Capacity •Anaerobic Capacity  <b>Speed</b> •Reaction •Acceleration •Speed  <b>Agility</b>  <b>Quickness</b>	<b>1st Stage</b> •Juggling •Passing & Receiving •Guiding the Ball  <b>2nd Stage</b> •Long Passing •Shooting •Dribbling 1v1  <b>3rd Stage</b> •Heading •Fakes/Feints •Tackling	• Attacking Principles  •Possession  •Transition  •Combination Play  •Playing out of the Back  •Finishing in the Final Third  •Defending Principles  •Pressing  •Compactness	• Respect & Discipline  •Motivation  •Self-Confidence  •Team Work / Cooperation  •Competitiveness  •Commitment  •Communication  •Self Control  •Concentration  •Decision Making

#### DIABLO FC STYLE OF PLAY

DFC is striving to establish a style of play that is consistent throughout the age groups. U15-U18 Players will continue to develop and master the principles associated with the DFC Style of Play at the 11v11 game.

- DFC teams will be encouraged to display an offensive style of play based on keeping possession and quick movement of the ball.
- DFC teams are encouraged to build the play out from the back and through the midfield, keeping the ball on the ground.
- DFC teams must try to keep possession of the ball.
- DFC players will be encouraged to support and move off the ball, thus creating passing options and space.
- DFC players are encouraged to keep close control of the ball and use different turning techniques to move away from the defender.
- DFC players must develop the ability to shoot from different distances.

#### FORMATIONS OF PLAY

- DFC teams play 11v11 soccer and they are encouraged to play one of two formations: 1-4-3-3 and/or 1-4-4-2.
- DFC teams will play with a Flay Back 4 System.