



2021/22 Genesee National – 2011 Age Plan

As the boys progress to 9v9 this upcoming year we are looking to build on the previous years of soccer. While players may have been playing at the competitive level for a couple of years we still have to recognize they are still in the very early stages of their soccer lives. We are still trying to build the foundations that will carry them through to be the most successful player they can be.

We will continue to build on their technical base and also get all the players to start thinking about why they are making certain decisions at certain times.

As we are moving up a level players are expected to be doing individual training during the week too and not just during our regular scheduled practice times. The more touches each player can get on the ball the easier it will be for them to get their head up and make better decisions.

To help guide their understanding we will break down the learning into small blocks with key focuses for each block. This will help them retain the information rather than bouncing from one idea to another. While we will have a core focus, for example block 1 is “Creating Overloads”, they will still play in small sided games but the players focus should be to find the areas of the field where we have a numerical advantage.

The 9v9 games in tournaments and league will be a chance for the players to show it on the larger field and compete at the highest level possible. In order to compete at the highest level possible though all trainings need to be competitive too.

At the end of each block we will have a review session for the players where we will talk about how they feel about the completed block, answer any questions they may have and also discuss goals for the upcoming block. The more feedback we can give the players and open two way discussions the more comfortable they should become with the concepts.

6 Weeks Blocks

Block 1	08/01/2021 - 09/12/2021
Topic	Creating Overloads - Attack
Technical	<ul style="list-style-type: none"> • Ability to be positive with your first touch • Ability to play a variety of passes • Maintain possession while under pressure • Feel Comfortable with the ball at your feet
Tactical	<ul style="list-style-type: none"> • Recognize when we have more attackers than defenders • Make correct decision based on area of the field and supporting movement • Movement off the ball to support and move the defenders

Block 2	09/20/2021 – 10/31/2021
Topic	Defending
Technical	<ul style="list-style-type: none"> • Ability defend a player 1v1 • Develop different ways to tackle and win the ball with correct technique and timing • Ability to control the attacker with your body shape and distance
Tactical	<ul style="list-style-type: none"> • How can I force the attacker away from my goal and their teammates • Decision whether to win the ball or slow down the attack • Pressure, Cover, Balance • Delay, Deny and Destroy based on field position

Block 3	11/08/2021 – 01/30/2022
Topic	Shooting and Finishing
Technical	<ul style="list-style-type: none"> • Shooting with laces for power • Controlled finish with inside of foot • Scoring on the dribble – 1v1 or from distance • Scoring one time from a cross or thru ball
Tactical	<ul style="list-style-type: none"> • Decision on whether to shoot with power or finish controlled • Decision on number of touches to take • When and where to use different scoring techniques

Block 4	02/07/2022 – 04/03/2022
Topic	Larger Possession/ Game like
Technical	<ul style="list-style-type: none"> • Different receiving techniques • Variety of passing techniques • Protecting the ball from higher pressure
Tactical	<ul style="list-style-type: none"> • Decision of when to pass and when to dribble • Vision of the field with the ball at feet • How can the ball get to me? 1, 2 or 3 passes • Spacing on the field • What do I do when I get the ball