



# Player Development Education Session 2020/2021



# SESSION AGENDA

- Quiz
- What is our goal when we step foot on the field and what does it take to accomplish that goal?
- The Game
  - Formations
  - Player numbering
  - Attacking objectives and principles of play
  - Defending objectives and principles of play



# QUIZ

- What is the 11v11 formation we adopt club wide?
- What is the 9v9 formation we adopt club wide?
- What is the 7v7 formation we adopt club wide?
- What is the 5v5 formation we adopt club wide?



# What does it take to be good, better, best?

- Commitment to learning – Club, Coaches, Players and Parents.
- Embrace/seek different learning opportunities.
- *In the last 7 days, how many occasions have you dedicated to being a better player or coach?*
  - On field training
  - Games
  - Watching games – in person or on TV
  - Self directed – individual training (pyramid activities, juggling, smart ball)
  - Extra training – clinics, camps, private training
  - Classroom – including video
  - *Each example is 1 learning opportunity per week.*
- Preparation: *What does preparation mean for a player? What does preparation mean for a coach?*



# Self-Assessment

- What are you willing to do to get better?
- How can you accelerate your learning to move ahead of your competition? (physically and mentally)
- Are you going to keep pace (team training – team training – game) or are you going to do more?
- Do you have a goal beyond this season? Are you ‘reaching’ for something more?
- Coaches – beyond the normal expectations, what are you doing to improve yourself, to create dynamic learning opportunities and to raise the level of your players?



# PRINCIPLES OF PLAY

## What are the 5 principles of Attacking?

- Penetration – act of breaking through the defense by dribbling, passing, shooting or running without the ball.
- Support – providing options backwards, sideways or even forwards your teammate on the player on the ball in order to maintain possession.
- Mobility – movement off of the ball into open spaces or to draw defenders into different spaces.
- Width – Stretching or moving into the wide areas of the field in order to draw defenders out of the middle of the field
- Creativity – The ability to ‘think on the fly’, to improvise, to take risks and employ an element of surprise.



# PRINCIPLES OF PLAY

## What are the 5 principles of Defending?

- **Pressure** – the moment possession is lost, the nearest player(s) to the ball close down space and try to regain possession or apply pressure on the ball.
  - Close down, get down, stay down!
  - Fast, slow, sideways, low!
- **Cover** – the “help”...the immediate organization of players behind the pressuring defender.
- **Balance** – As the team organizes around the ball, defending players away from the ball (opposite side) must start to position themselves to cover or protect vital spaces or open marks.
- **Compactness** – As defending players begin to organize themselves, their goal is to limit the time and space that the opponent has to play by connecting and closing down the space around the ball as a group.
- **Control and Restraint** – Defending players must be disciplined and play under control when challenging for the ball. Players should restrain from going in for a tackle until they are confident they will win the ball.
  - Don't dive in or lunge in 1v1 situations
  - Delay or contain in overload or man-down situations



## What are the moments of transition?

- There are 4 key moments within a soccer game
  - We have possession of the ball
  - We are defending (the opponent has possession of the ball)
  - We just won the ball
  - We just lost the ball
- When the ball is won and lost by a team, a transition of possession occurs. The team either transitions from attack to defense or defense to attack.



## **What is build-up play?**

- The team in possession of the ball uses the defenders and midfielder players (as well as the GK) to combine passes in order to eventually penetrate and find their attacking players down the field.

## **What is direct play?**

- The team in possession looks to play straight into an attacking player in the opponent's half of the field.



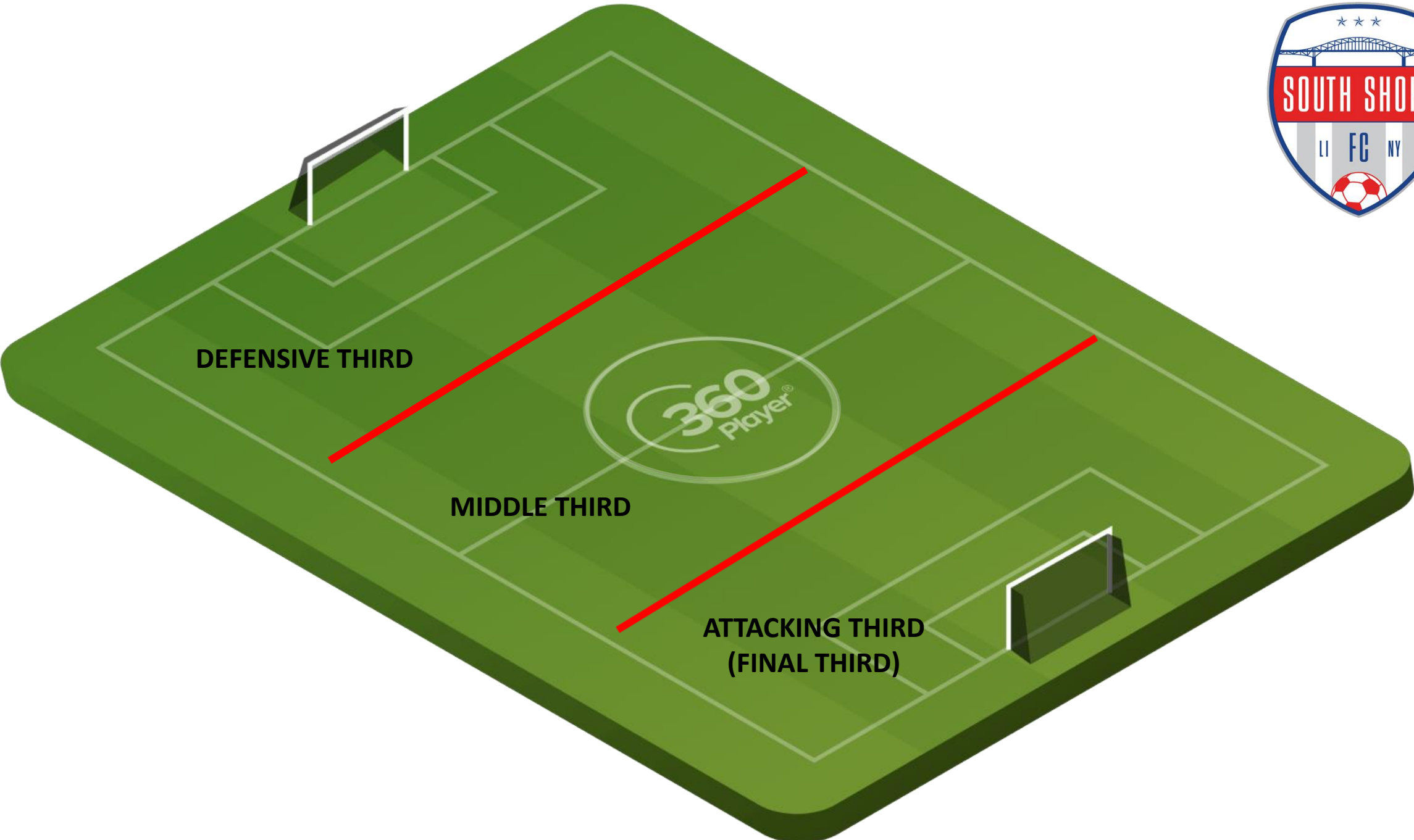
**What does 'defend goal side mean'?**

When confronting or marking an opponent, the defending player should be between the player they are marking and their defensive goal



## What does it mean to ‘High Press’?

- A high pressing defense will start to pressure the ball very high up the field in hopes of forcing a turnover of possession close to the opponent’s goal.

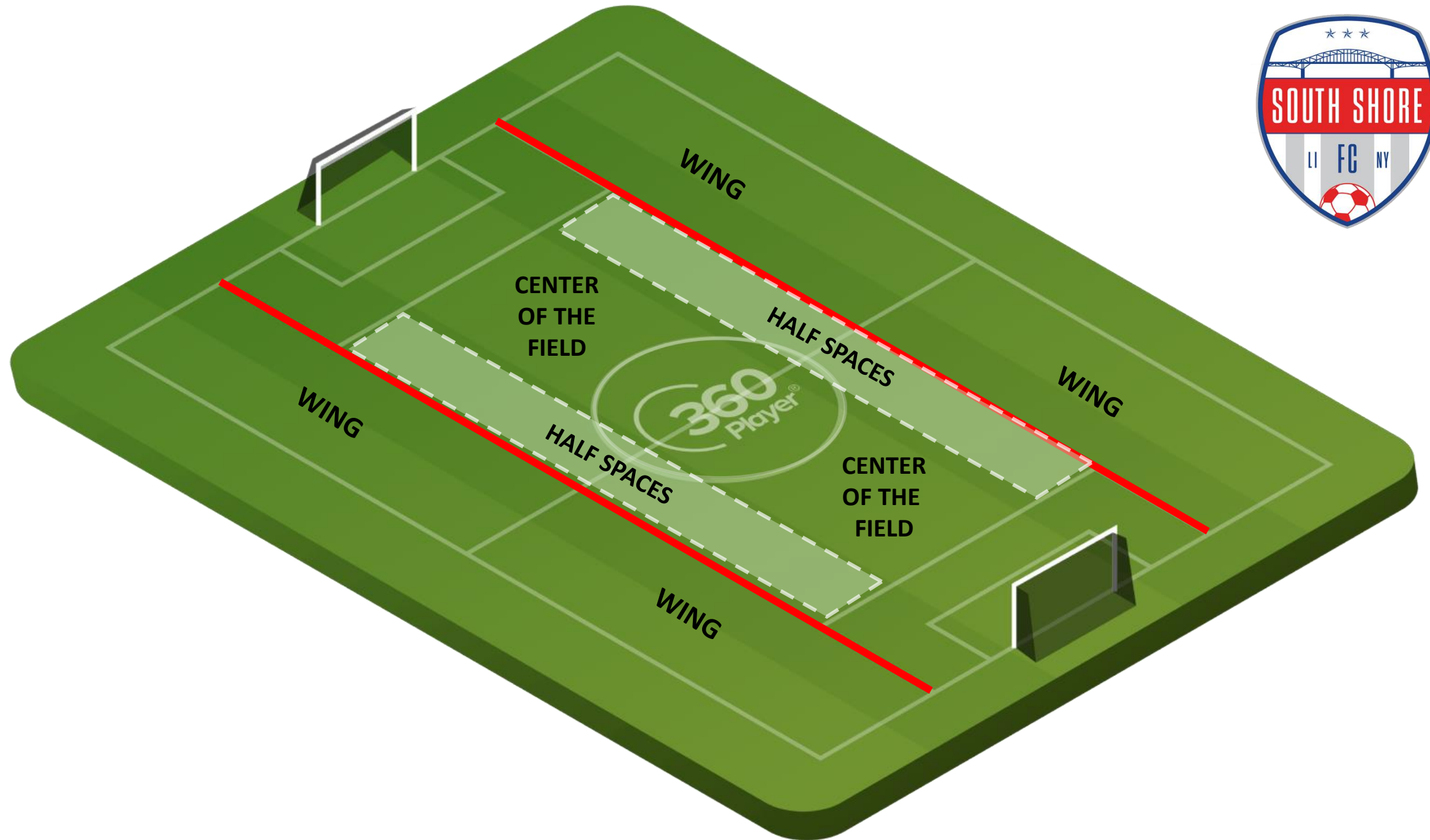


**DEFENSIVE THIRD**

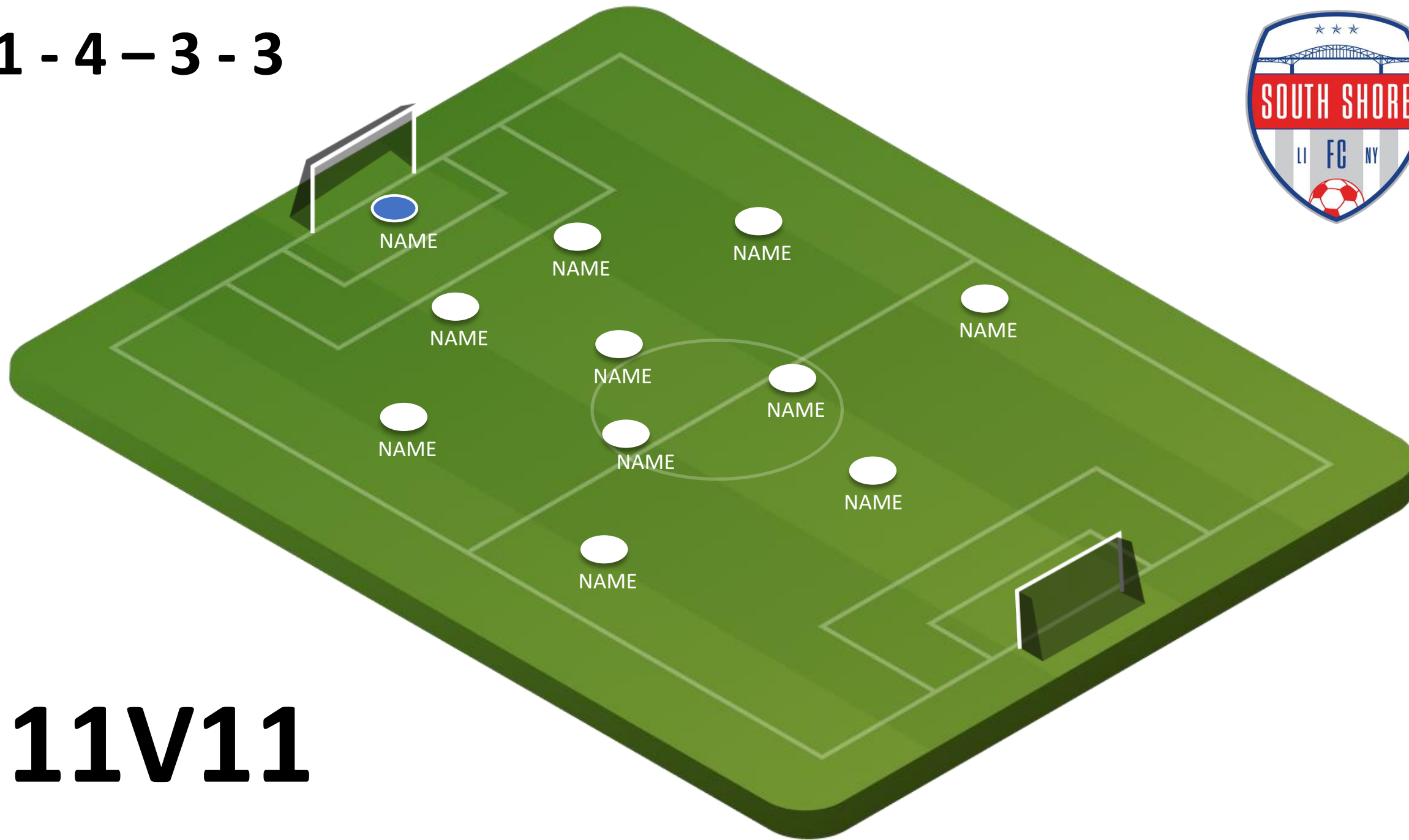
**MIDDLE THIRD**

**ATTACKING THIRD  
(FINAL THIRD)**



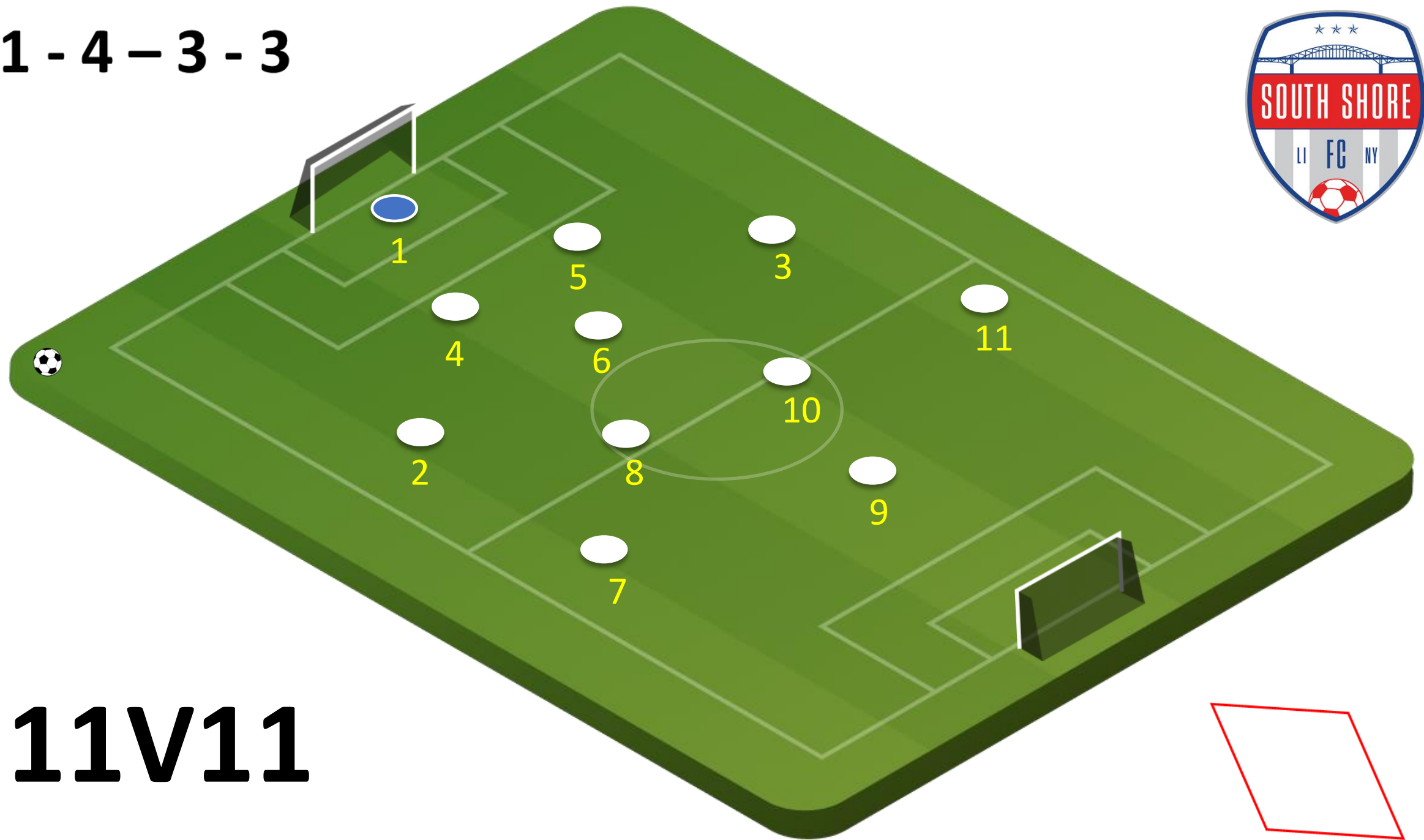


**1 - 4 - 3 - 3**



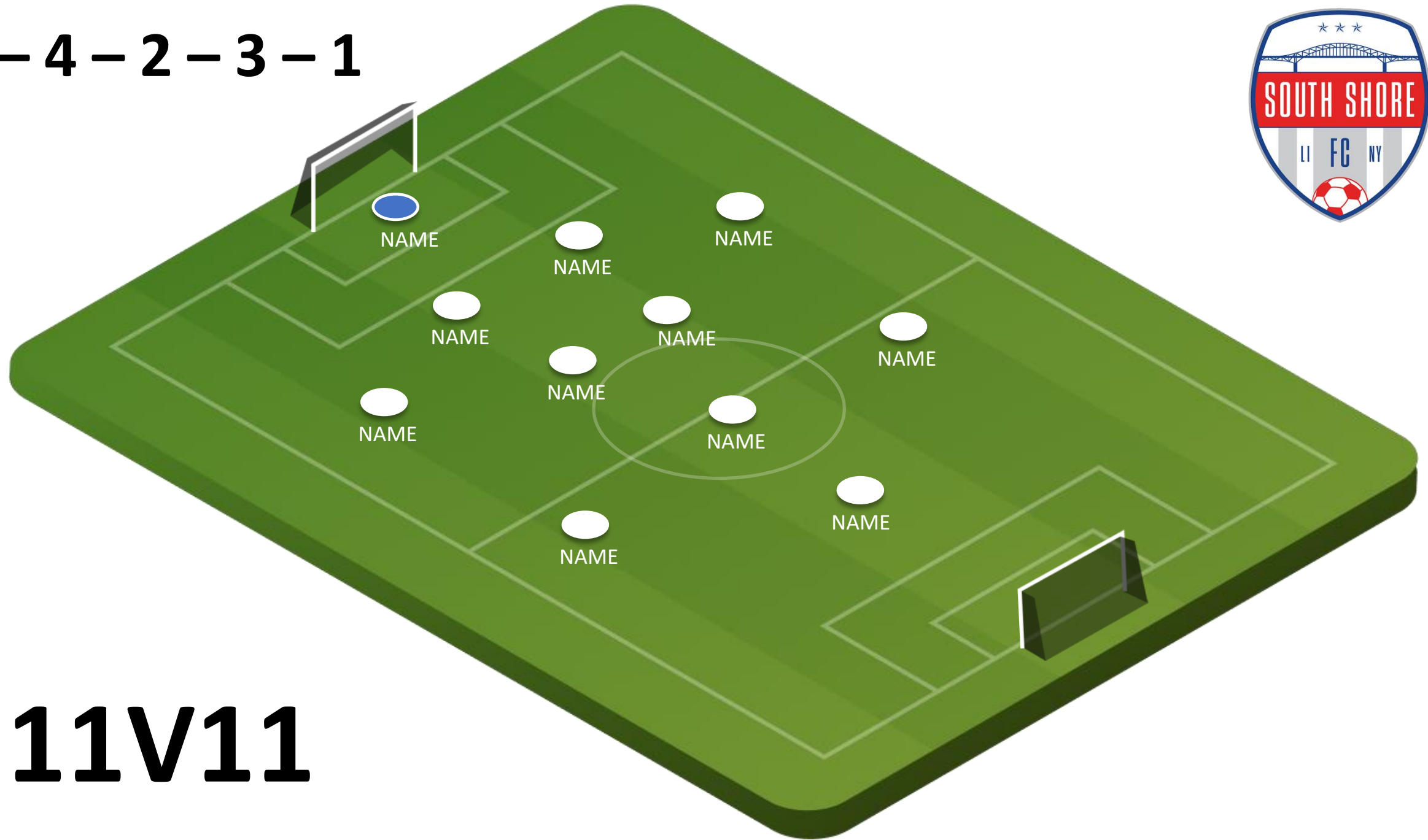
**11V11**

**1 - 4 - 3 - 3**



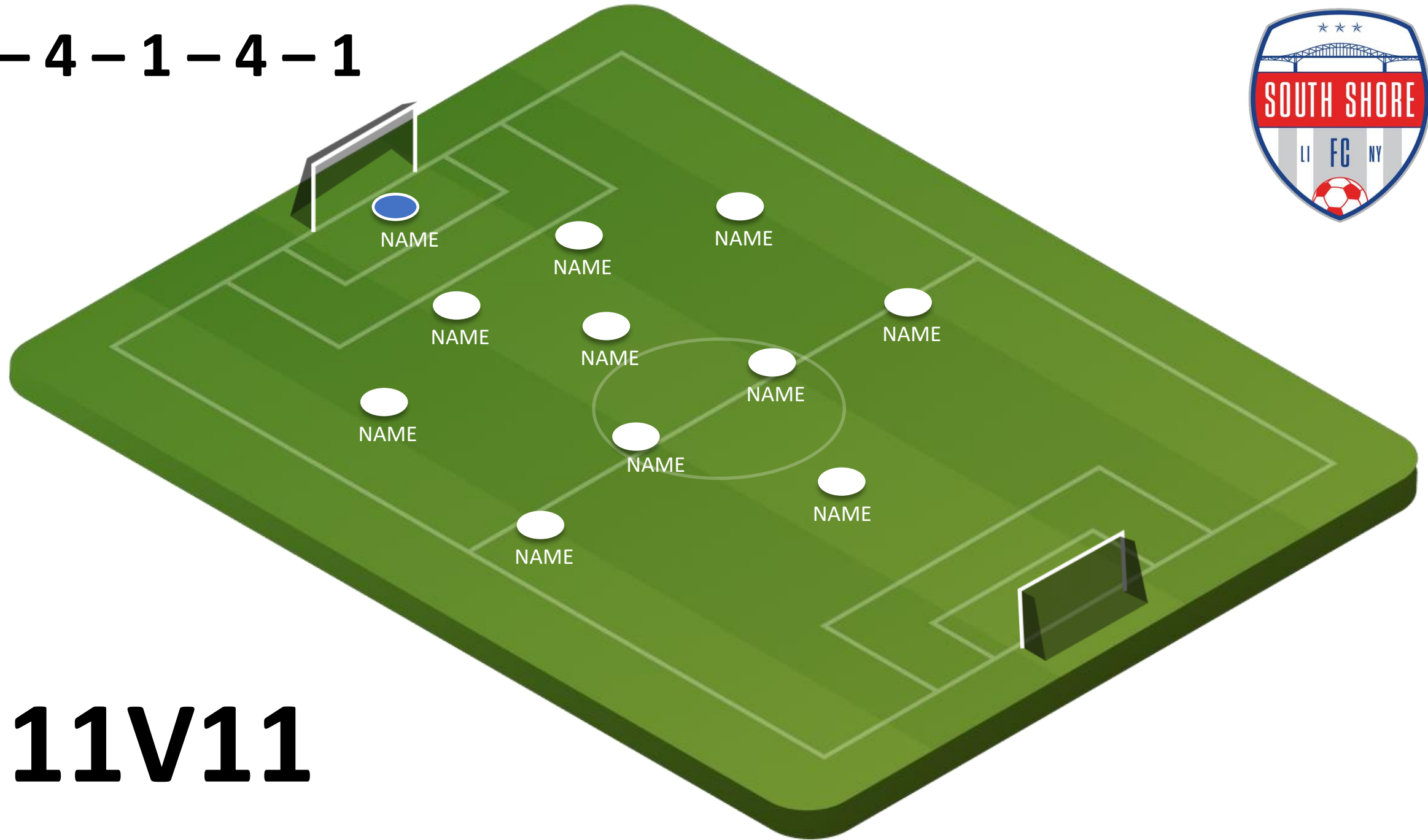
**11V11**

**1 - 4 - 2 - 3 - 1**



**11V11**

1-4-1-4-1



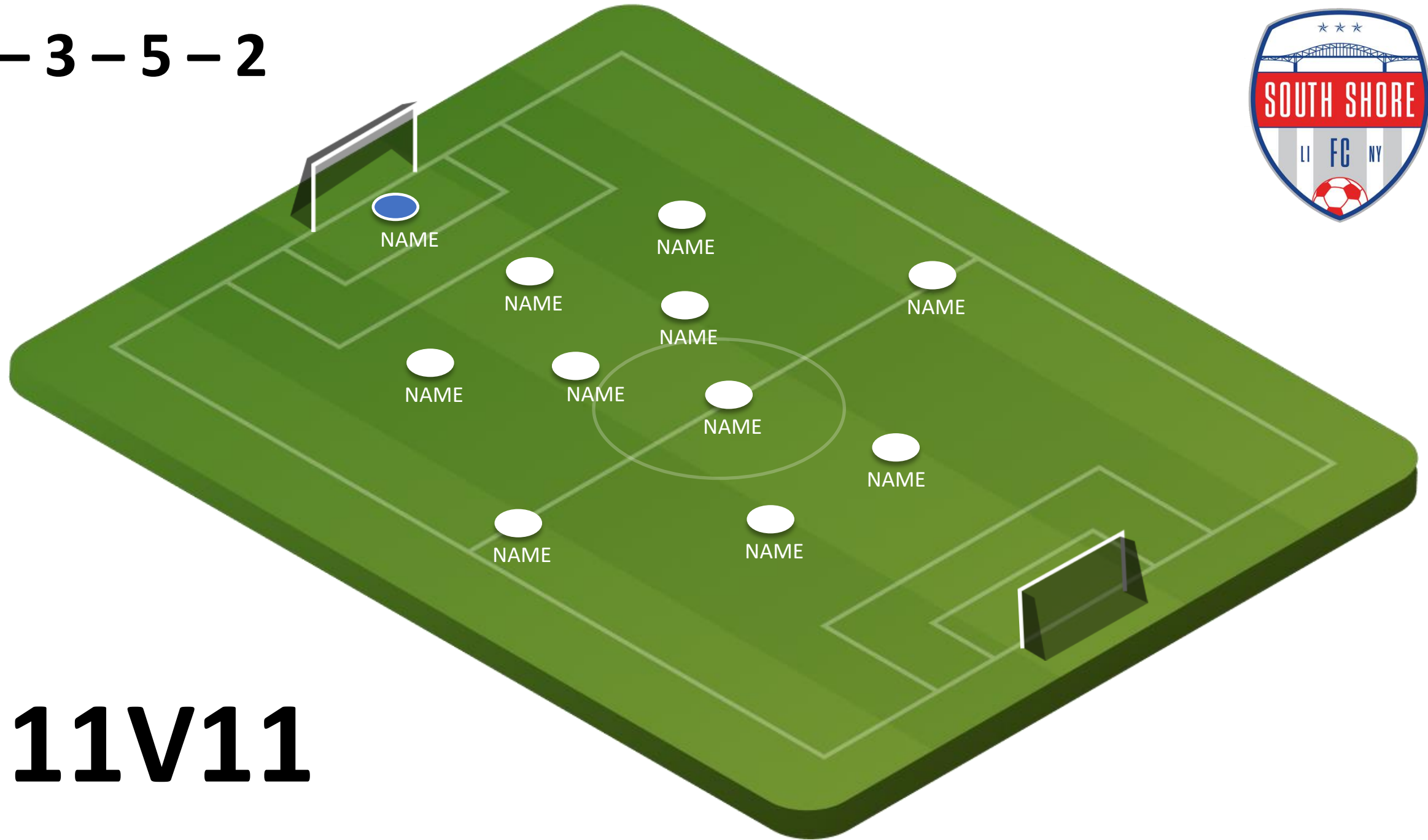
11V11

**1-4-4-2**



**11V11**

1 - 3 - 5 - 2



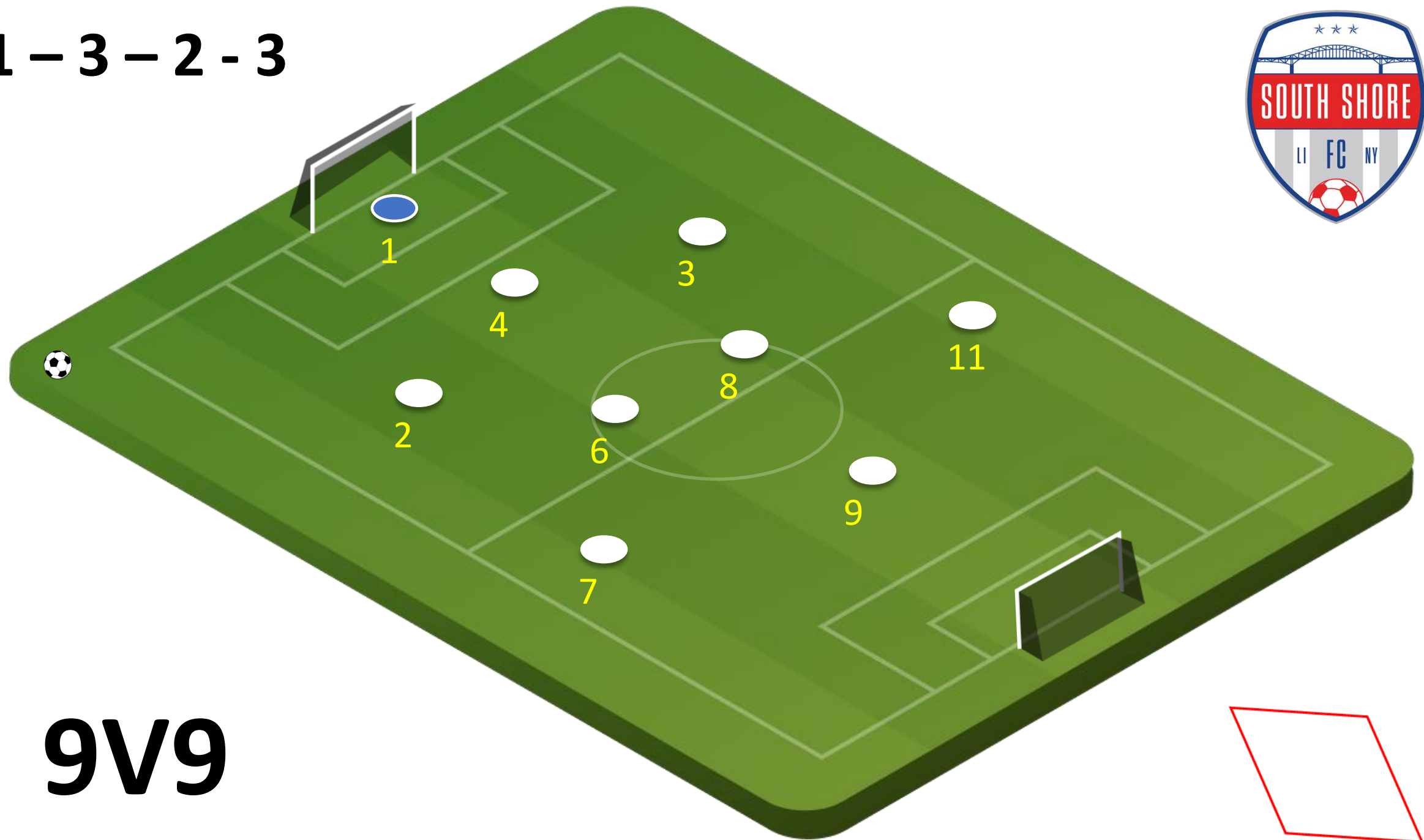
11V11

**1 - 3 - 2 - 3**



**9V9**

1 - 3 - 2 - 3



9V9

1 - 3 - 3 - 2



9V9

**1 - 2 - 3 - 3**



**9V9**

**1 - 4 - 3 - 1**



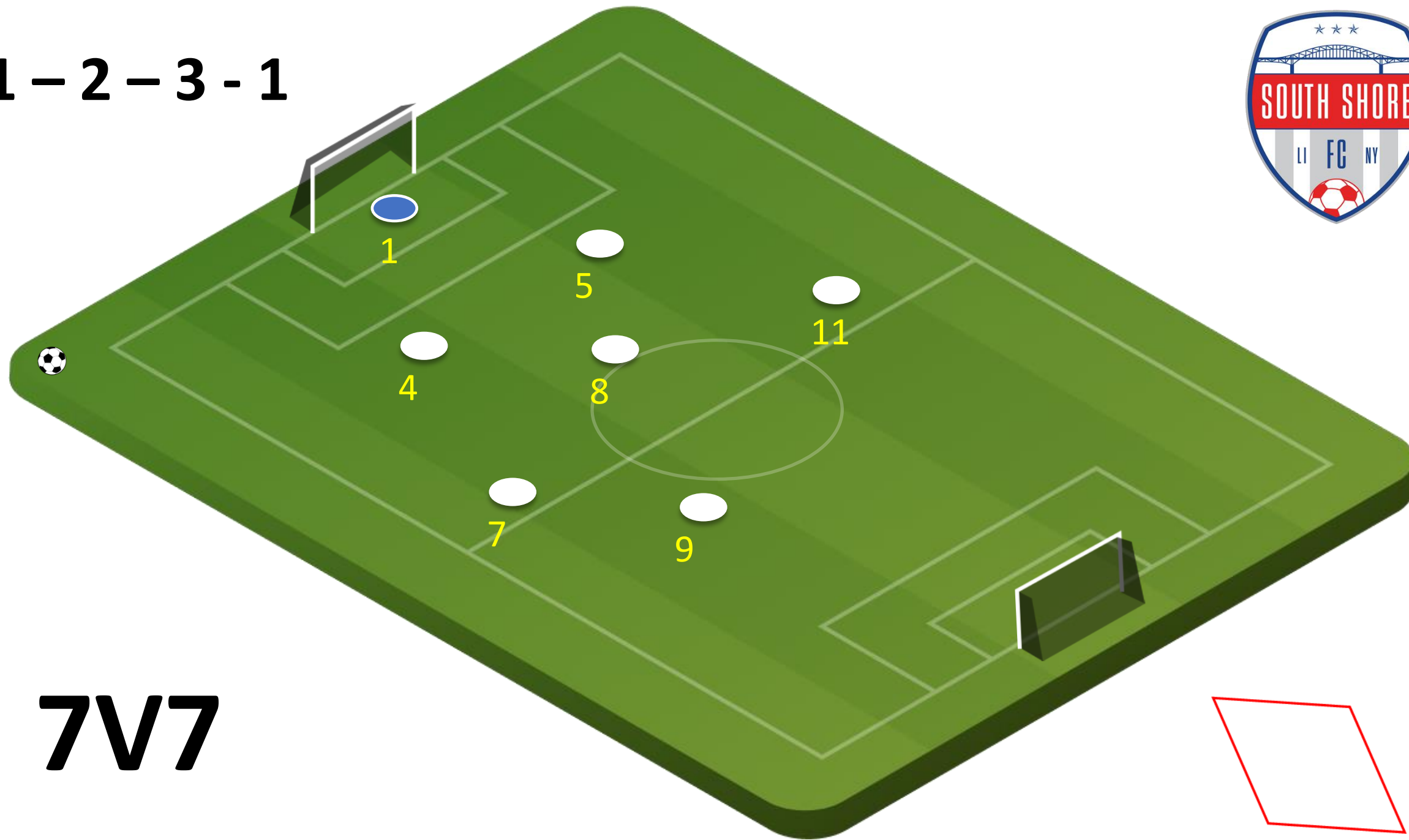
**9V9**

1 - 2 - 3 - 1

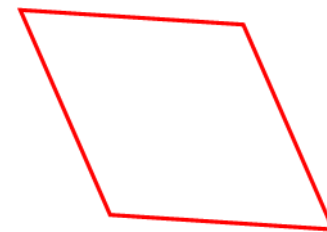


**TV7**

1 - 2 - 3 - 1



7V7

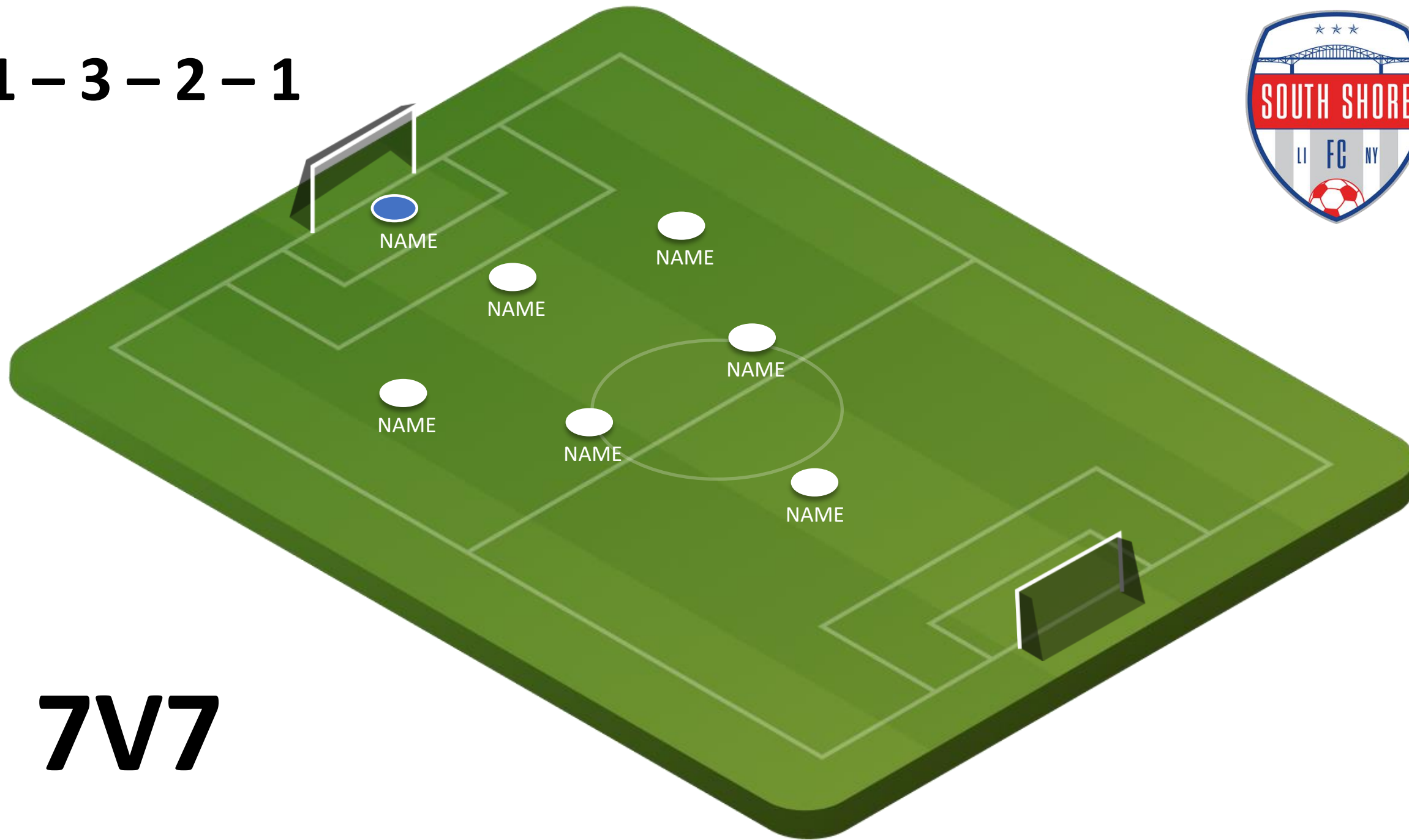


1 - 3 - 1 - 2



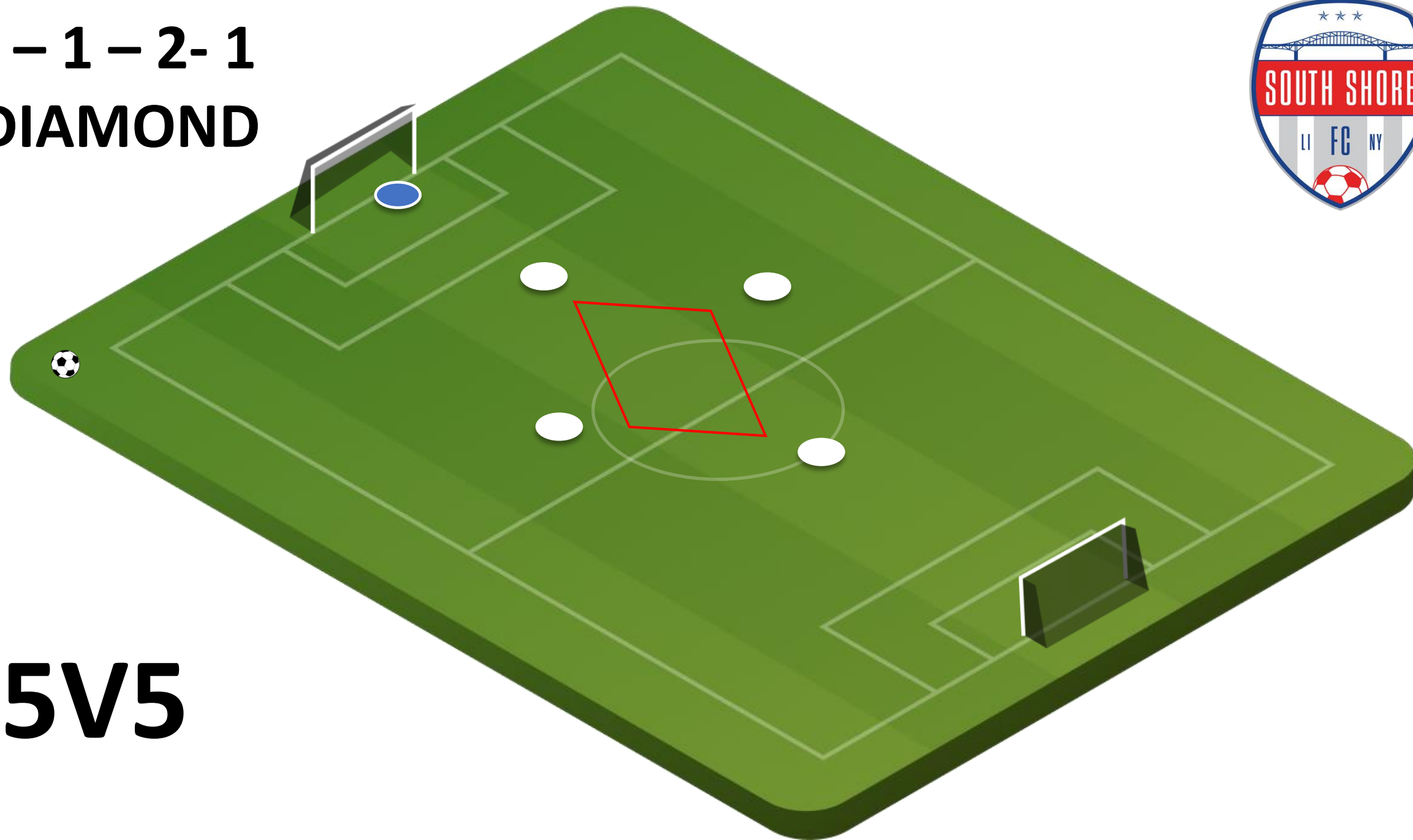
TV7

**1 - 3 - 2 - 1**



**TV7**

**1 - 1 - 2 - 1  
DIAMOND**



**5V5**

## NYCFC YOUTH PROGRAMS

### Coach Behaviors & Interactions



#### Development Phase U8-U14

- Concise & Understandable
- Positive, Encouraging, Show Support
- Balance
- Guided Discovery



#### Performance Phase U15-U19

- Specific & Relatable
- Game Management
- Reinforce Desired Behaviors
- Guided Discovery





## Match Day

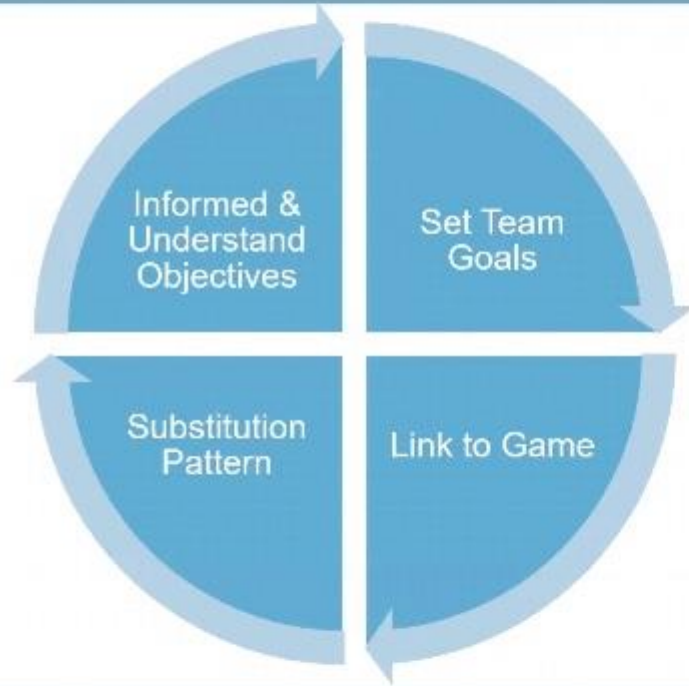
Pre Match

Match

Post Match

Coach Reflection

NYCFC YOUTH PROGRAMS  
Pre-Match



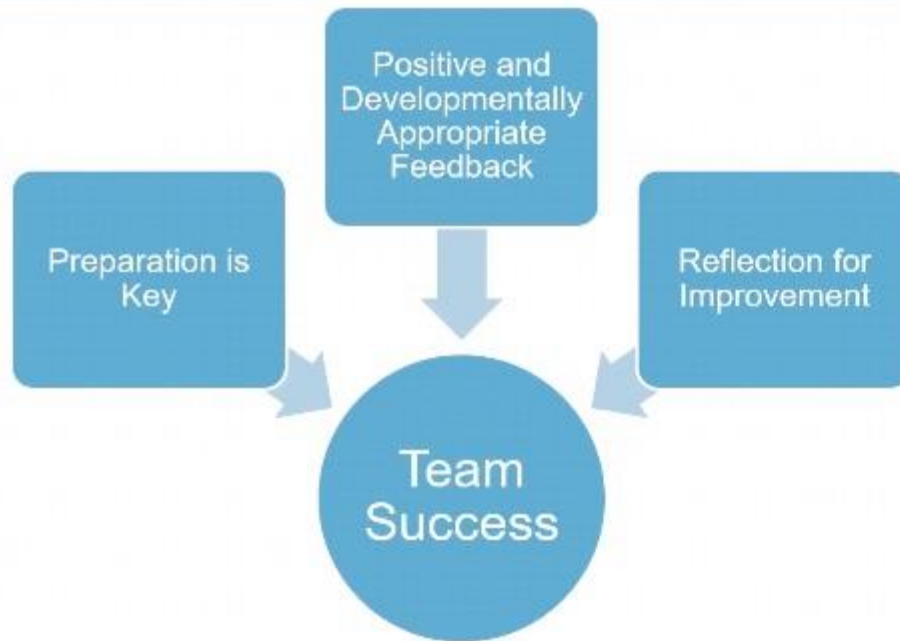
NYCFC YOUTH PROGRAMS  
Match



NYCFC YOUTH PROGRAMS  
Post Match



NYCFC YOUTH PROGRAMS  
Key Take-aways



NYCFC YOUTH PROGRAMS  
U8 Game Models – Play the City Way



- No goalkeepers
- Diamond formation
- Rotating positions
- No offsides



- Rotating goalkeepers
- Build out line
- Offsides included
- Core diamond formation
- Additional wider players