



# U16+ PLAYER PROFILE

Orono Westonka Soccer Club

## OBJECTIVE

To define the technical, tactical, mental, and physical attributes of U16+ players in our developmental pathway. These attributes are split into expected competencies & key development areas. All attributes are global (i.e., not position specific).



## TECHNICAL

# U16+ TECHNICAL PLAYER PROFILE

*This profile will define the competencies we would expect U16+ players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.*

PRINCIPLE	EXPECTED COMPETENCIES
PASSING	<ul style="list-style-type: none"> <li>- Players should be able to make short passes consistently, with good technique, and with both feet</li> <li>- Players should know how to play one touch to combine and play out.</li> <li>- Players should know how to Connect a pass that breaks the line of defense.</li> <li>- Players should identify moments and use proper technique to make long passes.</li> </ul>
DRIBBLING	<ul style="list-style-type: none"> <li>- Players should be able to dribble at top speed while maintaining control of the ball.</li> <li>- Players should know how and when to use different turns, Cruyff turn, drag back, etc.</li> <li>- Players should know how to use their body to protect the ball from opposition defenders</li> <li>- Players should have familiarized themselves with a few skill moves to use in game.</li> </ul>

PRINCIPLE	EXPECTED COMPETENCIES
CONTROL	<ul style="list-style-type: none"> <li>- Players should know how to receive the ball with all parts of the foot: laces, inside, outside</li> <li>- Players should know how to create space and beat players with their first touch</li> <li>- Players should know how to control the ball in the air with proper technique.</li> </ul>
SHOOTING	<ul style="list-style-type: none"> <li>- Players should be able to score with finesse shots – controlled shots with the inside of the foot, often to the bottom corner of the goal</li> <li>- Players should have the proper technique and power when striking the ball from a distance.</li> <li>- Players should be able to time their jump correctly and make contact with the ball with their head, foot, or any other part of their body. With good balance, coordination, and timing</li> </ul>



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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
TACKLING	<ul style="list-style-type: none"><li>- Players should be able to tackle the opposition by blocking the forward progress of the ball with the inside of the back foot.</li><li>- Players should know how to properly use their body to physically push or block the opponent off the ball.</li><li>- Players should have proper positioning, technique, timing and confidence to challenge arial duels.</li></ul>	<ul style="list-style-type: none"><li>- <b>Slide tackle</b>- teach players to focus on technique, footwork, and situational awareness for when to slide tackle.</li></ul>



## TACTICAL

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### PRINCIPLE

### ATTACKING

### EXPECTED COMPETENCIES

- Basic understanding of the rules of the game
- Players should know how to maximize the playing area
- Players should know how to position themselves to receive the ball by moving to a clear passing lane
- Players should know how to attack the front foot, spin the defender, or create space and use it.
- Players should know when and how to break the line of the opposing team's formation with a pass or a dribble.
- Players should know how to exploit 2v1, and 3v2 situations.
- Players should be able to shoot into the bottom corners of the goal consistently
- Players should have the technical skills, vision, and decision-making abilities to create space and opportunities for teammates.
- Players should be able to move the ball quickly and accurately at a faster pace.
- Players should position themselves in the 18-yard box to create a goalscoring opportunity



## TACTICAL

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### PRINCIPLE

### ATTACKING

### EXPECTED COMPETENCIES

- Players should be able to move and pass the ball quickly and efficiently to get more teammates involved in the play.
- Players should know how to advance the ball past the last line of defenders toward the opponent's goal
- Players should know to pass the ball to the center of the field, away from the goalkeeper, to create a scoring opportunity.
- Players should know how to identify pressure, understand the situation, and help improve their decision-making.
- Players should move into the opposing team's penalty box or goal area in order to create scoring opportunities
- Players should know how to exploit the weaknesses or positioning of the opposing team's defense with different crosses
- Players should know to quickly transition from defense to offense in order to catch the other team off-guard and create goal-scoring opportunities.
- Players should know what counter-balance means and how to properly execute it as a team.



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PRINCIPLE	EXPECTED COMPETENCIES
DEFENDING	<ul style="list-style-type: none"><li>- Players should know how to compress the playing area when the opposition has the ball by being narrow and vertically compact</li><li>- Players should be able to defend 1v1 to prevent dribble, shot, or cross.</li><li>- Players should know that when closest to the ball, they sprint to close down the opposition.</li><li>- Players should be able to defend so the opposing player can't turn forcing them to pass backward or sideways.</li><li>- Players should know in what situations to clear the ball if there is no other option.</li><li>- Players should know be able to work together to put pressure on the opponent, cover any potential gaps, and maintain a strong defensive shape</li><li>- Players should be able to read the play and predict when a long ball will be played.</li><li>- Players should know to mark the player or the space to prevent a goalscoring opportunity</li></ul>



## TACTICAL

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## PRINCIPLE

## DEFENDING

## EXPECTED COMPETENCIES

- Players should know to press the opposing player who has just received the ball, with the goal of forcing them into making a mistake or relinquishing possession of the ball.
- Players should be able to read the game, predict where the ball is likely to go next, and position themselves in a way that allows them to intercept the ball or put pressure on the opponent.
- Players should know both zonal and man orientation tactics and how to execute them properly.
- Players should know how to read the movements of opposing players and anticipate where they might run to create space and then how to position themselves to intercept or mark those runners.
- Players should know to get back in shape and try to regain possession of the ball quickly and prevent the opposing team from building a sustained attack.
- Players should know to quickly transition from offense to defense after losing possession and reposition themselves to prevent the opposing team from making a fast break and attacking the defense.



# MENTAL

## U16+ MENTAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES
CONFIDENCE	<ul style="list-style-type: none"><li>- Varied levels of confidence in the team coming into this age group</li><li>- Players should actively find various solutions for situations in the game.</li><li>- Players should have the confidence and bravery to take risks, make difficult decisions, and persist in the face of challenges.</li><li>- Players should proactively take steps to make things happen on the field</li></ul>
ATTITUDE	<ul style="list-style-type: none"><li>- Players should be able to recover from setbacks, adapt to change, and persevere during difficult moments in game or practice.</li><li>- Players should be dedicated to themselves and to the team, putting in the effort to improve their skills and contribute to their team's success</li><li>- Players should be open to receive feedback and coaching, and apply that feedback in a way that helps them improve their performance</li></ul>



# MENTAL

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PRINCIPLE	EXPECTED COMPETENCIES
COMPETITIVENESS	<ul style="list-style-type: none"><li>- Players should maintain concentration throughout the session, both on the coaches' instruction and in observing what is happening in the game</li><li>- Players should be able to play with high intensity, determination, and physicality while maintaining control and sportsmanship.</li><li>- Players should have a mindset focused on winning and doing whatever it takes to achieve success individually and as a team.</li></ul>
SPORTSMANSHIP	<ul style="list-style-type: none"><li>- Players should encourage Teammates within the team.</li><li>- Players should be able to maintain focus, avoid distractions, and make good decisions on the field.</li><li>- Players should be honest, fair, and ethical in their actions and interactions with others.</li></ul>



## PHYSICAL

## U16+ PHYSICAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
SPEED	<ul style="list-style-type: none"><li>- Players should be able to sprint in a straight line for 20-30 yards without slowing down. And be able to change direction by cutting hard off the outside foot</li><li>- Players should be able to react more quickly on the field, move faster and change direction more efficiently</li></ul>	
STRENGTH	<ul style="list-style-type: none"><li>- Players should know how to use their bodies to protect the ball and retain possession.</li></ul>	<ul style="list-style-type: none"><li>- <b>Injury prevention</b>- teach the practices and techniques that athletes can use to reduce their risk of injury and stay healthy and safe while playing</li></ul>



# PHYSICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
ENDURANCE	<ul style="list-style-type: none"> <li>- Players at this age can repeat runs and soccer actions without tiring</li> <li>- Players should have an extended aerobic capacity</li> </ul>	<p><b>Intensive (short anaerobic action)-</b> Develop a player's capacity to do intense physical activity in short actions.</p>
COORDINATION	<ul style="list-style-type: none"> <li>- Players should be able to stay on their feet during decelerations, changes of direction, and other soccer actions</li> <li>- Players should know how to move effectively and efficiently</li> </ul>	

