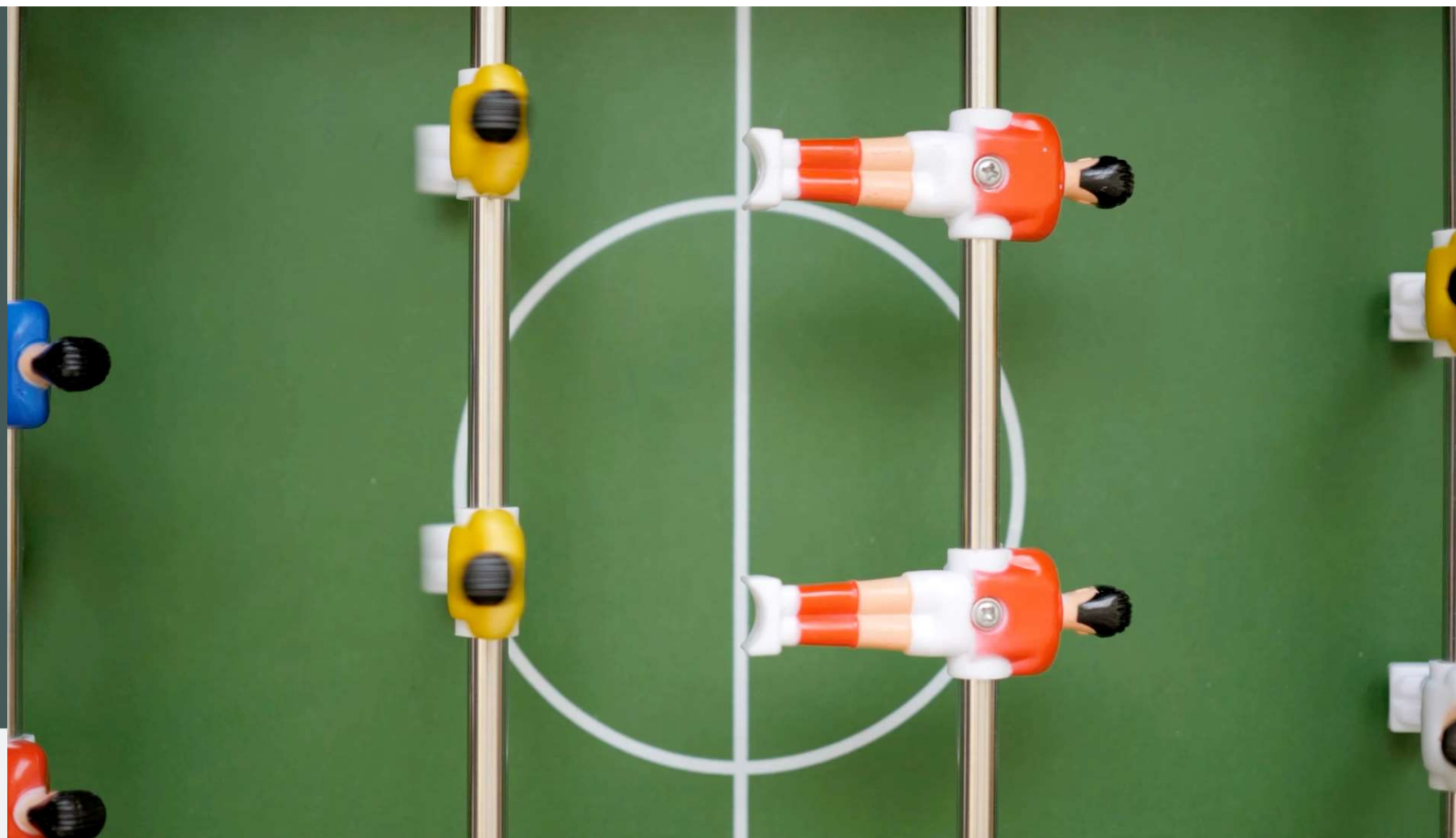


CAYMAN FOOTBALL CLUB (CFC) Technical Plan



Contents



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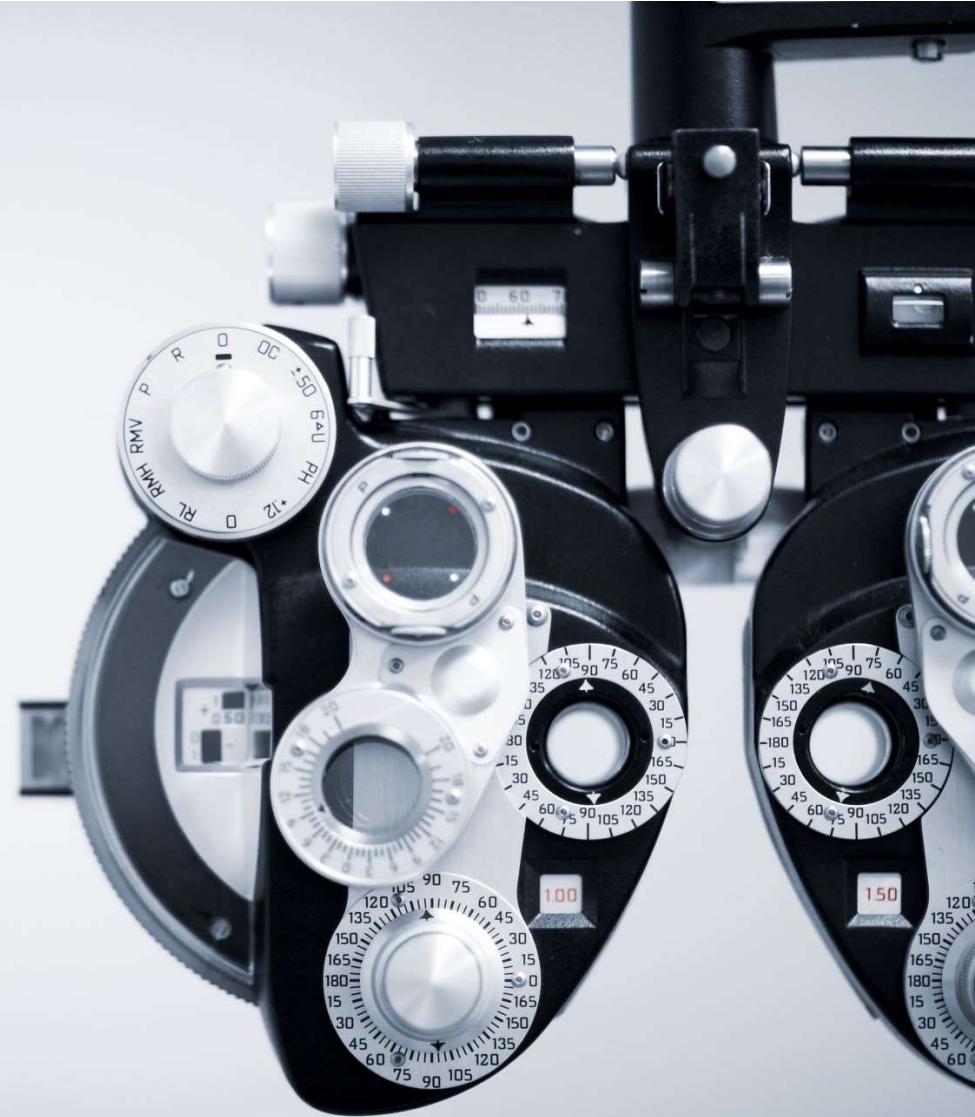
17. Player Assessment

18. Periodized Training Curriculum



Vision

To create a conducive learning environment that facilitates a holistic approach in the development of players and coaches through a high-quality football education provision that reflects the diversity of our local community



Aims



Produce

Consistently produce players for scholarship, semi-professional and professional routes

Create

Create the best learning environment nurtured by the best coaches/teachers

Become

Become recognized as a Centre of Excellence in the production of high-quality players and coaches

Provide

Provide a pathway of opportunity for players of all abilities

Develop

Develop well rounded young men and women who can succeed in everyday life

CFC Academy Culture



Developing the person, not just the player

Develop a tradition of producing good athletes, added with being technical and tactical masters in their position

Reflect the hard-working nature of the local community with an CFC mantra: **WE FIGHT, WE RUN, WE PLAY**

Our players and staff will mirror the diverse nature of our community

Players will be encouraged to become independent thinkers within the environment we create for them

From U9 it will be the player's responsibility to inform their coach if they are unable to train, play in a match or going to be late

Players, at times, will lead a de-brief after games or training to have more ownership in their development as football players

Most importantly humility and respect will be at the core of everything we do at CFC

Areas of Development for the CFC Player and Person

Desire – inner drive to improve and be the best they can be

Integrity - high standards of character and a sense of obligation to the team

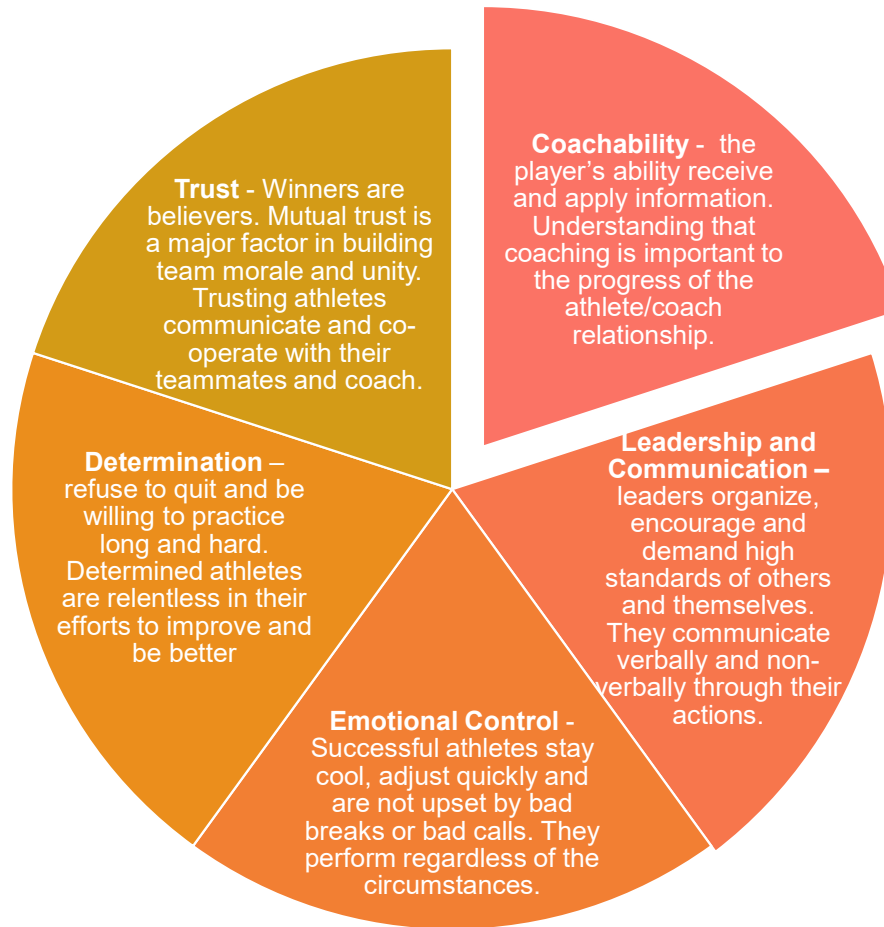
Confidence – belief in their own abilities and successfully deal with any challenges

Responsibility – accepts responsibility for their actions, not blame others and acknowledge their mistakes

Ownership - shows initiative, doesn't rely on others and thrives on being independent



Areas of Development for the CFC Player and Person



Long Term Player Development



- Long Term Player Development (LTPD) is a player centered approach to help the young player fulfil his or her maximum potential.
- The '4 corner model' i.e. Technical/Tactical, Psychological, Physical and Social/Emotional, is now used as the guiding light in the development of young players across the world.
- The model is a holistic approach to developing the complete player and person.
- In this Technical plan, LTPD will permeate throughout the whole document.

Long Term Player Development



“Remember coaching is about meeting the needs of the player”



Player Characteristics 6-8 years old



Energetic	Expect lots of energy
Enthusiastic	Try to build it
Single Minded	Do not expect lots of passes
Short concentration span	Organise lots of short games
Limited understanding of space	Expect them all to chase the ball
Sensitive	Be aware that children are very sensitive to making mistakes
Decision- making	Split them into 3v3 or 4v4 games as more options make decision making harder
Talkative	Encourage them to ask questions

Golden Age of Learning	Encourage learning and invite questions
More awareness of others	Increased decision-making options mean you can move to 6v6 and 7v7 games
Enthusiastic	Try not to stifle this enthusiasm but encourage and develop it
More attentive	You can explain and explore things in more depth
Curiosity	Try to stretch their minds and set new games
Begin to lose flexibility	Be aware that the warm-up is vital



Player Characteristics 9-12 years old

Boys Characteristics 13+ years old

Practice and Challenge – Giving players more responsibility and problem-solving opportunities in sessions and providing competition where appropriate

Growth and Development - Rapid changes are happening for some but not all in this phase. Coaches mindful of how these changes can affect performance

External Influences – Friendships and more autonomy away from parents become more apparent at this age. Be aware of distractions that can disrupt development



Player
Characteristics
13-14 years old



Team play

Develop understanding of team play

Problem solving

Let them work it out

Peer pressure

Be aware of this growing influence

Identifies other's strengths and weaknesses

Encourage your players to assess displays in a positive way

Competitive

Facilitate development of a more physical aspect

Physical change

Be aware of bodily changes

Player Characteristics 15-18 years old



Growing stronger	Players are reaching adulthood
Greater mental strength	Players have a greater ability to cope with tough situations
Physical challenge	As the body become stronger so does the ability to meet the physical challenges
More tactically aware	Players are more aware of their own role and those around them
More analytical	Players can review their own and other's performance and this should be encouraged
More competitive	The challenge to compete and be successful becomes greater
Change	Changes on moving from school to college or work. Relationships with parents

CFC Playing Philosophy



CFC Playing Philosophy in Possession



DEFENDERS

- Our defenders are taught to play out from the back through our GK and back three/four and exploiting the No. 6, 7, 11 pockets.
- Our defenders are taught and encouraged to receive the ball even when under pressure
- They are taught different solutions to play out from the back against a high press.
- They are taught and encouraged to rotate to create space.

MIDFIELDERS

- Our midfielders are taught to receive the ball from the back four and GK even under pressure
- Our midfielders are taught how to rotate not only within their own unit but also with other units
- They are taught to understand how to create space for themselves and for others
- They are taught to be forward thinking, clever and creative when in possession

FORWARDS

- Our attacking players are taught a range of movements to receive to feet or in behind
- They are taught how to exploit space centrally and wide, to be creative and to be combine cleverly
- They are taught a range of finishing skills in a variety of situations
- They are taught to rotate and interchange within their unit and other units

CFC Playing Philosophy out of Possession



DEFENDERS

To be compact deny passes through the defensive line.

To mirror the ball, move in relationship to the ball

To defend individually, as a pair and as a unit

To defend with a PUT YOUR BODY ON THE LINE

MENTALITY

To recognize danger and risk assess effectively



MIDFIELDERS

To be compact and deny passes through the midfield line

To recognise how why when and where to screen or press

To recognize when to win the ball back quickly in transition

To defend individually, as a pair and as a unit

To recognize when to set a defensive trap



FORWARDS

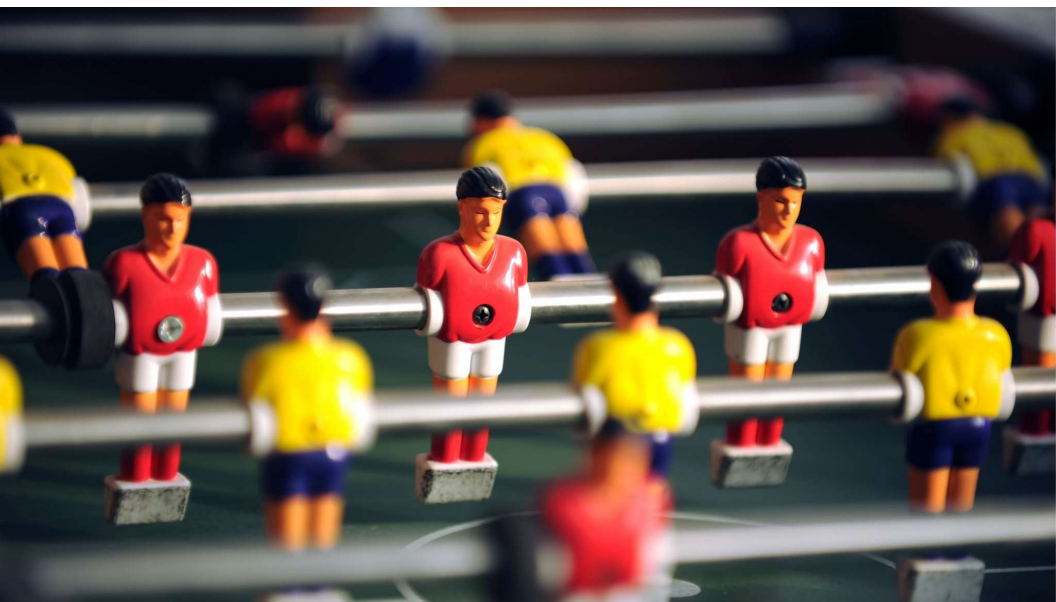
To recognize when to show inside or outside

To recognize when to press high or drop off to set the

To defend individually, as a pair and as a unit

To recognize when to win the ball back quickly in transition





CFC Playing Philosophy by Stage of Development: Grassroots U7-U12

We do not concern ourselves with positions at this stage. In fact, we will play players in different positions to allow them to practice a variety of techniques.

Towards the end of this stage, we will start to identify areas of the pitch the players are more effective in and suited to.

CFC Playing Philosophy by Stage of Development: Grassroots U7-U12



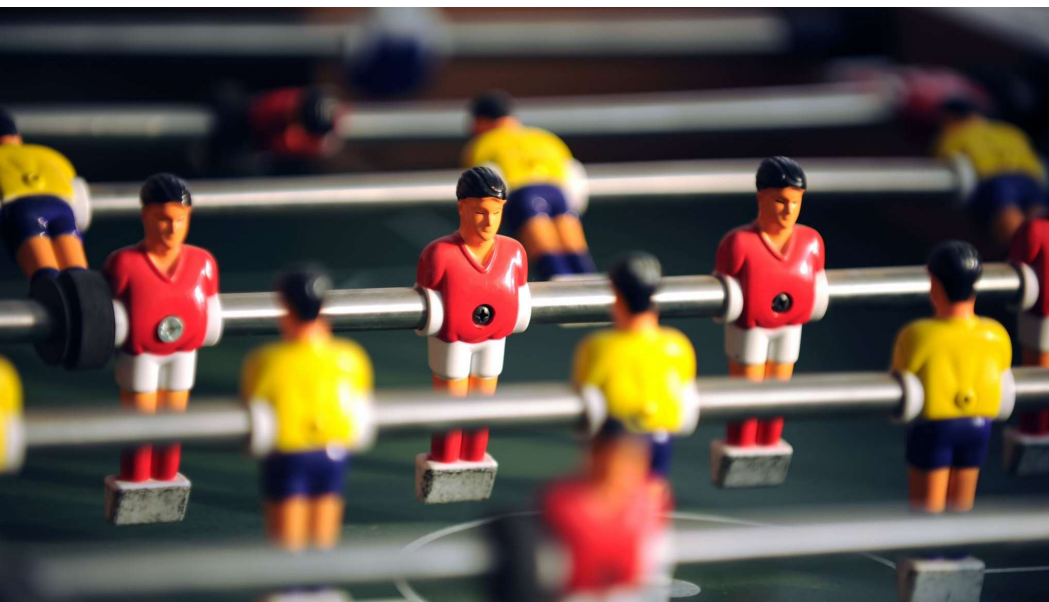
Key Skills:

- 1v1 Attacking
- 1v1 Defending
- Control/Receiving
- Protecting/Shielding
- Passing
- Ball striking

Objective:

To produce players who are technically balanced and competent in our technical program.

We work to develop CFC key skills and begin to nurture an understanding of the technical, tactical, physical and psychological requirements of the game



At the beginning of this Competitive Stage of Development (U13) players are played in positions we believe suit their skillset at that time of their development. This may be one or even two positions.

By the end of the U14 year group, we will have identified a position best suited for the player

CFC Playing Philosophy by Stage of Development: U13-U17

CFC Playing Philosophy by Stage of Development: Youth U13-U17



Key Skills:

- 1v1 Attacking
- 1v1 Defending
- Control/Receiving, Protecting/Shielding, Passing
- Rotation
- Position Specific – as an individual, unit and team

Objective:

To produce players who are technically tactically, physically and psychologically prepared for the requirements of their position

CFC Playing Philosophy by Stage of Development: High Performance U18+



The player's position will now be confirmed apart from exceptional circumstances. The player will receive analytical information related to their position including physical output and video footage.

We aim to have 2 to 3 sessions per week based on their position specific and individual needs in relation to the team

CFC Systems of Play



We believe our philosophy far outweighs the system. If all players are effective masters of the ball and understand position rotation and the exploitation of space, the system is purely a foundation to work from or a reference point which provides a focus for a defensive or attacking shape

CFC SYSTEMS OF PLAY



Grassroots U7-
U12
5v5, 7v7, 9v9

Systems
of Play

1-1-2-1

1-2-3-1

1-3-4-1

Competitive
U13+
11v11

Systems
of Play

1-4-2-1-3

1-4-1-2-3

1-4-4-2

1-4-4-1-1

High
Performance
Stage 18+
11v11

Systems
of Play

1-4-2-1-3

1-4-1-2-3

1-4-4-2

5V5 SYSTEM OF PLAY – U7-U8



CFC teams playing 5v5 soccer will begin their soccer education by using the GK-1-2-1 formation.

This formation introduces players to the use of the Principles of Play as a team in Attacking and Defending situations. This system allows for adaptation to 7v7 soccer at U9/10

7V7 SYSTEM OF PLAY: U9-U10



CFC teams playing 7v7 soccer will use a GK-2-3-1 formation. This formation helps players further understand how to apply the Principles of Play in Attacking and Defending situations.

This system allows for better adaptation to a GK-3-2-3 formation as players progress to 9v9 at U11



9V9 SYSTEM OF PLAY: U11-U12



CFC teams playing 9v9 soccer will play a GK-3-2-3 formation. This formation supports players to express their understanding and application of the Principles of Play in Attacking and Defending situations.

This system allows for adaptation to a GK-4-3-3 formation in the 11v11 format of the game at U13



11V11 SYSTEM OF PLAY: U13+



Playing a 1-4-2-1-3 formation (2 holding midfielders and 1 attacking midfielder) allows CFC teams play with the flexibility to allow our playing philosophy to be visible.

This shape is also conducive to fluidity by transitioning from a 1-4-3-3 attacking into a 1-4-5-1 defensively. This in turn, gives the opportunity for players to apply the CFC philosophy in all aspects of the game.

The 1-4-1-2-3 formation (1 holding midfielder and 2 attacking midfielders) is another variation of the 1-4-3-3-system of play.



11V11 SYSTEM OF PLAY: U18+



This formation of a 1-4-4-2 diamond is an example of CFC teams having the flexibility to play a variety of different systems dependent on the opposition, but without compromising the CFC playing philosophy



Profiling Position Specific Attributes

- As the game evolves it is becoming increasingly more important to be aware of the technical/tactical, psychological and physical demands of the game.
- Moreover, the awareness of identifying skillsets to play specific positions has become the cornerstone to developing top quality players.
- Our goal is to recognize, cultivate and harness these attributes to give players the best possible chance in succeeding in their playing position
- Here we outline the positional skillset using the 4-corner model in and out of possession:



GOALKEEPER



SOCIAL AND EMOTIONAL

- Demonstrates positive ability to learn.
- Self control – ability to control emotions.
- A leader on & off the pitch.

GAME IMPACT

- Ability to make big saves.
- Dominant when defending the area.
- Effective actions to exploit exploit space.

TACTICAL

- Good decision making to defend space or protect the goal.
- Effective game management in possession.
- Good communicator.

PHYSICAL

- Athletic build/ presence
- Robustness to deal with the physical demands
- Powerful, speed, agility

TECHNICAL

- Solid handling techniques & diving shapes.
- Variety of techniques to distribute the ball effectively.
- Consistently demonstrates effective actions



FULL BACKS



SOCIAL AND EMOTIONAL

- Desire to get forward and back.
- Disciplined and confident.
- Influences team-mates with a positive body language.

GAME IMPACT

- Dominates 1v1, forcing opponents backwards/stops opponents turning.
- Stopping opponents crossing & shooting – Patience/blocks/aggression.
- Creates attacking opportunities – Variation in crosses.

TECHNICAL

- Positive 1st touch to play forward or secure possession off both feet.
- Inventive in attacking situations.
- Exceptional heading technique.

TACTICAL

- Defending See's Danger-Positioning within the unit to defend the switch of play.
- Defending See's Danger-Reads the gamewell – Open body position showing exceptional cover and balance.
- Attacking See's Opportunity – Understands Risk v Safety support positions.

PHYSICAL

- Explosive Power and Acceleration in 1v1 situations.
- Balance & Agility.
- Exceptional in transition (speed endurance).



CENTRAL DEFENDERS



SOCIAL AND EMOTIONAL

- Desire to block and defend.
- Composed, controlled and disciplined.
- Influences team-mates with a positive body language.

GAME IMPACT

- Dominates in 1v1 situations – winning duels and challenges.
- Denies space between and beyond the lines and prevents players turning.
- Affective assessment of passing options.

TACTICAL

- Identifies danger, gets tight or drops off through good reading of the game.
- Open body position to mark and cover.
- Good angles and distances of support.

PHYSICAL

- Size & Presence - Dominant in 1v1 situations (Aerial & Ground).
- Agility & Balance in contact.
- Defends space well, with the ability to recover when out of balance (Acceleration & Speed)

TECHNICAL

- Range of forward passing between or beyond the lines.
- Accuracy of Heading.
- Composed when receiving from the GK to pass or run out.



CENTRAL DEFENSIVE MIDFIELDER



SOCIAL AND EMOTIONAL

- Disciplined but with a desire and aggression to secure possession.
- Influences and organization-mates.
- Composed to receive and combine with an attacking mindset to play forward.

GAME IMPACT

- Breaks the game up in transition and secures second balls.
- Covers, intercepts and provides balance through successful scanning and effective decision making.
- Creates attacking opportunities from behind the ball.

TECHNICAL

- Plays between or beyond the lines with success.
- Inventive attacking approach – playing successfully off 1 or 2 touch.
- Good Heading technique.

TACTICAL

- Awareness to receive and secure possession.
- Positioning within unit to break up the game and identify when to press and when to drop off.
- Organizes/ directs team-mates.

PHYSICAL

- Explosive to cover and press (power & Acceleration).
- Speed endurance.
- Successful in tight situations (Agility & Balance).



ATTACKING MIDFIELDERS

SOCIAL AND EMOTIONAL

- Disciplined.
- Influences team-mates through positive body language.
- Composed to receive with an attacking mindset.

GAME IMPACT

- Sees danger through reading triggers.
- Creates attacking opportunities and gets into goal scoring positions.
- Displays purposeful passing.



TECHNICAL

- Range of passing with disguise.
- 1st touch and ball speed.
- Combines off various touches.

TACTICAL

- Creates and exploits space to receive between or beyond the lines.
- Creative and inventive in the final third.
- Defensively - Reads the game (presses/interceptions/screens).

PHYSICAL

- Explosive in 1v1 situations (power & acceleration).
- Balance & Agility.
- Speed endurance.



WIDE MIDFIELDERS/STRIKERS



SOCIAL AND EMOTIONAL

- Disciplined and composed.
- Relentless to improve.
- Confident, creative and inventive in possession – influencing team-mates.

GAME IMPACT

- A constant threat to defenders in 1v1 situations – attacking the box.
- Creates space and time off first touch.
- Makes purposeful passes and a variation in crosses.

TECHNICAL

- Runs with the ball effectively.
- Positive forward 1st touch.
- Inventive in attacking situations – possesses a trick.

TACTICAL

- Combines with the front three.
- Forward runs - Plays between and beyond the lines (when to counter).
- Reads the game – when to press.

PHYSICAL

- Explosive in 1v1 situations (power & acceleration).
- Balance & Agility.
- Counter attacks and recovers in transition. Speed endurance.



CENTRAL STRIKERS



SOCIAL AND EMOTIONAL

- Disciplined and a willingness to run.
- Influences team-mates with positive body language.
- Attacking mindset.

GAME IMPACT

- Creates attacking opportunities and space in the box.
- Finishes off 1 touch.
- Forces the direction of play.
- Combines well 'can pin and spin'.

TECHNICAL

- Runs with the ball and inventive in attacking situations.
- 1st touch under pressure.
- Exceptional heading technique
- Finishes off both feet.

TACTICAL

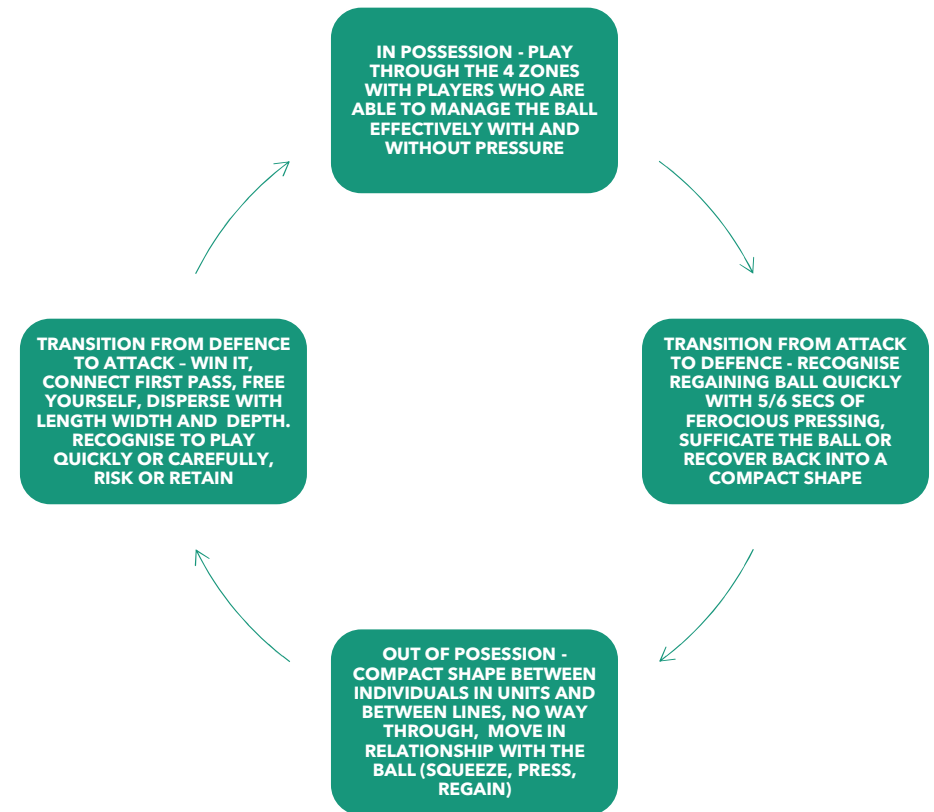
- Awareness to move ahead of the ball and run off the shoulder.
- Combines with the front three.
- Organizes/ directs team-mates.
- Reads the game – when to press and when to screen.

PHYSICAL

- Explosive in 1v1 situations (power & acceleration).
- Balance & Agility.
- Speed endurance.

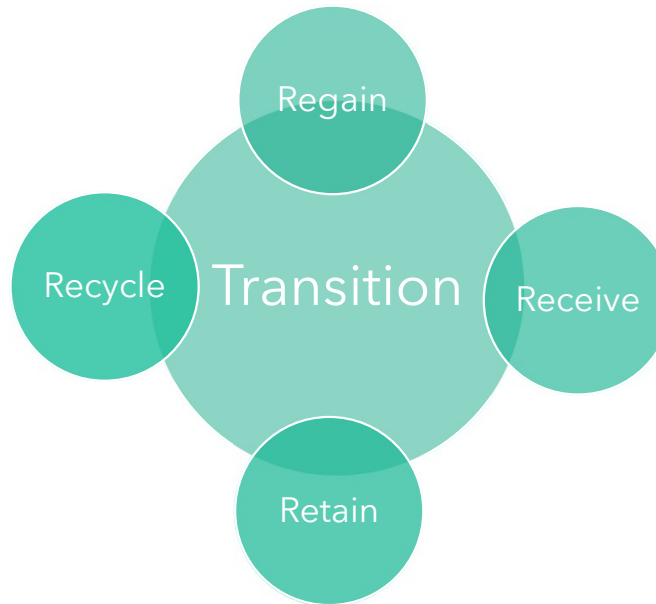


CFC GAME MODEL



CFC Attacking

Attacking Transition – The Rs of Attacking



CFC Game Model Attacking Strategy and Tactics



Strategy

- Look to counter with speed, control and direction into the last third
- If not able to counter, retain possession and look to penetrate as and where possible
- Play early, quickly and incisively through all areas of the field to reach goal scoring positions

Tactics

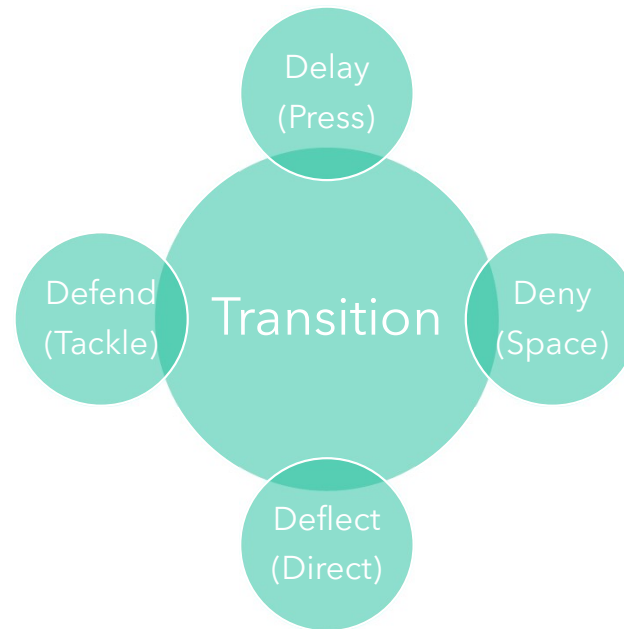
- Counter quickly from regains but with security in mind
- Employ width, length, and depth to create space to attack with effectiveness
- Look to switch play when necessary to exploit space away from the congested area
- Vary the speed of attack according to the state of the game

CFC Defending

Defending Transition - The 4 Ds of Defending



1.



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CFC Defending Strategy and Tactics



Strategy

Recover possession as early as possible through team pressing support and compactness

Defend with controlled and intelligent intensity as early and as high up the field as possible

If unable to win the ball back early, drop back into a compact defensive shape

Keep space between defensive lines short and tight

Tactics

Establish where the line of defensive engagement will commence

Make the play predictable by deflecting opponents into areas where possession may be regained

Mark, press and track opponents who are significant ball carriers or passers and potentially dangerous

Deny space in between the back line and midfield by using the holding midfielder(s) to reduce that space

CFC COACHING PHILOSOPHY



To develop the person first and player second, all CFC coaches who provide technical/tactical education for our Competitive players will adhere to these guiding principles without question.

We believe our players will benefit from the coaches' knowledge and understanding in the guidelines and how they apply them. Our guiding principles are:

Always provide Leadership and integrity when working with players

Make coaching sessions challenging, educational and enjoyable

Establish a learning and player centred approach to coaching sessions

Create an environment that allows players to fulfill their potential

Use the guiding principles of the LTPD 4 Corner model to meet the needs of individual players

Maximise the opportunity for all players at all stages of their development

Commitment to Continuous Professional Development for **ALL** coaches and Technical Director

CFC COACHING PHILOSOPHY

Our coaching principles will reinforce the way we coach to develop the player. The coaching methods we use will help create a learning environment where players feel comfortable and are not afraid to make mistakes as part of the learning cycle. The coach plays an integral part in the implementation of this approach. It will also accelerate the learning process by the coach building a rapport with players.

Our coaches will be adaptable and flexible in their coaching methods according to the needs of the players. The diagram in the next slide will show the range of different coaching styles that will be used to help the development of CFC players:



COACHING CONTINUUM



Coaching Methodology	Command	Question & Answer	Observation & Feedback	Guided Discovery	Trial & Error
Player/Coach intervention	Coach tells & shows required solution	Coach leads with question to gain response from players	Coach & players observe	Coach asks a question or issues a challenge	Players and/or coach decide on the challenge
Example	"I want you to...!"	"What do you think?"	"Let's watch this!"	"Can you show me...?"	"Try for yourself...!"
Description	Coach tells, explains & shows how to do something	Coach poses question & players offer verbal solution to challenge	Players & coach observe & discuss feedback	Coach challenges & players offer visual demonstration of possible solution	Players are encouraged to find solutions with minimal support from coach



CFC Coach Development

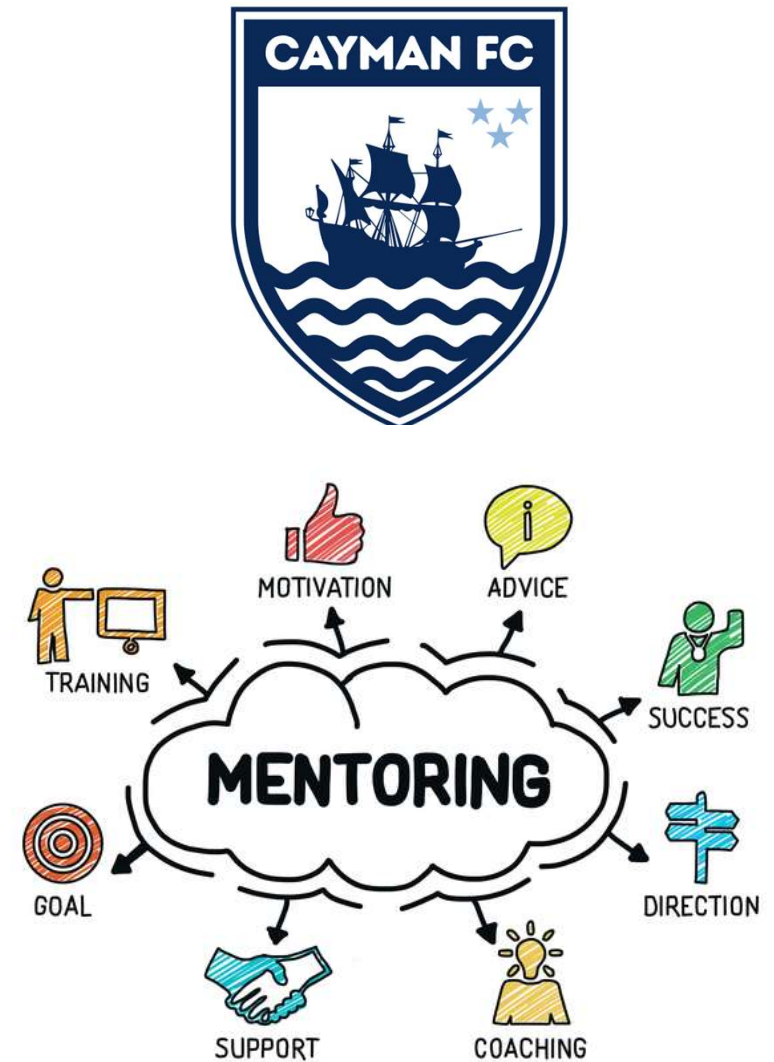
Cayman Football Club Director of Football (DoF) Jason Beckford takes the lead on Coach Mentorship. He is a former English FA Coach Developer and Canada Soccer Coach Developer/Master Learning Facilitator. CFC are thoroughly committed to Coach Development and have greatly invested in this area with human and financial resources.

Our DoF has created a thorough process to help improve coaching behaviours in training and match environments.

CFC Coach Development

Our CFC Mentorship process is as follows:

- Coaches will be measured against criterion and core competencies

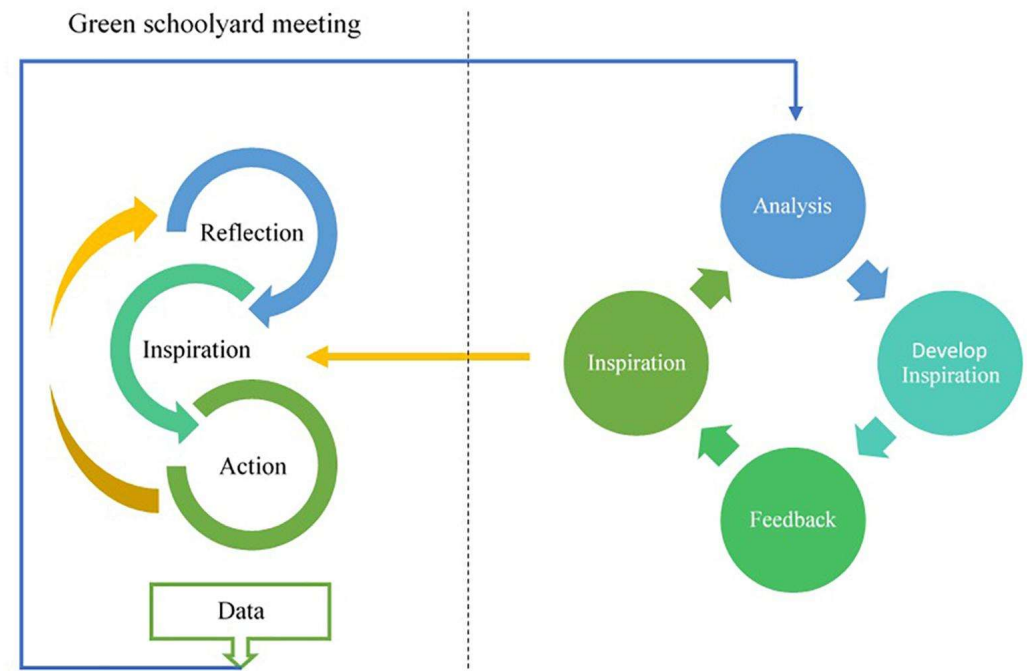


CFC Coach Development

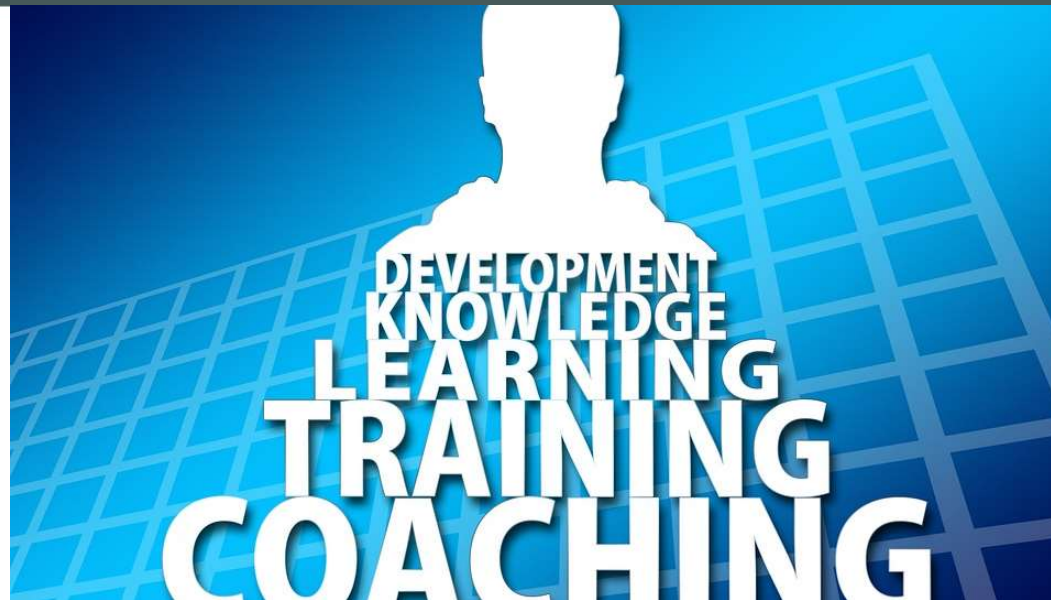


Training Environment Observation

- Coaches will be given at least 48 hours' notice of when they are being observed
- Coach will produce a session plan prior to session
- Coaches will be given verbal and written feedback
- Mentor Coach to deliver best practice model session
- Coach and Lead Mentor to co-deliver session
- An action plan will be generated



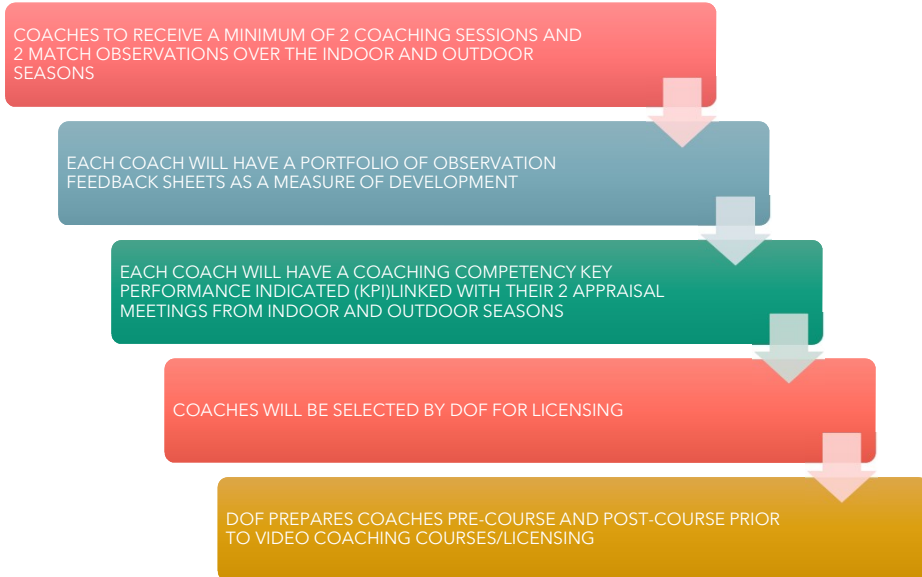
CFC Coach Development



Game Environment Observation

- Coaches will be given at least 48 hours' notice of when they are being observed
- Coach will produce a game objectives plan prior to
- Coaches will be given verbal and written feedback
- Coach and Lead Mentor to co-manage a game
- An action plan will be generated

CFC Coach Development



Practice Modalities



At each stage of development, CFC players will be exposed to different modalities of practice to suit their needs.

Therefore, to support our players applying our playing philosophy, the practice types will be:

Practice Modalities



Technical Practice – Unopposed practice with the emphasis on the development of a game technique. Technique is the pure mechanics of performing an action like passing or heading.



Skill Practice – Opposed practice with the emphasis on developing the bond of technique and decision making. Skill is the application of technique in a game-like situation.



Functional Practice – A situation in which a player or small group of players develop and understanding of their attacking and/or defending roles, responsibilities and accompanying skills.



Small-Sided Game – A directional game-practice situation involving goalkeepers playing in teams less than eleven-a-side i.e. 3v3, 4v4, 5v5 etc.

Squad practice – A directional, game-type practice situation in which the playing area may be appropriately divided or zoned (e.g., grids) to suit the numbers and the needs of the activity.

Phase of Play – A practice situation utilizing the full width of the pitch but with a reduced length and involving team units that work on their attacking or defending tactical understanding.

Eleven-a-Side Practice – The final practice progression. This is used to develop team tactical understanding and takes place on a full field with normal rules.

Practice Modalities cont....

These practices will be introduced as and where appropriate and will concentrate on the following attacking and defending themes:

Retaining possession

Passing and Receiving with quality

Support play

Movement

Individual and Combination play

Scoring Goals

Delaying and Denying opponents

Pressurizing Opponents



Principles of Play



All players will gain a thorough understanding of the Principles of Play as part of their soccer education through our practice themes.

These principles are fundamental to the effectiveness of both defending and attacking and advantageous to the players to be able to apply them in the appropriate situation

Principles of Play



ATTACKING

Create Space

Support

Mobility

Penetration

Creativity/Improvisation

DEFENDING

Delay

Depth and Cover

Compactness

Balance

Control and Restraint

Principles of Play



ATTACKING

Create Space

Support

Mobility

Penetration

Creativity/Improvisation

DEFINITIONS

Creating space to stretch the opposing team – width length and depth

Positional awareness to support the player on the ball and occupy an opponent(s)

Inter-change of positions to unbalance the opposition

Passing Running or dribbling through around or over the opposition defensive line/structure

Doing the unexpected

Principles of Play



DEFENDING

Delay

Depth and Cover

Compactness

Balance

Control and Restraint

DEFINITIONS

Put pressure on the ball to restrict time and space to slow down the attack

To support the 1st defender with a 2nd and 3rd defender

Create a team block (shape 4-3-3, 3-5-3 etc.) to protect space and the goal

Maintaining team shape and denying space in between defensive lines

Being patient to regain possession if not regained with 4-6 seconds



CFC Player Technical/Tactical Outcomes

To have purpose and direction in what we are trying to achieve as coaches at CFC, we have identified 10 areas of development for the young player.

Here are the Technical and Tactical outcomes we will measure the players against:



Player Technical/Tactical Outcomes U8-U12 Grassroots



Ball manipulation	<ul style="list-style-type: none"> • With all parts of the feet and all parts of the body • Protect the ball when challenged
Passing	<ul style="list-style-type: none"> • Along the ground and in the air with both feet • Passing off the front foot • Accuracy, timing, weighting and disguise
Running with the ball	<ul style="list-style-type: none"> • Travelling to produce an end product
Dribbling	<ul style="list-style-type: none"> • Change of pace • Go past opponents • Change of direction • Both feet and all parts of the feet
Controlling and Receiving	<ul style="list-style-type: none"> • Create space • 1st Touch • Angle and distance of support (When/timing), where and how) • Use of all parts of the feet and body
Shooting and finishing	<ul style="list-style-type: none"> • On target with both feet to include half and volleys • Aim for corners and across the goalkeeper
Defending	<ul style="list-style-type: none"> • 1v1, or in units e.g. 2v2, 3v3, 4v4 etc. • Decisions: deny, delay, deflect, dissect • Communication
Crossing	<ul style="list-style-type: none"> • Deliver into pre-determined areas • Techniques/types: Driven, Low/high, swerve, in swinging and out swinging
Turning	<ul style="list-style-type: none"> • Change of direction and pace • All areas of the feet • Variety of ways • Under pressure
Heading	<ul style="list-style-type: none"> • Forehead • With direction • With cushion

Player Technical/Tactical Outcomes U13- U18



	<ul style="list-style-type: none"> - Refine turns and dribbles with both feet and all parts of the foot - Move the ball to develop and exploit space - Emphasis on the use of the body to protect the ball when challenged
Controlling	<ul style="list-style-type: none"> - Use of all parts of the feet and body to receive including back to goal - Use of 1st touch to influence the angle of the ball - Perform under pressure and tight areas (shielding, arms and body)
Passing and Receiving	<ul style="list-style-type: none"> - Lofted/chipped passes in the air with both feet - Driving the ball (20-30m) - Swerved passes - Selected options under pressure - Selection of short and long passes
Dribbling	<ul style="list-style-type: none"> - To create space in the attacking third - Exploiting space in front and behind - Positive effort to go past opponents with and without the ball
Turning	<ul style="list-style-type: none"> - RWTB and receiving combining turning and dribbling - Away from players to change the point of attack to get out of congested areas - Spins and lateral movements to develop play
Defending	<ul style="list-style-type: none"> - When where and how to Intercept(dissect) and gain possession - Recognizing danger - Sliding/block tackles to gain possession or deter - Defend 1v1
Running with the Ball	<ul style="list-style-type: none"> - RWTB combining turning and dribbling - Travelling to produce an end product - Breaking up play to advance toward spaces between players
Shooting/Finishing	<ul style="list-style-type: none"> - Introduction of power shooting with both feet from distance - One touch - Volleys
Crossing	<ul style="list-style-type: none"> - Deliver into pre-determined areas - Decision of techniques/types: Driven, Low/high, in swinging and out swinging - Perform on demand under pressure
Heading	<ul style="list-style-type: none"> - Forehead - With direction - With cushion - Angles with increased distances

CFC Player Assessments



CFC Player Assessments are a fundamental part of player development

All Competitive Players from U9-U16 receives a formal Indoor and Outdoor assessment

Both assessments are conducted in an interview setting with player, parent and coach in attendance

Players receive a report card (see example in the next slide) before attending the interview to provide a framework for the discussion with player, parent and coach

Players are given informal feedback on an ongoing basis throughout the competitive program duration

NAME:										
D.O.B.:										
AGE GROUP										
HEAD COACH:										
1/2 = Concern 3/4 = Below Expectation 5/6 = Progressing as expected 7/8 = Above expectations 9/10 = Well above expectations										
TECHNICAL/TACTICAL	1	2	3	4	5	6	7	8	9	10
Ball Manipulation						Amber				
Passing							Green			
Receiving (first touch)						Amber	Green			
Turning								Green		
Dribbling								Green		
Running with the ball						Amber				
Heading		Red								
Shooting								Green		
Screening/Shielding								Green		
1 v 1 attacking								Green		
1 v 1 defending								Green		
Attacking in a unit					Amber					
Defending in a unit				Red						
PSYCHOLOGICAL	1	2	3	4	5	6	7	8	9	10
Awareness					Amber					
Decision making					Amber					
Timing of movement					Amber					
Roles and Responsibility				Red						
Concentration			Red							
SOCIAL/EMOTIONAL	1	2	3	4	5	6	7	8	9	10
Communication					Amber					
Attitude								Green		
Leadership					Amber					
Teamwork					Amber					
PHYSICAL	1	2	3	4	5	6	7	8	9	10
Speed							Green			
Strength							Green			
Agility							Green			
Endurance					Amber					

CFC PLAYER ASSESSMENT FORM SAMPLE



Coach General Comments

Red = A problem that must be addressed in the short term
 Amber = Still some improvement needed
 Green = No problems in this area

Periodized Training Curriculum U8-U11



Week 1-2	Week 3	Week 4-5	Week 6	Week 7-8	Week 9	Week 10-11	Week 12	Week 13-14	Week 15	Week 16-17
Passing	SSGs Passing	Controlling Receiving the Ball	SSGs Controlling Receiving the Ball	Dribbling	SSGs Dribbling	1v1 Defending	SSGs 1v1 Defending	Turning	SSGs Turning	Shielding
Week 18	Week 19-20	Week 21	Week 22-23	Week 24	Week 25-26	Week 27	Week 28-29	Week 30	Additional Week U12	Repeat Cycle
SSGs Shielding	1v1 Attacking	SSGs 1v1 Attacking	Shooting	SSGs Shooting	Running with the Ball	SSGs Running with the Ball	Passing	SSGs Passing	Heading	

Periodized Training Curriculum – U12 to U15



Blocks of Work in Weeks

Weeks 1-6

Technical

- Passing & Receiving with both feet
- Dealing with pressure
- Key tricks & turns
- Crossing & Finishing

Tactical

- Playing out from the goalkeeper
- Breaking lines/playing through the thirds
- Creating space
- Game Management
- Attacking principles

Weeks 7-12

Technical

- Passing & Receiving with both feet
- Running with the ball
- Key tricks & turns
- Ball Striking

Tactical

- Playing out from the goalkeeper
- Defending principles
- Switching play
- Possession with a purpose
- Game Management

Weeks 13-18

Technical

- Passing & Receiving with both feet
- Dealing with pressure
- Crossing & Finishing
- Individual Practice

Tactical

- Attacking principles
- Counter attacking for & against
- Rotation of positions
- Game management
- Defending principles

Weeks 19-24

Technical

- Passing & Receiving with both feet
- Dealing with pressure
- Running with the ball

Tactical

- Defending principles
- Breaking lines/playing through the thirds
- Creating space
- Attacking principles

Blocks of Work in Weeks

Week 25 - 30

Technical

- Passing & Receiving with both feet
- Dealing with pressure
- Ball Mastery (Key Dribbles and Turns)
- Crossing & Finishing

Tactical

- Playing out from the goalkeeper
- Attacking principles
- Possession with a purpose
- Defending principles

Week 31 - 36

Technical

- Passing & Receiving with both feet
- Running with the ball
- Individual Practice

Tactical

- Attacking principles
- Defending principles
- Creating space
- Playing through the thirds
- Game management

Week 37 - 42

Technical

- Passing & Receiving with both feet
- Dealing with pressure
- Ball Mastery (Key Dribbles and Turns)
- Crossing & Finishing

Tactical

- Attacking principles
- Defending principles
- Counter attacking (for & against)
- Rotation of positions
- Switching play

Week 43-43

Technical

- Passing & Receiving with both feet
- Crossing & Finishing
- Key tricks & turns

Tactical

- Attacking principles
- Defending principles