



Traverse Bay Area Youth Soccer Talent Development Plan

Club Philosophy
Long term Objectives and Goals
Key Qualities by Position
Goalkeeper Program
Player Development Plans
General Considerations of Curriculum
Age Group/Generational Characteristics
Game Model 7v7 and 9v9
Game Model 11v11



Table of Contents



Club Philosophy



TBAYS method of developing players begins at the grass root level and continues through the highest levels of play within our programs. Our goal is to promote the game of soccer by providing a positive learning atmosphere. While we strive to develop each player's soccer potential at the pace of the player, we attempt to help instill the moral values of life into the game of soccer.

We believe it is our challenge and responsibility to create an environment in which players can reach their full soccer potential that is necessary to be successful both on and off the field. The core values of respect, professionalism and leadership are instilled each and every day within our team talks, session plans and individual/collective actions on the field. We believe players taking ownership and responsibility of their game both on and off the field is critical to their success.

We are a community club that has the opportunity to impact the health and wellness of Northern Michigan kids. We strive to do that by:

1. Creating a Positive learning atmosphere.
- 2. Coaching with Respect, Professionalism and Leadership.



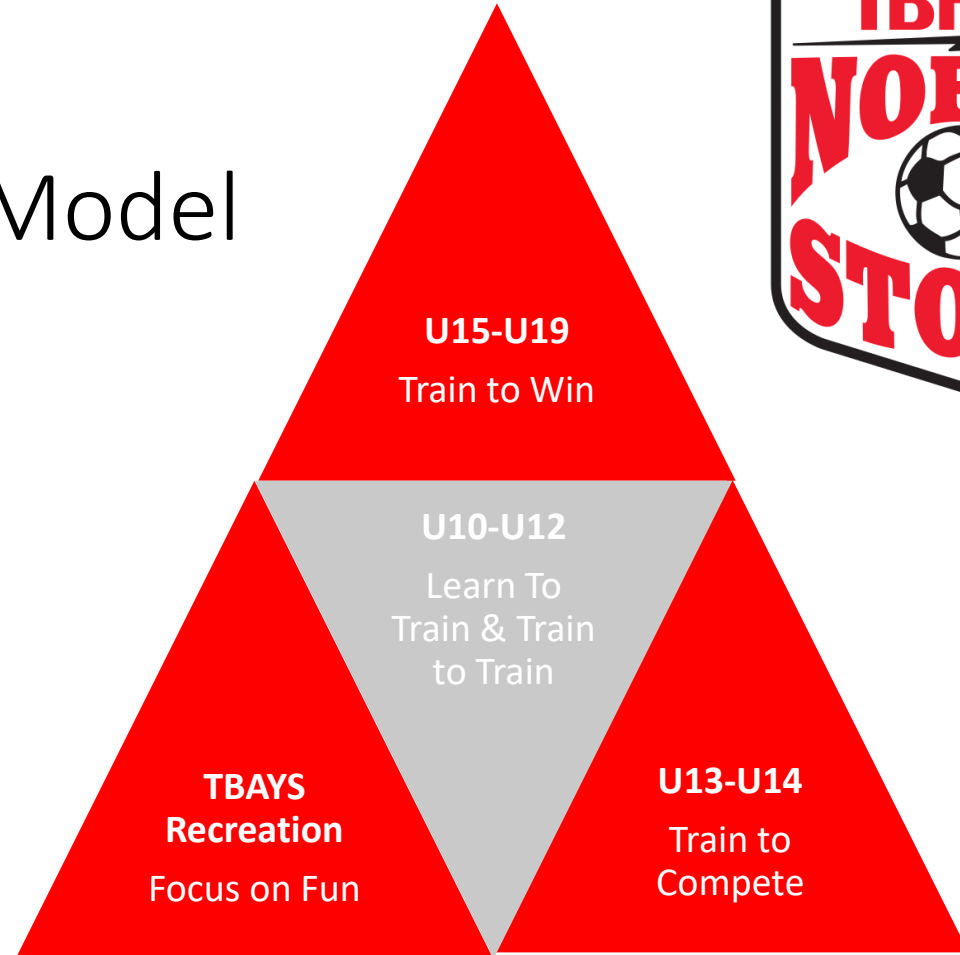


Long Term Development Model

We strive to provide a high level training platform to guide players understanding and enjoyment of the game.

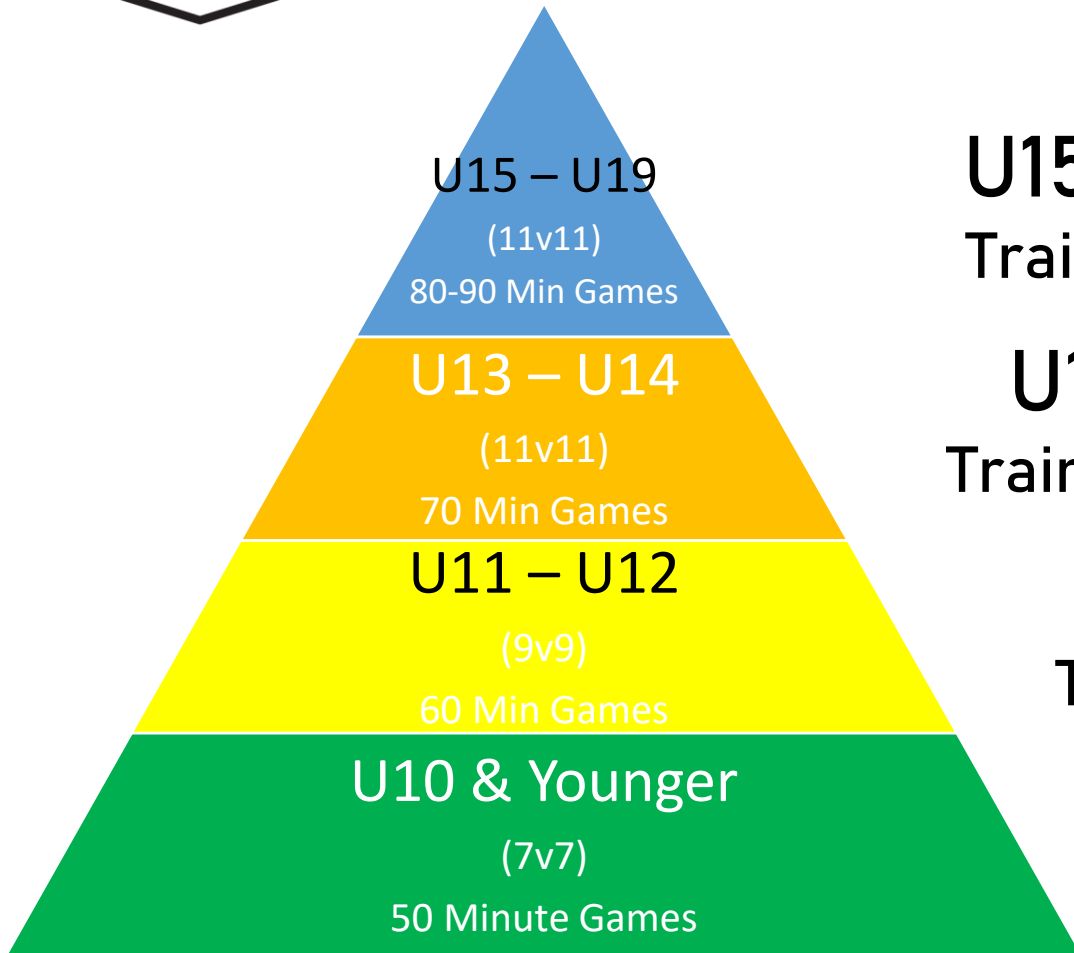
Attention to detail whether it is technical, tactical, position specific, physical or mental is key to player development success. We look to create programs for individual and small group development.

Off the field, we look to ensure that players are being good citizens in their homes and schools. We reinforce positive behavior by highlighting academic success and community service.





Player Development Pathway

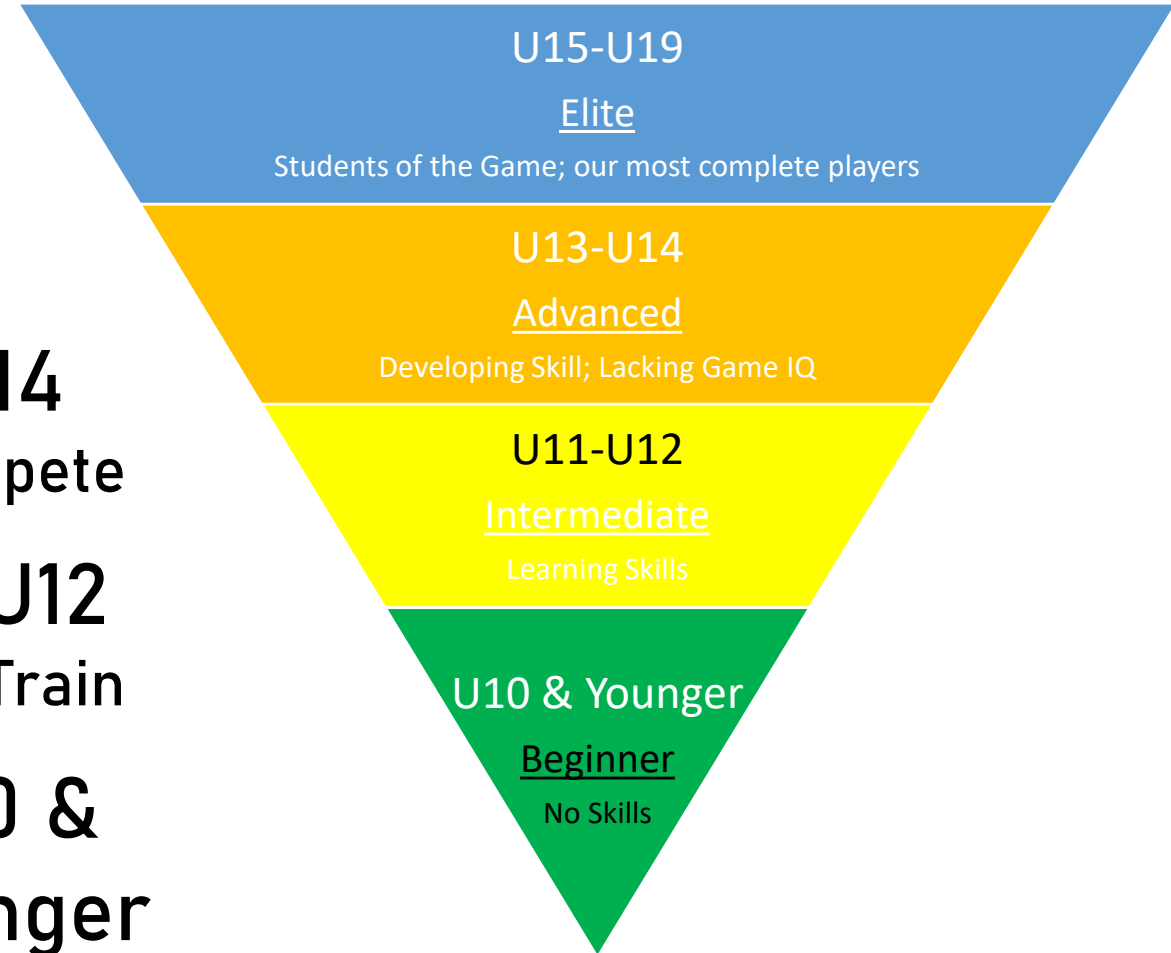


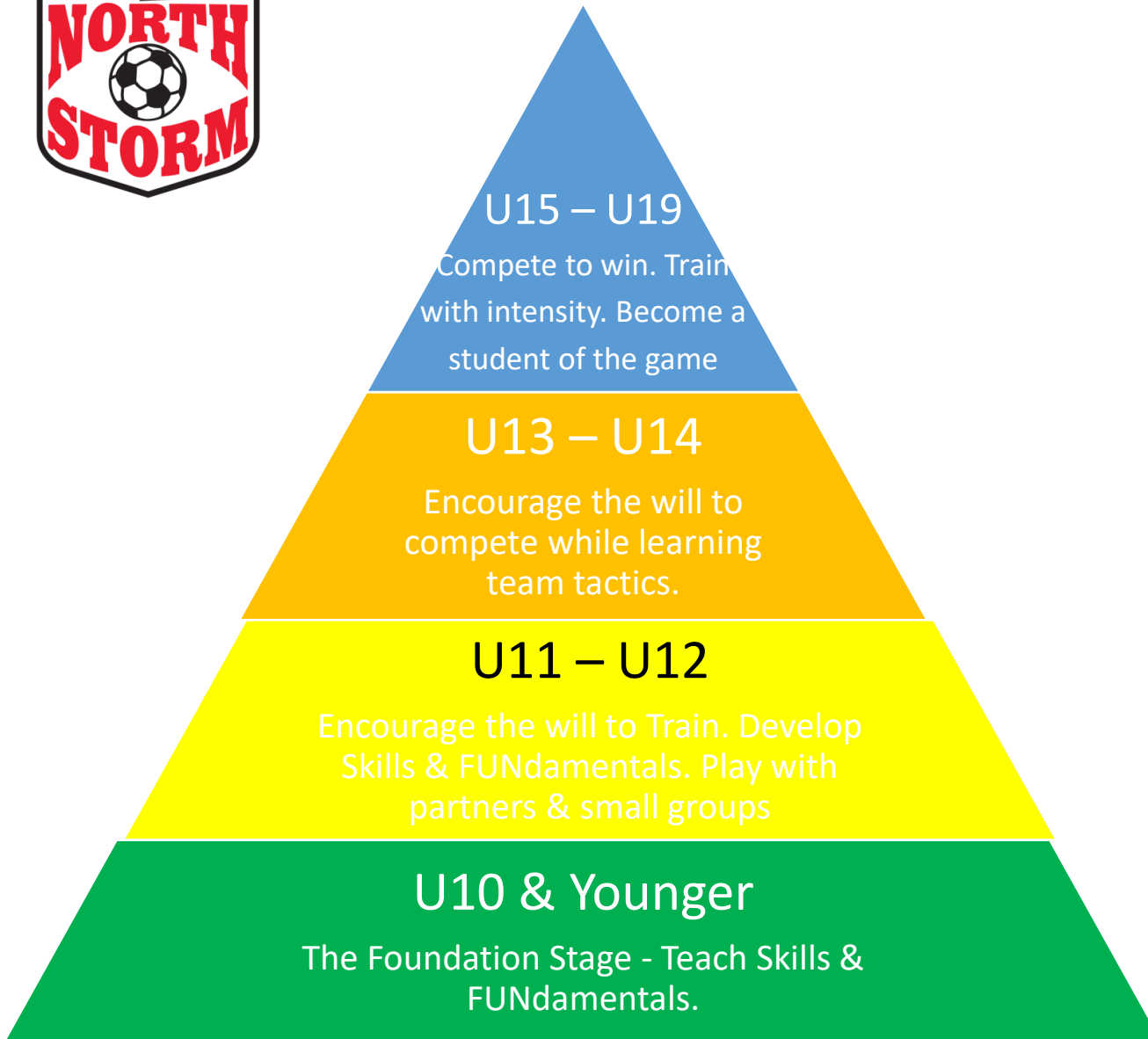
U15 – U19
Train to Win

U13 & U14
Train to Compete

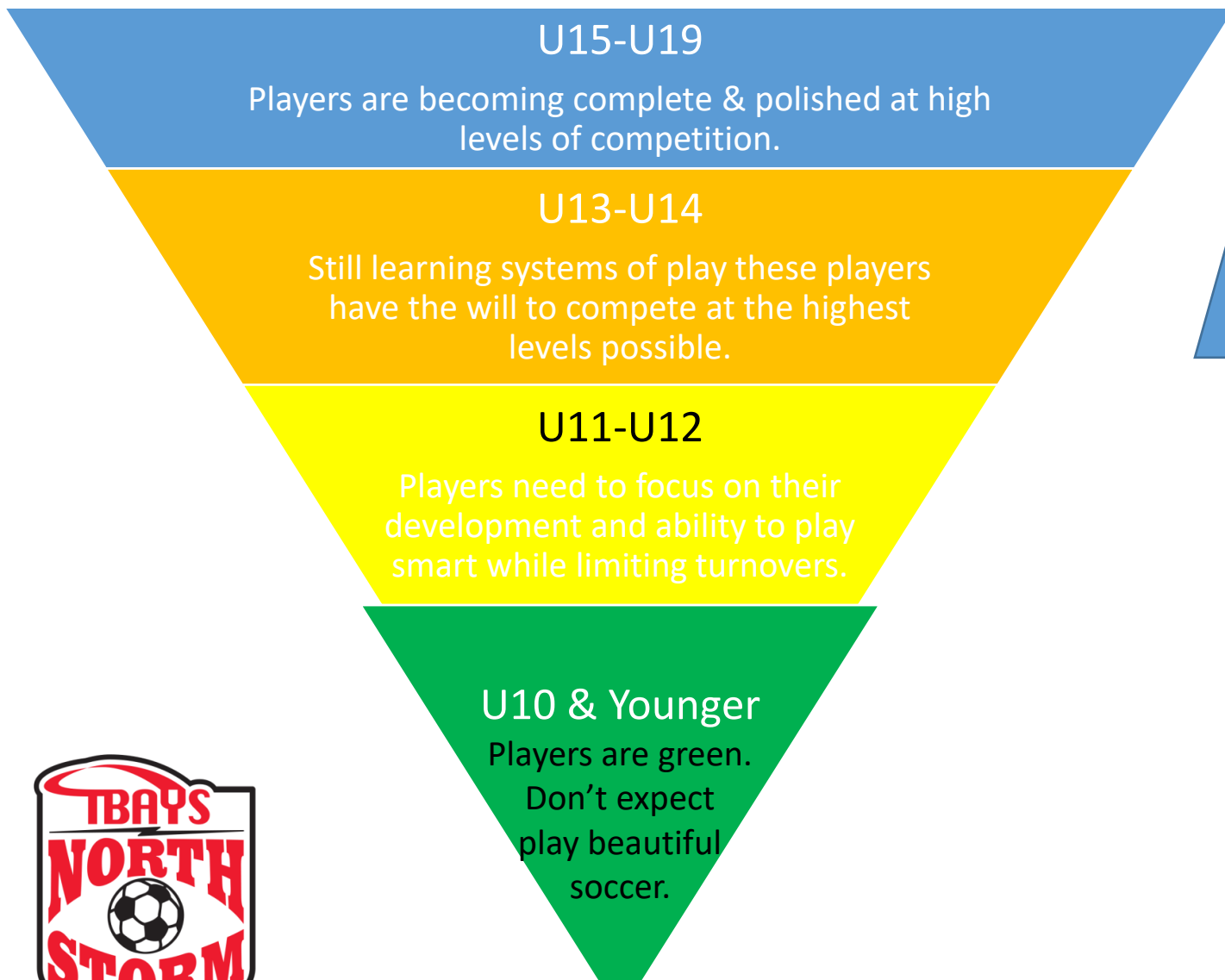
U11 & U12
Train to Train

**U10 &
Younger**
Learn to Train





- Build from the ground up – developing the foundational skills of the game in the youngest stages are so critical for the players enjoyment; competitiveness and development within the game.
- Children are born; learn to Role Over; then Crawl; then Stand; then Walk; then Run.
 - Their Development in the game and life itself aren't much different.
- Players need situations where they can experiment & learn from their mistakes.
- As players master the ball and ability to control it at a fast pace in tight spaces under pressure from opponents you begin to focus more attention on systems of play and team tactics



- The Player Development Model should take a child that has never played and maximize their development over the years in our programs.
- Our goal is to take that green, raw player at 8 or 9 years old and guide them in their development to become whole; complete; players and people!
- The most successful players in North Storm are those involved the longest and committed the most time to training with TBAYS/North Storm AND on their own time!
- Coaches should encourage players to seek extra training or game opportunities.
- Coaches at U11/U12/U13 should encourage top players to attend ODP Tryouts.
- Coaches of HS age kids should encourage D2/D3/NAIA or JR College ID Camps to athletes seeking to play.

Position specific Characteristics

Position		Characteristics
Striker	#9	<ul style="list-style-type: none">-Proficient taking defenders on 1v1 inside or outside to unbalance the opponent to create chances and score goals-finishing technique under pressure-exudes power and speed and fitness to execute the whole game-improvise, awareness, bold, fearless, anticipates play-understands movements off the ball-strong with back to the goal
Wingers	#7 & #11	<ul style="list-style-type: none">-Proficient taking defenders on 1v1 inside or outside to unbalance the opponent to create chances and score goals-crossing and finishing technique under pressure-exudes power and speed and fitness to execute the whole game-improvise and awareness
Attacking Mid	#10 & #8	<ul style="list-style-type: none">-Ability to distribute sharp short and long passes to penetrate or possess; possess strong 1v1 skills-crossing and finishing technique under pressure; including long range-exudes power and speed and fitness to execute the whole game-game awareness, improvise, take risks

Position specific Characteristics

Position		Characteristics
Defending Mid	#6 & #8	<ul style="list-style-type: none"> -Ability to distribute sharp short and long passes to penetrate or possess -ball winner: both in air and tackles -exudes power and speed and fitness to execute the whole game -game awareness, commanding presence on field; aerial dominance
Full Backs	#2 & #3	<ul style="list-style-type: none"> -Proficient taking defenders on 1v1 as well as winning 1v1 duels -crossing technique under pressure -exudes speed and fitness to execute the whole game -reads the game well, ball winner, high work ethic
Center Backs	#4 & #5	<ul style="list-style-type: none"> -Proficient at winning 1v1 duels; Superior aerial power to win balls -accurate short and long passing to break lines --exudes power, speed and fitness to execute the whole game -reads the game well, ball winner, high work ethic; excellent communication to organize team behind the ball; good composure
Keeper	#1	<ul style="list-style-type: none"> -Superior shot stopper -accurate short and long passing with feet and hands --exudes power, agility and fitness to execute the whole game -reads the game well, brave, high work ethic; excellent communication to organize team behind the ball; good composure



Goalkeeper Program

Attributes of a Goalkeeper

- Athleticism
- Explosiveness
- Speed/Lateral Quickness
- Endurance
- Mobility
- Coordination
- Flexibility
- Bravery
- Communication

U10-U12

- Becoming a Technical Shot Stopper
- Footwork

U13-U14

- Mastering Basic Techniques
- Beginning to read game and organize defense
- Building distribution game

U15-U18

- Refining Techniques
- Building Tactical Awareness
- Game Management
- Mastering distribution techniques



Goalkeeper Program

U10 - U12 Technical Development Objectives

Footwork

Intro to Lateral, Drop step, Crossover Step

Set Position

Balance: feet, knees, hips and shoulders in alignment
-Body has stopped moving on any cue a player is shooting
Body is relaxed to absorb shot

Distribution

Dealing with back passes from defenders
Throwing
-Bowl and overhead javelin throw
Introduce Half-Volley
-Players should be given opportunity to serve balls every training

Hand Shape

Maintaining proper catching technique
-"W" or diamond hand shape
-Hands out off body to give a cushion
-Pocket of space between palm of hand and ball (catch with fingertips)

Catching Techniques

Ground Ball Scoop
Mid-Section Basket Catch
Head Height ("W" or Diamond")

Diving

Collapse Dive
-attacking ball with head/shoulders/hand,
first step forward on ball line, proper landing into armpit (stay OFF belly)
Sliding through ball in 1v1 situation (player safety)



Goalkeeper Program

U13 - U14 Technical Development Objectives

Footwork

Continue mastering lateral, drop step, crossover step without looking down

Distribution

Goal Kicks

-all goalkeepers should be taking (coaches work repetitions into training)

Intro Drop-Kick

-replace half volley at keeper training for service

Mastering punting technique

-drop ball straight down from hands (no flip), body square to target

Diving

Low dive, High dive

-proper footwork, loading for power, landing on side/armpit, attacking ball

1v1 Sliding through with attacking pressure

-reading when to go/when not to, evaluating range player can cover, being a barrier, protecting body, timing of slide

Crossing

Footwork

-near post vs far post

Jumping Technique

-off inside leg, drive with opposite knee

Catch/Punch Technique/Decision Making

-catch at highest point, drive through ball, in high traffic making decision to punch

Positioning

-inswing/outswing, at width/inside box, reading long through ball



Goalkeeper Program

U15 - U18 Technical Development Objectives -> Shifting to Tactical Objectives

Technical

Refining previous learned techniques (live pressure)

- footwork
- diving
- crossing
- distribution

Reaction Saves

- unconventional saves/rebounds

Tactical

Communication

- defender organization, tracking runners, anticipating breakdowns, set pieces

Anticipating Play (awareness)

Game Management

Staying Connected

- cleaning up balls in behind, and option for defenders

Playing Further Off Line

- identifying range they can cover

Reading Attacking Runs

- understanding depth, anticipating being off line or dropping

Long Term Development Model Core Values

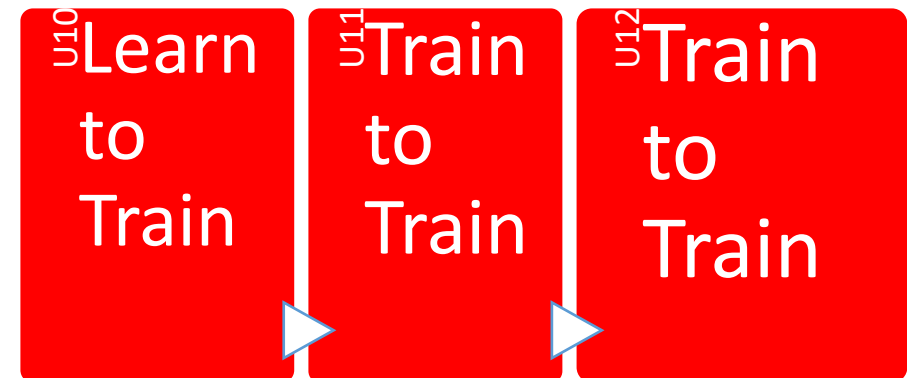
TBAYS Recreation

- Fun
- Build Interest
- Friendly and Cooperative
- Make Friends
- Come Prepared



U10-U12

- Increased Interest
- Build Information
- Value and Honor all people
- Be Accountable
- Come Prepared



U10 & Younger



U10 & Younger – Learn to Train

Coaches should lay the foundation for players in this stage. Skill and technical development is the most critical to the players long-term growth. If a player can't receive a pass or pass a ball accurately, there is no sense in trying to teach tactics.

The majority of the kids in North Storm at U10 are 8 or 9 years old. They want to play with their friends; improve their skills and have fun. It is important for us to develop & enhance their love of the game during these early developmental years. Wins and Losses mean nothing at this stage – players are not recruited at 10 years old!

Core Values

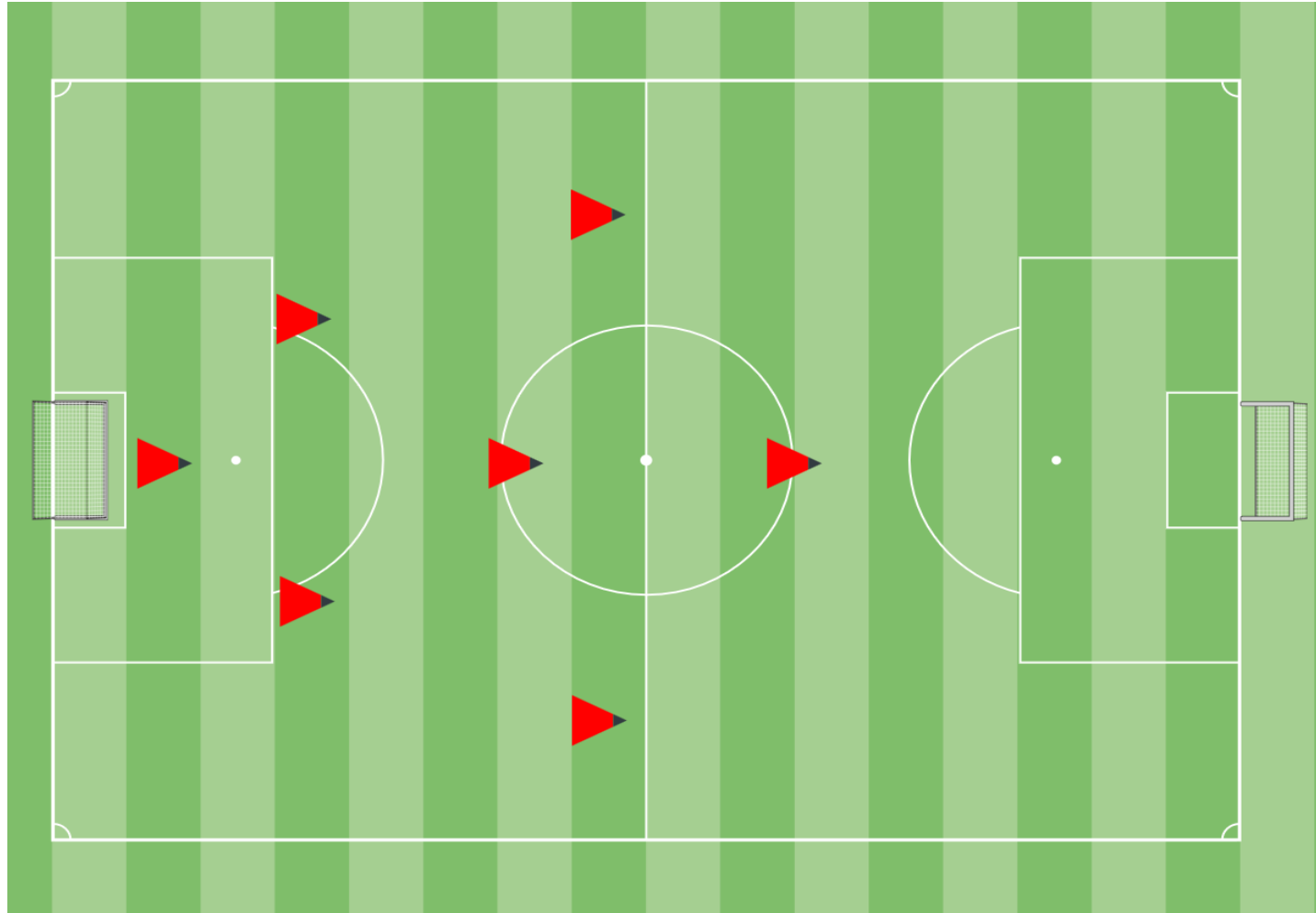
- Increase Interest
- Build Information
- Value and Honor all people – Respect the Game
- Be Accountable
- Come Prepared
- Listen & Learn
- Toe Taps/Tick Tocks
- Sole Roles/Rakes
- Starts-Stops w/ball
- Inside/Outside Cuts
- Mathews
- Steptover Turn
- Master the Ball

Development Objectives

- Pull Back Turn

Formation 10

1-2-3-1



U11 & U12



U11 & U12 – Train to Train

Players should be hungry for development in this stage. They have a foundation underneath them but haven't yet mastered everything. It is the coaches role to facilitate that growth in this stage; helping guide players to become artists with the ball.

We want to see players become creative; inventive and bold with the ball at their feet above anything else at this stage. Encourage them to learn from their failures and continue to use their imagination and improvisation on the field. Team shape and defensive basics should be introduced and developed.

Core Values

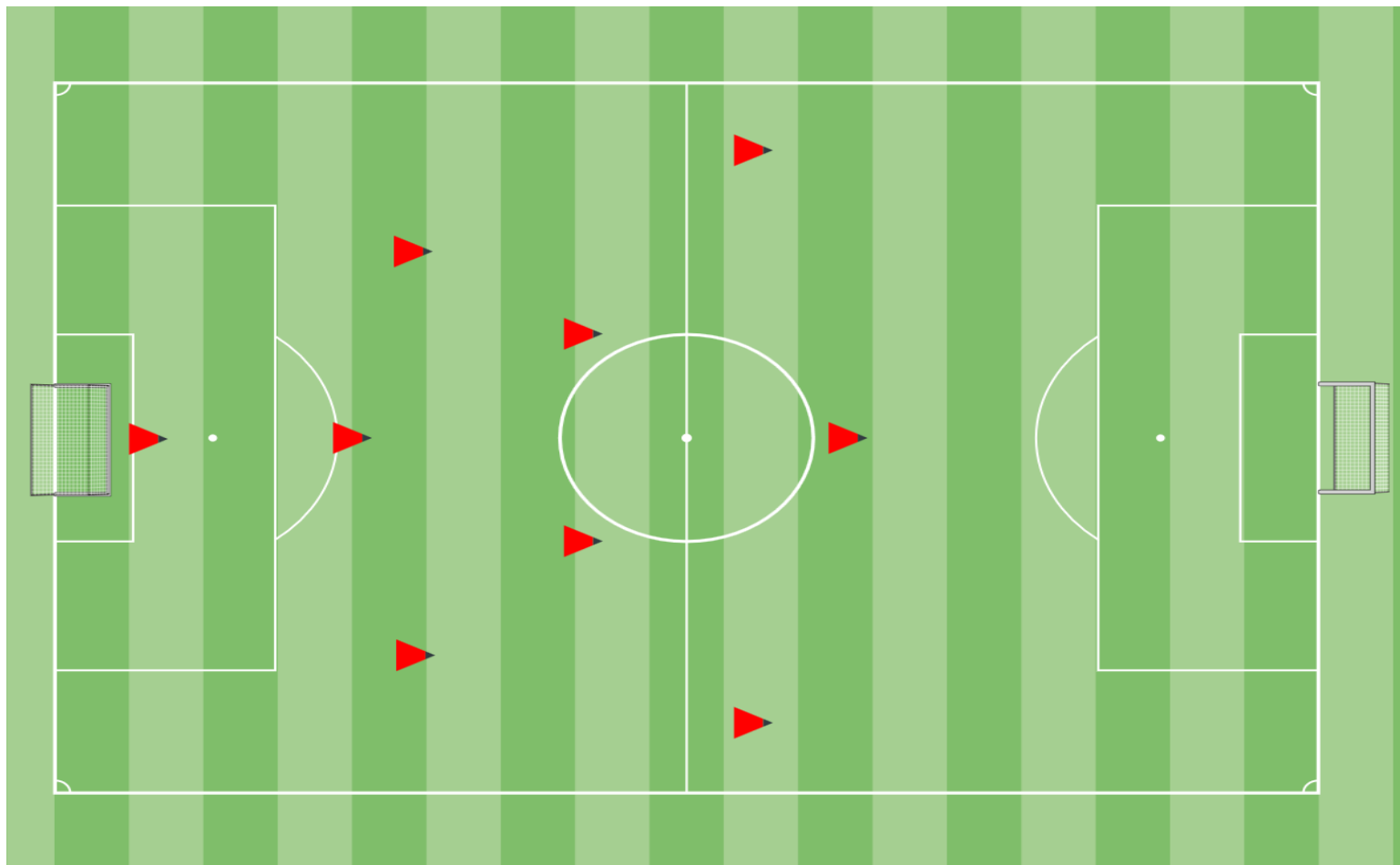
- Increase Interest
- Build Information
- Value and Honor all people – Respect the Game
- Be Accountable
- Come Prepared
- Be Teachable/Coachable
- Inside/Outside Cuts
- Mathews
- Stepover Turn
- Master the Ball
- Starts – Stops w/Ball
- Receive Using Inside/Outside/Sole
- Master the 10-15 Yard Pass

Development Objectives

- Receive Using Thigh & Chest

Formation U11 & U12

1-3-2-3



Long Term Development Model Core Values

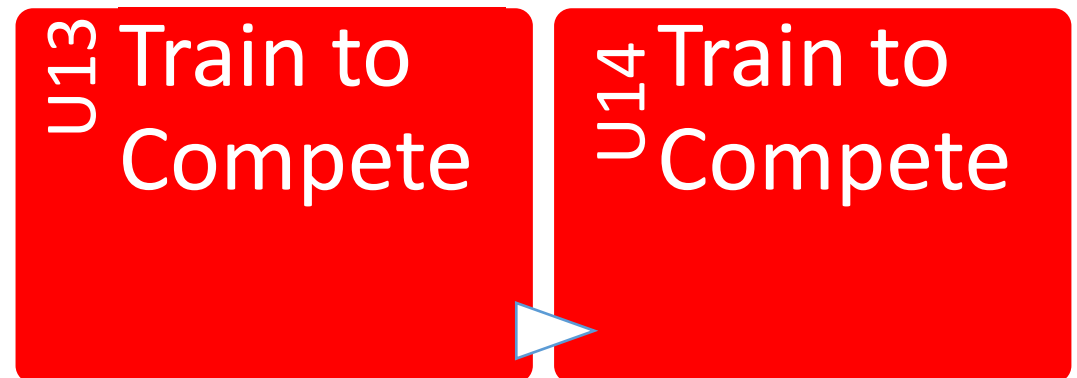
U13-U14

To develop individually and learn to train, understand the system of play and the progress as a team. Lay the foundations for winning mentality



Core Values

- Train to Train and Compete
- Involve by taking Responsibility
- Listen and Communicate Openly with Others
- Exceed Expectations



U13 & U14



U13 & U14 – Train to Compete

To develop individually and learn to compete; understand the system of play; and the progress as a team. Coaches should lay the foundations for a winning mentality.

This is the age/stage players either stick with soccer or they leave the sport for next best thing. It is the coaches responsibility to engage the players in the process of development while keeping the game fun for the kids. 95%+ of all players who drop out do so because they no longer have fun.

Encourage your players to become competitors – no matter if they win or lose – always encourage positive play; competitive hunger/drive and the will to succeed! They're all winners if they play their hardest no matter the final outcome – That mentality and character stands out to recruiters more than any one win or loss!

Core Values

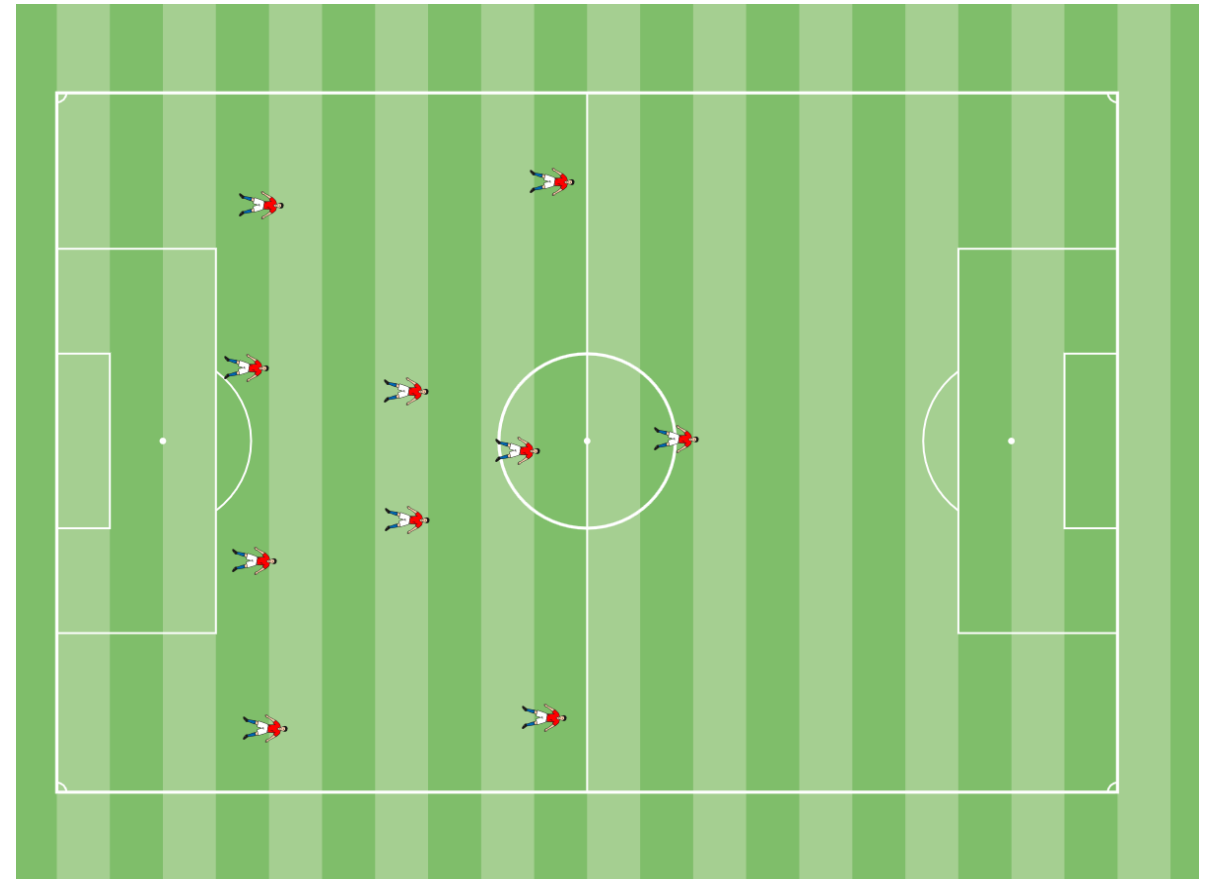
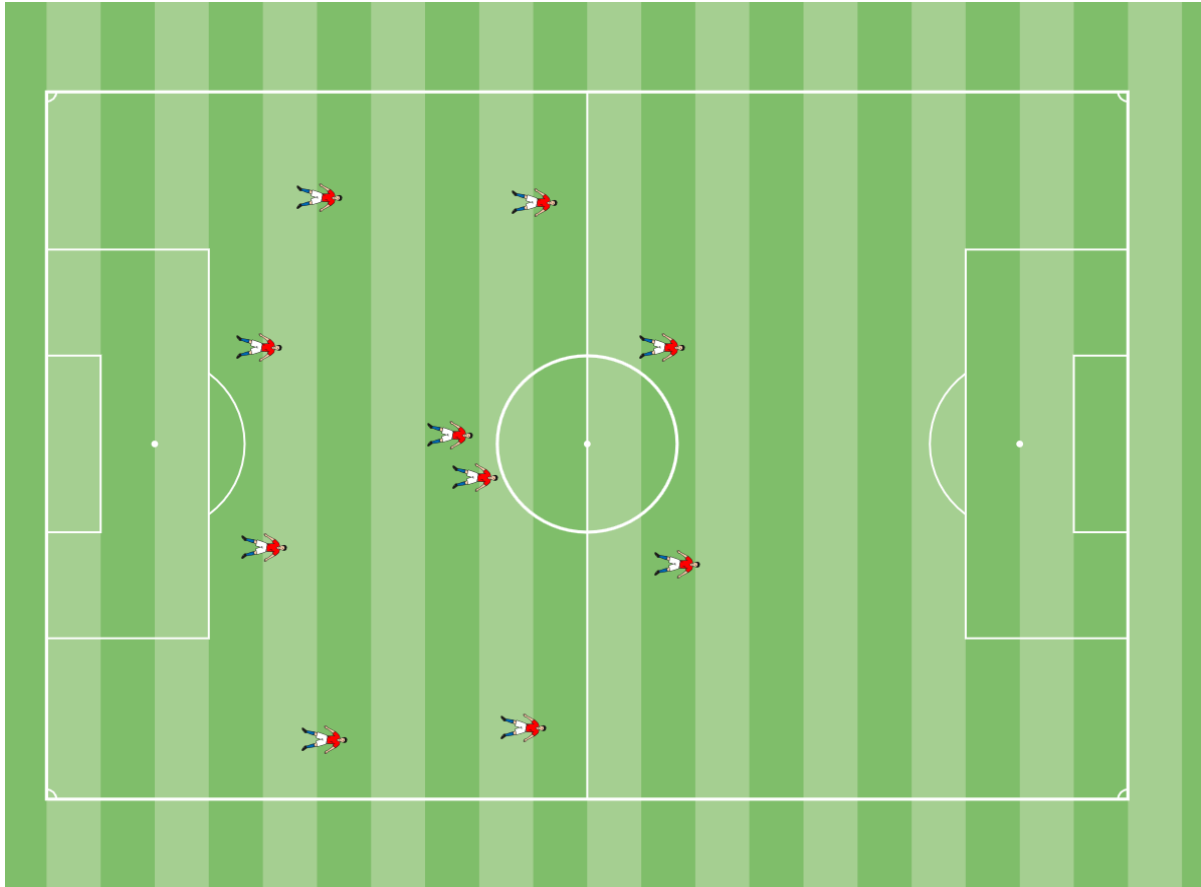
- Train to Train and Compete
- Involve by taking Responsibility

Development Objectives

- Listen and Communicate Openly with Others
- Exceed Expectations
- Playing in Triangles
- Angles of Support
- Pressure; Cover; Balance
- Man-Marking
- Zonal Defending
- Aerial Ball Control
- Shooting & Finishing



Formation U13 & U14 1-4-4-2 or 1-4-2-3-1



Long Term Development Model Core Values

U15-U19

U15-U19-To continue develop individually and learn systems of play more in depth

Strive to win league games working towards promotion.

Qualification for state cup tournament and seeking top 4 finish in the state

Seek the opportunity to play collegiality or beyond



Core Values

- Train to Win
- Commitment-Completely Invested
- Integrity
- Trust and Reputation
- Immersion by taking Ownership
- Respect Dignity, privacy and freedom of all
- Be Ethical



U15 – U19



U15 & U19 – Train to Win

To continue developing individually and learn systems of play more in depth. Strive to win league games working towards promotion. Qualification for state cup tournament and seeking top 4 finish in the state. Seek the opportunity to play collegiality or beyond.

Players have physically matured or are completing this process during these ages. They are hungry to win. It should be our goal to encourage the kids to continue to develop an understanding of the game to become complete and sophisticated players on the field.

Core Values

- Train to Win
- Commitment-Completely Invested
- Integrity
- Trust and Reputation

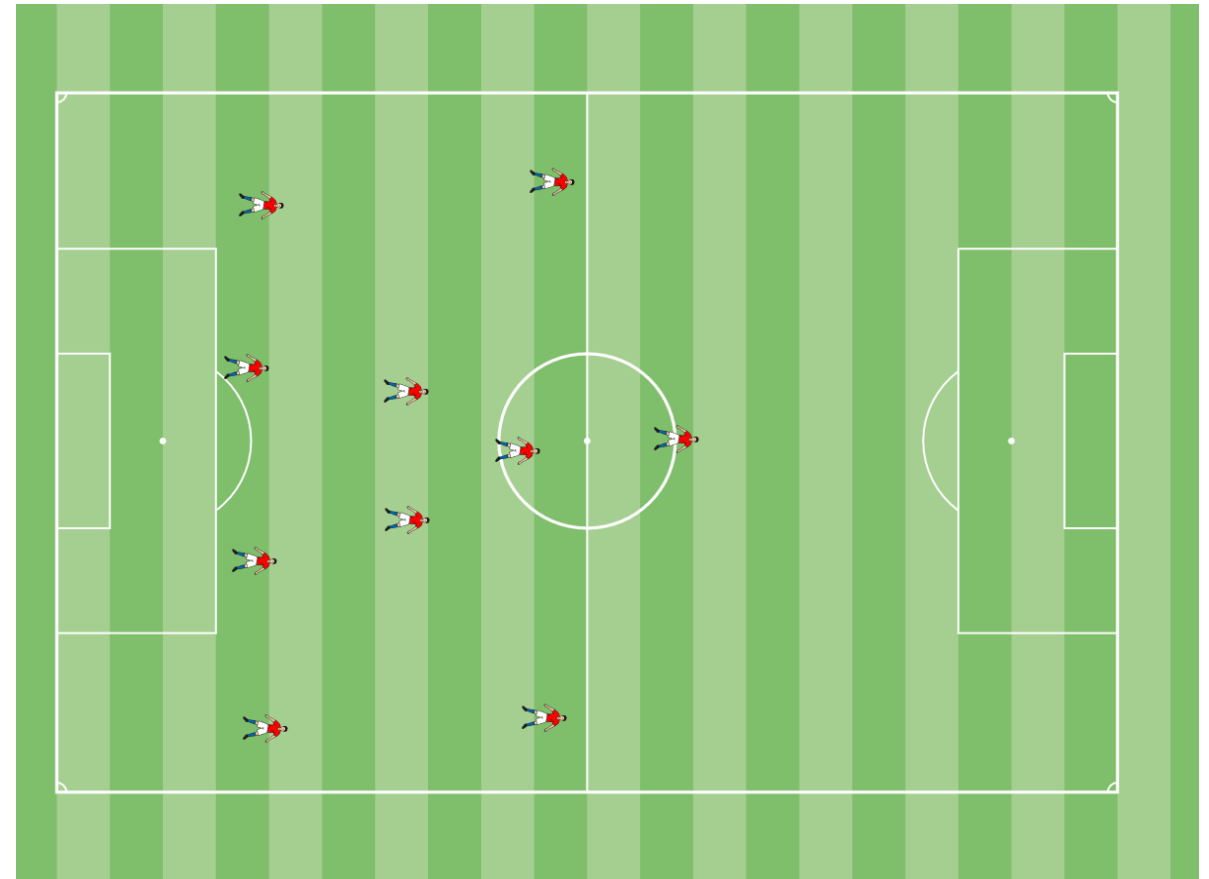
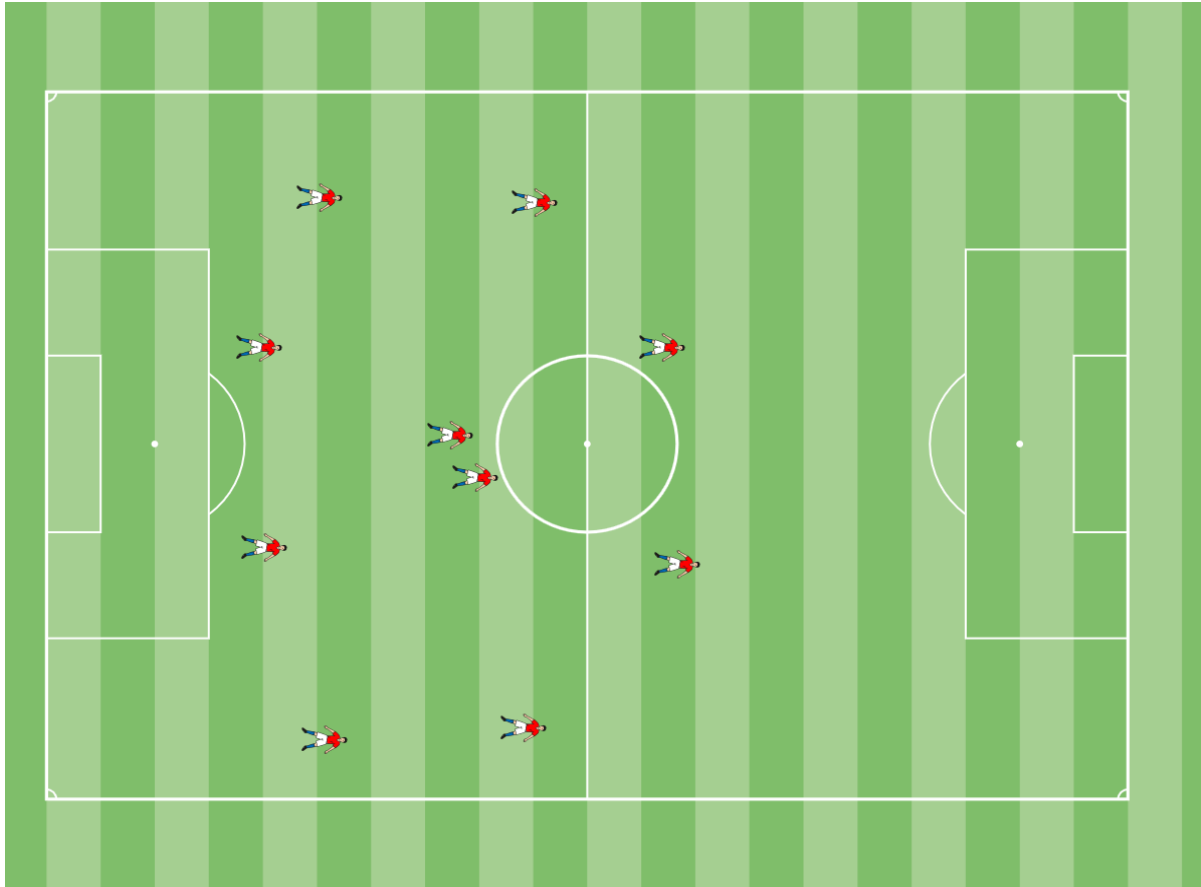
Development Objectives

- Playing in Triangles
- Immersion by taking Ownership
- Angles of Support
- Respect Dignity, privacy and freedom of all
- Pressure; Cover; Balance
- Be Ethical Young Men & Women
- Man-Marking
- Zonal Defending
- Aerial Ball Control
- Shooting & Finishing

- Volleying & Heading



Formation U15- U19 1-4-4-2 or 1-4-2-3-1

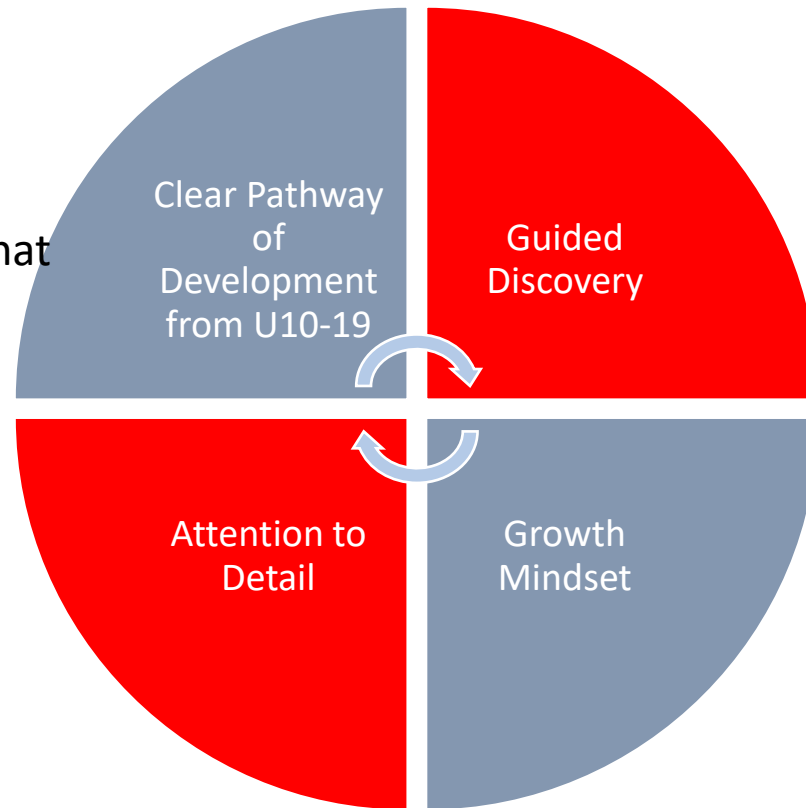




Key Qualities for Development Philosophy

Pathways help maintain transparency between the player and coach. It's also a great way to stay organized, know what players possess what skills and what to develop.

Attention to detail is the ability to achieve thoroughness and accuracy when accomplishing a task



Coach raises questions and provides options or choices for the players, guiding the players to answer the questions for themselves because they become curious about the answers.

Players believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.



Methods to achieve

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.



- Set player-specific development plans and give them the support needed to meet the goals of those plans, be available to every player with open lines of communication

- Help players to analyze their performances and give them the opportunity to take responsibility for their development

- Set high standards but allow mistakes and provide opportunities for players to fix mistakes using a variety of coaching techniques

- Recognize that coaching and teaching involves life skills as well as soccer skills

- Allow time for every player to develop, be patient

Coaching/Training Strategy

Training sessions will be planned to create an age appropriate, challenging environment that will promote development enabling players to be prepared to achieve Success



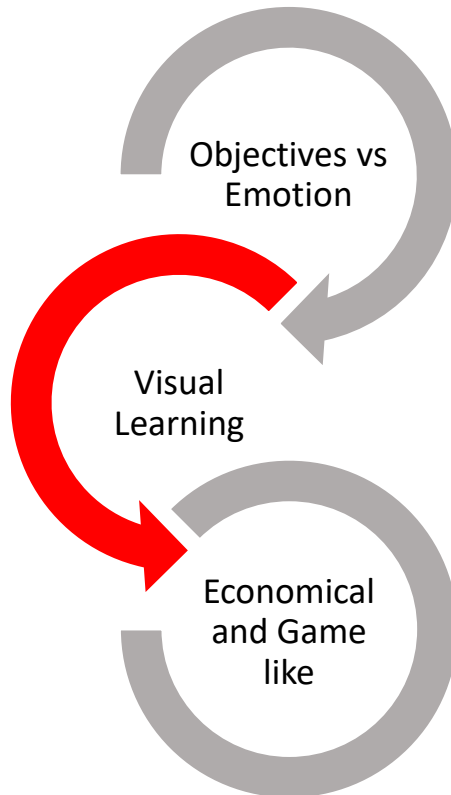


Teaching Methodology



Our goal is to provide an environment where players can achieve and unlock their full potential in the development of their technical, tactical, physical and mental skills, regardless of skill and ability.

Guided discovery is at the top of our teaching approach. We create activities, lesson plans and teaching points with an emphasis of providing the picture that can help us GUIDE our players to find the answers to the multiple numbers of situations the game provides.



- Environment for all levels.
- Systematic training curriculum.
- Connection between philosophy, game model and teaching.
- Guided Discovery
- Training Sessions: Simple to Complex; Small sided to expanded



Periodization 101

Macrocycle

Mesocycle

Mesocycle

Mesocycle

Microcycle

Microcycle

Microcycle

Microcycle

Microcycle

Microcycle

Periodization Basics - 6 Mins

Periodization Rules of Thumb

- In its simplest form Periodization is the monitoring of players work loads to minimize risk of injury while maximizing peak performance levels at the right time of the week; month; season; etc.
- Periodization Always begins with a Game Day.
 - Game Day = Start Point
- Players 19 & Older need 72-96 Hours to Fully Recover
- Players 16-18 need 48-72 Hours to Fully Recover
- Players 13-15 need 36-48 Hours to Fully Recover
- Players 10-12 need 24-36 Hours to Fully Recover

Considerations

- Overload Players that played less in games
- Underload players that played more in games
- Go easier on players returning from Injury
- Add Reps/Challenge/Distance/Time for the most fit athletes. They can be and should be pushed harder.
- Training after game day should be light and technical without pressure – older teams consider film session.