



# TECHNICAL YOUTH PLAN

## 2020

## Introduction

The technical youth plan is designed for all Sporting Columbus staff as a guide to develop their players to the fullest, and according to the club's standards and philosophy.

The Sporting way of play is inspired by the Dutch way of play, and development. Specifically the development as they do at the best youth academies in the world like Ajax, Amsterdam. Not all methods that Ajax uses can be directly implemented into the Sporting way of developing; we can however translate it to do so.

In this technical youth plan, you will find information on what is to be expected of a Sporting Columbus coach, and what is needed to optimally develop players the Sporting way.

The core values will be leading throughout this document, and it is important for players, parents, and staff to understand these core values.

The Sporting core values:

- Wanting to be the best
- Believing that anyone, can develop themselves at any time
- Think from an attacking standpoint
- We strengthen each other
- Develop self-sufficient leaders

On behalf of Sporting Columbus, good luck, and enjoy.

Technical Director U8 - U12

Steven de Lange

## Core values

### Wanting to be the best

Sporting players have a winner's mentality, a Sporting player wants to win and have the urge to develop himself or herself to the maximum. To become the best, you have to work differently and harder than your competitor and a Sporting player understands this.

### Believing that anyone, can develop themselves at any time

At Sporting Columbus, we believe that everyone can develop himself or herself to become a high-level soccer player, as long as he or she is willing to put the work in. We know how to develop talent to the fullest regardless of a player's current level.

### Think from an attacking standpoint

We always take the initiative; find open spaces and scoring opportunities quicker than our opponents do. We find pleasure in playing with courage, and to not tie us down to things that are considered "normal", but rather to find the creative solution. This is the reason that we see opportunities, learn new things, and stay ahead of the competition.

### We strengthen each other

To reach our goals, we work together as a unit. Everyone features unique skills, and we are strongest when we use everyone's qualities. Sporting Columbus is a team that focusses on the development of the individual.

### Develop self-sufficient leaders

Sporting Columbus players are trained in a street soccer culture to be self-sufficient in weekend games, making decisions based on game-principles while coaching each other, and without the coach having to direct them during the game.

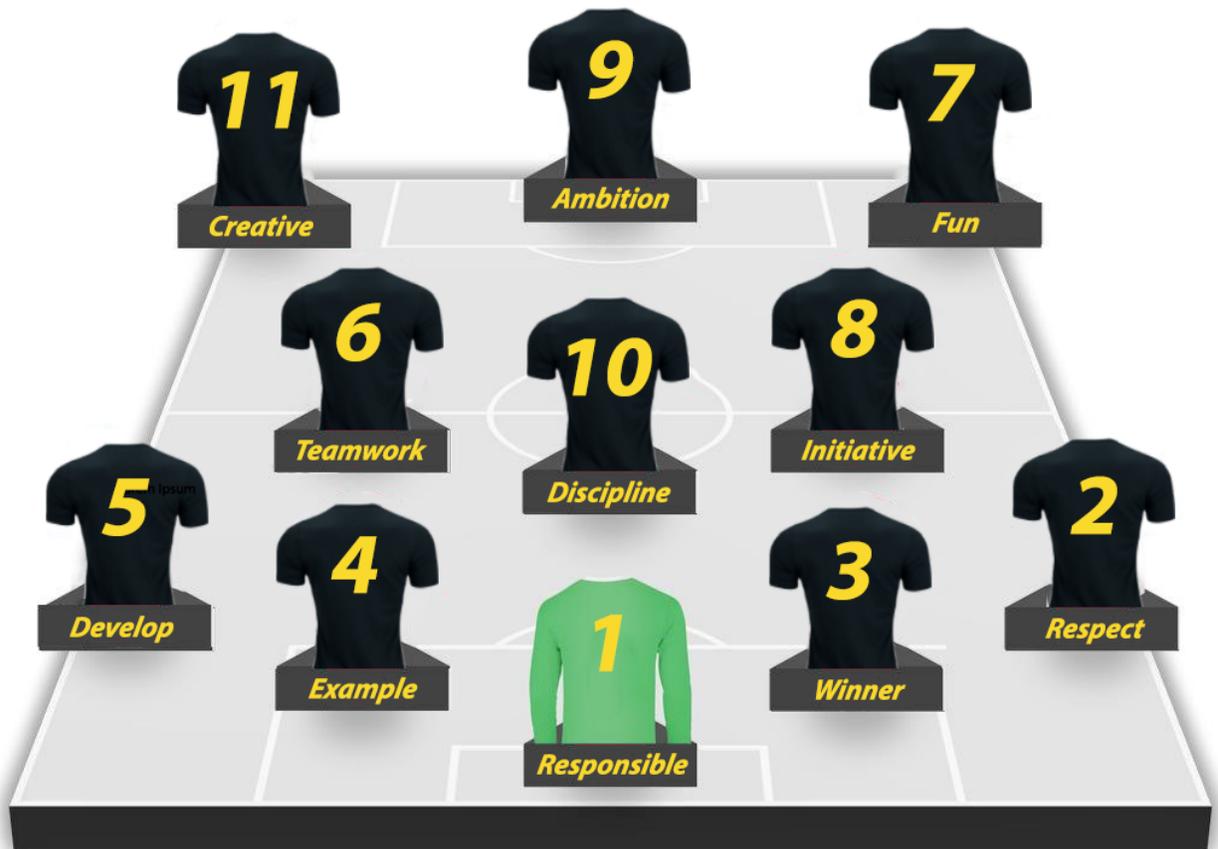
## Sporting Columbus development philosophy U8 – U12

SPORTING QUALITY	TEAMWORK AND GAMES	CLUB IDENTIRY AS WEAPON
1v1 dominance	Individually development in a team setting	Development of the club identity
Create an excess number through 1v1 dominance	We believe in winning through attacking soccer	Making a difference in the team because of your specialty
Develop creative and adaptable players that can make a difference as individual	Technical strong, playing based on game principles	Using everyone's extraordinary talent

## The Sporting Columbus coach



### THE SPORTING COLUMBUS COACH



#### 1. Responsible

The Sporting coach is always prepared, creates monthly, weekly, and daily training plans for the team, and can anticipate to any scenario.

#### 2. Respect

The Sporting Coach always behaves professional towards players, colleague coaches, parents and training materials.

#### 3. Winner

The Sporting coach has the urge to win in helping players develop to their full potential, and in creating a hunger for winning by implementing game elements within the training sessions.

#### 4. Example

The Sporting coach is an example as how to behave on and around the field, and is able to physically, give an example on the field.

**5. Development**

The Sporting coach focusses on the development of the individual in a team setting, and gives each player equal attention.

**6. Discipline**

The Sporting coach is on time, is wearing Sporting Columbus clothing, and has the correct and enough material with him/her.

**7. Fun**

The Sporting coach radiates the feeling of having fun, and creates fun training sessions.

**8. Teamwork**

The Sporting coach knows all the names of the players, and is always ready to help the players and colleague coaches when needed.

**9. Ambition**

The Sporting coach believes that anyone can develop himself or herself at any time, and wants to develop himself or herself and the players. Every day is a new opportunity to develop.

**10. Initiative**

The Sporting coach is proactive, and takes advantage of opportunities that arise, and helps other coaches when needed.

**11. Creative**

The Sporting coach is creative when it comes to developing players, and is able to develop adaptable and creative soccer players.

**Training Requirements**

- Quality over quantity
- Focus on the development of the individual in a team setting
- Repetition without repetition
- Developing players through implicit and explicit learning
- Creating adaptable, and creative players

**AGE-GROUP SPECIFIC DEVELOPMENTAL GOALS**

Per age group, we have defined goals that need to be met and worked on through the season. As a club we will offer methods, curriculum, and help to achieve these goals. But in the end it is the responsibility of the coach to have the players reach their goals. If you as a coach feel like you have a better way to accomplish the age-group specific goal, we encourage you to use that method.

## U5 & U6 (no competitive soccer) **FUTURE SUPERSTARS**

At this age-group, we lay the foundation for the passion for soccer and Sporting Columbus. All drills that we create are offered using the Super Mario effect to appeal to the imagination of the players. The main goal of this drill

<b>SENSITIVE SKILLS</b>	<b>PLAYER FOCUS</b>	<b>COACH FOCUS</b>
Technique	Ball mastery	Radiate energy and positivity
Cognition	Dominating 1v1 attack	Creates fun drills that appeal to the imagination of the players
Motor Skills	Development of body mechanics	Creates drills that complement the sensitive skills and player focus
Personality foundation	Passion for soccer & Sporting Columbus	Professional attitude

### **SENSITIVE SKILLS:**

Technique, cognition, and motor skills stand central in the training sessions for these age groups. Technical skills that should be covered for this age group are:

1. Passing, receiving, and shooting the ball
2. Dribbling
3. Cut and turn moves

The development of cognition is trained by creating scenarios where players have to look up, and make decisions under pressure, while experiencing fun (beating a monster for example). Please refer to the Super Mario effect Webinar for more specific information.

The development of motor skills is trained through the implementation of a-typical soccer movements throughout my training sessions, examples are:

1. Crawling
2. Falling
3. Jumping

A positive coach with a growth mind-set will reinforce the foundation for the personality, helping players understand that not mastering a skill yet is a challenge, and not a confirmation of being bad at soccer.

### **PLAYER FOCUS**

The player focus or age-specific goals for the U5, U6, and U7 age groups are Ball mastery, dominating 1v1 attacking, development of body mechanics, and a passion for soccer and Sporting Columbus. For that reason, coaches should focus on coaching moments that help develop these aspects only.

## COACH FOCUS

The coach in this age group should be a motivator that appeals to the imagination of the players and radiates energy and positivity, in addition to being a teacher. The drills that are created should complement the sensitive periods of the players, be fun, and appeal to their imagination.

The coach should always have a professional attitude, for example:

1. Be on time
2. Wear Sporting Columbus gear
3. Have the training session fully prepared
4. Have a positive attitude

## U7 & U8 (4v4/5v5) **FIRST COMPETATIVE YEARS**

In the first competitive year, the players will be introduced to the basics of the four soccer phases: attacking, defending, and transitioning (attack – defense & defense - attack). All of this will be taught implicitly, while explicitly teaching what we have been teaching players in the future stars age group.

SENSITIVE SKILLS	PLAYER FOCUS	COACH FOCUS
Technique	Ball mastery	Radiate energy and positivity
Cognition	Dominating 1v1 attack	Creates fun drills that appeal to the imagination of the players
Motor Skills	Development of body mechanics	Creates drills that complement the sensitive skills and player focus
Personality foundation	Passion for soccer & Sporting Columbus	Professional attitude
	Small sided excess number scrimmages	Creation of street soccer culture
	Implicit development of decision making	Uses organization regulated games to achieve training goals
	Basic understanding of defensive/ attacking positioning	Playing different formations, and positions
	Basic understanding of (counter) pressing	

## **SENSITIVE SKILLS**

The sensitive skills remain the same, but will be offered in a more explicit way. Where in the future superstar age group we would use implicit learning to teach the sensitive skills, this shifts to a combination of explicit and implicit learning. Explicit, in a way that we explain when to use what move, and teach players how and when to apply technical skills, and implicitly to boost the development of technical and cognitive skills through:

1. Organization regulated drills
  - a. Manipulating a desired outcome by the way I set up my training sessions
2. Repetition without repetition
  - a. Change of surface
  - b. Play on different or without cleats
  - c. Practice similar skills in a different setting

## **PLAYER FOCUS**

As we maintain the development of the player focus from the future superstars' age group, we are adding drills that compliment that same development. The focus is on teaching players how and when to use technical skills and make a difference as an individual.

We do all this through:

1. Small sided excess number scrimmages
2. Implicit development of decision making
3. Basic understanding of defensive and attacking positioning
4. Basic understanding of (counter) pressing

The small-sided excess number scrimmages are meant for players to make a decision between passing, or taking on a player, using the technical skills we have been teaching. The implicit development of decision-making is done through the chaos theory and by overloading the brain, please refer to the webinars on more information on this topic.

The players will learn a basic understanding of how to position when attacking, defending, and transitioning. Players will also learn about "Gegen" or "counter" pressing. How and when to use the very basics of it (see game principle: winning the ball back).

## **COACH FOCUS**

In addition to the coach focus from the previous age group, we will start the creation of the street soccer culture, use organization regulated games to achieve training goals, and introduce players to game principles.

As Johan Cruyff said: "I practiced 3-4 times a week at Ajax, but I practiced 3-4 hours per day on the streets, where do you think I learned how to play soccer?" Besides the many hours that Johan Cruyff pumped into his development in his free time, he did so by playing in streets, gravel, grass, mud, etc. with ever changing opponents, and weather conditions. All these factors contributed to the technically strong player that he was and is in contrast to today. We as coaches need to organize our training

sessions in a way that mimics the street soccer experience Johan Cruyff experienced growing up. We create this in the following ways:

1. Change the surface on where we practice with our teams
2. Use different types of cleats on different types of surfaces
3. Eliminate the coach/ referee from your training sessions
4. Have players decided formation/ line-up
5. Players create a drill and execute this drill

Organization regulated drills are used to help reach teaching-goals through an intrinsic way of coaching. By setting my drills up in a way that I force players to behave a certain way, I implement this tool. For more information on this subject, please refer to the webinars.

Players in this age group will play in several different formations and positions. Playing in different formations will prepare the players for playing according to game principles, and playing in different positions will help develop positional knowledge.

### U9 & U10 (7v7)

In the second and third competitive year, players will be introduced to game principles. These principles are used to teach players how to play based on available/open spaces in the field, rather than positional specific tasks.

SENSITIVE SKILLS	PLAYER FOCUS	COACH FOCUS
Technique	Ball mastery	Radiate energy and positivity
Cognition	Dominating 1v1 attacking and defending	Creates fun drills that appeal to the imagination of the players
Motor Skills	Development of body mechanics	Creates drills that complement the sensitive skills and player focus
Personality foundation	Passion for soccer & Sporting Columbus	Professional attitude
	Small sided excess number scrimmages	Creation of street soccer culture
	Implicit development of decision making	Uses organization regulated games to achieve training goals
	Advanced understanding of defensive/ attacking positioning	Playing different formations, and positions
	Advanced understanding of (counter) pressing	Game principles

## **SENSITIVE SKILLS**

The sensitive skills have not changed since the previous age group.

## **PLAYER FOCUS**

In addition to training players to dominate 1v1's when they are attacking, we will teach players how to dominate 1v1's when defending. This entails teaching them how to position, when to press, how to force an opponent into a certain direction, and more.

The understanding of defensive/ attacking positioning, and counter pressing transitions from "beginner" to "advanced". This means that on defensive and attacking positioning players will learn how to position when:

- Goal kick when attacking (beginner)
- Goal kick when defending (beginner)
- In the first, second and third of the field when attacking (advanced)
- In the first, second and third of the field when defending (advanced)

In addition, when we work on Gegen/ counter pressing, how to:

- Apply pressure and make spaces small
- Cut off passing lines
- Force the opponent a certain way

Players in these age groups will be introduced to the first game-principles as well. The game principles that will be addressed are:

1. Win the ball back as soon as possible after losing possession.

## **COACH FOCUS**

At this age, we will further build on playing in different formations, and positions, and we will introduce players to their first game principles. Game principles will help players to make decisions in the field based on open spaces rather than specific positional instructions. The first game principles players will be introduced to in the age group are:

1. Keep spaces small when defending
2. Direct pressure on the ball when losing the ball
3. Defend spaces rather than people
4. Depth before width
5. Build up through the axis of the field
6. Third person, and triangles
7. Creating of one versus one scenarios
8. Position changes
9. Profiting of weaknesses

For a description of all these game principles, please refer to the webinar on game principles. The goal is to have players play without formation, which will be possible halfway through the season.

## U11 & U12 (9v9)

In the second and third competitive year, players will be introduced to game principles. These principles are used to teach players how to play based on available/open spaces in the field, rather than positional specific tasks.

<b>SENSITIVE SKILLS</b>	<b>PLAYER FOCUS</b>	<b>COACH FOCUS</b>
Technique	Ball mastery	Radiate energy and positivity
Cognition	Dominating 1v1 attacking and defending	Creates fun drills that appeal to the imagination of the players
Motor Skills	Development of body mechanics	Creates drills that complement the sensitive skills and player focus
Personality foundation	Passion for soccer & Sporting Columbus	Professional attitude
	Small sided excess number scrimmages	Creation of street soccer culture
	Implicit development of decision making	Uses organization regulated games to achieve training goals
	Master understanding of defensive/ attacking positioning	Playing different formations, and positions
	Master understanding of (counter) pressing	Building on advanced game principles
		Play without formation

### SENSITIVE SKILLS

The sensitive skills have not changed since the previous age group.

### PLAYER FOCUS

The player focus for this age group is very similar to the previous age group as far as subjects. The major difference is that we transition from an “advanced understanding” in the defensive/ attacking positioning, and of (counter) pressing to: “Master understanding”. For each subject, this means the following:

Master understanding of defensive/ attacking positioning and counter pressing

1. How to position as a team to take advantage of open spaces when attacking and defending.
2. How to take advantage of the vulnerable positioning of your opponent by pressing

## COACH FOCUS

At this age group, we will build upon the nine game principles, which we introduced in the previous age group. Before, we implemented these game principles while playing in several different formations so that players start to adapt, and use the game principles based on open spaces rather than position specific tasks.

To build on that, we will now will teach players how to play without formation, and play from open spaces that are created in the field, because of how the opponent plays. In essence, you play as you did growing up, with friends, playing pick-up soccer. There are several benefits to playing like this:

1. Players understand where and how to position
2. Players are more creative, and self-sufficient
3. Players are confident, and for that reason coach, and help their teammates more often
4. The coach's involvement during the game is minimal, as players problem-solve on their own
5. No need for tactics, as players are adapting to their opponents formation because of coach's teachings.