# Reno Apex Soccer Club

## U5-U6

## Discovery Phase

**Vanessa Mann v1**

# Our DNA

***Club DNA***

- Out Work - Out Compete

***Playing DNA***

- Possession - Transition - Pressing

***Coaching Staff DNA***

- Growth Mindset - Life Long Learners - Empathetic - Prepared

***Player DNA***

- Hardworking - Committed - Growth Mindset

***Training Activity DNA***

- Dominate 1v1 - Possession/Pressing - Transition to Attack

***Training Session DNA***

- Competitive - Intensity - Repetition

# Player Pathway

ECRL (U14-U18)

Nor Cal Premier (U12-U18)

GBYSL Select (U5-U18)

GBYSL Recreational (U5-U18)

# Phases of Development

| PHASE | AGE | FOCUS |
| --- | --- | --- |
| Discovery | 4-7 years of age | • Movement Exploration<br>• Ball Discovery<br>• Play |
| Foundation (I, II, III) | 8-12 years of age | • Individual development<br>• Decision making<br>• Skill acquisition<br>• Play |
| Progression (I, II, III) | 13-18 years of age | • Individual development supported by the team/sligned with team performance<br>• Decision making<br>• Skill acquisition |

# Discovery Phase CORE Objective

***CORE Objective:*** We want to develop a love and a passion for the game. If children love playing something, there is a high probability that they will seek more opportunities to play and practice the game. This increase in play will increase their desire to improve as a player.

***What we are looking for:*** We are inclusive to the child; anyone is welcome as we provide multiple levels for a players individual journey! All players are taught decision making and execution of the decision (technique) within playing the game. Our club provides a platform to dream big!

***What we value:*** Being a good person. Being a proactive player- we believe that game decision making, technique and hard work is the core quality of being a good player.

***What we teach on the field:*** We teach players to dominate 1v1 moments with and without the ball- within the 4 moments of the game along with the principles of playing in context with the age groups we work within. A heavy emphasis is placed on decision making, execution of that decision (technique) and effort.

# Training Objectives

***Develop individual players in two (2) key areas:***

- Explore and develop fundamental movement skills
- Explore different ways to manipulate the ball

**How:**

- Basic games that involve fundamental movement skills
- Activities that are formed around PLAY with the ball (one ball-one player)
- Focus on FUN IN GAMES (learning through unstructured play)
- Variety of inclusionary small-sided games and activities (introduction of parallel and associative play)

# Training Objectives

***Club-Wide Pool Training***

Benefits of Club-Wide Pool Training

- **Instilling Club Style of Play**

1. Within the training environment we are able to get to larger sided games within the training environment to allow for continued teaching within our team training environment.

2. Our goal is to develop a a healthy competitive environment that is player-centered.

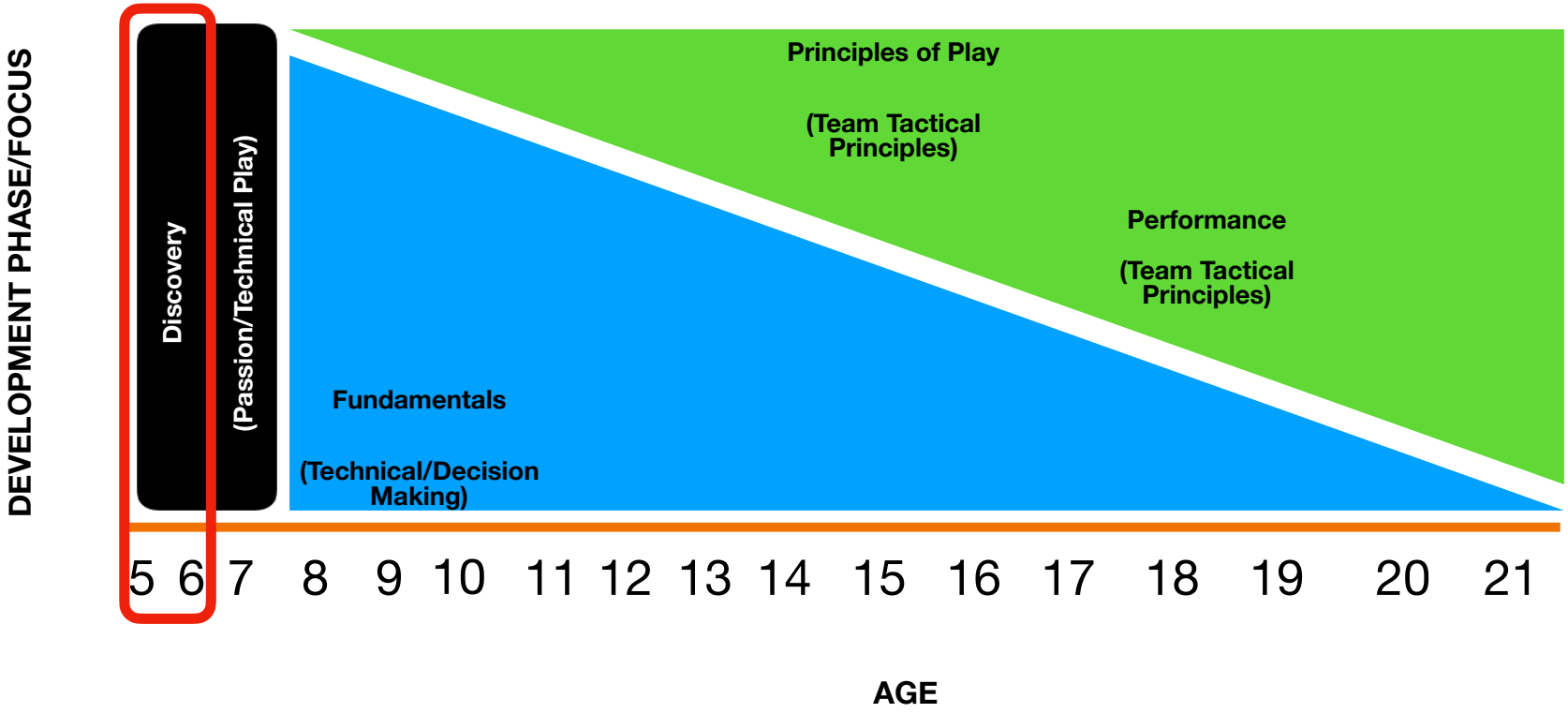
3. When the need arises for a guest player for a game or tournament the continued weekly pool training allows those players move into those team trainings seamlessly.

- **Vertical Integration of Players (Upward Mobility)**

1. Allow the continued tracking of all players within the pool and continued benchmarking/ monitoring to reward players who are developing over the course of the seasonal year.

2. Coaching staffs are using the club-wide game model/principles of play that ensures the same terminology and methodology throughout all of our teams

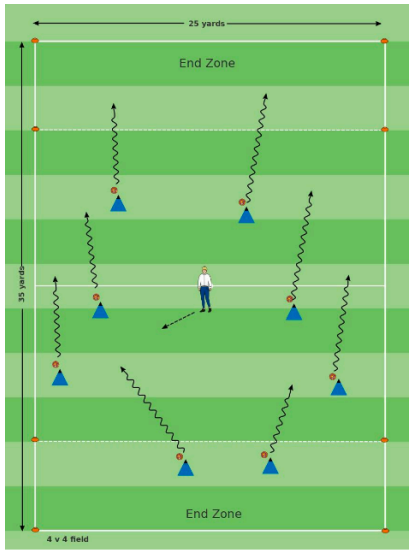
# Developmental Focus



# Discovery Phase Session Structure

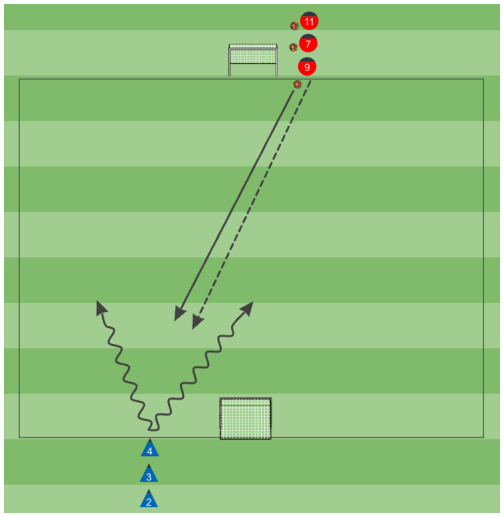
**Objective:** Expose the players to fundamental movement skills with the ball to develop comfort and confidence in individual and small group activities.

## Fundamental Movement Skills



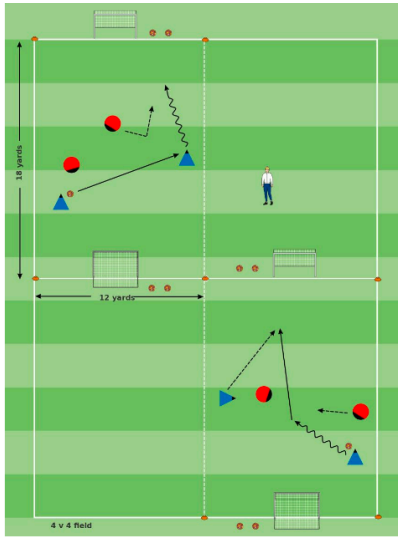

1 ball, 1 player
Introduction of a stimulus to cultivate decision making

## Dominate 1v1



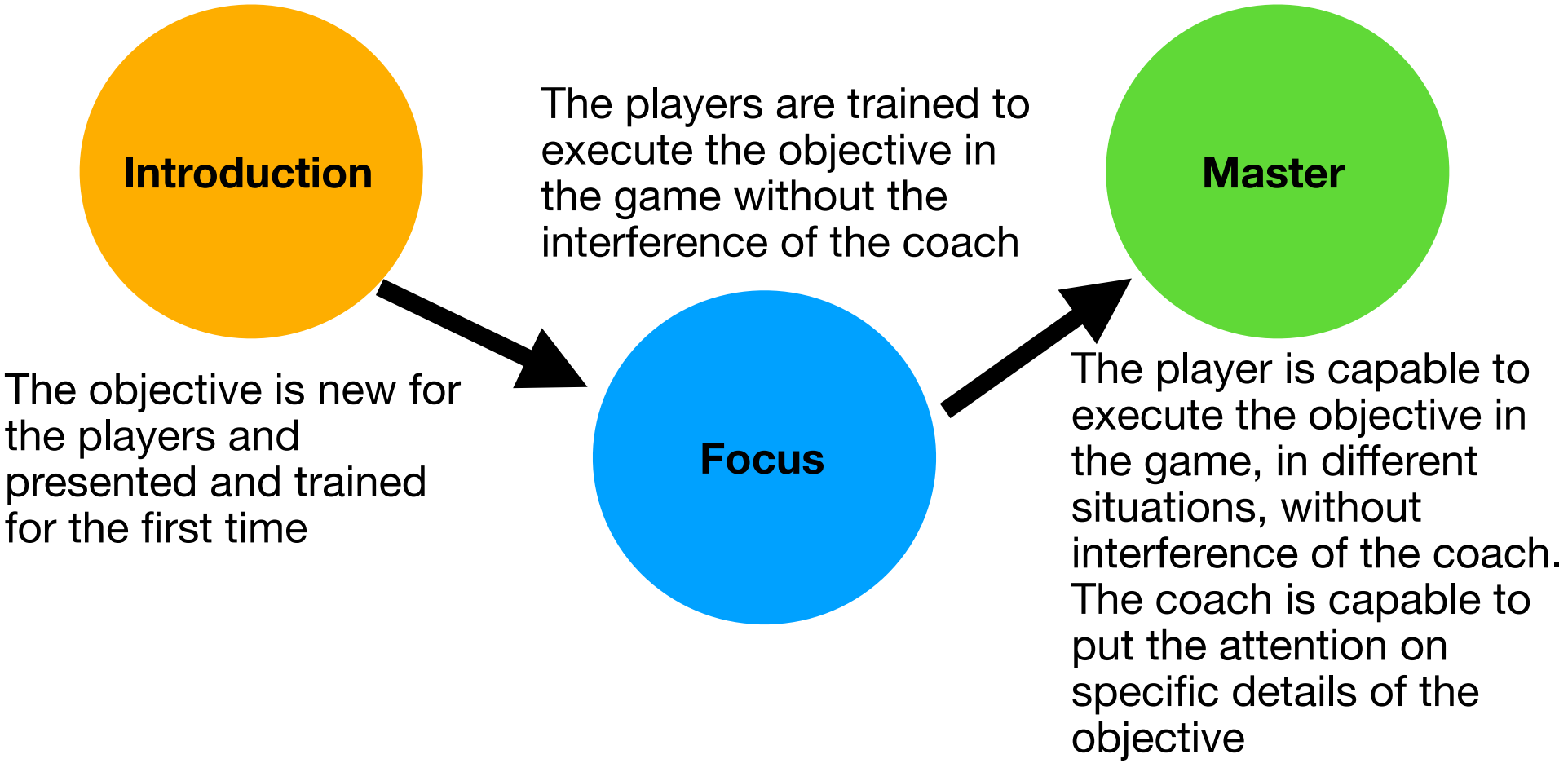

1v1
Directional to goal/Isolated to activate execution actions

## Intro to Small Group (Attacking + Defending)




2v2
Directional to goal/Isolated to activate execution actions

# Curriculum

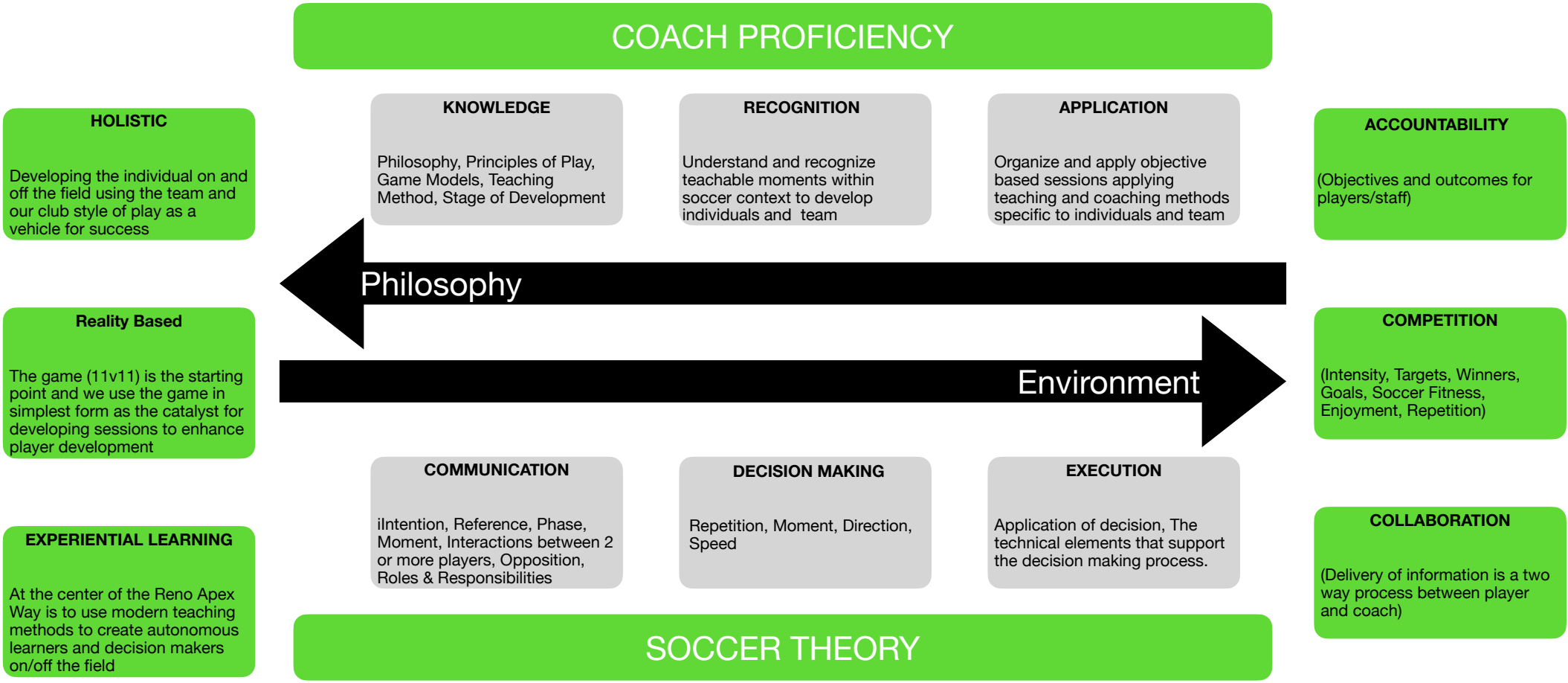

Introduction
The objective is new for the players and presented and trained for the first time
The players are trained to execute the objective in the game without the interference of the coach
Focus
Master
The player is capable to execute the objective in the game, in different situations, without interference of the coach. The coach is capable to put the attention on specific details of the objective

# Curriculum

## Technical

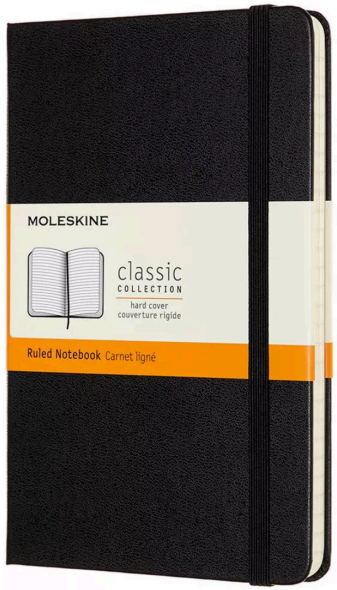
| Principle | Execution of Decision | U5-U6 | U7-U8 | U9 | U10 | U11 | U12 | U13-U14 | U15-U16 | U17-U18 |
|---|---|---|---|---|---|---|---|---|---|---|
| ATTACKING | Dribbling | I | I | F | F | F | F | F | M | M |
| | Passing | I | I | F | F | F | F | F | M | M |
| | Receiving | I | I | F | F | F | F | F | M | M |
| | Crossing | | | I | I | I | I/F | F | F | M |
| | Finishing | I | I | F | F | F | F | F | M | M |
| | Heading | | | | | | I | I/F | F | M |
| | Shielding | | I | I | F | F | F | F | M | M |
| | 1v1 | I | I | F | F | F | F | F | M | M |
| | 2v1 | I | I | F | F | F | F | F | M | M |
| | 3v2 | | | I | I/F | F | F | F | M | M |
| **Principle** | **Execution of Decision** | | **U7-U8** | **U9** | **U10** | **U11** | **U12** | **U13-U14** | **U15-U16** | **U17-U18** |
| DEFENDING | Immediate Press | I | I | F | F | F | F | F | M | M |
| | Angle of Approach | | | I | I/F | F | F | F | M | M |
| | Body Shape | | | I | I/F | F | F | F | M | M |
| | Tackling | | I | F | F | F | F | F | M | M |
| | Anticipation | | | | | I | I | F | F | M |
| | Interception | | | | | I | I | F | F | M |
| | Pressure/Cover | | | I | I/F | F | F | F | M | M |
| | Balance | | | F | I | I | I/F | F | F | M |
| | Tracking | | | I | I | I | I/F | F | F | M |
| | 1v1 | I | I | F | F | F | F | F | M | M |
| | 1v2 | | I | I/F | F | F | F | F | M | M |
| | 2v3 | | | I | I/F | F | F | F | M | M |

# Coaching Methodology



# Resources

## Player Development




Starting 2024-2025 seasonal year we will encourage each player U11-U18 to use as personal reflection from training and games.

This program aides in the continued development of the player within our club-wide concept. The structure further supports our playing principles and club-wide style of play.

# Resources

## Player Development

These virtual meetings for our U12+ players further enforce our club-wide style of play, playing principles, player profiles and game model. These meetings allow us to examine video linking our style of play, playing principles and player profiles while expanding the game understanding of our players and their abilities to critically evaluate themselves to build an Individual Development Plan (IDP).

# Resources

## Holistic Development

Soccer Parenting ASSOCIATION

The Soccer Parenting Association mission is to make youth soccer better. With emphasis on community, curriculum, and collaboration, SPA carries out that mission by addressing sideline behavior and engaging, supporting, and encouraging youth soccer coaches and parents.

ATHLETIC REPUBLIC

Our partnership with Athletic Republic will allows our families access to individualized, highly effective, scientifically backed, sport-specific training to complement their growth and development.

# Team Formation/Program

## Levels of Play U5-U6

| Program | Team/League | Events | Training | Additional Sessions | Months | Coaches | Indoor League |
|---|---|---|---|---|---|---|---|
| **U5-U6** | GBYSL League Play | N/A | x1 per week 60 | Apex Sessions | Fall, Winter, Spring | Lead Coach & Support Coach | Recommend only one (1) session. Additional Fee |

| Additional Programming |
|---|
| Townhalls |
| Apex Sessions |

# Discovery Phase Weekly Cycle (U5-U6)

| Day | Day 1 | Weekend |
| --- | --- | --- |
| Phase | Attacking/Defending | Game + Apex Sessions |
| Focus | Individual (intro to small group) | |
| Topic | Dominate 1v1 (In Possession + Out of Possession) | |

# Periodization (Macro) Discovery Phase

| Blocks | Time Frame | Frequency (Micro) | Frequency (Meso) | Frequency (Games) |
|---|---|---|---|---|
| **Pre-Season** | August | x2 per Week (x1 team, x1 Apex Sunday) | 3 weeks | N/A |
| **Fall I** | September | x2 per Week (x1 team, x1 Apex Sunday) | 4 weeks | 3-6 Games |
| **Fall II** | October | x2 per Week (x1 team, x1 Apex Sunday) | 4 weeks | 3-6 Games |
| **Winter** | November-January | x2 per Week (x1 team, x1 Apex Sunday) | 10 weeks | N/A |
| **Spring I** | February-March | x2 per Week (x1 team, x1 Apex Sunday) | 7 weeks | 3-6 Games |
| **Spring II** | April-May/Early June | x2 per Week (x1 team, x1 Apex Sunday) | 8 weeks | 3-6 Games |

# Apex Program

To continue to build a club-wide concept, the Apex Program allows our players to gain experience with other members of our coaching staff that support our principles of play and club style of play.

***How does the Sunday Apex Program Work?***

All age groups train together in the same space and are organized into their birth years.

***What is taught at the Sunday Apex Program?***

Groups will be run through a rotating curriculum encompassed by: Non-direction activity, directional activity and small-sided games.

When will it occur?

Our goal is to host at a minimum twice per month throughout the year.