Reno Apex Soccer Club

U7-U12

Zone 1 (Foundation Phase I, II, III)

Vanessa Mann v2

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 • Ball Discovery • Play
Foundation (I, II, III)	8-12 years of age	• Individual development • Decision making • Skill acquisition • Play
Progression (I, II, III)	13-18 years of age	• Individual development supported by the team/sligned with team performance • Decision making • Skill acquisition

Zone 1 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 three (3) key areas:

- Dominate 1v1 (technical/decision making)
- Possession/Pressing Actions (individual - small group)
- Transition to Attack/Defend (individual - small group)

How:

- High intensity training with accountability, repetition and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Physical development to compliment soccer priorities
- Club style of play- proactive possession and pressing
- Playing time- to develop players
- Winning culture and environment

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.

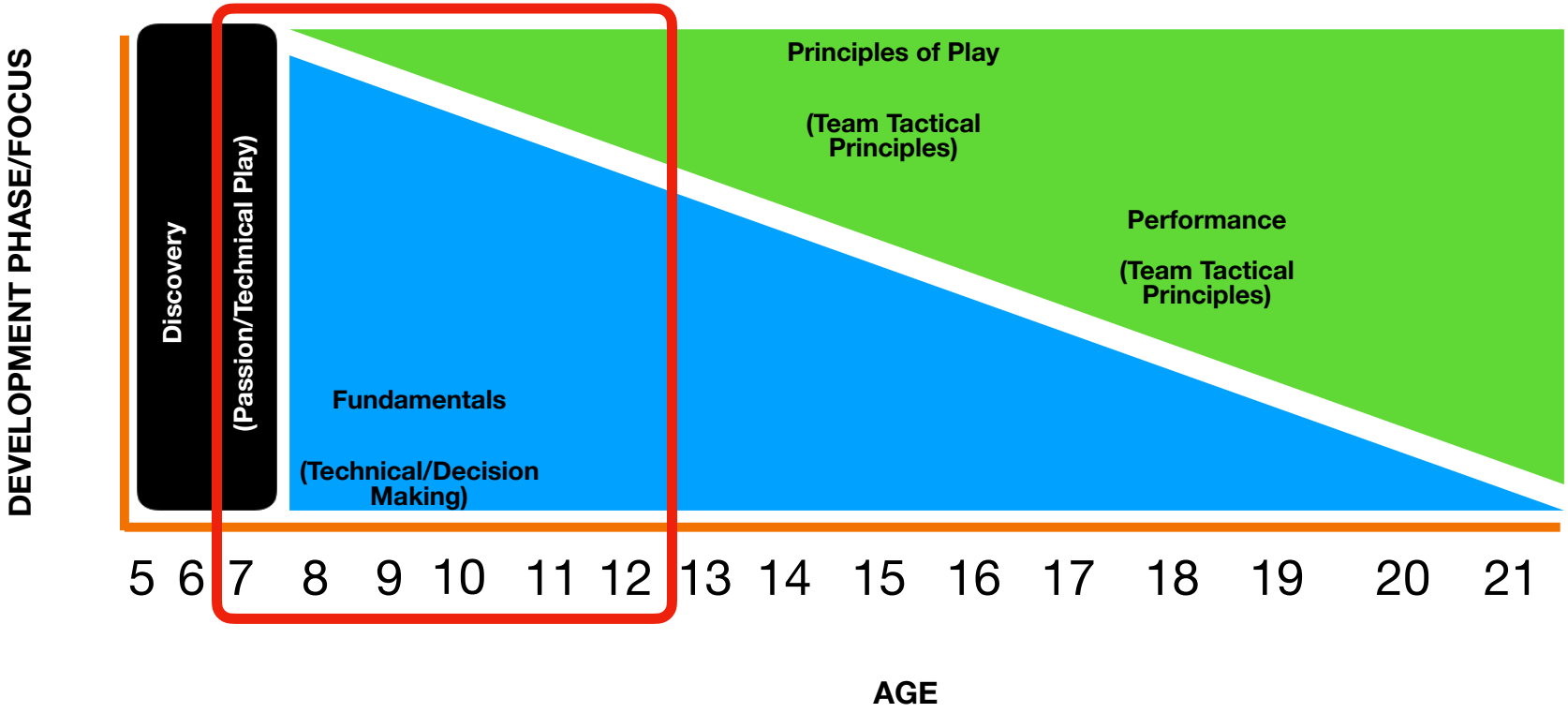
3. When the need arises for a guest player for a game or tournament the continued weekly pool training allows those players move into those team trainings seamlessly.

- **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

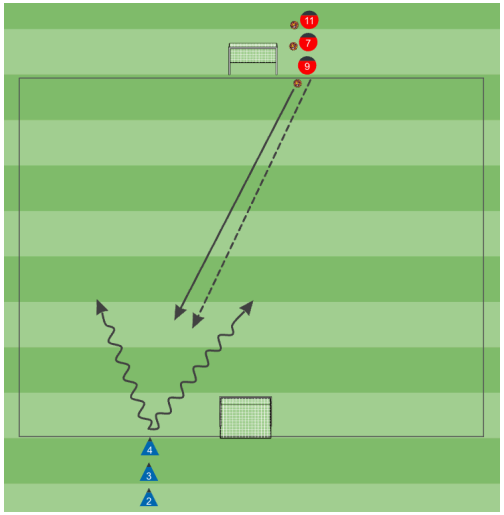
Developmental Focus



Zone 1 Session Structure

Objective: Teach principles of play, decision making, and technical application in high intensity/ high repetition small sided activities.
Use of Non-Game Form, Modified Game Form and Game Form activities.

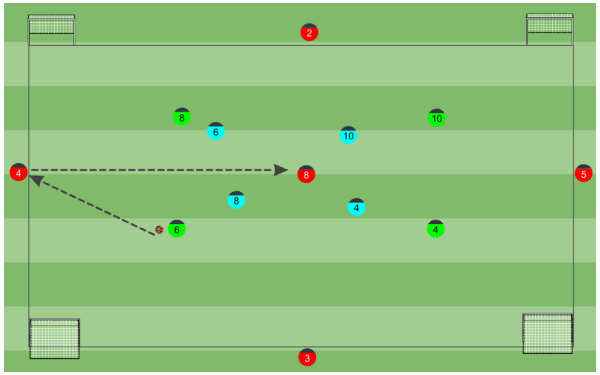
Dominate 1v1



1v1, 2v1, 2v2, 3v2, 3v3

Directional to goal/Isolated to activate execution actions

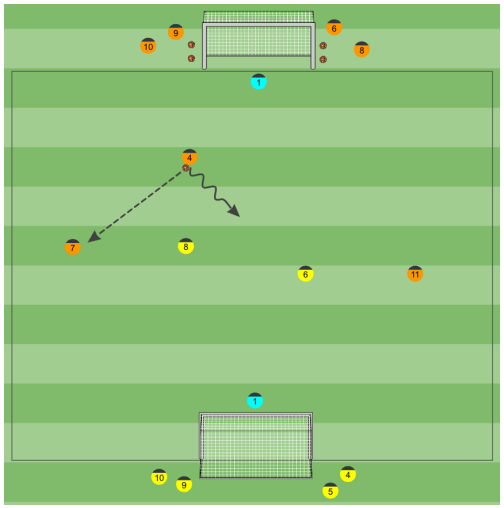
Possession/Pressing



Rondo, Neutrals, Boxes, Rectangles

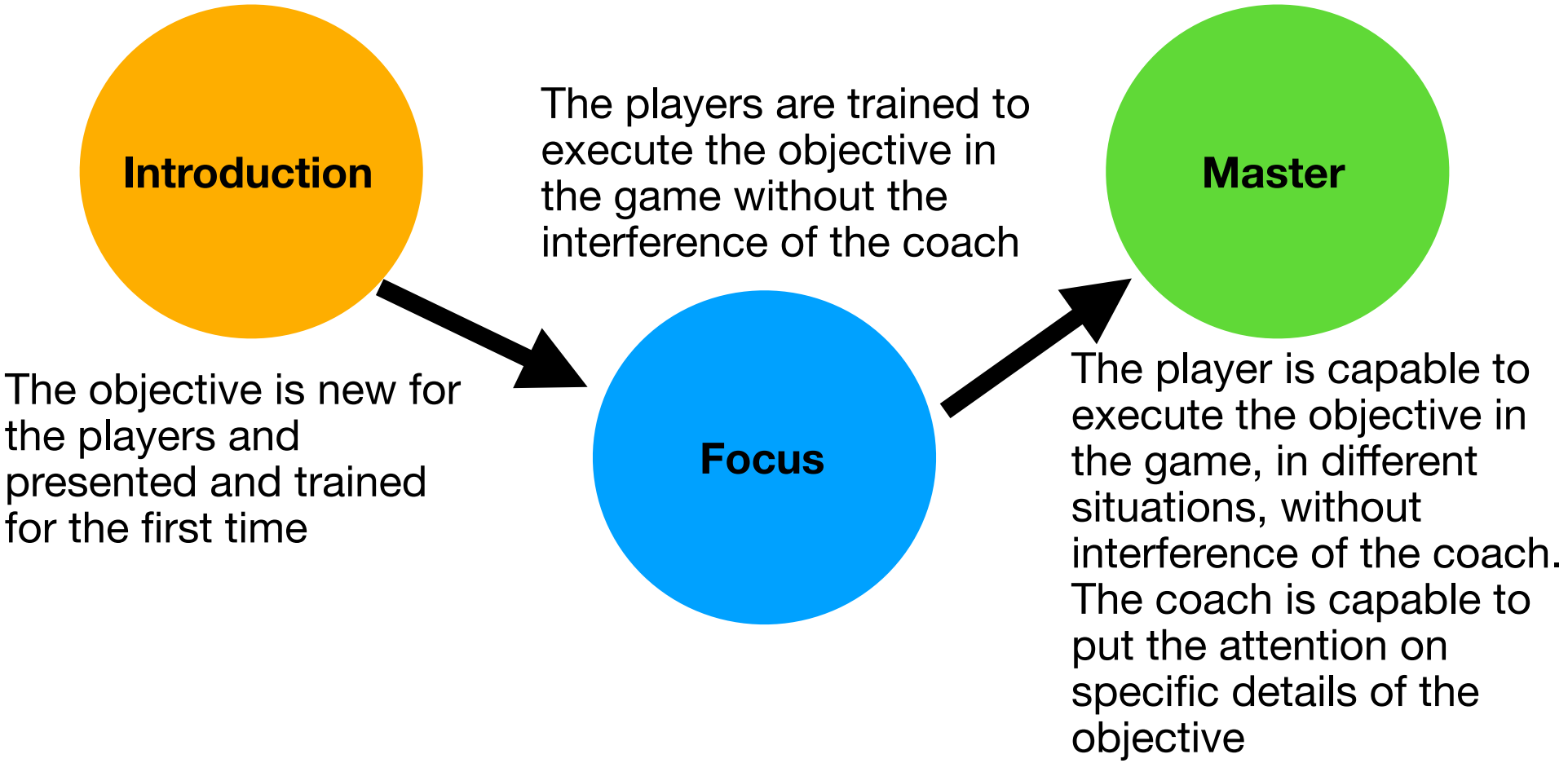
Directional and Non-Directional to gates, goals, targets

Directional



Directional to Goal

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

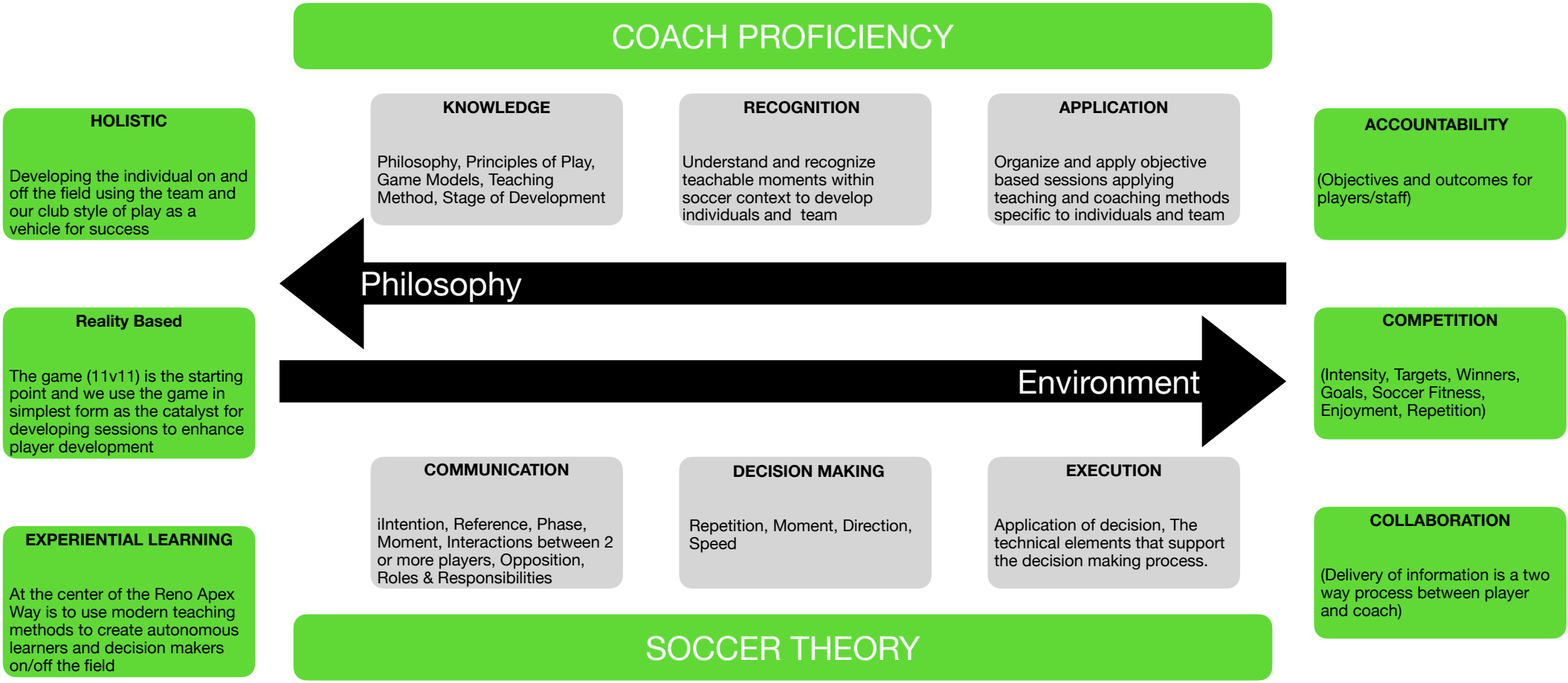
Principle	Execution of Decision	U7-U8	U9	U10	U11	U12	U13-U14	U15-U16	U17-U18
ATTACKING	Dribbling	I	F	F	F	F	F	M	M
	Passing	I	F	F	F	F	F	M	M
	Receiving	I	F	F	F	F	F	M	M
	Crossing		I	I	I	I/F	F	F	M
	Finishing	I	F	F	F	F	F	M	M
	Heading					I	I/F	F	M
	Shielding	I	I	F	F	F	F	M	M
	1v1	I	F	F	F	F	F	M	M
	2v1	I	F	F	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	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	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

Curriculum

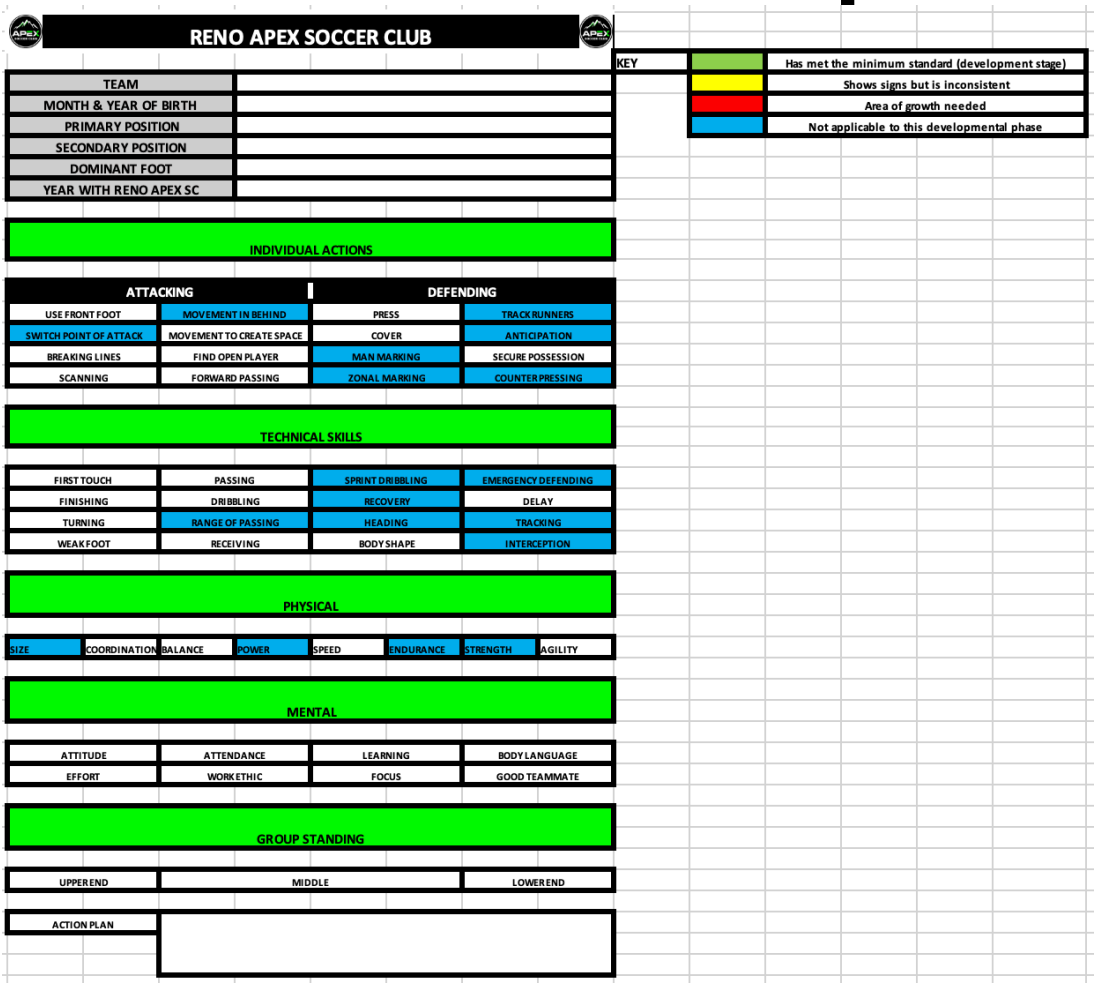
Principles of Play

Phase	Principle of Play	U7-U8	U9	U10	U11	U12	U13-U14	U15-U16	U17-U18
ATTACKING	Width	I	I	I/F	F	F	F	M	M
	Depth	I	I	I/F	F	F	F	M	M
	Numerical Advantage		F	F	F	F	F	F	M
	Switch Point of Attack			I	I	I/F	F	F	M
	Movement in Behind					F	F	F	M
	Playing Between Lines					I	F	F	M
	Attack with Numbers	I	I	I/F	F	F	F	F	M
	Anticipate Loss of Possession			I	I	I/F	F	M	M
Principle	**Principle of Play**	**U7-U8**	**U9**	**U10**	**U11**	**U12**	**U13-U14**	**U15-U16**	**U17-U18**
DEFENDING	Compactness	I	I	I/F	F	F	F	M	M
	Press with Numbers	I	I	I/F	F	F	F	M	M
	Create Trap				I	I	F	F	M
	Man for Man				I	I	F	F	M
	Zonal Marking					I	I	F	M
	Track Runners					I	F	F	M
	Protect the Goal		I	I	I/F	F	F	M	M
	Anticipate Regain Possession			I	I	I/F	F	F	M

Coaching Methodology



Individual Development Plans (U8-U10)



RENO APEX SOCCER CLUB

TEAM	
MONTH & YEAR OF BIRTH	
PRIMARY POSITION	
SECONDARY POSITION	
DOMINANT FOOT	
YEAR WITH RENO APEX SC	

KEY	
	Has met the minimum standard (development stage)
	Shows signs but is inconsistent
	Area of growth needed
	Not applicable to this developmental phase

INDIVIDUAL ACTIONS

ATTACKING		DEFENDING	
USE FRONT FOOT	MOVEMENT IN BEHIND	PRESS	TRACK RUNNERS
SWITCH POINT OF ATTACK	MOVEMENT TO CREATE SPACE	COVER	ANTICIPATION
BREAKING LINES	FIND OPEN PLAYER	MAN MARKING	SECURE POSSESSION
SCANNING	FORWARD PASSING	ZONAL MARKING	COUNTER PRESSING

TECHNICAL SKILLS

FIRST TOUCH	PASSING	SPRINT DRIBBLING	EMERGENCY DEFENDING
FINISHING	DRIBBLING	RECOVERY	DELAY
TURNING	RANGE OF PASSING	HEADING	TRACKING
WEAK FOOT	RECEIVING	BODY SHAPE	INTERCEPTION

PHYSICAL

SIZE	COORDINATION	BALANCE	POWER	SPEED	ENDURANCE	STRENGTH	AGILITY

MENTAL

ATTITUDE	ATTENDANCE	LEARNING	BODY LANGUAGE
EFFORT	WORK ETHIC	FOCUS	GOOD TEAMMATE

GROUP STANDING

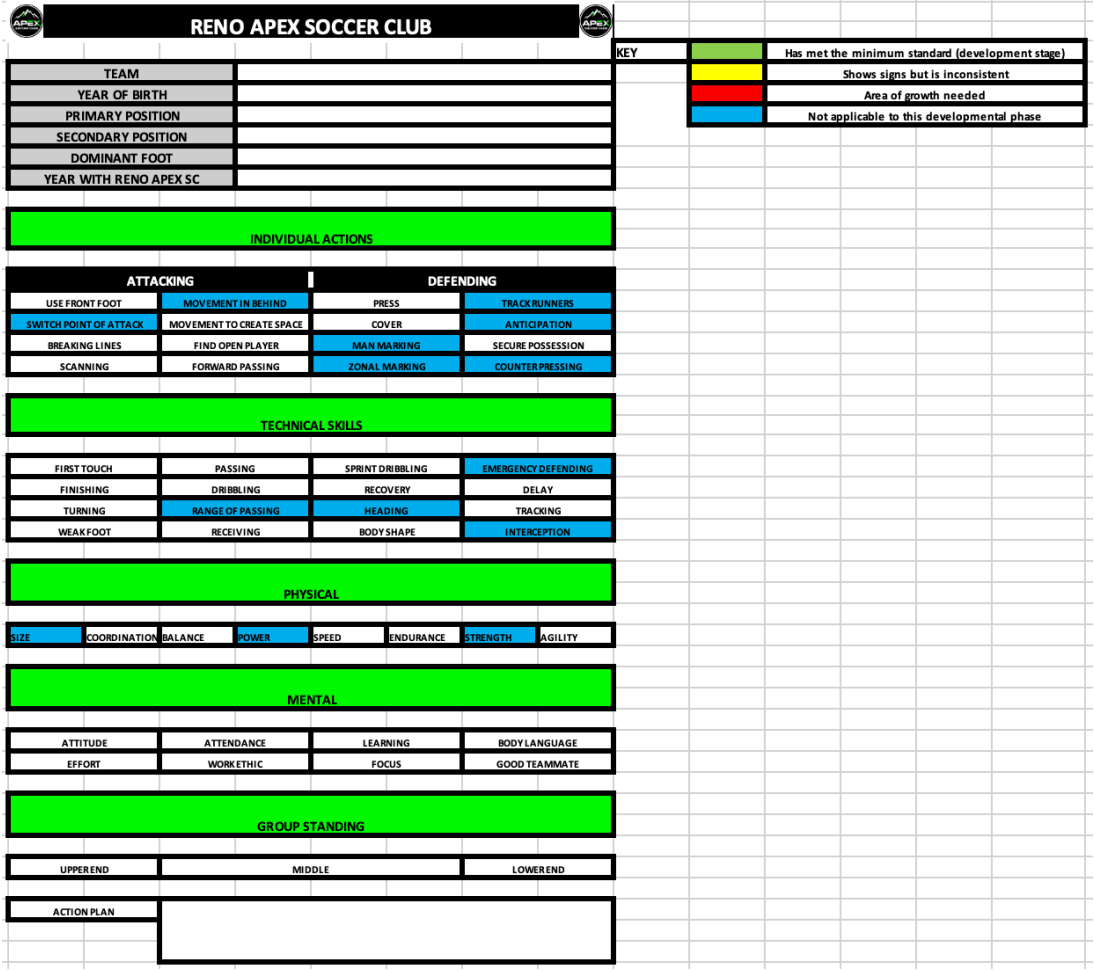
UPPER END	MIDDLE	LOWER END

ACTION PLAN	

Reno Apex SC is dedicated to the individual development of each player and they will receive the following to aide their development:

- Players will receive a completed IDP by their coach between December-January and again in May.

Individual Development Plans (U11-U12)



RENO APEX SOCCER CLUB

TEAM	
YEAR OF BIRTH	
PRIMARY POSITION	
SECONDARY POSITION	
DOMINANT FOOT	
YEAR WITH RENO APEX SC	

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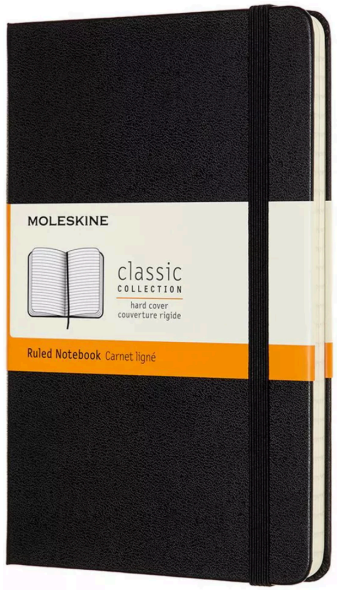
Player Development



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

Player Development: Coming 2024-2025 Seasonal Year

1. **Goalkeeper Academy-** This will aid in continuing to support our GK's within the club that would provide consistent programming this is age-specific and playing level specific.

2. **College Placement Program-** To further aid our U16+ players, this program aims to educate, empower and enhance the opportunities of our players to assist them in gaining exposure to colleges and planning for the future.

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 U7-U8

Program	Team/League	Events	Training	Additional Sessions	Months	Coaches	Indoor League
U7-U8 (Group 1)	GBYSL League Play (A & Possibly B Teams)	Not recommended	x2 per week 60-90 mins	Apex Sessions	Fall, Winter, Spring	Lead Coach & Support Coach	Recommend only one (1) session. Additional Fee
U7-U8 (Group 2)	GBYSL League Play (C & D Teams)	Not recommended	x2 per week 60-90 mins	Apex Sessions	Fall, Winter, Spring	Lead Coach & Support Coach	Recommend only one (1) session. Additional Fee

Additional Programming		
GK Academy	Townhalls	Club-Hosted Tournaments
IDP	Apex Sessions	

Team Formation/Program

Levels of Play U9-U10

Program	Team/League	Events	Training	Additional Sessions	Months	Coaches	Indoor League
U9-U10 (Group 1)	GBYSL League Play (A & Possibly B Teams)	Approx. 3 Local Events During Year (Possible NorCal Play Dates)	x2 per week 60-90 mins	Apex Sessions	Fall, Winter, Spring	Lead Coach & Support Coach	Recommend only one (1) session. Additional Fee
U9-U10 (Group 2)	GBYSL League Play (C & D Teams)	Approx. 2 Local Events During Year	x2 per week 60-90 mins	Apex Sessions	Fall, Winter, Spring	Lead Coach & Support Coach	Recommend only one (1) session. Additional Fee

Additional Programming		
GK Academy	Townhalls	Club-Hosted Tournaments
IDP	Apex Sessions	

Team Formation/Program

Levels of Play U11-U12

Program	Team/League	Events	Training	Additional Sessions	Months	Coaches	Indoor League
U11-U12 (Group 1)	GBYSL League Play or NorCal (A & Possibly B Teams)	Approx. 4-5 Events During Year (including NorCal Play Dates)	x2 per week 90 mins	Apex Sessions	Fall, Winter, Spring	Head Coach + Assistant Coach(es)	Recommend only one (1) session. Additional Fee
U11-U12 (Group 2)	GBYSL League Play (C & D Teams)	Approx. 4-5 Local Events During Year	x2 per week 90 mins	Apex Sessions	Fall, Winter, Spring	Lead Coach & Support Coach	Recommend only one (1) session. Additional Fee

Additional Programming		
GK Academy	Townhalls	Club-Hosted Tournaments
IDP	Virtual Learning	Apex Sessions

Events/Tournaments (U9-U12)

***List of events that Reno Apex SC Directors/Staff will choose from for teams. Other possible additions on case by case basis.**

(Maximum of 2 tournaments in the fall and 2-3 in the spring)	
Team	**Tournament (Fall)**
Premier	Nevada Cup (Reno, NV), Mustang Winter Turf (Danville, CA), Possible NorCal Play Dates
Gold	Nevada Cup (Reno, NV), Sac United Boo Fest (Sacramento, CA)/Elk Grove Ghost Games (Elk Grove, CA), Placer United Girls Cup (Placerville, CA), Possible NorCal Play Dates
Silver	Nevada Cup (Reno, NV), Sac United Boo Fest (Sacramento, CA)/Elk Grove Ghost Games (Elk Grove, CA), Placer United Girls Cup (Placerville, CA), Possible NorCal Play Dates

(Maximum of 2 tournaments in the fall and 2-3 in the spring)	
Team	**Tournament (Spring)**
Premier	Las Vegas Mayors Cup (Las Vegas, NV), Davis Spring Classico (Davis, CA), Rogue Memorial Challenge (Medford, OR), Possible NorCal Play Dates
Gold	Reno Spring Cup (Reno, NV), NorCal Play Dates
Silver	

Zone 1 Weekly Cycle (U7-U12)

Day	Day 1	Day 2	Weekend
Phase	Foucs Principle	Secondary Principle	Games + Apex Sessions
Focus	Individual/Small Group	Individual/Small Group	
Topic	Dominate 1v1 Possession / Pressing Actions		

Periodization (Macro) Zone1

Blocks	Time Frame	Frequency (Micro)	Frequency (Meso)	Frequency (Games)
Pre-Season	August	x2 per Week	3 weeks	2-4 Games (scrimmages)
Fall I	September	x2 per Week	4 weeks	3-6 Games
Fall II	October	x2 per Week	4 weeks	3-6 Games
Winter	November-January	x2 per Week	10 weeks	3-6 Games (Scrimmages)
Spring I	February-March	x2 per Week	7 weeks	3-6 Games
Spring II	April-Early/Mid June	x2 per Week	8 weeks	8-10 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 Apex Program Work?

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

What is taught at the 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