Reno Apex Soccer Club

U16-U18

Zone 3 (Progression Phase III)

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 • 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 3 Objectives (U16-U18)

Develop individual players in five key areas:

- Dominate 1v1 (functional to position)
- Possession/Pressing Actions (small group-team)
- Transition to Attack/Defend (counter pressing/counter attack)
- Team Tactics (attacking and defending structures to encourage style of play/increase chances of winning)
- Set Pieces (dominate all dead ball moments)

How

- High intensity training with accountability 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 (variety introduced) and mid-block to pressing (team orientated)
- Playing time- earned and performance matters/coach manages standards for training
- 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.

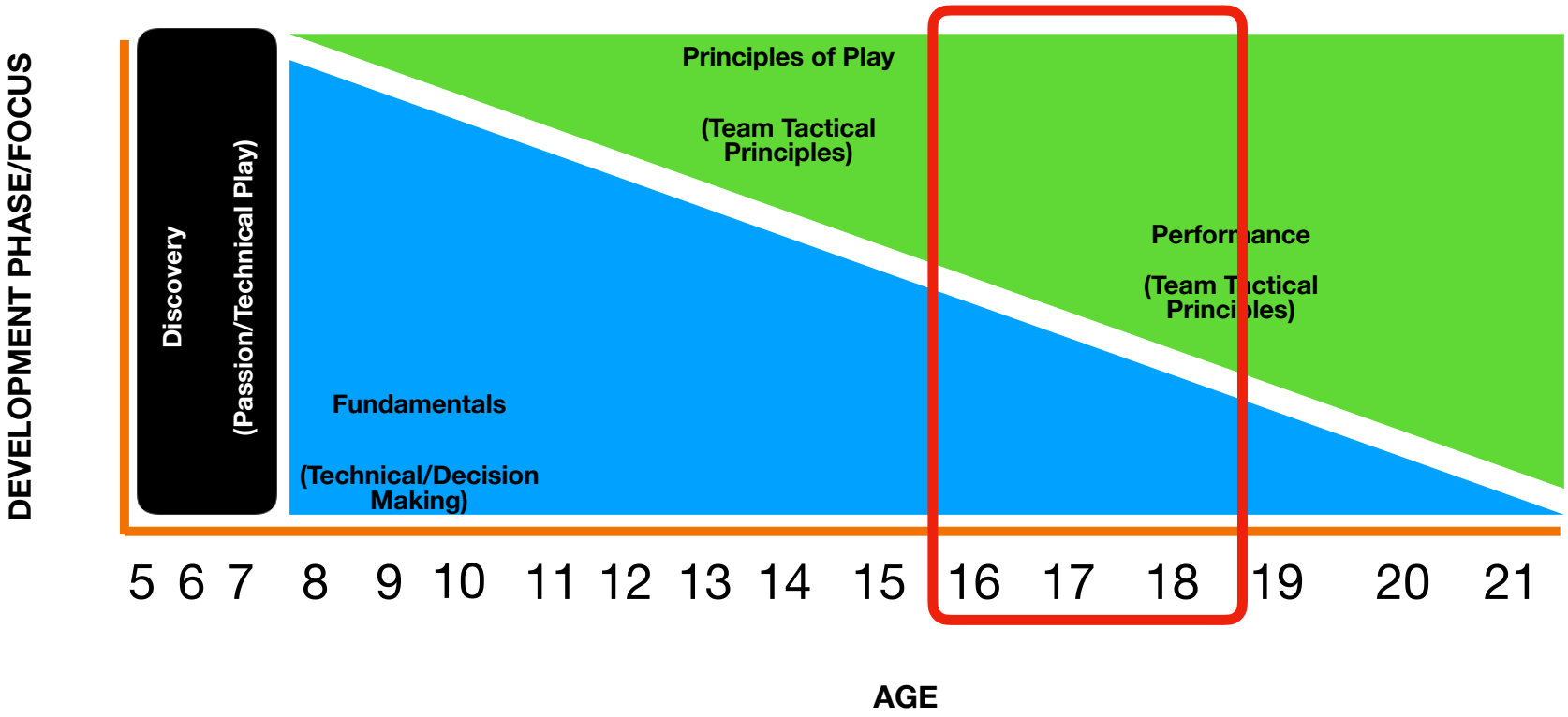
3. When the need arises for a guest player for a game or tournament the continued weekly pool training allows those players move into those team trainings seamlessly.

- **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

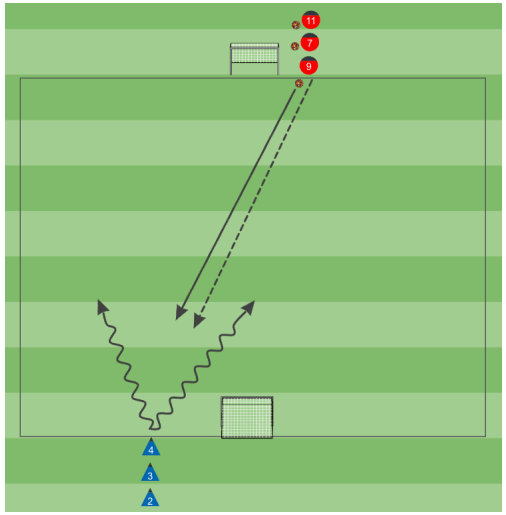
Developmental Focus



Zone 3 Session Structure (Individual)

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.

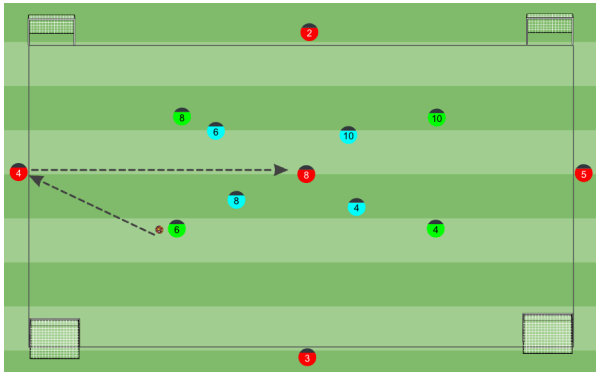
Dominate 1v1



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

Directional to goal/Isolated to activate execution actions

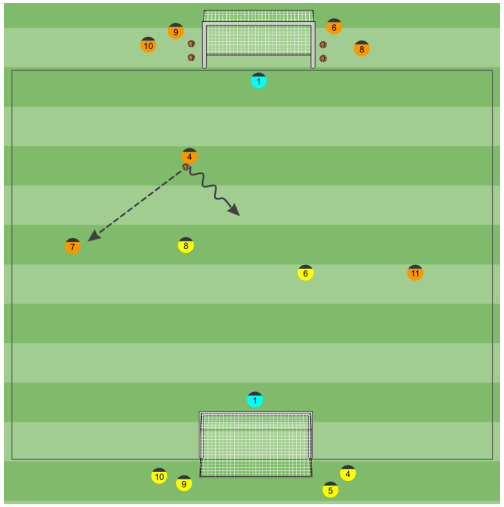
Possession/Pressing



Rondo, Neutrals, Boxes, Rectangles

Directional and Non-Directional to gates, goals, targets

Transition to Attack/ Defend



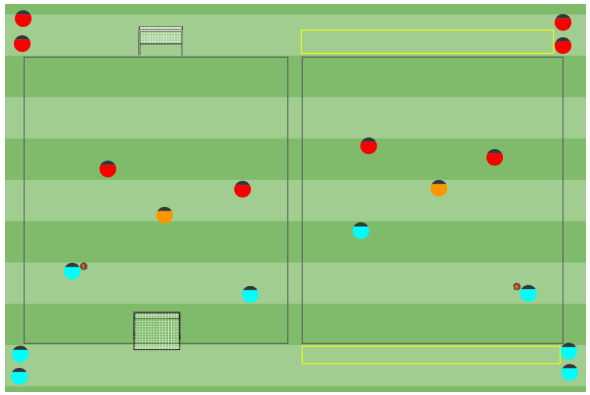
Transitional Activities

Directional to Goal

Zone 3 Session Structure (Team)

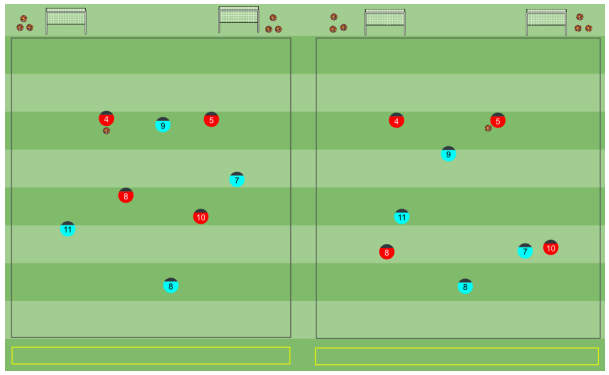
Objective: Teach **principles of play,** decision making, and technical application in high intensity/ high repetition small sided activities. Use of Non-Game Form, Modified Game Form and Game Form activities.

Stage 1



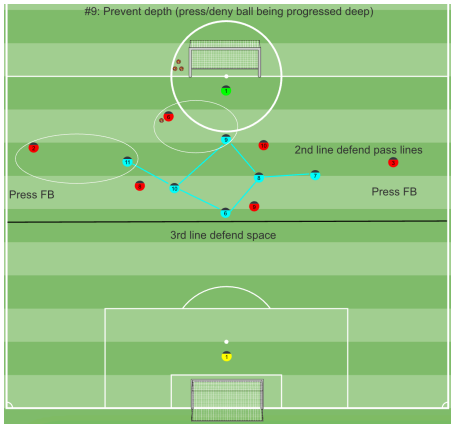
Introduction Activity

Stage 2



Small Sided 1

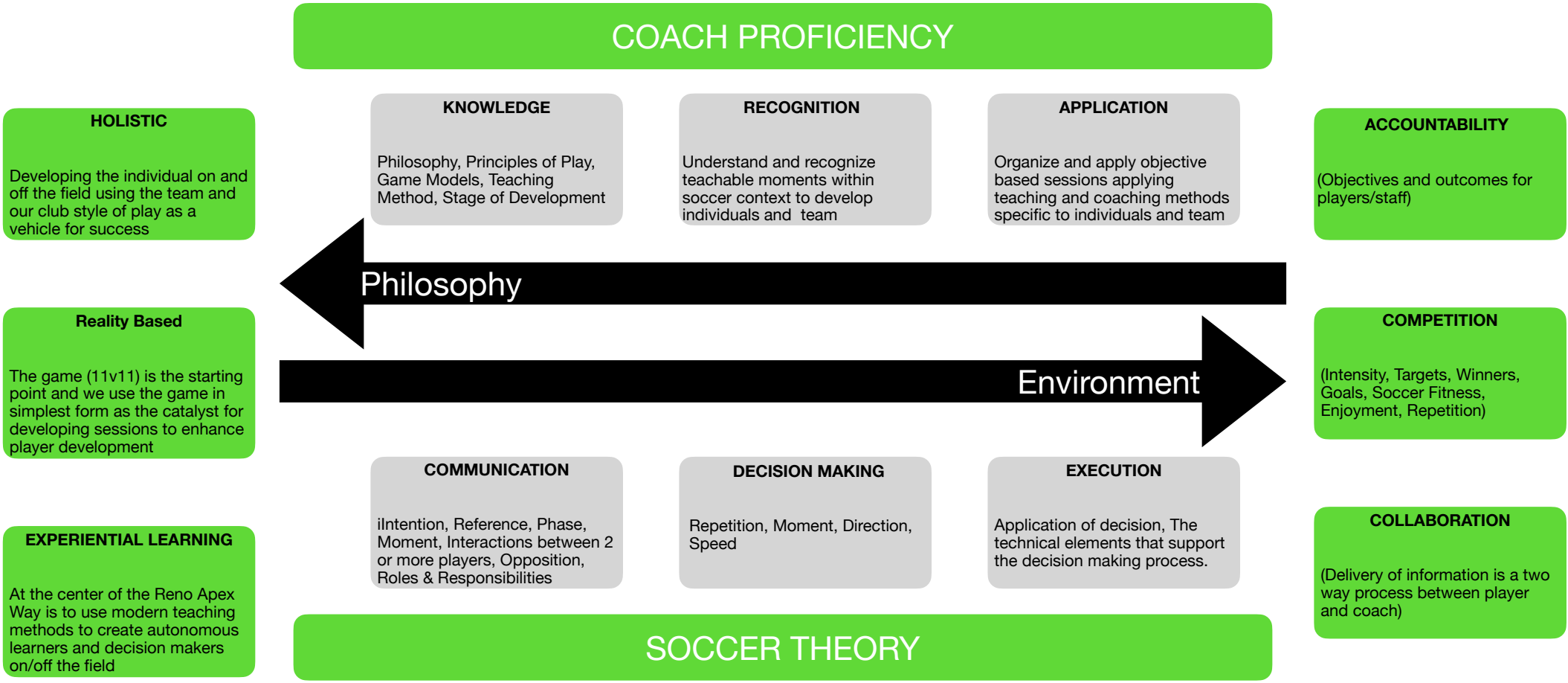
Stage 3



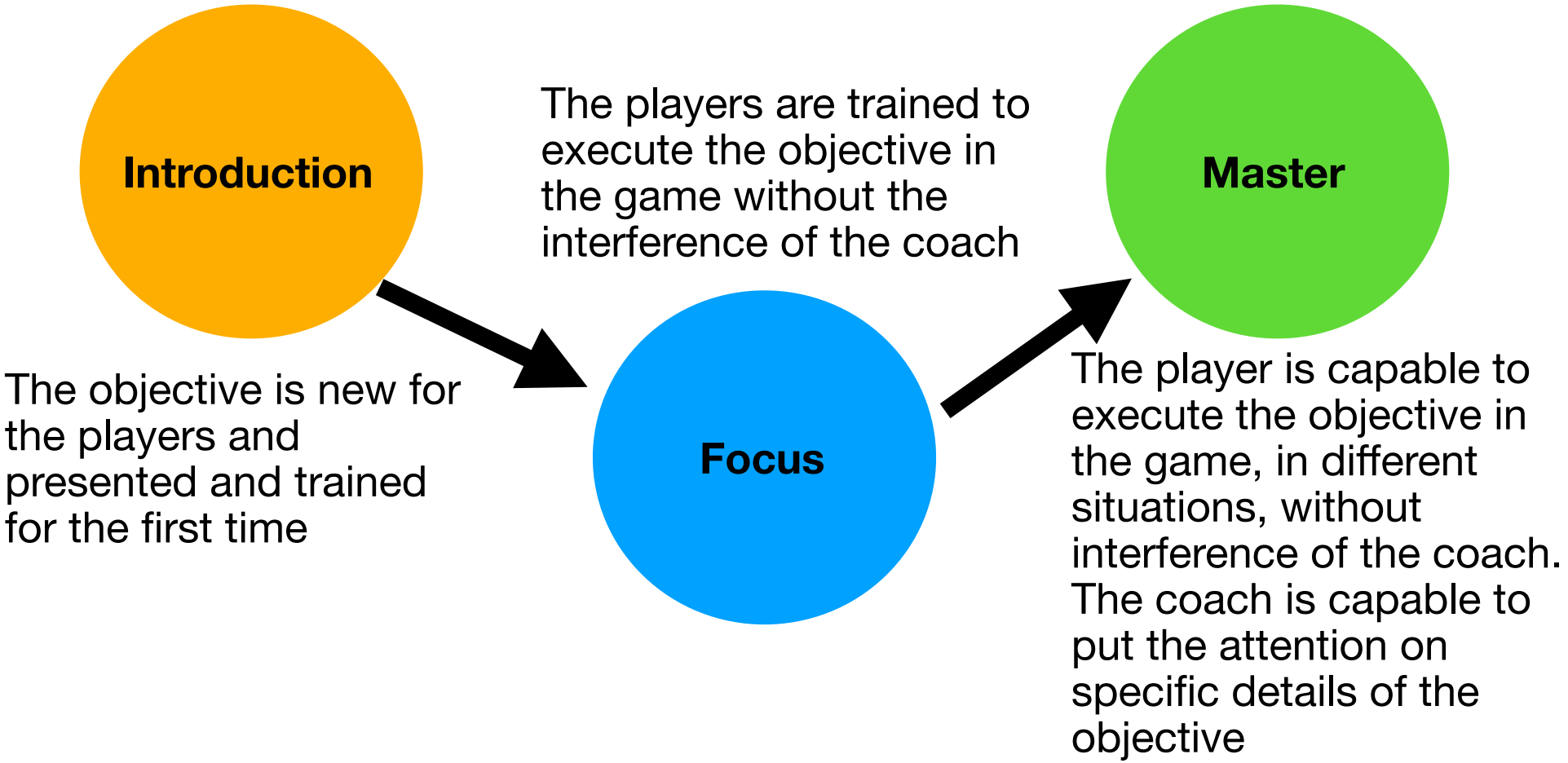
Small Sided 2

Stage 4-Game

Coaching Methodology



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

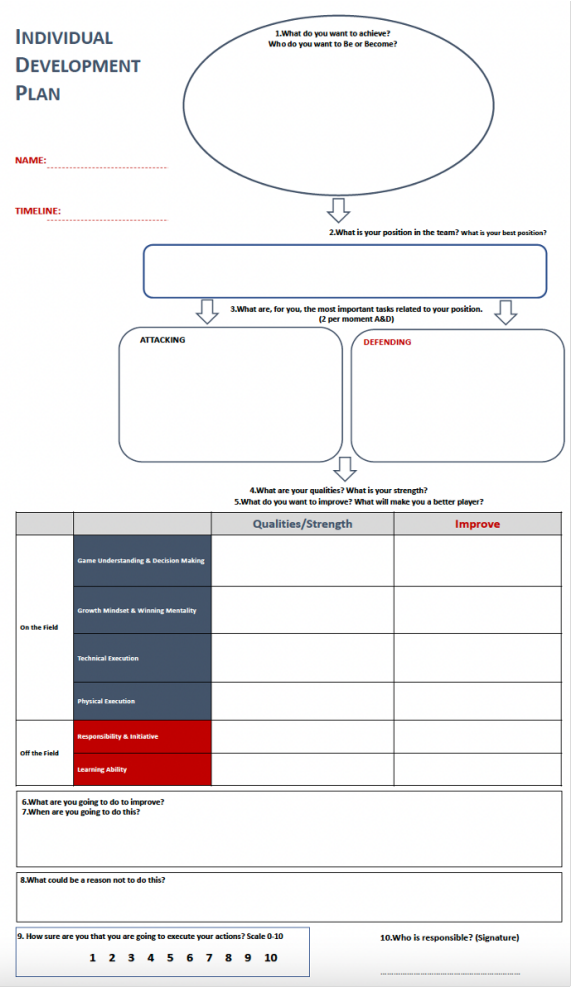
Principle	Execution of Decision	U7-U8	U9	U10	U11	U12	U13-U14	U15-U16	U17-U18
ATTACKING	Dribbling	I	F	F	F	F	F	M	M
	Passing	I	F	F	F	F	F	M	M
	Receiving	I	F	F	F	F	F	M	M
	Crossing		I	I	I	I/F	F	F	M
	Finishing	I	F	F	F	F	F	M	M
	Heading					I	I/F	F	M
	Shielding	I	I	F	F	F	F	M	M
	1v1	I	F	F	F	F	F	M	M
	2v1	I	F	F	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
	Depth	I	I	I/F	F	F	F			M
	Numerical Advantage		F	F	F	F	F			M
	Switch Point of Attack			I	I	I/F	F			M
	Movement in Behind					F	F			M
	Playing Between Lines					I	F			M
	Attack with Numbers	I	I	I/F	F	F	F			M
	Anticipate Loss of Possession			I	I	I/F	F			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
	Press with Numbers	I	I	I/F	F	F	F			M
	Create Trap				I	I	F			M
	Man for Man				I	I	F			M
	Zonal Marking					I	I			M
	Track Runners					I	F			M
	Protect the Goal		I	I	I/F	F	F			M
	Anticipate Regain Possession			I	I	I/F	F			M

Individual Development Plans (U16-U18)



INDIVIDUAL DEVELOPMENT PLAN

NAME: .....

TIMELINE: .....

1.What do you want to achieve?
Who do you want to Be or Become?

2.What is your position in the team? What is your best position?

3.What are, for you, the most important tasks related to your position.
(2 per moment A&D)

ATTACKING

DEFENDING

4.What are your qualities? What is your strength?
5.What do you want to improve? What will make you a better player?

		Qualities/Strength	Improve
On the Field	Game Understanding & Decision Making		
	Growth Mindset & Winning Mentality		
	Technical Execution		
	Physical Execution		
Off the Field	Responsibility & Initiative		
	Learning Ability		

6.What are you going to do to improve?
7.When are you going to do this?

8.What could be a reason not to do this?

9. How sure are you that you are going to execute your actions? Scale 0-10

1 2 3 4 5 6 7 8 9 10

10.Who is responsible? (Signature)

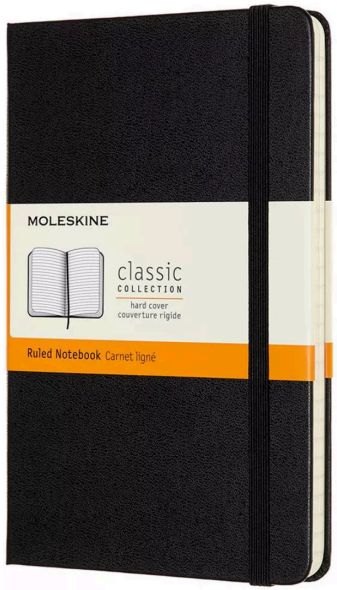
.....

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

- IDP completed by player U15+ in November/December.
- IDP re-evaluation by player U15+ with collaboration with coach #1 in March.
- IDP re-evaluation by player U15+ with collaboration with coach #2 in June.

Resources

Player Development



Starting 2024-2025 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 U16-U18

Program	Team/League	Events	Training	Additional Sessions	Months	Coaches	Indoor League
U16-U18 (Group 1)	NorCal (A & Possibly B Teams)	Approx. 4-5 Events During Year	x3 per week 75-90 mins	Apex Sessions	Winter & Spring	Head Coach + Assistant Coach(es)	Recommend only one (1) session. Additional Fee
U16-U18 (Group 2)	GBYSL League Play (C & D Teams)	Approx. 4-5 Events During Year (Mostly Local)	x2 per week 90 mins	Apex Sessions	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
College Prep Program		

Events/Tournaments

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

(2-5 tournaments/showcases in the winter/spring)	
Team	**Tournament/Showcase**
Premier	NorCal Showcase, Las Vegas Mayor's Cup (Las Vegas, NV), Jefferson Cup (Richmond, VA), Player's Showcase (Las Vegas, NV), NW Summer Showcase (Redmond, WA)
Gold	Reno Spring Cup (Reno, NV), Rogue Memorial Challenge (Medford, OR)
Silver	Reno Spring Cup (Reno, NV), Rogue Memorial Challenge (Medford, OR)

Zone 3 Weekly Cycle (U16-U18)

Day	Day 1	Day 2	Day 3	Weekend
Phase	Re-Entry	Foucs Principle + Transition	Secondary Principle + Transition	Games/Apex Sessions/Tournaments
Focus	Individual/Small Group	Team-Team Principles	Team- Team Principles	
Topic	Dominate 1v1 Possession / Pressing Actions/ A>D or D>A Actions/Film		Principles of Play & Team Tactical Principles/A>D or D>A Actions/Film	

Periodization (Macro) Zone 3

Blocks	Time Frame	Frequency (Micro)	Frequency (Meso)	Frequency (Games)
Pre-Season	August	High School	High School	High School
Fall I	September	High School	High School	High School
Fall II	October	High School	High School	High School
Winter	November-January	x2 per Week	10 weeks	3-6 Games (Scrimmages)
Spring I	February-March	x3 per Week	7 weeks	3-6 Games
Spring II	April-Mid July	x3 per Week	16 weeks	10-15 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