BC SOCCER

CURRICULUM:
THE TEAM (U14–U18)

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INTRODUCTION

A. PURPOSE

BC Soccer's aim is to promote soccer environments that are inclusive, safe, enjoyable and meet the needs of player development for all participants. To achieve this BC Soccer's Technical Resources, provide an example of good practice that BC Organizations can fully integrate into their programming or use as a guideline to assist in the on-going development of their own documentation and program delivery. These documents are composed of (but not limited to) a Curriculum, Coach Profile, Player Profile and a Team Profile.

This document focuses on the Curriculum for The Team — U14 to U18.

B. TECHNICAL RESOURCES

The Technical Resources indicated below detail how they fit together and where they support players and coaches. They highlight that the Curriculum and Coach Profile can be used for all ages, whereas the Player Profile is encouraged to be used at U10 to U18 and the Team Profile encouraged to be used for U14 to U18.

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U6 to U18

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U6 to U18

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U10 to U18

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U14 to U18

A brief overview of the BC Soccer Technical Resources is described below.

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The Coach Profile is composed of the coach as an individual first as well as what coaches should focus on throughout the season to create a safe, positive and fun environment. These two combined provides the Coach Profile and is paired with the session themes of the curriculum which guides coaches in developing players as well as identifying the player's strengths and their areas for improvement.

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The Player Profile refers to the player as an individual person as well as the Player, which includes the individual player's attacking and defending actions related to the game of soccer. These two combined provides the Player Profile and is paired with the session themes of the curriculum, this guides coaches in developing players as well as identifying the player's strengths and their opportunities of improvement.

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The Team Profile provides an age-appropriate developmental framework for the season-long game environment and is paired with the Curriculum. It identifies the attacking and defending actions for individual players as well as the team. Throughout the season within games, players should be experiencing these actions to aid their overall technical and tactical development.

CURRICULUM

A. OVERVIEW

The Curriculum provides an age-appropriate developmental framework for the season-long training environment and can be paired with the Player and Team Profile. It identifies the attacking and defending actions for individual players as well as the team.

Throughout the season within sessions, players should be experiencing these actions to aid their overall technical and tactical development. Included within the curriculum are examples of session topics, plans and detailed explanations to support coaches with implementation.

B. THE BALL

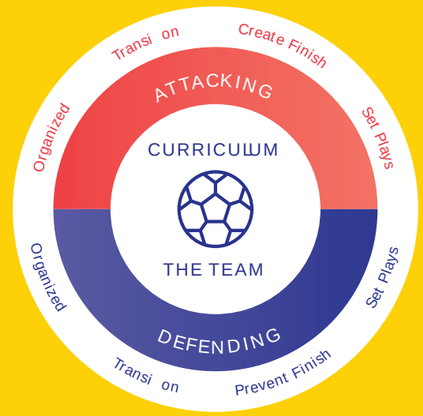
This part of the curriculum is for younger players aged U6 to U9 and focuses on introducing players to the game through a variety of fun game like activities.

C. THE PLAYER

This part of the curriculum is for players aged U10 to U13 and focuses on the player's relationship with the ball when attacking and defending in small sided games.

D. THE TEAM

This part of the curriculum is for players aged U14 to U18 and focuses on the player's role/ position within the team when attacking and defending in larger game formats, such as 11v11.



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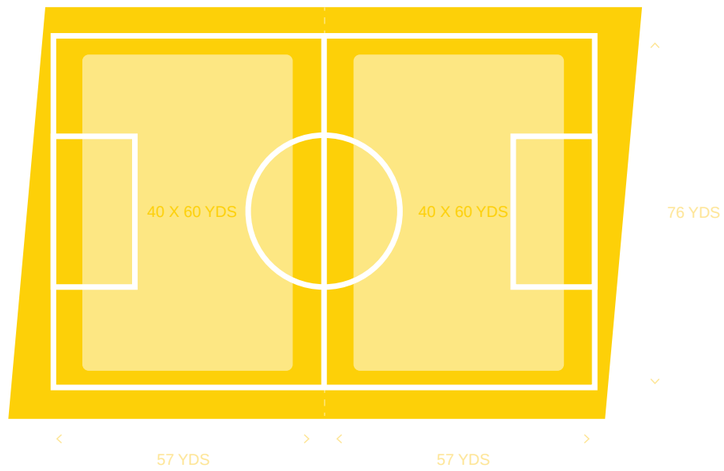
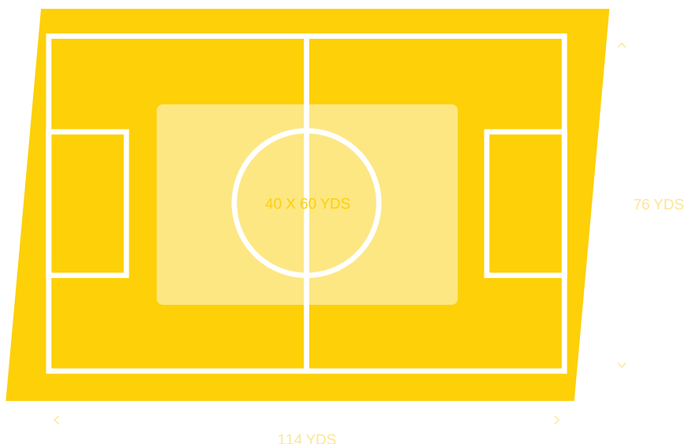
To maximize the available field space as well as to be sized appropriately for the players. The field setups below provide examples of what the session field set up could like for delivery of The Team U14 to U18 curriculum on a full sized 11 v 11 field.





SESSION STRUCTURE

The structure of the session consists of 5 parts and always includes a warm-up and introduction game. Part 3, the theme is the focus of the session and can include 1 of 4 attacking or 1 of 4 defending themes listed below. Finally, all sessions are completed with a final game, which is theme focused and followed by a cool down.

† u - ¼ o m	1 ¼ ˆ b | ‹	Example	
'l Ž • l b m † | ; v	**PART 1: WARM UP**	Ball Control	
Ž 'l • • l b m † | ; v	**PART 2: INTRODUCTION GAME**	2 x 4 v 4 + 1 (Variations)	
Ž 'l • • l b m † | ; v	**PART 3: THEME GAME**	**ATTACKING**	
		Organized	Organized
		Transition	Transition
		Create Finish	Prevent Finish
		Set Plays	Set Plays
• • l • • l b m † | ; v	! $ “ 9	1 x 9 v 9 (Variations)	
'l Ž • l b m † | ; v	**PART 5: COOL DOWN**	Ball Control	

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o-1_;v 1-m -7-r| ru-1¼1;v 0-v;7 om |_; =orro‰bm] =-1|ouv+

Goalkeepers and Goals

- Use regular size goals if you have Goalkeepers and use smaller goals without Goalkeepers to make it more challenging.
- Use a smaller goal on one side if you only have one Goalkeeper available.
- Use poles or cones as goals if you don't have pug nets, small nets or larger goals available.

Field size and number of players

- Increase the field size recommendation if you have more players and decrease if you have less.
- Decrease the field size if you want to provide a greater challenge and increase if it's too great a challenge for players.
- Use water breaks for players between the activities to make adjustments to your field dimensions.

Using the Curriculum

- Follow the session structure for your practices.
- Decide each practice if you want to focus on an Attacking or Defending theme but preferably not both.
- Rotate the themes each practice so the players can experience something new.

ATTACKING SESSIONS

PART 1: WARM UP

BALL CONTROL

SET UP

- Area of the field is approx 40 x 60 yards
- Mark the perimeter with cones
- Keep this perimeter for the entire session duration
- Every player should have one ball each preferably

TIPS

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This phase of the practice is very important to ensure that the players are being prepared for the demands of the session.

Coaching Points

- Slow jogging and ball manipulation with the ball
- Perform a variety of dynamic stretching movements
- Increase intensity gradually and ball work challenges

PART 2: INTRODUCTION GAME

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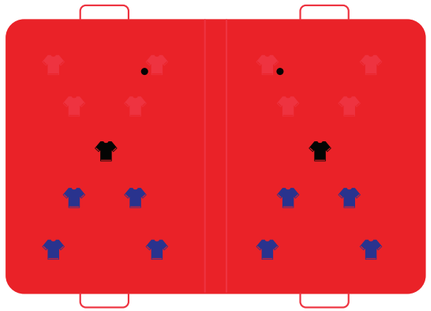
SET UP

- Area of each field is divided by a 6-yard middle zone
- Mark the zone lines with cones and set up 4 goals.
- The area of each field is approx 27 x 40 yards
- Each field should have a good supply of balls



TIPS

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To score on the opponent by collective and individual efforts while focusing on attacking.

Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Try to finish on net when you have the chance

ATTACKING SESSIONS

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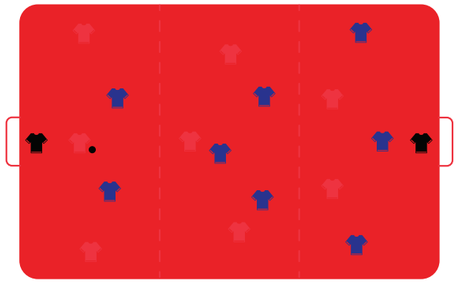
ORGANIZED

SET UP

- Mark the field into 3 horizontal zones of 20 yards
- The area of this playing field is approx 40 x 60 yards
- Players are designated to 1 of 3 zones and must stay within their zone



TIPS

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Build possession play by passing the ball from zone 1 through zone 2 and into zone 3 by finding a teammate. Players in zone 3 can create to shoot on goal.

Coaching Points
- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Through combination play or crosses, try to finish on net

Progression
When in possession, allow 1 player to move into the advanced zone (zone 1 to zone 2, and zone 2 to zone 3) to support their teammates.

TRANSITION

SET UP

- Mark the field into 3 vertical zones of 13 yards and mark the half-way line.
- The area of this playing field is approx 40 x 60 yards.
- Players do not need to stay in a vertical zone and are free to move all over the field.

TIPS

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When a team regains possession of the ball in their own half. They must pass the ball to a teammate in another vertical zone (switching the play) prior to progressing forward to goal.

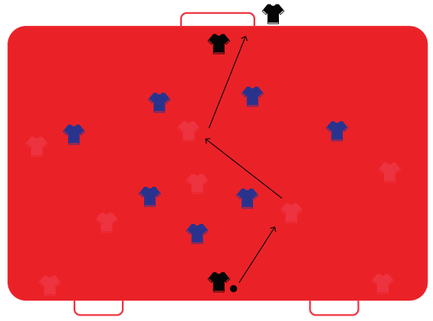
Coaching Points
- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Through combination play or crosses, try to finish on net

Progression
Designate 1 team to stay in their defending half when they do not have possession of the ball. Encourage a fast ‘counter-attack’ once they win possession.

CREATE FINISH

SET UP

- Rotate the field, with 1 big goal and 2 small target goals
- The area of this playing field is approx 40 x 60 yards
- The field should have a good supply of balls



TIPS

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Build possession play starting with the neutral player. Focus on creating shooting opportunities on goal through wide and central attacks. If the defending team win the ball they must find the neutral player or complete a pass into the small goals provided.

Coaching Points
- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Through combination play or crosses try to finish on net

SET PLAYS

SET UP

- Coach dictates when a set play takes place, using the following commands: 1=Throw In 2=Free Kick 3=Corner Kick
- The area of the playing field is approx 40 x 60 yards
- The field should have a good supply of balls

TIPS

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To score on the opponent by collective and individual efforts while preventing the opposition from scoring. React quickly to the coach’s command and set up for an attacking set play.

Coaching Points
- Throw Ins: Keep possession of the ball, with the throw aimed downwards towards the supporting player’s feet. Supporting players need to offer options forward, sidewards and backwards with appropriate distance away from the thrower.
- Free Kicks: In the team’s own half, look to restart quickly and keep possession of the ball. In the opponents’ half, look to either create an opportunity on goal through combinational passes or a direct shot on goal.
- Corner Kicks: Encourage 2 players on the ball to create a cross or shot on goal through combination play. Also consider that players are attacking space at the front, middle and back areas of the goal.

ATTACKING SESSIONS

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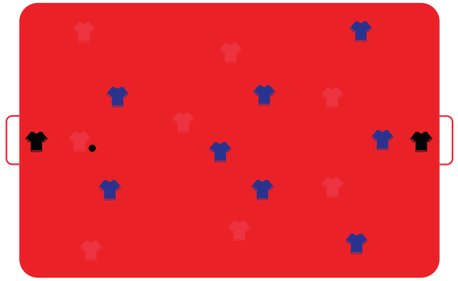
SET UP

- Remove any markers you may have used previously
- Add goals on either end of the playing area
- The area of the playing field is approx 40 x 60 yards
- The field should have a good supply of balls



TIPS

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To score on the opponent by collective and individual efforts while preventing the opposition from scoring.

Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Through combination play or crosses, try to finish on net

PART 5: COOL DOWN

BALL CONTROL

SET UP

- Area of the field is approx 40 x 60 yards
- Mark the perimeter with cones
- Every player should have one ball each preferably

TIPS

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This phase of the practice is very important to ensure that the players are bringing their core temperature down from the physical demands of the session.

Coaching Points

- Slow jogging and ball manipulation with the ball
- Perform a variety of static stretching movements
- Decrease intensity gradually and ball work challenges

SESSIONS

PART 1: WARM UP

BALL CONTROL

SET UP

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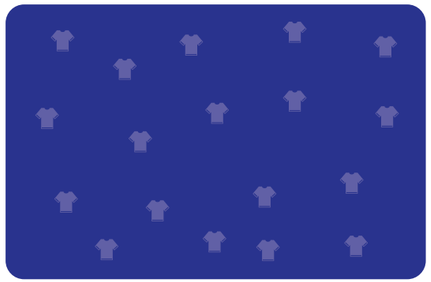
- Keep this perimeter for the entire session duration
- Every player should have one ball each preferably



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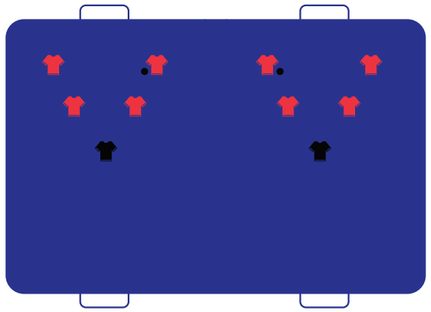

TIPS

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To prevent the opponent from scoring by collective and individual efforts while focusing on defending

Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing
- Mark man/space to limit scoring chances by opposition

SESSIONS

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ORGANIZED

SET UP

- Mark the field into 3 horizontal zones of 20 yards
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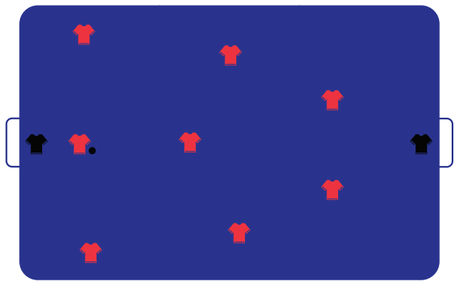

TIPS

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Prevent the opponent from building possession play from zone 1 through zone 2 and into zone 3 as well as prevent opportunities on goal.

Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing
- Mark man/space to limit scoring chances by opposition

Progression

When out of possession, allow 1 player to move into the defending zone (zone 3 to zone 2, and zone 1 to zone 3) to support their teammates.

TRANSITION

SET UP

- Mark the field into 3 vertical zones of 13 yards and mark the half-way line
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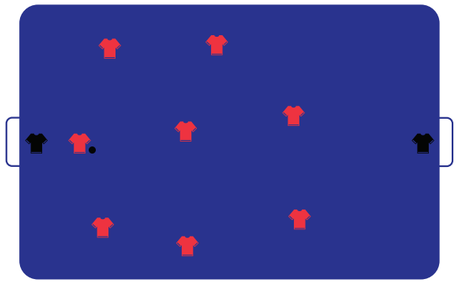

TIPS

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When a team loses possession of the ball in their own half. They must re-organize defensively and prevent the opposition from a quick attack into wide and advanced areas.

Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing
- Mark man/space to limit scoring chances by opposition

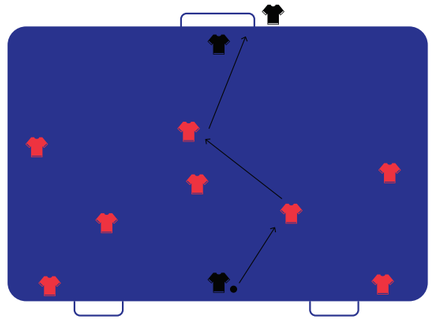
Progression

Designate 1 team to stay in their defending half when the attacking team loses possession of the ball. Encourage a fast recovery to win it back or to reorganize.

PREVENT FINISH

SET UP

- Rotate the field, with 1 big goal and 2 small target goals
- The area of this playing field is approx 40 x 60 yards
- The field should have a good supply of balls



TIPS

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Prevent the attacking team from building possession play and creating shooting opportunities on goal through wide and central attacks. If the defending team win the ball they must find the neutral player or complete a pass into the small goals provided.

Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing centrally
- Mark man/space to limit scoring chances by opposition

SET PLAYS

SET UP

- Coach dictates when a set play takes place, using the following commands: 1=Throw In 2=Free Kick 3=Corner Kick
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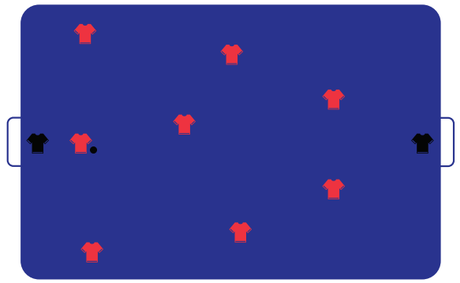

TIPS

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To prevent the opponent by collective and individual efforts while preventing the opposition from scoring. React quickly to the coach’s command and set up for a defending set play.

Coaching Points

- Throw Ins: Prevent the thrower from throwing the ball into forward areas to the teammates feet by marking the opposition players ‘goal-side’. Set up to encourage the thrower to throw backwards or in the air to make the throw contestable.
- Free Kicks: Prevent the free kick taker to play the ball into forward areas to their teammates feet by marking the opposition player ‘goal-side’. Determine whether to mark space, and/or the player. For all direct free kicks, set up with the appropriate number of players in the wall with other players marking opponents or space.
- Corner Kicks: Protect the space in front of goal covering the front, central and back areas of the goal within the penalty area. Players should mark the opponent or space or a combination. Have 2 players defend a short corner with pressure applied to the ball.

SESSIONS

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SET UP

- Remove any markers you may have used previously
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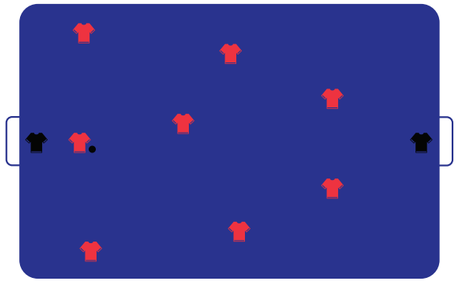

TIPS

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Prevent the opposition from scoring through collective and indvidual efforst while atempting to score.

Coaching Points

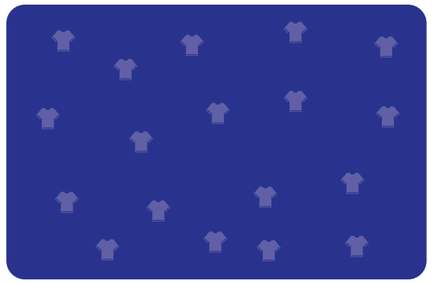
- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing
- Mark man/space to limit scoring chances

PART 5: COOL DOWN

BALL CONTROL

SET UP

- Area of the field is approx 40 x 60 yards
- Mark the perimeter with cones
- Every player should have one ball each preferably



TIPS

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This phase of the practice is very important to ensure that the players are bringing their core temperature down from the physical demands of the session.

Coaching Points

- Slow jogging and ball manipulation with the ball
- Perform a variety of static stretching movements
- Decrease intensity gradually and ball work challenges