

BSC Curriculum

Driving Player Excellence

12-Oct-2012



A large, stylized banner featuring the word "BROOMFIELD" in a bold, 3D, metallic font. The banner is set against a background of a mountain range and a red starburst.



What's a Coaching Curriculum?

coach [kohch]

- noun: a person who trains an athlete or a team of athletes: a football coach.; a private tutor who prepares a student for an examination.
- verb (used with object): to give instruction or advice to in the capacity of a coach; instruct: She has coached the present tennis champion.

curriculum cur·ric·u·lum [kuh-rik-yuh-luhm]

- noun: a programme or plan of activities

THE *BSC CURRICULUM* IS A SET OF SOCCER TRAINING TOPICS WHICH ARE AGE GROUP-SPECIFIC AND SEQUENCED TO TEACH THE RIGHT THINGS AT THE RIGHT TIMES TO OPTIMIZE BOTH A PLAYER'S DEVELOPMENT AS WELL AS THEIR ENJOYMENT OF THE GAME. THE BSC CURRICULUM IS AN EXTENSION AND EXPANSION OF THE BSC COACHING PHILOSOPHY DOCUMENTS RELEASED THE WINTER OF 2011.



Curriculum Outline

OBJECTIVES

A TEAM OF COACHES

AREAS FOR EMPHASIS

PHILOSOPHY & PILLARS

SKILLS MATRIX

PRINCIPLES OF PLAY

ORGANIZED TRAINING

COACHING EDUCATION

CREDITS



Objectives

HONOR THE GAME. **BELIEVE** IN YOURSELF. **PLAY** WITH PASSION. **ACHIEVE** YOUR DREAMS

1. The primary objective is to align coaches into a single player development system which aims to teach players the right things at the right time and in consistent, repeatable sequence. In other words, a purposeful process. A system.
2. To provide guidance to BSC's coaches on what the Club believes are the most important elements of creating a skillful player which in turn creates a greater love of the game.
3. Finally, this material is companion to (not replacement for) the *BSC Coaching Philosophy* documents.



A Team of Coaches

In the book "The Coaching Philosophies Louis van Gaal and the Ajax Coaches", Co Adriaanse, the first Dir of Youth Development for AFC Ajax, explains the role and relationships of youth coaches in the Ajax player development process.

- "Every coach is expected to be happy with his position and to realize that his task is a very important one."
- "As far as the Ajax board is concerned, the coach for the 8 to 10 year-olds is just as important as the coach for the 16 to 18 year-olds."
- "... it is unthinkable that an Under 10 team coach should have the ambition to coach the Under 18 team in a few years time, or that an older coach should feel he could 'take it easy' by coaching the 8 to 10 year-olds."
- "Together the youth coaches form a team, although each must remain ambitious in his own way."

When Adriaanse joined AFC Ajax, the Dir of Youth Development role was a newly position dreamed up by then club manager Louis van Gaal.

- As part of adding the role into the organizational structure, Van Gaal: "insisted that the Director of Youth Development should be on the same level as the Director of Professional Soccer, i.e. Van Gaal himself."



A Team of Coaches cont...

Following his retirement from MLS, Claudio Reyna traveled the world to observe the most successful youth programs – including FC Barcelona. Reyna’s research, and his own experiences, culminated in the US Soccer Federation’s new [in 2011 Spring] curriculum for youth coaches. At the curriculum’s unveiling, Reyna described what had impressed him about other youth programs that he found worth emulating. Amongst other things, Reyna was struck by the humility of the youth coaches in big clubs:

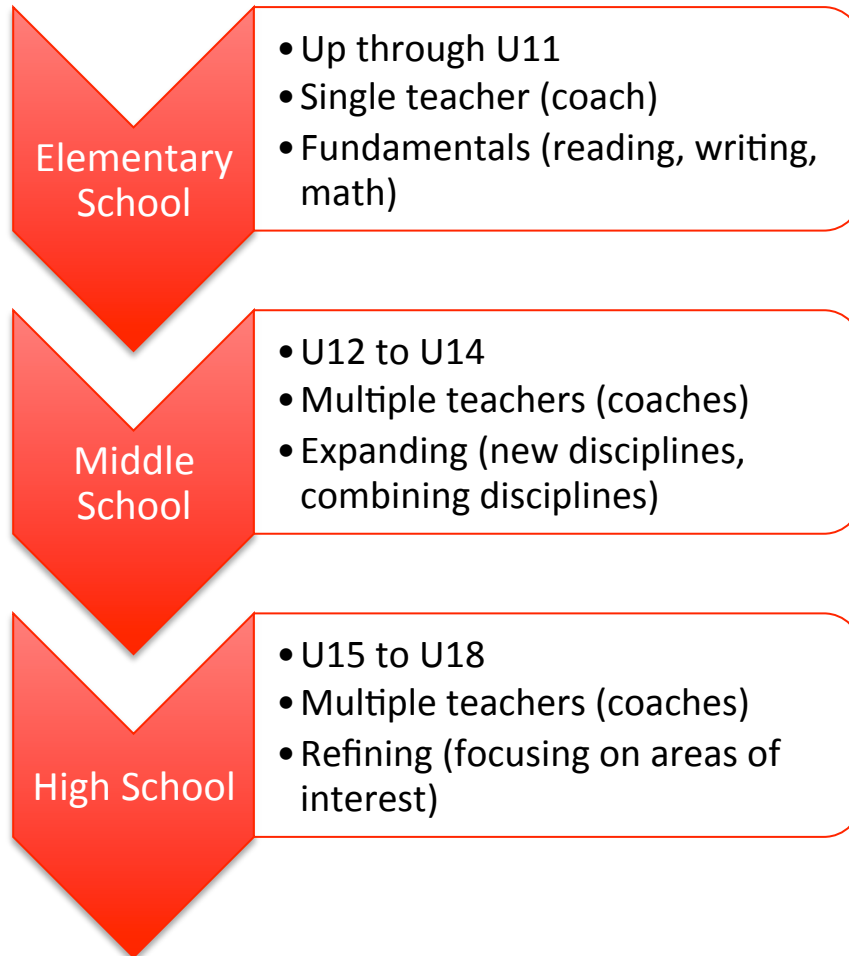
- “Very humble. Devoted to their jobs. I got to speak to so many coaches and it was almost when I asked them things they were embarrassed to talk about it. They’d say things like, ‘We’re a part of something else. The kids are students. We’re their teachers. We have to do this job, then we pass them on to the next coach and he does his job, and I get the next group in.’
- “And it was very, very powerful to see these guys who were working behind the scenes. They don’t get any credit, no one knows who they are, and for me they were fantastic coaches.”



Primary Education



A TEAM OF COACHES ANALOGY



Player development is much like Primary Education:

- Year over year, training topics should build upon one another
- Skip a topic and the player's development suffers (or stops due to frustration)

A Coaching Team:

- Looks at themselves as teachers
- Has expertise at delivering training appropriate to where players are in the development chain
- Understands the age group's psychological & physiological abilities (and gender differences)
- Focuses on specific things at specific times (doesn't take short cuts)



On Youth Training

A TEAM OF COACHES ANALOGY

- "At the moment we're so win driven, as a country we're so results oriented that we're getting away from the importance of training. Particularly with the younger age groups. Those are critical skill acquisition years." - *April Heinrichs, US Soccer Women's Technical Director*
- "Learning a skill or a craft, or learning to be a soccer athlete, there are progressive stages and **if you don't get the early stages right in sequence you're really fighting an uphill battle** for developing an elite athlete. It's really a learning stages issue. You need to do the right things at this young age group in order to get the right end product and move towards becoming an elite player." - *Dave Chesler, US Soccer Director of Coaching Education*
- "The Barcelona youth programme is one of the best in the world. As a kid they teach you not to play to win, but to grow in ability as a player. At Barca, we trained every day with the ball, I hardly ever ran without a ball at my feet. It was **a form of training aimed very clearly at developing your skills.**" - *Lionel Messi, FC Barcelona, 2 time FIFA Ballon d'Or winner*



Areas for Emphasis

TEACH THE RIGHT THINGS AT THE RIGHT TIMES

- Because US soccer culture doesn't provide for abundant free play time (i.e. pick-up or street soccer), coaches need to maximize their training opportunities
- Keep a laser focus on what is most meaningful for an age group
- Put the time in early on Technical training as the Tactical training that will come later will be more effective if players are comfortable on the ball





Components of Coaching

THE FOUR PILLARS OF SOCCER

Technical / Skill		Tactical	Physical	Psychosocial
Fundamental / No Pressure (Technique)	Simple to Complex	Individual (1 v 1)	Athletic Attributes	Applied Psychology
Match Related / Pressure (Skill)		Group (2 v 2, 3 v 3)	General Endurance	Individual Discourse
Match Conditions / Game (Skill)		Team	Local Muscle Endurance	Team Management
		Decisions <ul style="list-style-type: none"> • Individual • Group • Team • Numbers up • Numbers down 	Other <ul style="list-style-type: none"> • Speed • Strength • Agility • Flexibility 	Other <ul style="list-style-type: none"> • Age • Gender • Training Rhythm

Technical: Taught in small numbers | **Tactical:** Often taught in thirds of the field



Philosophy | U5-U8



Practice Requirements

- **Length & Frequency of Sessions:** U5 & U6, 30-45 minutes is the best option for these ages. At U7 and U8, when a player's attention span increases, running 2 sessions a week for 1 hour is recommended. Within that hour, 15-20 minutes should be dedicated to game play.
- **Ball to Player Ratio:** 1 ball to every player. This is not to imply that entire sessions should only be spent on dribbling. This is to suggest that the majority of sessions should emphasize individual skill and comfort with the ball, as this will be the base of the BSC player model.

Age Group Emphasis

- At this age the primary focus is ensuring the players are having fun. Simply put, more skill equals more fun. The players should keep occupied with the ball, through dribbling and individual experimentation.
- Deliver general movement training. Players at this age are growing fast with immature motor skills. Time spent on activities that demand balance and change in direction will help the player develop physically. Consider games of tag, relay races and obstacle courses both with and without balls.

Coach Characteristics

- A coach for this age must be energetic and supportive. Have a passion for the game and let that passion spread. Remember, intensity is caught not taught and this is incredibly evident at younger ages. Encourage yourself to see the game through the eyes of your players. Most of all, be patient!
- Coaches are encouraging and positive in their remarks toward players: kids don't make mistakes; they're gathering experience.

Match Day

	U4-U6	U7	U8
Game Form	3 v 3 w/o GK	4 v 4 w/o GK	6 v 6
Roster Size	9 to 11 with 10 optimal	7 to 8 with 8 optimal	9 to 12 with 10 optimal
Systems of Play	1-2	1-2-1	1-3-1



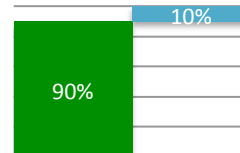
Pillars | U5-U8



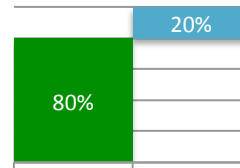
Technical

- Basic dribbling skills
- BSC dribbling moves (1-3 at U7 and 4-6 at U8)
- Push pass
- Receiving ground balls
- Introduce basic Goalkeeping techniques at U8

U5-U6



U7-U8



Technical

Tactical

Tactical

- 1 v 0 (1 player, 1 ball)
- 1 v 1 Attacking
- 1 v 1 Defending
- Playing in Groups of 2 (U8)

See the *Skills Matrix* for age-specific Technical guidance.

Physical & Psychosocial

Characteristics

- Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
- Players must spend the maximum time possible in contact with the ball and experiment by themselves.
- For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

Recommendations

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.



Philosophy | U9-U10



Practice Requirements

- **Length & Frequency of Sessions:** For U9 and U10 practice should run from 60-90 minutes of structured, adult-directed soccer. As often as possible play 3 v 3 to 5 v 5 games as the small numbers insure critical practice at 1 v 1, 2 v 1 and 2 v 2 situations. Games should run for 10-15 minutes.
- **Match to Practice Ratio:** There should be a ratio of 2 or 3 practices for every 1 match played.
- **Ball to Player Ratio:** 1 Ball to every 1 or 2 players & small sided scrimmages.

Age Group Emphasis

- Matches are a forum for players to test their ball skills and game awareness, and should be an additional means of development.
- Match results give the players a competitive focus in the match, but skill development is still emphasized over match results.
- The more time they spend in practice and games with the ball at their feet, the more comfortable they will become, the more confident they become, the more they look to get involved, and the more fun they have with soccer.
- Comfort on the ball is critical: the goal is to have the eyes up and see the game.
- Player should be encourage to both attack and defend regardless of assigned positions for a particular match.

Coach Characteristics

- A coach of this age group should be energetic. They must clearly understand the capabilities and limitation of this age and appreciate the power of learning by watching. He or she must have the ability to demonstrate or use older players to demonstrate. Enjoy playing with your young players while running your sessions.
- The coach should use language to keep players involved without giving them answers (“join the game, find the ball, go get the ball, don’t hide, stay connected in the defense, stay connected in the attack, slide to the ball”)
- The coach in this age group does not focus on positions and encourages every player to take part in attacking and defending.
- Coaches are encouraging and positive in their remarks toward players: kids don’t make mistakes; they’re gathering experience.

Match Day

- **Game Form:** 8 v 8
- **Roster Size:** 11 to 14 with 12 optimal
- **Suggested System(s) of Play:** 2-3-2



Pillars | U9-U10

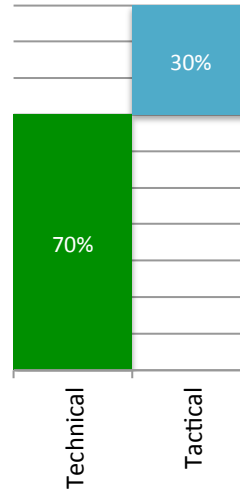


Technical

- BSC dribbling moves (1-9)
- Inside of foot shot and pass proficiency (aka Push)
- Instep shot and pass proficiency (aka Driven)
- One – Two pass proficiency (aka Wall Pass)
- 1st touch control (use 1st touch to re-direct the ball in a new direction rather than “killing” the ball)
- Expand Goalkeeping technique
- Introduce basic heading technique | **IMPORTANT:** Contact the Club for training support if you are not 100% confident in your ability to teach this technique.

See the *Skills Matrix* for age-specific Technical guidance.

U9-U10



Tactical

- 1 v 1 Attacking
- 1 v 1 Defending
- Playing in Groups of 2 (U9)
- Playing in Groups of 3 (U10)
- Development of possession oriented games leading to 5 passes or more per possession

Physical & Psychosocial

Characteristics

- Pre-pubescent players have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1 v 1 and 2 v 1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
- Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.

- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.

Recommendations

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children’s capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.



Philosophy | U11-U12



Practice Requirements

- **Length & Frequency of Sessions:** Practice should consist of 75 minutes of structured guided soccer with an additional 15-20 minutes for free play and/or self-improvement.
- **Match to Practice Ratio:** 1 Match to every 3 (or 4) Practice sessions.
- **Ball to Player Ratio:** While players in these age groups can be very advanced, coaches should continue to emphasize 1 v 1 and 2 v 2 activities to reinforce the individual technical base with progressions up to 4 v 4 and final 8 v 8 small sided scrimmages.

Age Group Emphasis

- Promote soccer that is free flowing, is coach guided but not coach directed, and that all players participate in the attack and defense.
- Encourage risk taking and experimenting with the ball. Get players thinking about themes such as working together to solve problems as well as tracking teammates and opponents on the field.
- Players should learn the game based on principle of play rather than specific position play. Player's decisions on the field should be based on what makes sense in the game.
- Encourage players to play different positions (both in practices and games) so they experience different challenges and problems to solve: assigning players fixed positions will destroy their instincts to be involved in all aspects of the game.

Coach Characteristics

- Coaches are encouraged to play and show skills relevant to their team's level of play or utilize someone who can paint a good picture. The coach must be able to earn respect from their players and always lead by example. Do not expect your players to follow you if you are going for a walk.
- Coaches should have a strong appreciation for creativity and independent thinking and actively encourage the same in practices and games. At the same time, he or she should be able to communicate group and team themes to the players in a clear and simple manner.
- Coaches are sensitive, encouraging and positive in their remarks toward players, yet they should challenge / push players to strive for excellence.

Match Day

- **Game Form:** 11 v 11
- **Roster Size:** 14 to 18 with 16 optimal
- **Suggested System(s) of Play:** 3-4-3, 4-3-3, 4-4-2



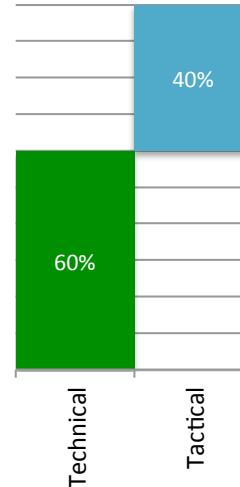
Pillars | U11-U12



Technical

- Technical training with emphasis on evolving technique to Skill
- Continued work on the BSC dribbling moves (1-9) and expansion to additional moves
- Continued work on combination pairs
- Progressing to 3 & 4 player combinations
- Match-related finishing

U11-U12



Tactical

- 1 v 1, 2 v 2 Attacking
- 1 v 1, 2 v 2 Defending
- Playing in Groups of 3 (U11)
- Playing in Groups of 4 (U12)
- Direction-oriented possession games

See the *Skills Matrix* for age-specific Technical guidance.

Physical & Psychosocial

Characteristics

- Pre-pubescent players have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
- Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.

- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.

Recommendations

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.



Philosophy | U13-U14



Practice Requirements

- **Length & Frequency of Sessions:** Practice should consist of 75 minutes of structured guided soccer with an additional 15-20 minutes for free play and/or self-improvement.
- **Match to Practice Ratio:** 1 Match to every 3 Practice sessions.
- **Ball to Player Ratio:** While players in these age groups can be very advanced, coaches should continue to emphasize 1 v 1 and 2 v 2 activities to reinforce the individual technical base with progressions up to 4 v 4 and final 8 v 8 small sided scrimmages.

Age Group Emphasis

- Promote soccer that is free flowing, is coach guided but not coach directed, and that all players participate in the attack and defense.
- Encourage risk taking and experimenting with the ball. Get players thinking about themes such as working together to solve problems as well as tracking teammates and opponents on the field.
- Players should learn the game based on principle of play rather than specific position play. Player's decisions on the field should be based on what makes sense in the game.
- Encourage players to formally specialize in two to three positions.

Coach Characteristics

- Coaches are encouraged to play and show skills relevant to their team's level of play or utilize someone who can paint a good picture. The coach must be able to earn respect from their players and always lead by example. Do not expect your players to follow you if you are going for a walk.
- Coaches should have a strong appreciation for creativity and independent thinking and actively encourage the same in practices and games. At the same time, he or she should be able to communicate group and team themes to the players in a clear and simple manner.
- Coaches are sensitive, encouraging and positive in their remarks toward players, yet they should challenge / push players to strive for excellence.

Match Day

- **Game Form:** 11 v 11
- **Roster Size:** 14 to 18 with 16 optimal
- **Suggested System(s) of Play:** 3-4-3, 4-3-3, 4-4-2



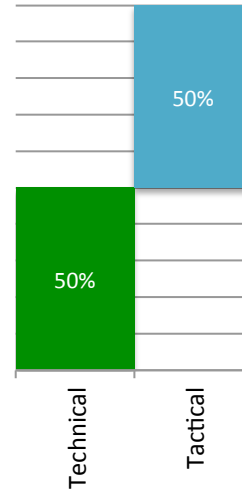
Pillars | U13-U14



Technical

- Technical training with emphasis on evolving technique to Skill
- Continued work on the BSC dribbling moves (1-9) and expansion to additional moves
- Continued work on combination pairs
- Progressing to 3 & 4 player combinations
- Match-related finishing

U13-U14



Tactical

- 1 v 1, 2 v 2 Attacking
- 1 v 1, 2 v 2 Defending
- Playing in Groups of 4
- Direction-oriented possession games
- Tactical understanding in 11-a-side play

See the *Skills Matrix* for age-specific Technical guidance.

Physical & Psychosocial

Characteristics

- At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage.
- Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.
- Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.

Recommendations

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.



Philosophy | U15-U18



Practice Requirements

- **Length & Frequency of Sessions:** Session should run approximately 90 minutes. An additional 15 minutes of individual time or “Pro Time” is also a recommended.
- **Match to Practice Ratio:** 1 Match to every 3 Practice sessions.
- **Ball to Player Ratio:** Coaches should continue to emphasize 1 v 1 and 2 v 2 activities to reinforce the individual technical base with progressions up to 5 v 5 and final 8 v 8 small sided scrimmages.

Age Group Emphasis

- The key points of emphasis are ball skills, enjoyment and insight into the game, introduction to fitness with and without the ball, and mental toughness.
- Continue to focus on player skill development, creativity, and desire to explore and experiment in the game.
- Players should be comfortable on the ball in a variety of situations:
 - Small group ideas on both sides of the ball (moving together to attack and defend)
 - How the small group ideas tie into larger team concepts
 - Basic positional responsibilities and how, as a team, these responsibilities are interconnected.
 - Accountability for execution and decisions with the ball. Players at this age must aspire to have technical precision.

Coach Characteristics

- At this age coaches can focus on team themes, such as how the backs work together in different parts of the field, or the relationship of different lines of the team (defenders and midfielders, midfielders and forwards, etc.).
- Coaches are sensitive, encouraging and positive in their remarks toward players, yet they should challenge / push players to strive for excellence.

Match Day

- **Game Form:** 11 v 11
- **Roster Size:** 14 to 18 with 16 optimal
- **Suggested System(s) of Play:** 3-4-3, 4-3-3, 4-4-2



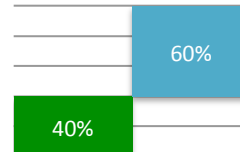
Pillars | U15-U18



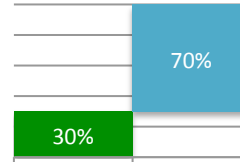
Technical

- Continued work on the BSC dribbling moves (1-9) and expansion to additional moves
- Continued work on combination play
- Continued match related finishing

U15-U16



U17-U18



Technical

Tactical

Tactical

- 1 v 1, 2 v 2 Attacking
- 1 v 1, 2 v 2 Defending
- Playing in Groups of 4
- Direction oriented possession games
- Understanding of group tactics and relations
- Tactical considerations in match application
- Positive growth in possession – both as individuals and as teams

See the *Skills Matrix* for age-specific Technical guidance.

Physical & Psychosocial

Characteristics

- Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
- Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).
- The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.

- Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.

Recommendations

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.



Field (Functional) Positions

EVERY KID, EVERYWHERE!

- No youth player should be pigeon holed into a particular position
 - U10 and younger should play every position during a season
 - U11 and older should have a primary, secondary and (potentially) a tertiary position
 - Develop a rotation so players gain match experience in different positions
- Versatility vs Specialization
 - Use discomfort to create comfort: rotating left & right, front to back
 - See the field from all angles and grow into favored positions
 - Learning from the other side of the “mirror” (e.g. Goal Keeping)
- From USSF
 - It should be the goal of every youth coach to give all players an appreciation for all positions during their formative years, 6-14.
 - Locking players into a single position during critical stages of fun, discovery and development stifles the individual and hinders the evolution of the total player.
 - There will be ample opportunity for functional training and refinements later on in a players career.



Skills Matrix

FOCUS ON THE RIGHT THINGS AT THE RIGHT TIMES

- The *BSC Skills Matrix* is a companion to the *BSC Curriculum*
- It outlines the key Skills coaches should emphasize at a particular age group (teach the right things at the right times)
- Coaches should understand the following definitions and recognize the differences:
 - Technique: Knowing how to do something and actually being able to do it.
 - Skill: Having the technical ability to do something under pressure and at game speed.
 - Tactics: Knowing when to do something and why.
- Each year, coaches should strive to help players move from Technically proficient to Skillful for the applicable Skills
- Maintaining alignment with the Skills Matrix will ensure the coaches that come after you are receiving players with consistent abilities



Individual Principles of Play

**THESE PRINCIPLES ARE COMPANIONS TO VARIOUS SKILLS
ENCOURAGE THIS TYPE OF PLAY AS YOU DEVELOP THOSE SKILLS**

- Shooting: Always keep an eye on the goal. All players are encouraged to shoot.
- First touch: Make a clean, controlled first touch without stopping the ball. Take the touch away from pressure and into free space.
- Accuracy and quality of the pass: Passes must be firm and accurate, with the proper weight.
- Perception and awareness: All players with or without the ball should constantly scan the field.
- 1 v 1 situations: Encourage determination to regain control of the ball in defense and keep it simple in attack by taking a touch to the side, at speed, to beat the defender.
- Individual transition: Players must react quickly when possession change from offense to defense and vice-versa.
- Take risks: Soccer is an error prone sport and mistakes are part of the game and learning process. Players are encouraged to take risks to increase the speed of play.



Team Principles of Play

**THESE PRINCIPLES ARE COMPANIONS TO VARIOUS TACTICS
ENCOURAGE THIS TYPE OF PLAY AS YOU INSTRUCT THOSE TACTICS**

- All players attack AND defend: All players must be involved in the game as a unit.
- Numerical advantage: Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.
- Flow of the ball: The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.
- Triangle principle and passing options: The player in possession of the ball must receive constant support and have at least two passing options.
- Speed of play: Quick movement of the ball (on the dribble or passing) creates 2 v 1 situations.
- Movement off the ball: Find the best available space to create passing options for the player in possession of the ball.
- Pressure as a unit: Organized pressure forces the opponents to commit errors.
- Direction of the game: The game flows in two directions. Keep the essence of the game in the majority of your practices.



Training

THE IMPORTANCE OF TRAINING AND HOW IT TIES IN TO THE BSC CURRICULUM

<http://www.ussoccer.com/media-library/Videos/Topics/2011-Player-Development-Summit/110421-Training.aspx>

- "Training is important because it's where players learn." - *Tony Lepore, US Soccer Director of Scouting*
- "It's where you get repetition and **if you want to be successful at something, repetition is very important.**" - *Jill Ellis, US Soccer Women's Development Director*
- "One of the things that I think is not going well in America is our training to game ratio. **Players are training, on a fairly consistent basis, about two times for every one game their playing and it should be closer to three or four times.**" - *April Heinrichs, US Soccer Women's Technical Director*
- "No matter what craft or skill or profession you are trying to develop, the **true learning takes place in the practice or training** so deliberately practicing certain skills, if you're an outside defender or a midfielder or a striker, it's really the training that focuses your effort towards an end target." - *Dave Chesler, US Soccer Director of Coaching Education*



Match vs Practice

MATCH AS THE SHOWCASE FOR SKILLS LEARNED IN PRACTICE

- Very little debate at this point regarding the overwhelming value of practice
 - Practices deliver more touches, more repetition
 - Nearly impossible to teach (or learn) during a match
 - Easier to manage physical output (work vs rest rates)
 - “Safe” learning environment
- When in doubt, practice more
 - Take advantage of off-seasons
- Reading
 - http://www.georgiasoccer.org/assets/pdfs/Practice_Vs_Game_-_Which_is_better_for_Development.pdf



Practice Form

ORGANIZING AGE APPROPRIATE PRACTICES

Age Group	Weekly Practices	Roster Size (Target Size)	Group Sizes			Ball Ratios (Player:Ball)	Warm-up	Structured Instruction	SSG Scrimmage
U4-U6	1 x 30 min	9 to 11 (10)	1 v 0	1 v 1		1:1	10-15 min	15-20 min	30 min (match)
U7	2 x 60 min	7 to 8 (8)	1 v 0	1 v 1		1:1	10-15 min	20-25 min	25 min
U8	2 x 60 min	9 to 12 (10)	1 v 0	1 v 1	2 v 2	1:1	10-15 min	20-25 min	25 min
U9 "C" FI	2 x 60 min	11 to 14 (12)	1 v 0	1 v 1	2 v 2	1:1, 1:2	10-15 min	20-25 min	25 min
U9 "B" FI	2 x 90 min	11 to 14 (12)	1 v 0	1 v 1	2 v 2	1:1, 1:2	10-15 min	45-50 min	30 min
U9 "A" FI / IM	3 x 90 min	11 to 14 (12)	1 v 0	1 v 1	2 v 2	1:1, 1:2	10-15 min	45-50 min	30 min
U10 "C" FI	2 x 60 min	11 to 14 (12)	1 v 0	1 v 1	3 v 3	1:1, 1:2	10-15 min	20-25 min	25 min
U10 "B" FI	2 x 90 min	11 to 14 (12)	1 v 0	1 v 1	3 v 3	1:1, 1:2	10-15 min	45-50 min	30 min
U10 "A" FI / IM	3 x 90 min	11 to 14 (12)	1 v 0	1 v 1	3 v 3	1:1, 1:2	10-15 min	45-50 min	30 min
U11 FI	2 x 90 min	14 to 18 (16)	1 v 0	1 v 1	3 v 3	1:1, 1:2	10-15 min	45-50 min	30 min
U11 IM / Blast	3 x 90 min	14 to 18 (16)	1 v 0	1 v 1	3 v 3	1:1, 1:2	10-15 min	45-50 min	30 min
U12 FI	2 x 90 min	14 to 18 (16)	1 v 0	1 v 1	4 v 4	1:1, 1:2	10-15 min	45-50 min	30 min
U12 IM / Blast	3 x 90 min	14 to 18 (16)	1 v 0	1 v 1	4 v 4	1:1, 1:2	10-15 min	45-50 min	30 min
U13 FI	2 x 90 min	14 to 18 (16)	1 v 1	4 v 4	8 v 8	1:2, 1:8	10-15 min	45-50 min	30 min
U13 IM / Blast	3 x 90 min	14 to 18 (16)	1 v 1	4 v 4	8 v 8	1:2, 1:8	10-15 min	45-50 min	30 min
U14 FI	2 x 90 min	14 to 18 (16)	1 v 1	4 v 4	8 v 8	1:2, 1:8	10-15 min	45-50 min	30 min
U14 IM / Blast	3 x 90 min	14 to 18 (16)	1 v 1	4 v 4	8 v 8	1:2, 1:8	10-15 min	45-50 min	30 min
U15-U18 Blast	3 x 90 min	14 to 18 (16)	1 v 1	4 v 4	8 v 8	1:2, 1:8	10-15 min	45-50 min	30 min



Coach Credentials

GREAT COACHES HAVE KNOWLEDGE OF THE GAME, UNDERSTAND HOW TO TEACH AND ARE CONSTANTLY SEEKING EXPAND THEIR KNOWLEDGE-BASE.

Course	Tier 1			Tier 2	Tier 3				Tier 4	
	U5-U6	U7	U8	U9-U10	U11-U12		U13-U14		U15-U18	
					Rec	Blast	Rec	Blast	Rec	Blast
NSCAA Youth Level I (fka Parent Coach) Diploma	R	R	R	R	R	-	R	-	R	-
NSCAA Youth Level II (fka State) Diploma		R	R	R	R	-	R	-	R	-
BSC Basics Coaching Clinic Series			R	R	R	-	R	-	R	-
USSF State E License ¹				R	R	M	R	M	R	M
NSCAA Junior Level V / VI (fka Adv Regional) Diploma ¹				R	R	M	R	M	R	M
USSF State -or- National D License					R	M	R	M	R	M
USSF National C License ²						R		R	R	R
NSCAA National Diploma ²						R		R	R	R
USSF National B License ³										R
NSCAA Adv National Diploma ³										R
NSCAA Goalkeeping Level I (fka State GK) Diploma				R	R	R	R	R	R	R

R = Recommended | **M** = Mandatory

1 - It is not necessary to take both the USSF E and NSCAA V / VI; coaches can choose one

2 - It is not necessary to take both the USSF C and NSCAA National; coaches can choose one

3 - It is not necessary to take both the USSF B and NSCAA Advanced National; coaches can choose one



Required Reading

“A CAPACITY AND TASTE FOR READING GIVES ACCESS TO WHATEVER HAS ALREADY BEEN DISCOVERED BY OTHERS.” - ABRAHAM LINCOLN

Document	Tier 1		Tier 2	Tier 3		Tier 4	
	U5-U6	U7-U8	U9-U10	U11-U12	U13-U14	U15-U16	U17-U18
BSC Coaching Philosophy Overview 11F	X	X	X	X	X	X	X
BSC Coaching Philosophy U05-U08 11F	X	X					
BSC Coaching Philosophy U09-U10 11F			X				
BSC Coaching Philosophy U11-U14 11F				X	X		
BSC Coaching Philosophy U15-U18 11F						X	X
BSC Basics Coaching Clinic - Classroom 20120908	X	X	X	X	X	X	X
BSC A Discussion on Skill 11S		X	X	X	X		
BSC TT On the Vocabulary of Soccer 11F	X	X	X	X	X	X	X
BSC Coach's Guide to Refereeing and The Laws of the Game	X	X	X	X	X	X	X
USSF - U.S. Soccer Curriculum	pgs 1-40	pgs 1-40	pgs 1-40	pgs 1-40	pgs 1-40	pgs 1-40	pgs 1-40
USSF - Best Practices for Coaching Soccer in the United States	pgs 3-9, 11-13	pgs 3-9, 14-17	pgs 3-9, 19-26	pgs 3-9, 27-32	pgs 3-9, 33-38	pgs 3-9, 38-40	pgs 3-9, 41-45
USYS - Total Player Development	pgs 21-22, 33-34	pgs 21-22, 34-35	pgs 21-22, 35-36	pgs 21-22, 37-38	pgs 21-22, 43-44	-	-



Credits

Certain concepts and content for the *BSC Curriculum* were adapted from the following publications:

- US Soccer Federation, *U.S. Soccer Curriculum* (Chicago: Self-published, April 2011)
- US Soccer Federation, *Best Practices for Coaching Soccer in the United States* (Chicago: Self-published, August 2006)
- US Youth Soccer, *Total Player Development* (Frisco, TX: Self-published, Fall 2006)
- Football Federation Australia, *The National Football Curriculum, The Building Blocks* (Sydney: Self-published, 2010)
- H. Kormelink & T. Seeverens, *The Coaching Philosophies Louis van Gaal and the Ajax Coaches* (Spring City, PA: Reedswain, Inc., 1997)

Additionally, creation of the *BSC Curriculum* would not have been possible without the invaluable input and experience of BSC's coaching community. The Club thanks the many individuals involved with its development.