

Aspiring Towards “Elite”



US YOUTH SOCCER WORKSHOP
AT THE NSCAA CONVENTION



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Your Presenter...



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Fundamental Questions

In The Youth Soccer World...

Are You Elite Because You Win?

Do You Win Because You Are Elite?

In The Youth Soccer World...

Should The Club Serve The Player?

Should The Player Serve The Club?

Presentation Goals

1. Define “*Elite*” Level.
2. Define the Key Elements of a club aspiring to become or remain *Elite*.



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Elite: Results Based?

Youth National Teams

US Soccer Development Academy

US Youth Soccer National Championship Series

US Youth Soccer National and Regional Leagues

Elite Clubs National League

National Premier Leagues

State Leagues

Local Leagues

Elite: Processed Based?

Player Mentality

Quality of Coaching

Club Philosophy

Planning for Development

Part I

Player Mentality



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Player Mentality

Primary goal of competitive youth soccer is to prepare players to compete at the “next” level...

Senior National Team
Professional

Amateur
College

Youth National Teams
Representative Teams
Older Age Divisions



Player Mentality



The “Aspiring” Player



**Changed Persona
Emotionally Different
Self-Motivated
Committed to Playing and Training**

Prodigies / Age Factor

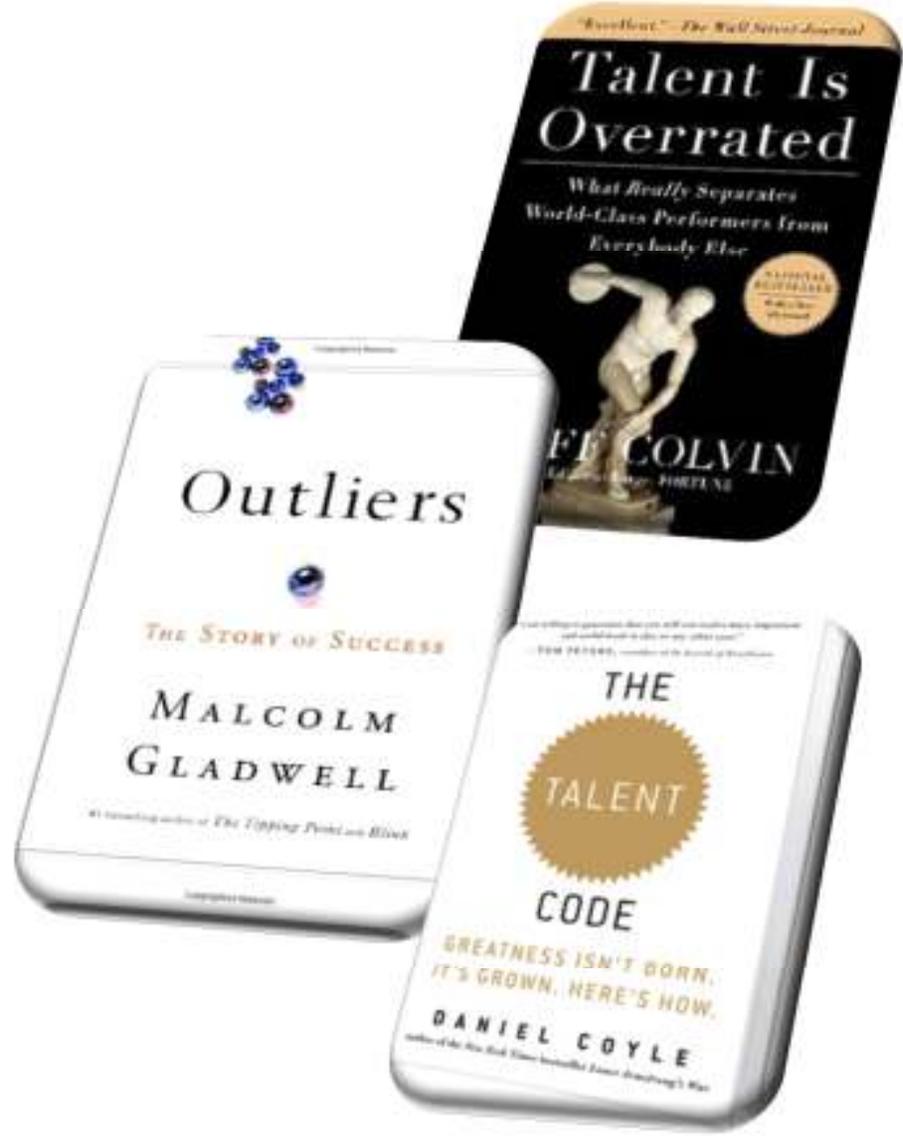


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Piaget:Vygotsky
Gladwell
Coyle
Colvin



Early Developers



Rory McIlroy
U-9/10 World Champion



Wolfgang Amadeus Mozart
First composition by age 5



Fabiano Luigi Caruana
Youngest Grandmaster at age 14



Willie Mosconi
Professional Billiards at age 6



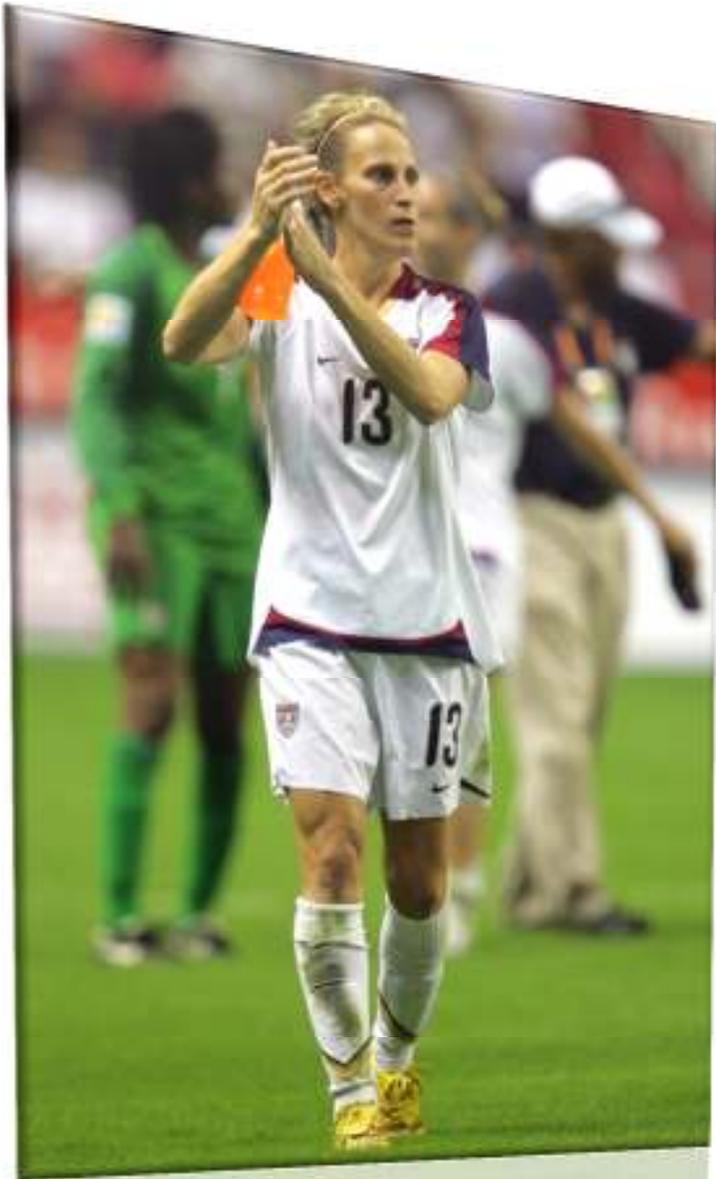
Joe Bonamassa
Opened for BB King at age 11



Michelle Wie
US Amateur Championships
at age 10



Kim Ung-Yong: Attended University at age 4, Ph.D at age 15;
world's highest IQ



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Later Arrivals



Hakeem Olajuwon
Started basketball at age 15



Jay Demerit
Professional rookie at age 25



Maurice Adu
1st national team call-up at age 21



Zack Johnson
One D-I scholarship offer



Kurt Warner
NFL rookie at age 28



Shannon Boxx
National Team debut at age 26



Randy Johnson: MLB Rookie at age 25



Player Mentality



Qualities of Top Players?

Bocanegra / Sauerbrunn / Cherundelo



Scholes / Boxx / Pirlo



Ronaldo / Marta / Messi

Player Mentality

All Technically Capable

All Tactically Aware

Athletically / Emotionally Capable

Driven / Passionate

Some Special Qualities

**The Challenge For Your Club
Player-Centered Development?
Vision Of The End Product?**



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Applied Goldilocks

The coaching and playing environment that challenges emotionally committed players to constantly operate on the **boundary of their comfort zone** best serves to promote learning and long-term development.

An **elevated level of anxiety** is important for learning. The prospect of playing good opposition raises the anxiety necessary for optimal performance and improvement.

Part I Summary

No Development Without Peers!

Balanced competition with, and against like-skilled and like-motivated players improves learning and development.

Is Your Club...

**Providing For, or Impeding
Top Talent Development?**

Part II

Quality of Coaching



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Qualities of Top Coaches

Knowledgeable * Confident * Patient * Compassionate
* Understanding * Versatile * Dedicated * Supportive *
Enthusiastic * Prepared * Self-Driven * Achievement
Oriented * Takes Pride * Passionate * Role Model *
Consistent * Polite * Reliable * Remediates * Humble *
Fair * Humorous * Curious * Unsatisfied * High
Expectations * Facilitator * Insightful * Flexible *
Diverse * Holistic * Communicator * Transformative *
Motivator * Visionary * Honest * Reliable * Open

Education and Development



Athlete-Centered * Best Practices * Latest Methods * Applied Science



Coaching Skills by Age

Coaching Style	Skill Markers	Typical Age Range	Characteristics of Soccer Practice
The Modeler	Little or no experience with a soccer ball.	3-6	Coach is typically a parent or sibling who models skills and tricks; engages in one-on-one activities; and engages players in free play games.
The Facilitator (U6/8 Course)	Have some elementary skills and ideas. Poor spatial awareness.	5-9	Coach creates small-sided soccer games and related skill activities that help introduce players to organized soccer without engaging in formal instruction.

Coaching Skills by Age

Coaching Style	Skill Markers	Typical Age Range	Characteristics of Soccer Practice
The Concept Builder (E License)	<p>Have developed a reasonable comfort level with the ball and can start to think ahead. Spatial awareness allows for movement away from the ball.</p> <p>Physical and emotional qualities and passing range comfortably provide for play between two lines; three, as experience and passing range evolve.</p>	8-12	<p>Coach begins to systematically plan for player development.</p> <p>Coach begins formal skill instruction.</p> <p>Coach creates small-sided and expanded small-sided games and activities that help develop awareness of attacking, defending and transition moments.</p> <p>The main tactical focus is building understanding of the principles of play. Specific goals are to develop ideas on spacing, support, and rhythm; recovering the ball; and reacting to changes in possession.</p>

Coaching Skills by Age

Coaching Style	Skill Markers	Typical Age Range	Characteristics of Soccer Practice
The Problem Solver (D-C-B Licenses)	<p>Developing skill levels provide for formal positional play.</p> <p>Physical and emotional qualities and passing range comfortably provide for play between three lines.</p>	10-18	<p>Coach isolates specific breakdowns and observed areas for improvement, based on an “ideal” vision (National Style) and a system(s) of play.</p> <p>Coach organizes long- and short-term training goals to improve a) the specific actions of individual players and small groups; b) the relationship between adjacent lines; and c) the style and tactical understanding of the team.</p> <p>Coach develops technical training based on individual player needs.</p> <p>Coach implements formal periodization program for player development.</p>

Coaching Skills by Age

Coaching Style	Skill Markers	Typical Age Range	Characteristics of Soccer Practice
The Strategist (A License)	Playing experience and skill level provide for global awareness and strategic thinking.	15+	Coach develops training that builds a style of play based on a system(s) of play. Coach develops training sessions that plan for system vs system (and player vs player) match-ups.



Measuring Sideline Personality

Element		Observed Frequency											
Volume of Information	Selective	10	9	8	7	6	5	4	3	2	1	0	Constant
Global vs Local Coaching	Mostly Global	10	9	8	7	6	5	4	3	2	1	0	Mostly Local
Response to Mistakes	Mostly Positive	10	9	8	7	6	5	4	3	2	1	0	Mostly Negative
Coach or Cheerleader	Mostly Informative	10	9	8	7	6	5	4	3	2	1	0	Mostly Praising
Body Language	Well Controlled	10	9	8	7	6	5	4	3	2	1	0	Highly Emotional
Referee Respect	Understanding	10	9	8	7	6	5	4	3	2	1	0	Abusive
Overall Coaching Personality Score		/ 60											

Under Stress...

Process or Outcome Centered?



Part II Summary

Coaches Make Players Make Teams

Are Your Coaches...

**Providing For, or Impeding
Top Talent Development?**

Part III

Club Philosophy



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Evolving a Club Style

Elements of Constructive Soccer

Spacing and Role Definitions

Lateral Ball Circulation

The Goalkeeper as an Attacker

Changes in Rhythm

Backs and Midfielders in Attack

Vision and Combination Play

Clearing vs Building

Defensive Strategies

Basic Offside Tactics



Constructive Soccer: U-8's



Evolving a Club Style

Element	Observed Frequency										
Spacing and Role Definitions	10	9	8	7	6	5	4	3	2	1	0
Lateral Ball Circulation	10	9	8	7	6	5	4	3	2	1	0
The Goalkeeper as an Attacker	10	9	8	7	6	5	4	3	2	1	0
Changes in Rhythm	10	9	8	7	6	5	4	3	2	1	0
Backs and Midfielders in Attack	10	9	8	7	6	5	4	3	2	1	0
Vision and Combination Play	10	9	8	7	6	5	4	3	2	1	0
Clearing vs Building	10	9	8	7	6	5	4	3	2	1	0
Defensive Strategies	10	9	8	7	6	5	4	3	2	1	0
Basic Offside Tactics	10	9	8	7	6	5	4	3	2	1	0
Game Management	10	9	8	7	6	5	4	3	2	1	0
Substitution Management	10	9	8	7	6	5	4	3	2	1	0
Overall Developmental Score											/ 110

Constructive Soccer: U-11's



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Evolving a Club Style

Attacking

Building/Attacking Out of the Back Half
Building/Attacking vs a High Restraining Line
Building/Attacking in the Front Half

Offside Tactics

Transition to Defense

Pressing vs Dropping

Defending

Defending in the Front Half
Defending from behind a Line of Confrontation

Bunkering

Offside Tactics

Transition to Attack

Counter-Attacking vs Building Up

Universal Playing Themes

Mobility (within/between lines) vs Balance (line/team)

Rhythm of Play

Spacing

Speed Of Play



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Constructive Soccer: U-15's



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Part III Summary

Elite Means Constructive Means Risk

Are Your Coaches...

**Providing For, or Impeding
Top Talent Development?**

Part IV

Planning For Development



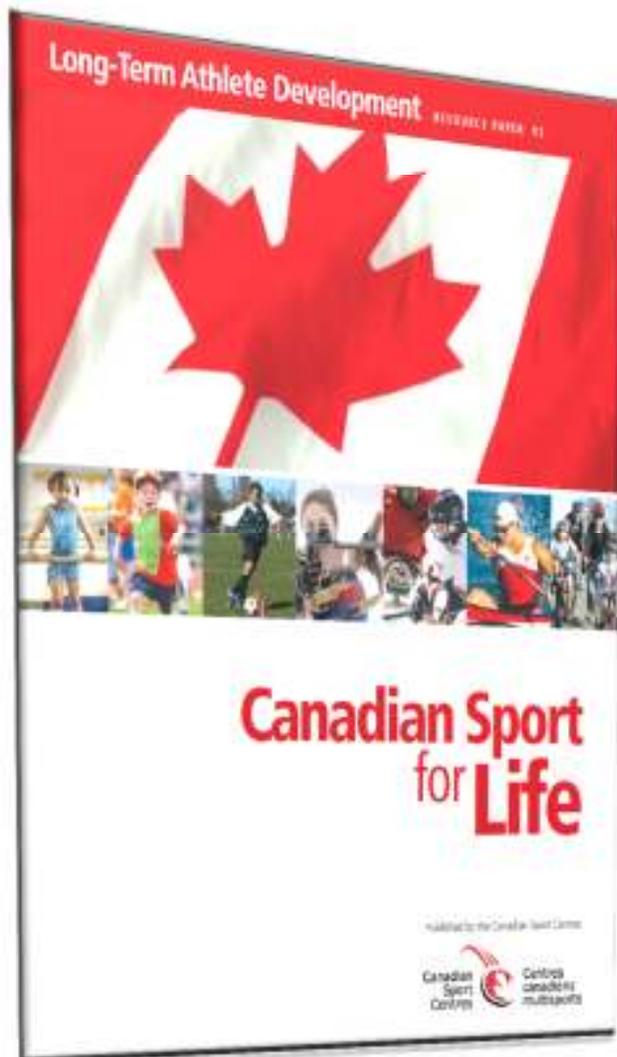
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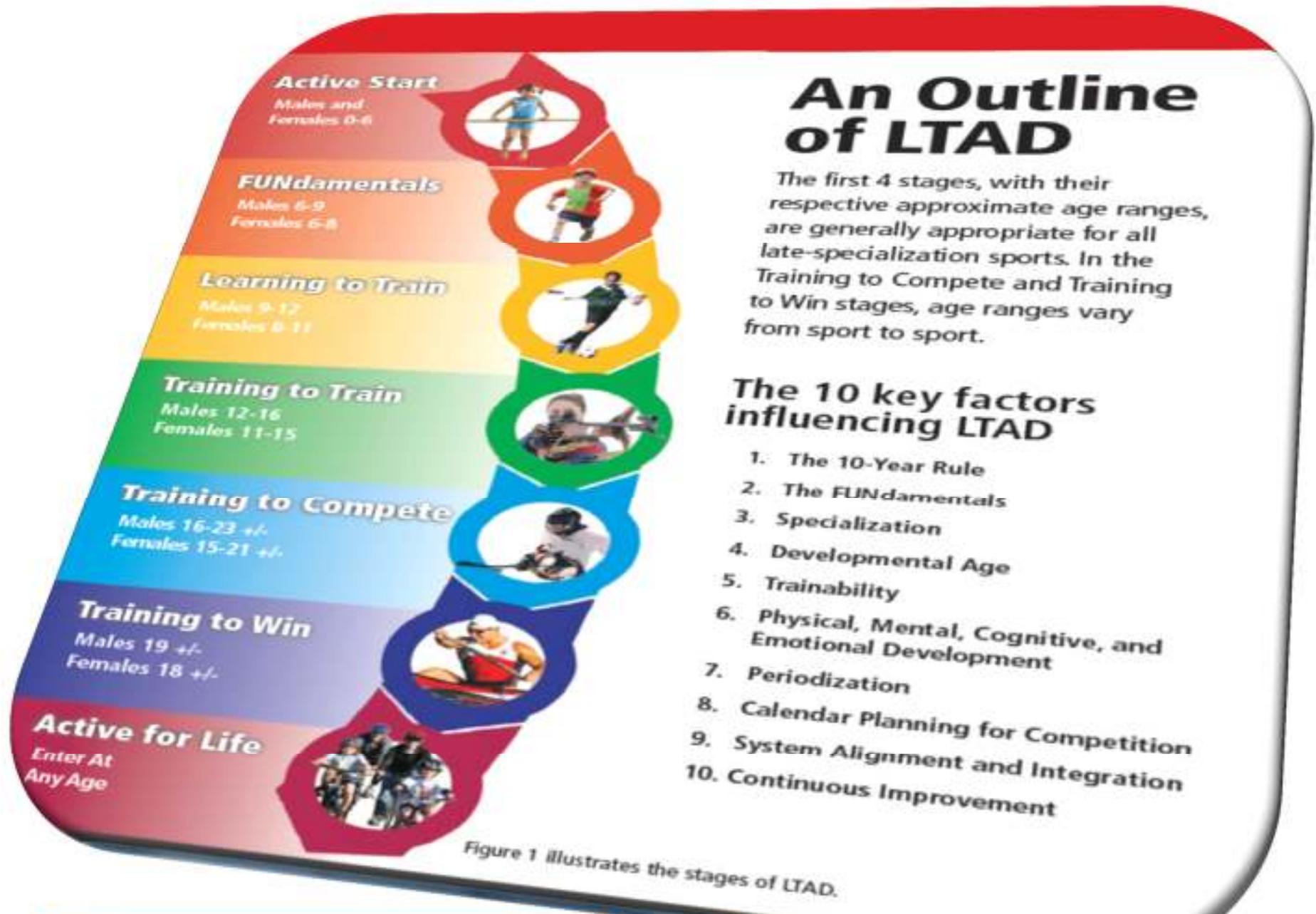


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Long Term Athlete Development

Istvan Balyi





Active Start
Males and Females 0-6

FUNDamentals
Males 6-8
Females 6-8

Learning to Train
Males 9-11
Females 8-11

Training to Train
Males 12-16
Females 11-15

Training to Compete
Males 16-23 +/-
Females 15-21 +/-

Training to Win
Males 19 +/-
Females 18 +/-

Active for Life
Enter At Any Age

An Outline of LTAD

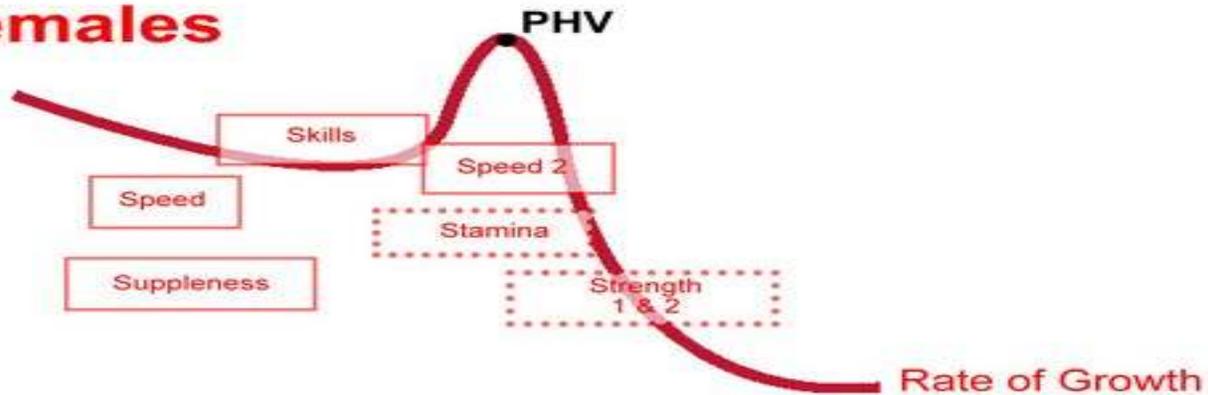
The first 4 stages, with their respective approximate age ranges, are generally appropriate for all late-specialization sports. In the Training to Compete and Training to Win stages, age ranges vary from sport to sport.

The 10 key factors influencing LTAD

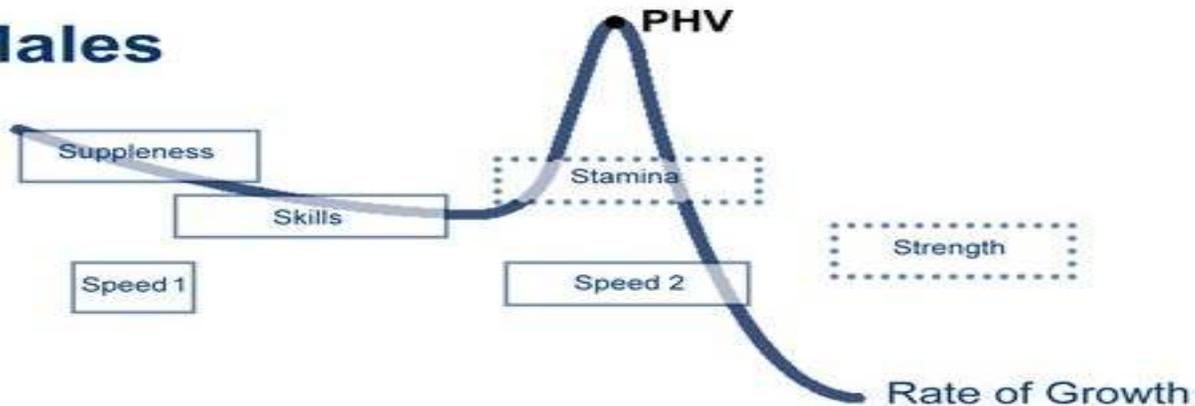
1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

Figure 1 illustrates the stages of LTAD.

Females



Males



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Competition and Recovery

100+ Games per year...

- Too many?
- About right?
- Too few?

Average Break?



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Competition and Recovery

Competing in **too many** games, or in too many **meaningless** games, dulls the thrill of **anticipation** and reduces the gains in **emotional intelligence** associated with preparing to compete against talented opposition.



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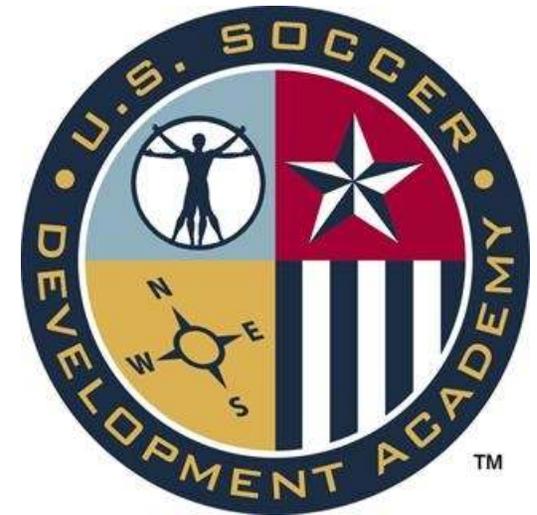


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Development Academy: Why?

- Impact on NT Development
- Style of Coaching
- Quality of Games
- Style of Play
- Style of Player

- Purposeful Periodization**
 - Training to Games Ratio
 - Volume & Schedule of Games
 - Purposeful Fitness Training
 - Rest and Recovery Schedules



Periodization

Modality of Training
Frequency of Training
Volume of Training
Intensity of Training
Competition Schedule
Recovery Programs
Short-Term (annual) Training
Long-Term (multi-year) Training



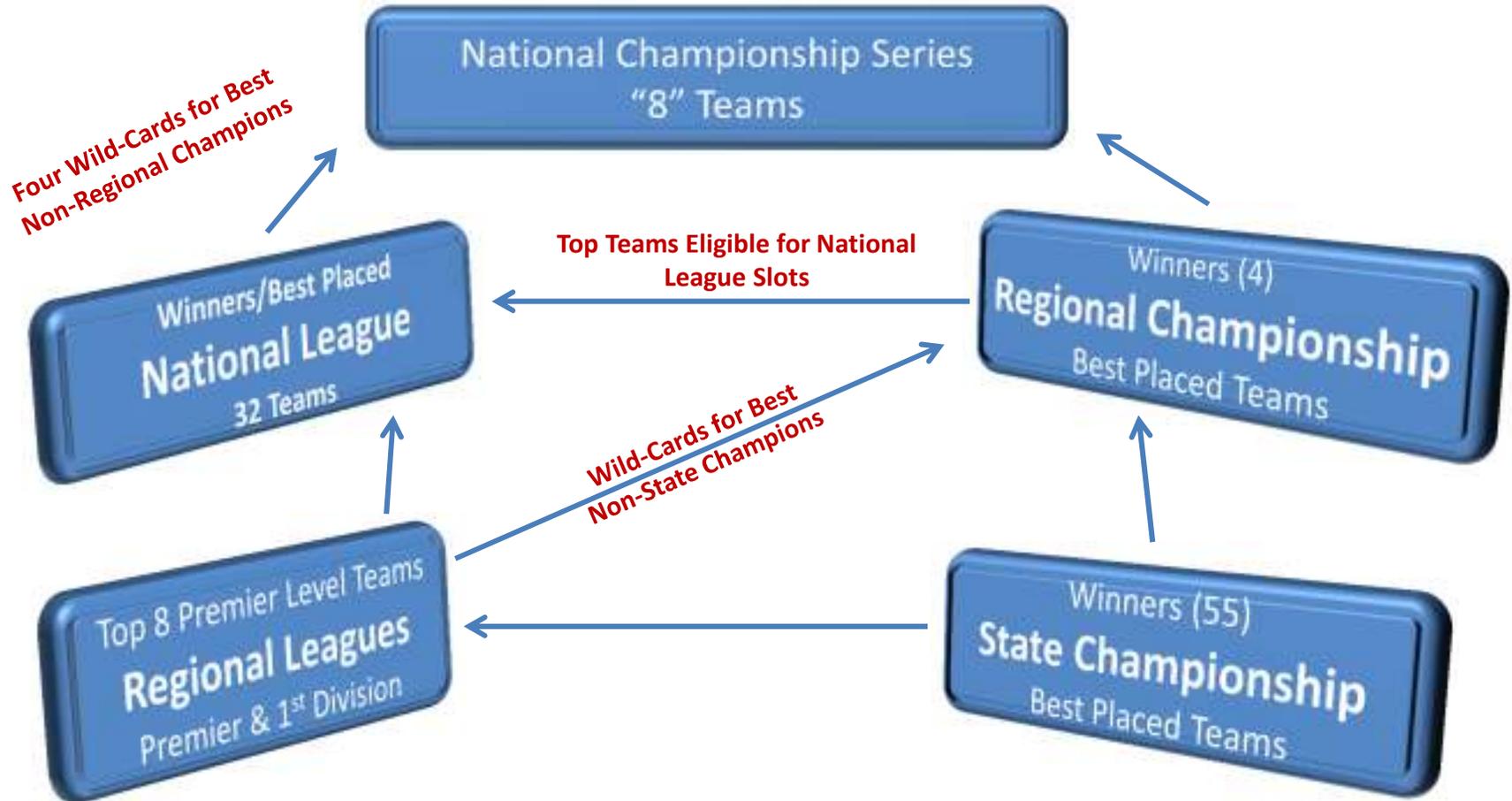
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Integrated National League & National Championship Series



Periodization

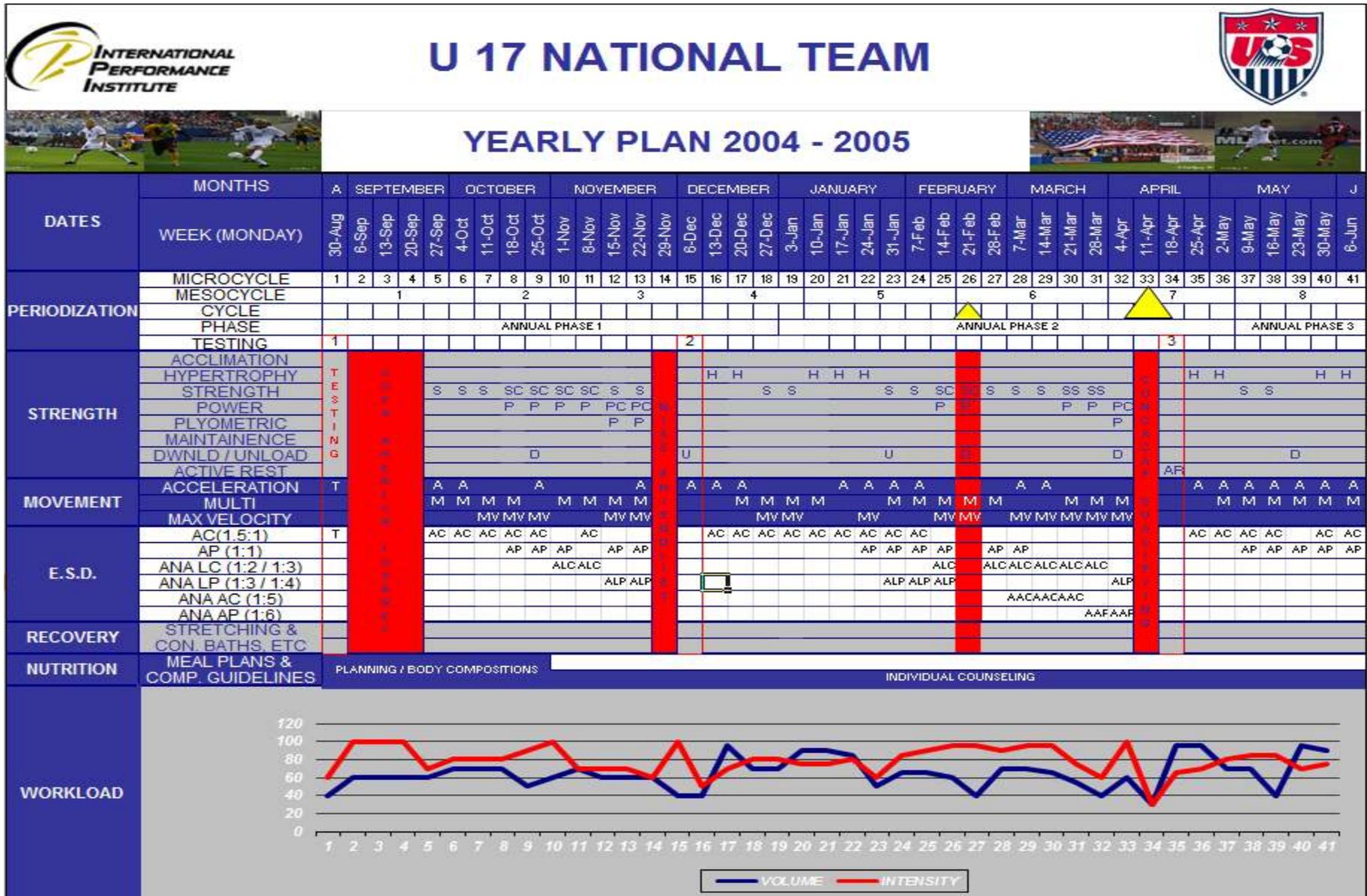
Sunday Recovery	Monday Rest	Tuesday Training Underload	Wednesday Training Overload	Thursday Training Underload	Friday Preparation	Saturday GAME
Sunday Recovery	Monday Rest	Tuesday Training Underload	Wednesday Preparation	Thursday GAME	Friday Recovery	Saturday GAME

Two Week Division I College Schedule

Sunday GAME	Monday Rest	Tuesday Rest	Wednesday Training Overload	Thursday Rest	Friday GR. GAME-1	Saturday GR. GAME-2 GR. GAME-3
Sunday SEMI-FINAL and FINAL	Monday Rest	Tuesday Rest	Wednesday Training Overload	Thursday Rest	Friday Rest	Saturday GAME

Standard Youth Schedule (w/ Tournament)

Annual Periodization



Soccer Fitness Training

Maintaining Quick Recovery Between Actions X...X...X...X X...X...X...X...X	Quicker Recovery Between Actions X.....X X...X	Act More Explosively X X	Maintain Explosive Actions X...X...X...X...X X...X...X...X...X
Recovery Capacity	Power to Recover	Explosive Power	Explosive Capacity
Extensive Endurance Training 11v11/10v10/9v9/8v8 Intensive Endurance Training 7v7/6v6/5v5 Supercompensation (Recovery) 24 hours	Extensive Interval Training 4v4 / 3v3 Supercompensation (Recovery) 72 hours	Power to Accelerate 15m to 40m 1 min rest Starting Speed 5m to 10m 30 sec rest Supercompensation (Recovery) 48 hours	Repeated Short Sprinting Power 10m to 15m 10 sec rest Supercompensation (Recovery) 72 hours

B < V < Z < K < / < 5 < 0 < j < i < - < 0 < 5 < r < 0 < <

Heart Rates

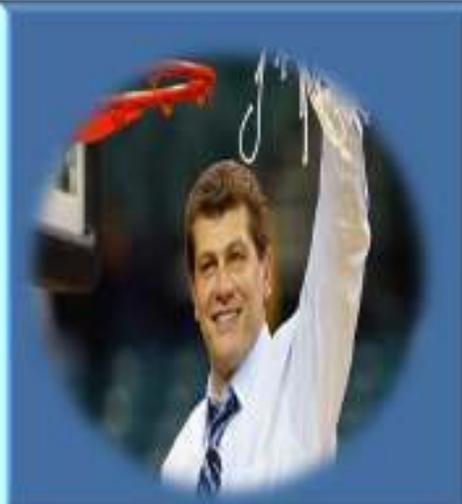
Controlling Weekly Work Load (Volume and Intensity)

Weekly Load = ~1000-1500 pts

Match Exertion = 350 pts / game

Practice Exertion = 300 - 800 pts (Role of Fitness Coach)

Jere Longman New York Times (11/18-11)

 A circular portrait of Geno Auriemma, a man in a white shirt and tie, with his right arm raised and hand open, as if gesturing during a speech.	<p>“The naked eye isn’t always telling the truth.”</p> <p>Geno Auriemma</p>	<p>“It can be dangerous, dictating an entire practice based on a computer.”</p> <p>Pierre Barrieu</p>	 A circular portrait of Pierre Barrieu, a man with short dark hair, wearing a dark blue soccer jersey with a white Nike swoosh and the USA crest.
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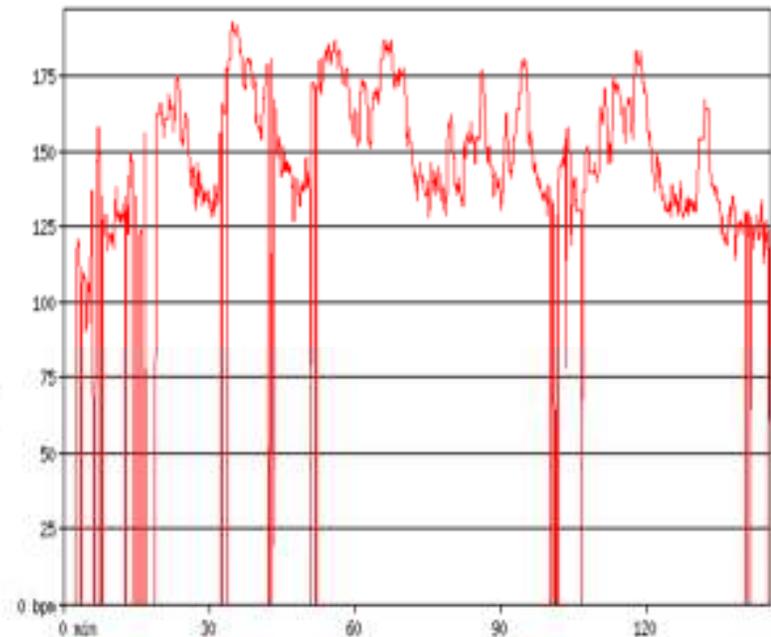
Heart Rates

Controlling Weekly Work Load (Volume and Intensity)

Individualized Prescriptions

- Starters vs Reserves
- Under-working vs Over-exerting
- Out of Shape vs Physical Exhaustion
- Physical Burnout (recovery patterns)
- Rest Rx

“You can go long or hard, but you can’t go long and hard every day.” Chris West
U-Conn Strength and Conditioning Coach



Latest Advances

GPS Scrimmage Vests (Lobanovsky: distance covered and speed)

“Edible” Thermometers (core temperature)

Jere Longman *New York Times* (11/18-11)



Non Starters: Post Game Training



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Long-Term Planning

Age	General Skill Progression	Recurring Themes
U-6	Dribbling and Shooting	
U-8	Passing and Receiving on the Ground	U-6
U-10	Heading and Receiving out of the Air	U-6 + U-8
U-12	Long Passing and Individual Defending	U-6 + U-8 + U-10
U-14+	Positional Techniques	U-6 + U-8 + U-10 + U-12

Age	Main Theme	Recurring Themes
U-6	Me and My Ball	
U-8	Sharing the Ball	U-6
U-10	Playing Around the Ball	U-6 + U-8
U-12	Playing Away From the Ball	U-6 + U-8 + U-10
U-14+	Team Development	U-6 + U-8 + U-10 + U-12

Seasonal Planning

	U-6	U-8	U-10	U-12
Week 1	Ind. Att.	Ind. Att.	Ind. Att.	Ind. Att.
Week 2	Ind. Att.	Ind. Att.	Ind. Att.	Ind. Att.
Week 3	Ind. Att.	Ind. Def.	Gr. Att.	Gr/Tm. Att.
Week 4	Ind. Att.	Gr. Att.	Gr. Att.	Gr/Tm. Att.
Week 5	Ind. Att.	Gr. Att.	Trans.	Ind. Def.
Week 6	Ind. Att.	Gr. Def.	Ind. Att.	Gr/Tm. Def.
Week 7	Ind. Att.	Gr. Def.	Ind. Def.	Gr/Tm. Def.

Skill Planning: Kicking Skills

There are six surfaces of the foot used for kicking and dribbling the soccer ball...

inside / outside / toe / heel / laces / sole.



Skill Planning: Kicking Skills

There are **Eleven Applications** of kicking techniques.

- Toe pokes
- Short straight passes
- Short flicks
- Bending balls (high and low)
- Driven balls (straight)
- Cut backs
- Chipped balls
- Flighted balls
- Lifted balls
- Full volleys (front, side, overhead, over-shoulder)
- Half-volleys (front and side)



Skill Planning: Kicking Skills

The **Trajectory of the Ball** adds to the complexity of expanding technical range.

The ball can be contacted when it is...

- Stationary
- Rolling, bouncing or flying away from the kicker
- Rolling, bouncing or flying towards the kicker
- Running, bouncing or flying across the kicker
- Flying above or behind the kicker



Skill Planning: Kicking Skills

Finally, the ball can be contacted in different ways to make it move with a **Desired Spin** and in a **Desired Direction**.

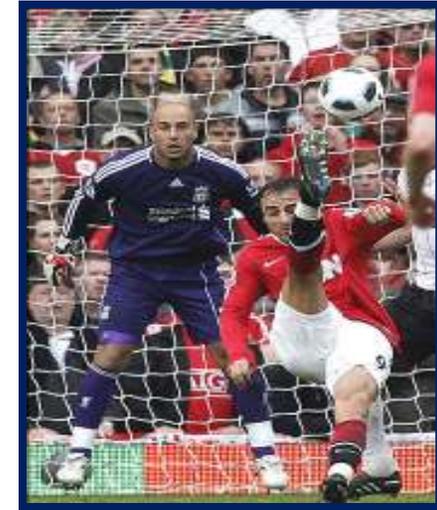
The ball can be contacted...

- Through the center
- Through the bottom half
- Through the top half
- High or low on either side



Skill Planning: Kicking Skills

Soccer “skill” is the ability to use technique to solve a tactical problem. Because the game situation is always changing, there is no “**correct**” way to execute any technique in soccer.



....There are, of course, correct mechanical solutions to every kicking action!



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Competition: Winning & Losing

- Value of Good Competition
- Why Losing is Important
- Opponent, not Enemy
- Valuing The Opponent
- Respecting The Game
- Respecting The Officials
- Parent Education



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Part IV Summary

Elite Clubs Plan For Learning

Is Your Club...

**Providing For, or Impeding
Top Talent Development?**

In Closing

Is Your Club Player Centered?

Is Your Club Process Oriented?

Is Your Club Elite Because You Win?

Does Your Club Win Because You Are Elite?

Does Your Club Have The Tools To Become Elite?

Thank You!

**Questions?
Comments?
Criticisms?
Witticisms?**



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