Game Project

• Professional coaches use players to win games, youth coaches accompany & guide players on a journey.
Game Project

GAME PROJECT
Game Project

- **19-23 YEARS OF AGE**
  - PROFESSIONAL / COLLEGIATE

- **15-18 YEARS OF AGE**
  - PERFORMANCE

- **12-14 YEARS OF AGE**
  - DEVELOP A PLAYER’S IDENTITY

- **7-11 YEARS OF AGE**
  - DEVELOP A PLAYING FOUNDATION
Game Project
Game Project

PLAYER PROFILE + GAME MODEL + TRAINING METHODS + THE EDUCATOR + TRAINING PLAN = INDIVIDUAL PLAYER DEVELOPMENT
Game Project

- CREATIVE / “PLAY-MAKER”
- SUPERIOR TECHNICAL ABILITY
- QUALITY PASSER
- COMPOSED UNDER PRESSURE
- INTELLIGENT MOVEMENT OFF THE BALL / PLAYS BETWEEN LINES
- ABILITY TO TURN AND DRIBBLE
- PLAYS WELL IN COMBINATION
- QUICK REACTIONS IN TRANSITION
- RISK-TAKER
Game Project

PLAYER IDENTITY

NATURAL TALENT
IMPACTFUL
HIGH SOCCER IQ
TECHNICAL

COMPETITIVE / WINNER
ATHLETIC PROFILE
PASSIONATE
Game Project
Game Project

- **Transition to Attack**
- **Dead Balls Situations**
- **Transition to Defense**
- **In Possession**
- **Out of Possession**
## Game Project

### Game Model

<table>
<thead>
<tr>
<th>Moment of Transition</th>
<th>Critical Moment</th>
<th>Game Phase</th>
<th>Game Principles</th>
</tr>
</thead>
</table>
|                      | **1**           | **UNBALANCE THE OPPONENT** | 1) Switching the point of attack (+ destabilizing pass in behind the defense)  
2) Creation of space to penetrate  
3) Find a player on the run behind the back four (Pass Behind the Defense)  
4) Create numerical superiority (combination play)  
5) Advance 1v1  
6) Anticipate & adjust to shoot  
7) Get Unmarked  
8) Change speed to beat opponent (technical + physical speed) |
|                      | **FINISH**       |            |  
1) Open Pass (security pass)  
2) Creation and use of space (relationship between players) + Open Pass  
3) Play in gaps and between lines (get unmarked) + Vertical Pass  
4) Creating numerical superiority / combination play (play b/w 2 or 3 players)  
5) Switching the point of attack (+ destabilizing pass in behind the defense)  
6) Creating of space to penetrate  
7) Find a player on the run behind the back four (Pass Behind the Defense)  
8) Create numerical superiority (combination play)  
9) Advance 1v1  
10) Anticipate & adjust to shoot  
11) Get Unmarked  
12) Change speed to beat opponent (technical + physical speed) |

### Transition to Attack

<table>
<thead>
<tr>
<th>In Possession</th>
<th>Possession to Progress</th>
<th>Set Attack</th>
<th>Game Phase</th>
<th>Game Principles</th>
</tr>
</thead>
</table>
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12) Change speed to beat opponent (technical + physical speed) |

### Active Marking (Prepare to Defend)

<table>
<thead>
<tr>
<th>Recovery Defense</th>
<th>Disrupt Opponent's Possession</th>
<th>Collective Defending</th>
<th>Protect the Goal</th>
<th>Active Positioning (Prepare to Attack)</th>
</tr>
</thead>
</table>
|                  |                               |                      |                 | 1) Slow down opponent and re-organize lines  
2) Close Direct Game Channel and organize marking  
3) Vertical Balance (Protect the space behind the back four) |
| Transition to Defense |                               |                      |                 | 1) Create density and be active in DGC  
2) Direct and organize the collective defending based on the timing of the pass  
3) Create defensive numerical superiority  
4) Vertical Balance (Manage/Protect the space in front / behind the back four) |
| Set Defense      |                               |                      |                 | 1) Positioning (relationship ball/goal)  
2) Anticipate, adjust yourself to intervene (timing of tackle)  
3) Intervene: Fast Attack - Set Attack |

### Active Positioning (Prepare to Attack)

1) Create density and be active in DGC  
2) Direct and organize the collective defending based on the timing of the pass  
3) Create defensive numerical superiority  
4) Vertical Balance (Manage/Protect the space in front / behind the back four)  
5) Positioning (relationship ball/goal)  
6) Anticipate, adjust yourself to intervene (timing of tackle)  
7) Intervene: Fast Attack - Set Attack
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• “DO YOU KNOW WHAT HIGH-LEVEL SOCCER LOOKS LIKE?”
Game Project

PLAYING IN THE GAPS & BETWEEN THE LINES
Game Project

- DISCOVERY GAMES
- TECHNICAL EXERCISES
- TACTICAL SCENARIOS
- MATCH SIMULATION
Game Project

TARGET

ANTAGONIST

BALL CARRIER
Game Project
Game Project

COACH / PLAYER RELATIONSHIP
Game Project

U11 - U14

GUIDED DISCOVERY
DIRECTIVE
OBSERVATION
MOTIVATIONAL
INDIVIDUAL...
DEMONSTRATION
Game Project
U15-U18
Game Project

PLAYER PROFILE + GAME MODEL + TRAINING METHODS + THE EDUCATOR + TRAINING PLAN = INDIVIDUAL PLAYER DEVELOPMENT
## Game Project

### Training Plan

<table>
<thead>
<tr>
<th>Events Key</th>
<th>Preseason Friendly</th>
<th>U.S. Development Academy Fixture</th>
<th>Peaking Match (i.e., MLS Academy or Rival)</th>
<th>Thanksgiving / Winter Break</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Training Phase</th>
<th>Preseason</th>
<th>In-Season</th>
<th>Transition Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training Subphase</td>
<td>GPP</td>
<td>SPP</td>
<td>Active Recovery</td>
</tr>
<tr>
<td>Month</td>
<td>Aug</td>
<td>Aug</td>
<td>Sep</td>
</tr>
<tr>
<td>Monday</td>
<td>10</td>
<td>17</td>
<td>24</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11</td>
<td>18</td>
<td>25</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12</td>
<td>19</td>
<td>26</td>
</tr>
<tr>
<td>Thursday</td>
<td>13</td>
<td>20</td>
<td>27</td>
</tr>
<tr>
<td>Friday</td>
<td>14</td>
<td>21</td>
<td>28</td>
</tr>
<tr>
<td>Saturday</td>
<td>15</td>
<td>22</td>
<td>29</td>
</tr>
<tr>
<td>Sunday</td>
<td>16</td>
<td>23</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Macrocycle Number</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>OFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loading Paradigm</td>
<td>3:1</td>
<td>3:1</td>
<td>3:1</td>
<td>2:1</td>
<td>2:1</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Microcycle Number</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Athletic Development Targets</th>
<th>Primary</th>
<th>Secondary</th>
<th>Tertiary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endurance/MC</td>
<td>FMS</td>
<td>Mobility</td>
<td>Strength</td>
</tr>
<tr>
<td>Strength</td>
<td>Power</td>
<td>Power</td>
<td>Speed</td>
</tr>
<tr>
<td>Speed</td>
<td>Ant</td>
<td>Power</td>
<td>Endurance/MC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Performance Testing</th>
<th>Field</th>
<th>Power</th>
<th>Power</th>
<th>ANT</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Opponents</th>
<th>Game 1</th>
<th>Game 2</th>
<th>Game 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of Preparedness (%)</td>
<td>3</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

| Peaking Index | 3 | 3 | 4 | 2 | 2 | 4 | 3 | 1 | 3 | 4 | 5 | 2 | 1 | 4 | 5 | 3 | 3 | 2 |

Level of Preparedness: 1 = 100%, 2 = 90%, 3 = 70-80%, 4 = 60%, 5 = ≤50%
## Game Project

### Training Plan

<table>
<thead>
<tr>
<th>Training Phase</th>
<th>Training Subphase</th>
<th>Date</th>
<th>Sport Preparation Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-Season</td>
<td></td>
<td>Mon</td>
<td>Tue</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mon</td>
<td>Tue</td>
</tr>
</tbody>
</table>

### Training Demand

- **90 - 100%** Very high
- **80 - 90%** High
- **70 - 80%** Medium
- **50 - 70%** Low
- **<50%** Very low

<table>
<thead>
<tr>
<th>Date</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/21</td>
<td>Soccer</td>
<td>Soccer</td>
<td>Rest</td>
<td>Soccer</td>
<td>Rest</td>
<td>Rest</td>
<td>Lehigh Valley Utd</td>
</tr>
</tbody>
</table>

### Volume (min)

- **A.M.**
  - 90
- **P.M.**
  - 90
- **Total**
  - 90

<table>
<thead>
<tr>
<th>Date</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/21</td>
<td>90</td>
<td>90</td>
<td>0</td>
<td>90</td>
<td>0</td>
<td>80</td>
<td>0</td>
</tr>
</tbody>
</table>

### D.C. United Academy U-14's

#### Game Phase
- Possession to Progress
- Possession to Progress
- Finish
- Match

#### Session Targets
- **Game Principle**
  - Creation and use of use space (relationship between players) and open pass
  - Play in gaps and between lines (get unmarked) and vertical pass
  - Change speed to beat opponent
- Competition

- **Athletic Development**
  - Mobility
  - Agility
  - Speed
  - Sport-specific Skills

### Notes
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PLAYER PROFILE + GAME MODEL + TRAINING METHODS + THE EDUCATOR + TRAINING PLAN = INDIVIDUAL PLAYER DEVELOPMENT
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THANK YOU!