



A PHILOSOPHY: “THE GAME IS THE GREATEST TEACHER”



LET THE GAME BE THE TEACHER



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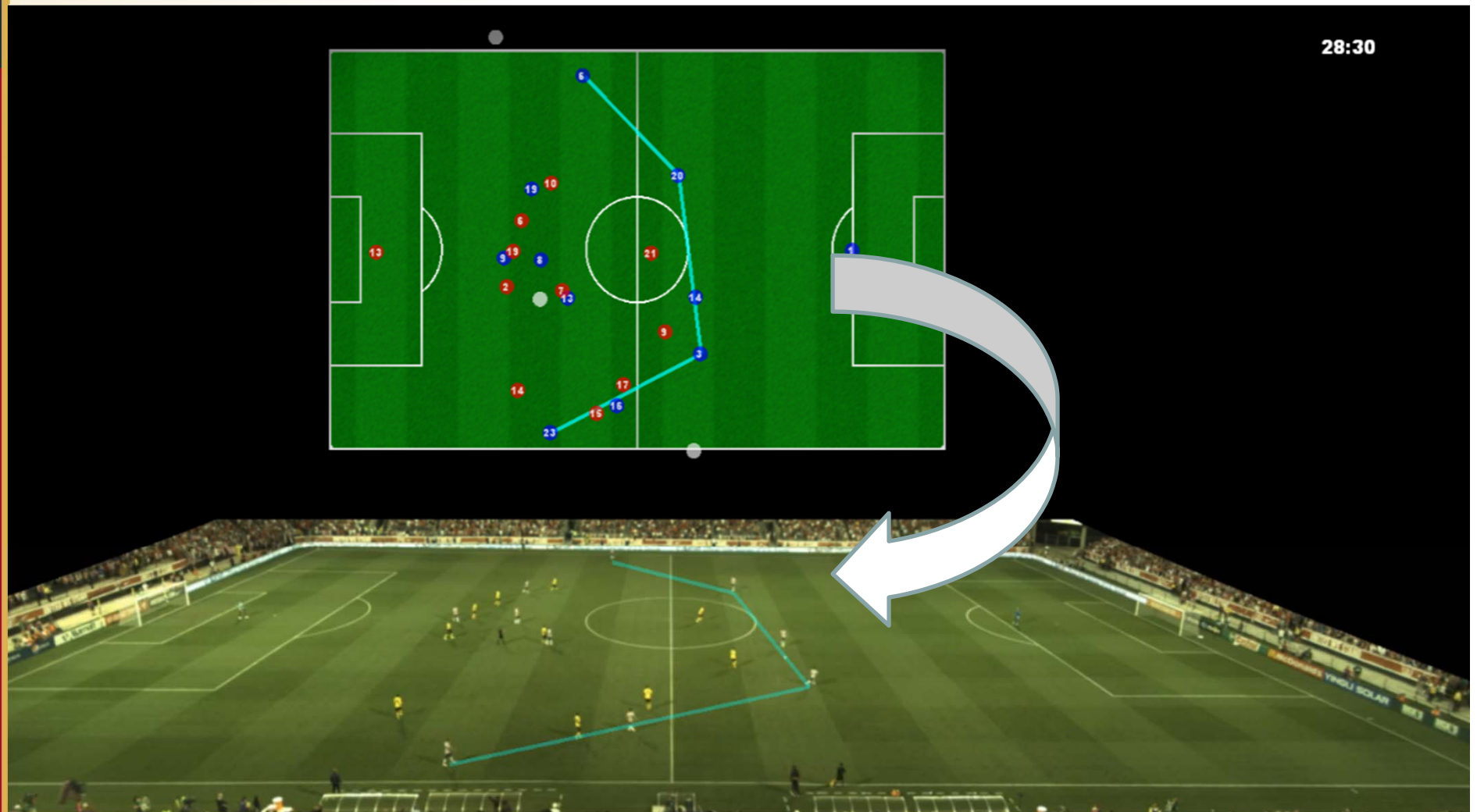
What do you think?





A PHILOSOPHY: “THE GAME IS THE GREATEST TEACHER”

AN APPLICATION: REALITY-BASED TRAINING





U.S. SOCCER FEDERATION

D. CHESLER JANUARY- 2014

U14 NATIONAL TEAM
AUGUST 2013



V.1

PROACTIVE ATTACKING: BUILDING FROM BACK HALF (V.1)



OBSERVE, ANALYZE, and SELECT:
One "Glow"
One "Grow"

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U.S. SOCCER FEDERATION

D. CHESLER JANUARY- 2014

U17 NATIONAL TEAM v ENGLAND DECEMBER 2013

PROACTIVE ATTACKING: BUILDING FROM BACK HALF (V.2)



OBSERVE, ANALYZE, and SELECT:
One "Glow"
One "Grow"

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REALITY-BASED TRAINING

1

REVIEW **PLAYER DEVELOPMENT TARGETS** AND
RELATIONSHIP TO GROUP PERFORMANCE

2

OBSERVE THE **MATCH MOMENT**, ANALYZE, PRIORITIZE &
LOCK-IN THE PERFORMANCE TARGET(S)

3

**REPLICATE THE KEY COMPONENTS OF THE MATCH
ENVIRONMENT** THAT HAS RELEVANCE TO THE
PERFORMANCE TARGETS.

4

BEGIN WITH THE END (THE MATCH) IN MIND.



Team Play --- Introducing Performance Driven Standards

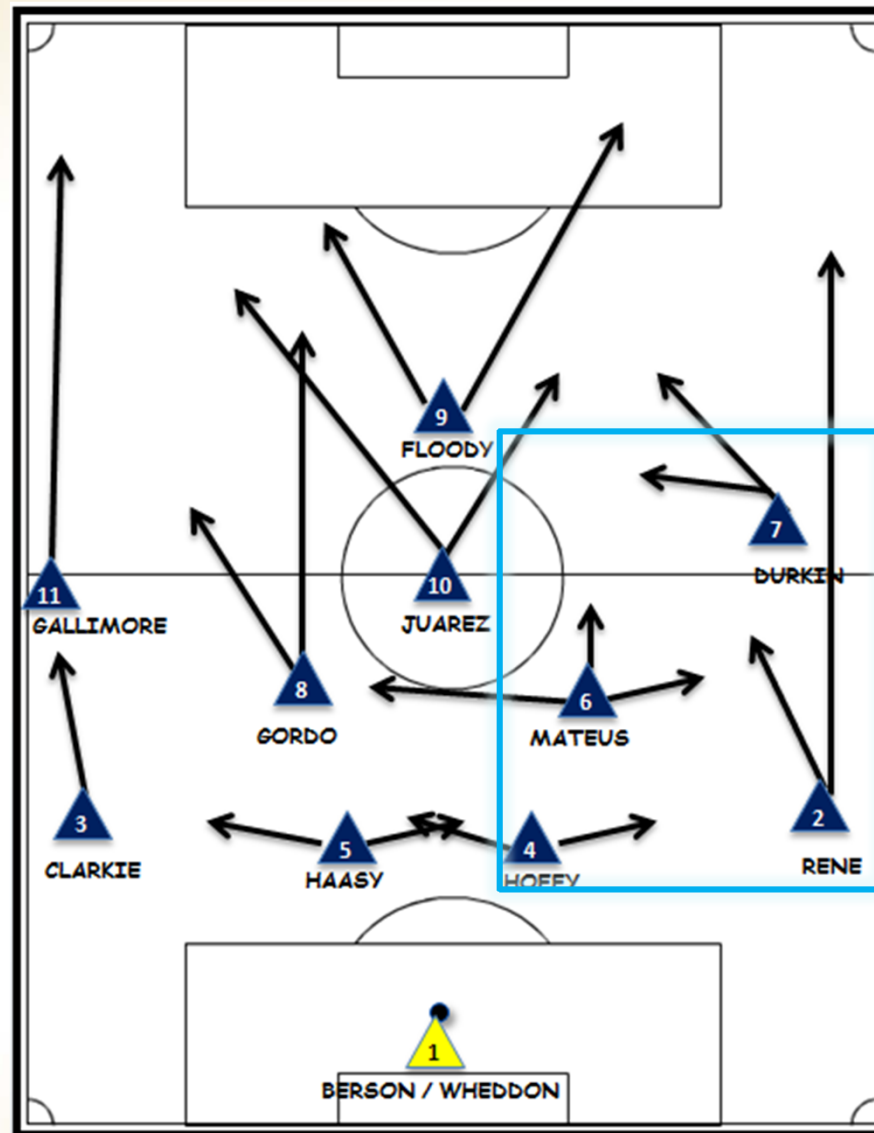
H (HABIT)	<<<<<<	A (APPLICATION IN TRAINING & MATCHES)	<<<<<<	T (TRAIN & TEACH)	<<<<<<	I (INTRODUCE & EXPLORE)			
				USSDA			Pre USSDA		
Performance Driven Standard	USMNT	U23	U20	U18	U17	U15	U14	U13	Comments
1. U.S. STYLE OF PLAY	---	---	---	---	---	---	---	---	
a. Proactive attacking and defending mentality	H	H	H	H	H	A	T	T	U12 = (I)
b. Possession with purpose, to make forward progress	H	H	H	H	H	A	A	T	
c. Constant, dynamic movement without the ball	H	H	H	H	H	A	T	T	
d. Collective effort to recover, regain, repossess the ball	H	H	H	H	H	H	A	A	No limiting technical variables --- coordinated effort and attitude.
e. Active, efficient build up with patience through the midfield to penetrate	H	H	H	H	A	A	T	T	
f. Confidence in 1v1 situations in the final third	H	H	H	H	H	A	A	T	Solutions to off-sides.
g. Dominant on set pieces	H	H	H	H	T	T	I	I	
h. Creative on set pieces	H	H	H	H	A	A	T	T	

Team Play --- Introducing Performance Driven Standards

H (HABIT)	A (APPLICATION IN TRAINING & MATCHES)		T (TRAIN & TEACH)				I (INTRODUCE & EXPLORE)		
			USSDA				Pre USSDA		
Performance Driven Standard	USMNT	U23	U20	U18	U17	U15	U14	U13	Comments
4. TRAINING METHODS RELATIVE TO AGE	---	---	---	---	---	---	---	---	
a. Functional training designed to: i. Reinforce style of play based on next opponent's strengths/weaknesses, game situations (e.g. goal up/down, man up/down, venue, climate, field, etc.) ii. Create competition within the team	H	H	H	H	H	A	T	I	
b. Functional technique and situational tactics (game management)	H	H	H	H	H	T	T	T	U12 = (I)
c. Functional technique and tactics for team play	H	H	H	H	H	T	T	T	U12 = (I)
d. Functional training of roles between 2 lines	H	H	H	H	H	H	T	I	
e. Position specific technical training and functional training of roles	H	H	H	H	H	H	T	T	U12 = (I)
f. Principles of attack and principles of defense (small groups)	H	H	H	H	H	A	T	T	U12 = (I)
g. Integrate the physical, psychological, technical, and tactical components of the game	H	H	H	A	A	T	T	T	U12 = (I)



TRAINING PLANS...



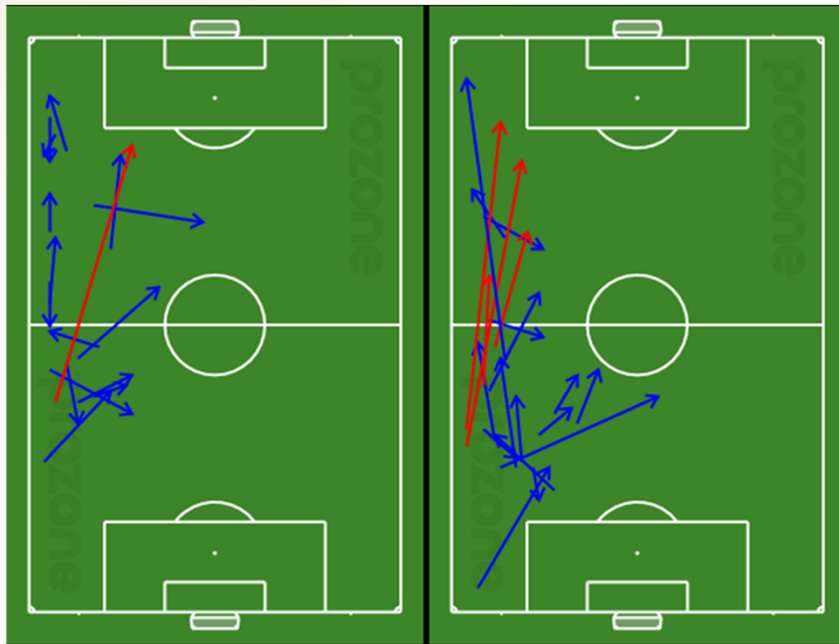
WHEN?
WHO?
WHAT
WHEN?
WHY?



TRAINING PLANS...BEGIN WITH MATCH PERFORMANCE.

LEFT FLANK

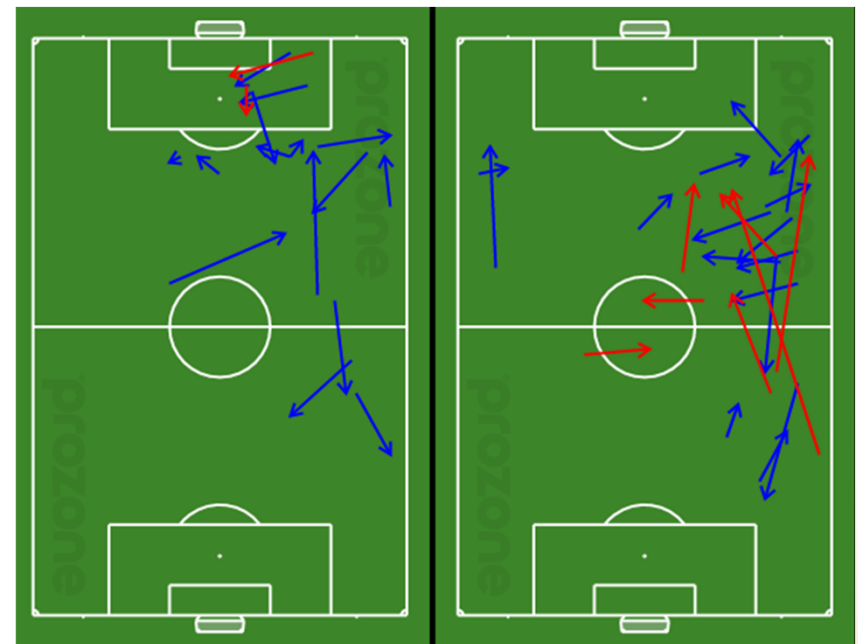
(#3,11)



ROLES?
RELATIONSHIPS?
PERFORMANCE?

RIGHT FLANK

(#2,7)



ROLES?
RELATIONSHIPS?
PERFORMANCE?



US SOCCER COACHES CENTER: PLANNING TOOL



US SOCCER COACHES CENTER

3



TRAINER / TEAM: D. CHESLER / ACADEMY U16-18

DATE: 11-JANUARY, 2014

TOPIC: CONSTRUCTING THE ATTACK FROM THE DEFENDING HALF

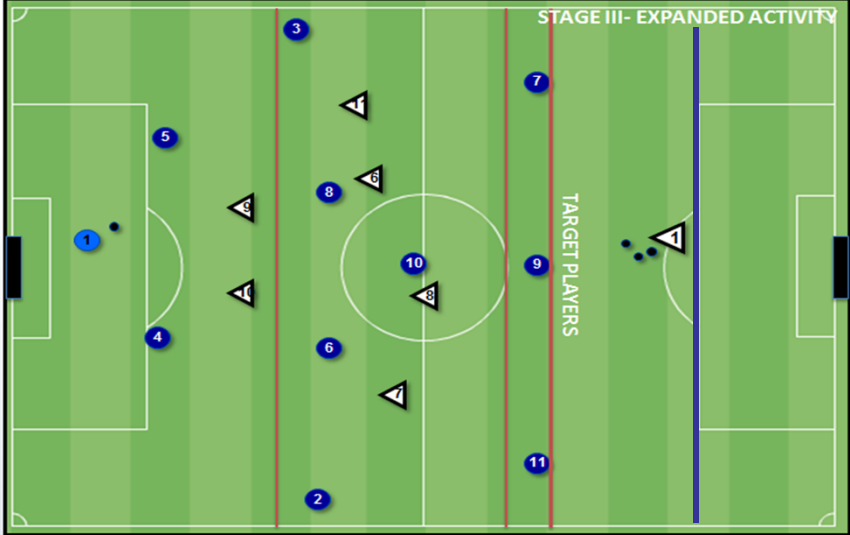
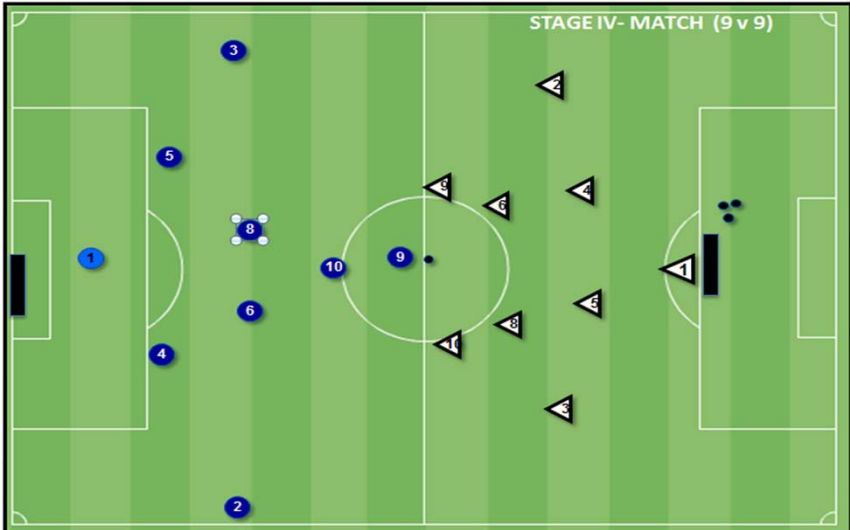
STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS
STAGE I: TECHNICAL PASSING		<p>TARGET: FUNCTIONAL PASSING AND MOVEMENT DURATION: 15 Minutes ORGANIZATION: 2 Groups @ 8 (located in the middle third of each flank channel) Work : Rest= 1:3 Intensity= Light-Moderate 4 sets@ 3 min. OBJECTIVES: TECHNICAL: Passing service (5-30m) all types of passing TACTICAL: Coordinated player + ball movement to penetrate. PHYSICAL: (Warming) 65-70% max., Agility, Flexibility COACHING POINTS:</p> <ul style="list-style-type: none"> Adjust <u>weight</u> of pass according to each moment in the pattern. Utilize <u>disguise</u> to set up passes and movement to support. Coordinated <u>timing</u> of passes and movement of teammates. <p>ACTIVE RECOVERY: Ball lifting (2 balls per group of 6 players) Maintain both balls in the air- while migrating between the two balls. (1 min. A.R. between 4 sets @ 3 min)</p>
STAGE II: TACTICAL REPETITION (Small-sided Activity)		<p>TARGET: PENETRATION (3 v 3 + 2 targets) DURATION: 20 Minutes ORGANIZATION: 2 Teams @ 3 in flank grid= 30m x 25m 2 Teams compete to penetrate to opposite end-lines. Score by serving to target- return pass into grid, then dribble-penetrate across the end-line. DURATION: 4 x 2.5min bouts (rotate target players) WORK : REST approx. 1:1.5 OBJECTIVES: TECHNICAL: Passing service (5-30m) all types of passing TACTICAL: Coordinated player + ball movement to penetrate. PHYSICAL: 90-95% max. / High Intensity COACHING POINTS:</p> <ul style="list-style-type: none"> Adjust <u>weight</u> of pass according to each moment in the pattern. Utilize <u>disguise</u> to set up passes and movement to support. Coordinated <u>timing</u> of passes and movement. Effective <u>penetration</u> from one target to the opposite. <p>ACTIVE RECOVERY: 2.5 minutes between bouts (ball lifting, short passing, etc)</p>



TRAINER / TEAM: D. CHESLER / ACADEMY U16-18

DATE: 11-JANUARY, 2014

TOPIC: CONSTRUCTING THE ATTACK FROM THE DEFENDING HALF

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS
STAGE III: EXPANDED ACTIVITY		<p>TARGET: FUNCTIONAL ATTACKING ROLES (1-4-2-3-1) DURATION: 25 Minutes 2x12 min bouts 1 min recovery ORGANIZATION: ATTACK PHASE: Single Goal and counter-targets 8 v 6 (organized into functional match roles as labeled in the diagram) Half Field + 15m length- (Full goal and counter-targets as shown) MANIPULATE the # of white opponents who may cross the RED restraining line. ADD 2 additional WHITE opponents for add'l pressure. FREE PLAY for the blue attacking team.</p> <p>OBJECTIVES: TECHNICAL: Passing service (5-30m) all types of passing TACTICAL: Coordinated player + ball movement to penetrate. PHYSICAL: (Warming) Heart-rate 110-150, Agility, Flexibility</p> <p>COACHING POINTS:</p> <ul style="list-style-type: none">Supporting shape and role of fullbacks (#2, 4, 5, 3 and c. midfielders)Tactical response to opp. pressuring with single striker or a 3-front.Coordinated <u>timing</u> of passes/movement for 3 midfielders (#6, 8, 10) <p>ACTIVE RECOVERY: 2 minutes between each bout- hydrate and review performance targets.</p>
STAGE IV: MATCH (Game Application)		<p>TARGET: 9 v 9 TRAINING MATCH (1-4-3-1) v (1-4-2-2) DURATION: 30 minutes ORGANIZATION: Field shortened to 80m (top of box to opposite end line) 2 Teams- 8v 8 + Goalkeepers (maximum # from training group size) DURATION: 2 x 14 minute bouts (2 min. recovery between bouts)</p> <p>OBJECTIVES: TECHNICAL: Passing service- tech. applications as the game demands. TACTICAL: Fx. roles of the backs, , coordination of #6, 8, 10, 7, 11 PHYSICAL: Match conditions- high intensity aerobic (170-190 bpm) PSYCH: Compete</p> <p>COACHING POINTS:</p> <ul style="list-style-type: none">Adjust <u>weight</u> of pass according to each moment in the pattern.Utilize <u>disguise</u> to set up passes and movement to support.Coordinated movement of teammates in advance of the ball.Goalkeeper distribution tech/tact to initiate the attack. <p>ACTIVE RECOVERY: 2 minutes between each bout- hydrate and review performance targets.</p>



CREATE A CULTURE OF CHANGE...

“IT’S NOT ABOUT PERFECT. IT’S ABOUT **EFFORT**.
AND WHEN YOU IMPLEMENT THAT EFFORT INTO
YOUR LIFE...**EVERY SINGLE DAY**, THAT’S WHERE
TRANSFORMATION HAPPENS. THAT’S HOW
CHANGE OCCURS. **KEEP GOING. REMEMBER
WHY YOU STARTED.**”

Anonymous