



# Young Player Development Program Overview

During the month of June, C.J.S.A. complete their annual Olympic Development Program/Young Player Development Program tryouts for both boys and girls in which the coaching staff selects a pool of players. Those players selected at the U-12/U-14 age groups, are invited to participate in the Young Player Development Program in order for the players to be evaluated as to their suitability to participate in the state Olympic Development Program.

The YPDP program is conducted during the fall season over a seven week period, in which the coaches will train and evaluate the players each week and record their assessments on each player within their respective groups. The coaching staff will follow the age appropriate ODP curriculum in order to expose the players to environments that are both educational and demanding. The role of the coach should be to place the players into as many situations as possible that will replicate the game. Each session should engage the players in activities that will allow them to discover and solve problems that they will encounter on a regular basis.

Each week the coaches will be assigned a topic in which they will devise their own 45 minute technical/tactical session relative to the given topic. Each session, the groups will be split into small numbers and each coach will implement their 45 minute tech/tactical portion of the session and finish with 60 minutes of free play, along with a cool down and Q&A session at the end. Dynamic warm-ups must be included in all sessions. During each session, the coaching staff will evaluate the players on their technical, tactical, physical and psychological abilities.

At the completion of the YPDP Program the Director and State Director of Coaching will review the assessments and determine the players that will be selected to participate in the state ODP program.

Topic sessions;

Week 1- Dribbling

Week 2- Passing & Receiving

Week 3- Positive 1<sup>st</sup> touch

Week 4 - Defending U-12 (roles of 1<sup>st</sup> & 2<sup>nd</sup> defender) U-13/14 (roles of 1<sup>st</sup> 2<sup>nd</sup> & 3rd defender)

Week 5 – Attacking U-12 (roles of 1<sup>st</sup> & 2<sup>nd</sup> attacker) U-13/14 (roles of 1<sup>st</sup> 2<sup>nd</sup> & 3rd attacker)

Week 6- Transition

Week 7- Possession to penetrate



Players U-12 and U-13 yrs.

#### General Technical Execution

Overriding principles governing coaching players U-12 and U-13 years old.

1. Enjoyment in playing
2. Positive playing mentality
3. Many and varied activities emphasizing individual technique and playing in small numbers
4. Emphasize training games of 4v4-diamond shape
5. Connection in 2's - 1<sup>st</sup> and 2<sup>nd</sup> Defender and Attacker
6. Players play many positions
7. Roles not specialized

#### Technique

1. Dribbling- All objectives, possession and penetration
  - a. Shielding
  - b. Escape Maneuvers
  - c. Individual Moves
  - d. 1 v 1 duel in attack
2. Passing and Receiving
  - a. Striking Balls- Basic clean instep strike, different surfaces to pass
  - b. Receiving with different surfaces
  - c. Receiving to turn
  - d. Playing to feet and playing to space
  - e. Passing to penetrate
3. Finishing- All types
  - a. Shooting- power, accuracy
  - b. Slotting ball past keeper
  - c. Toe pokes, volleys, ½ volleys
  - d. Dribble goalkeeper

#### Tactical

1. Basic Combination Play
  - a. Wall Pass
2. Work of 1<sup>st</sup> and 2<sup>nd</sup> attacker and defender
  - a. Role of 1<sup>st</sup> attacker in achieving penetration or keeping possession
  - b. Role of 2<sup>nd</sup> attacker in support of 1<sup>st</sup> attacker.
  - c. Work of 1<sup>st</sup> and 2<sup>nd</sup> attackers as a playing unit to achieve penetration or keep possession at point of attack.
  - d. Role of 1<sup>st</sup> defender in denying penetration.
  - e. Role of 2<sup>nd</sup> defender in support of 1<sup>st</sup> defender
  - f. Work of 1<sup>st</sup> and 2<sup>nd</sup> defenders as a playing unit to deny penetration at the point of attack



Players U-13 and U-14 yrs.

General Technical Execution > Technical Functional Training

Overriding principles governing coaching players U-13 and U-14 years old.

1. Reinforcement of principles from previous ages, especially individual technique
2. Able to see and execute more options
3. Playing in larger numbers, emphasize training games of 5v5 in diamond shape with CMP
5. Some role specialization
  - a. Attacking vs. defending predilection
  - b. Central or organizing players, vs. flank players

Technique

1. Dribbling- All objectives, penetration and possession
  - a. All objectives from previous ages reinforced
  - b. Dribbling in relation to location on field. Dribbling in relation to thirds of the field. Dribbling centrally or on flank
2. Striking balls- Pure instep drive; bending ball, emphasize outside of foot.
  - a. Introduce technical functional training- flank players crossing- central players long and short distribution, changing point of attack.
3. Finishing- All possibilities
  - a. Improvisational, often combining dribbling and then finishing.
  - b. Getting on end of crosses, including heading

Tactical

1. Combination Play
  - a. Wall pass
  - b. Double pass
  - c. Setting up pass
  - d. Take over
2. Balance a 3<sup>rd</sup> attacker
  - a. Emphasize how to balance a single third attacker
  - b. Within different numbered exercises (e.g. 3v3 to 6v6), how one 3<sup>rd</sup> defender will balance the immediate third attacker.
3. Unbalance a 3<sup>rd</sup> defender
  - a. Emphasize how to unbalance a single third defender
  - b. Within different numbered exercise (e.g. 3v3 to 6v6) how one 3<sup>rd</sup> attacker will unbalance the immediate 3<sup>rd</sup> defender.
4. Team Shape
  - a. How to make field small in defense.
  - b. How to make field big in attack.
  - b. Introduce concept of four blocks.