We Are Fremont

SPIRIT
PURPOSE
WORK HARD
INTEGRITY
WORK FOR EACH OTHER
BE HUMBLE
RESPECT
FREMONT
COHESION
LEADERSHIP
PASSION

U8 Training Pool
Curriculum

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The Fremont YSC Coaching Curriculum aims to develop the individual player, and to assist in continued coach education.

Youth soccer and its development in a player is an individual sports within the context of a game scenario.

Vision

Fremont YSC develops the individual player, by providing its coaches with an age specific curriculum to best develop the player's 4 pillars of development and the structures that make up the player. The 5 to 8 year old player primarily needs a lot of free play and exposure to the fundamentals of soccer, of dribbling, passing, and shooting. Competition outside of the controlled practice environment can be detrimental at this age as the focus is taken away from the individual development of the player.

Creating a player at the youngest age with a good technical skills base will mean players will feel comfortable in possession of the ball at the older age groups. Winning is not a focus, and mistakes will happen, which is all part of the learning experience. As coaches, we need to encourage players to try skills and learn from the experience. Feedback is critical for development, with players receiving multiple feedbacks from actions – winning/losing the ball, and from verbal feedback. It is encouraged that coaches reward player's efforts with responses that praise hard work and good effort followed with a coaching point. Praise for being the 'best' player, or for being a player with 'outstanding' skills, that are perceived to be at the 'next level', will be detrimental to their continued development as they will feel that they have already achieved the highest level. This is a key element in their psychological development.

Every player must also be treated as a human being, with youth sports acting as the vessel for important life skills, and it is key for coaches to feel safe in the methodology of delivering the life skills needed by all youth athletes.

Recommended Reading - 'Bounce', Matthew Syed; 'Mindset', Carol Dweck

Thank you for your time and effort in providing youth soccer players with an environment that is safe and fun.
I look forward to working with you all over the coming season.

Thank you,

Dai Redwood

Executive Director, Fremont YSC

Soccer is an objective task with principles and rules of play which will never change, no matter where in the world you are. The philosophy of soccer has no external factors, and is based on fact; fact, you can only score with the ball entering the goal. Past experiences do not change the philosophy of soccer, past opinions are subjective to the context of soccer and these external factors give room for error.

"External factors influence action without direction, otherwise known as chaos"

Raymond Verheijen

SOCCER PHILOSOPHY AND ACTIONS

SOCCER

Attacking **Transition** **Defending**
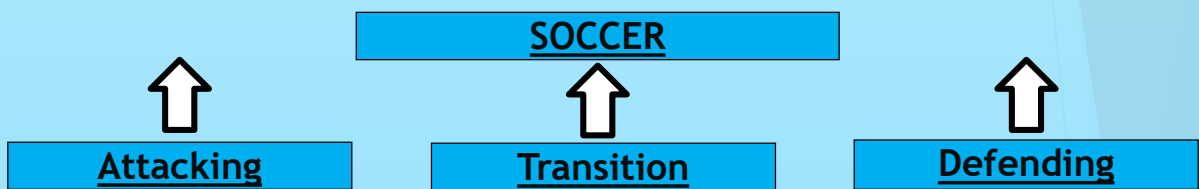
This is soccer's philosophy, and its simplest form, from here we must coach the soccer actions which make up the components to the philosophy.

Process = Soccer Actions - Passing, Dribbling, Pressing

The Fremont YSC curriculum provides an outline and sessions to work on the soccer actions, we must now coach within the soccer philosophy. The curriculum provides technical coaching points on every soccer action, and situational points that will be seen in any given session. At the point of stopping for a coaching point you must point out one of the following:

Position **Moment** **Direction** **Speed**

Communication - Game Insight – Technique – Soccer Fitness

SOCCER FITNESS

Soccer fitness is the process of repeated soccer actions at high repetition at a high quality. Importance must be placed on the soccer action, laps around a field is a basic action and not a soccer specific action, at no time will you see a player running laps during a game, and neither will you in this curriculum!

THE GAME

X = actions
- = repetitions

X - - -X - - - X - - - X - - - X = actions in game, action less frequent and lack of quality (drops)

X – X – X – X – X – X – X = High Level, more frequent actions, quality maintained

Better Soccer Actions – High Repetition – More Actions / Minute (maintain) – Maintain Quality

1. Position
2. Moment
3. Direction
4. Speed

Maximum Explosive Soccer Action	Soccer Sprints – maximum rest	Better Actions
Quicker Recovery Between Actions	3v3/4v4 games	More Actions
Maintain Maximum Explosive Actions	Soccer Sprints – minimal rest	Maintain Good Actions
Maintain Quick Recovery	8v8/11v11 games	Maintain Many Actions

At the younger ages, the soccer specific fitness will be achieved through free play and small sided games.

Small sided games require changes in speed and direction, increasing explosive soccer actions and ultimately better actions in the game. The small dimensions and times of a small sided game puts stress on recovery, with high repetitions overloading number of action usually performed in a bigger game. All this soccer fitness is developed while playing!
Higher quality, at a higher intensity, fewer times, is better than poor quality many times; no need for shuttle sprints at the end of practice. Overload the players at a high intensity during practice.

The Fremont YSC curriculum brings a holistic approach to soccer, through scientific research with execution of the practice at a high level. Keep the coaching objective, stick to the facts of the soccer philosophy, your subjectivity is the art in which you coach, so raise your level and maintain the highest standards, avoid the chaos.

Good luck this season, raise your bar, and be the best for the youth players you are working for!

FREMONT FRAMEWORK

In Possession
- Play from defensive to midfield third
- Quick ball movement to create overloads
- Attack 1v1 in wide positions

+ Attacking Transition
- Counter attack on possession regain
- Positive attacking movement in to open spaces
- Secure the first pass

- Defensive Transition
- React quickly
- Press immediately or protect on loss of ball
- Force play in to supporting defenders

Out of Possession
- Desire to win the ball back
- Prevent split passes
- Protect the middle in front of goal
- Protect space between units

FREMONT

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Week	Session	Topic	Periodization				
			WE	THEY	SPECIALITY	PHASE	Season
1	1	Pool Training - Free Play	■	■		1, 2, 3, 4	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
2	1	Pool Training - Free Play	■	■		1, 2, 3, 4	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
3	1	Pool Training - Free Play	■	■		1, 2, 3, 4	■
	2	Pool Training - Speed	■		■		■
4	1	Dribbling 1	■			3	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
5	1	Passing 1	■			2, 3	■
	2	Pool Training - Balance	■		■		■
6	1	Dribbling 1	■			3	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
7	1	Passing 1	■			2, 3	■
	2	Pool Training - Coordination	■		■		■
8	1	Shooting 1	■			4	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
9	1	Dribbling 1	■			3	■
	2	Pool Training - Speed	■		■		■
10	1	Passing 1	■			2, 3	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
11	1	Dribbling 2	■			3	■
	2	Pool Training - Balance	■		■		■
12	1	Passing 2	■			2, 3	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
13	1	Shooting 2	■			4	■
	2	Pool Training - Coordination	■		■		■
14	1	Dribbling 1	■			3	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
15	1	Passing 1	■			2, 3	■
	2	Pool Training - Speed	■		■		■
16	1	Dribbling 3	■			3	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
17	1	Passing 3	■			2, 3	■
	2	Pool Training - Balance	■		■		■
18	1	Shooting 1	■			4	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
40	1	Shooting 2	■			4	■
	2	Pool Training - Coordination	■		■		■
19	1	Technical Grid	■				■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■
20	1	Pool Training - Free Play	■	■		1, 2, 3, 4	■
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	■

Session List

21	1	Pool Training - Free Play	■	■		1, 2, 3, 4	red
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	red
22	1	Pool Training - Free Play	■	■		1, 2, 3, 4	blue
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	blue
23	1	Pool Training - Free Play	■	■		1, 2, 3, 4	blue
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	blue
24	1	Technical Grid	■		■		yellow
	2	Pool Training - Speed	■		■		yellow
25	1	Dribbling 1	■			3	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
26	1	Passing 1	■			2, 3	yellow
	2	Pool Training - Balance	■		■		yellow
27	1	Dribbling 1	■			3	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
28	1	Passing 1	■			2, 3	yellow
	2	Pool Training - Coordination	■		■		yellow
29	1	Shooting 1	■			4	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
30	1	Dribbling 1	■			3	yellow
	2	Pool Training - Speed	■		■		yellow
31	1	Passing 1	■			2, 3	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
32	1	Dribbling 2	■			3	yellow
	2	Pool Training - Balance	■		■		yellow
33	1	Passing 2	■			2, 3	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
34	1	Shooting 2	■			4	yellow
	2	Pool Training - Coordination	■		■		yellow
35	1	Dribbling 1	■			3	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
36	1	Passing 1	■			2, 3	yellow
	2	Pool Training - Speed	■		■		yellow
37	1	Dribbling 3	■			3	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
38	1	Passing 3	■			2, 3	yellow
	2	Pool Training - Balance	■		■		yellow
39	1	Shooting 1	■			4	yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
40	1	Shooting 2	■			4	yellow
	2	Pool Training - Coordination	■		■		yellow
40	1	Technical Grid	■		■		yellow
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	yellow
41	1	Evaluations			■		red
	2	Evaluations			■		red
42	1	Pool Training - Free Play	■	■		1, 2, 3, 4	red
	2	Pool Training - Free Play	■	■		1, 2, 3, 4	red
43	1	Pool Training - Free Play	■	■		1, 2, 3, 4	red

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Session List

	2	Pool Training - Free Play				1, 2, 3, 4	
43	1	Pool Training - Free Play				1, 2, 3, 4	
	2	Pool Training - Free Play				1, 2, 3, 4	
						Pre	
						During	
						Post	

Every session must begin with a 10 minute activity to work on the soccer specific co-ordination and motor movement of the player. The coach, with reference to the topic can select either one of the 3 following activities, but must take in to consideration the topic of the practice and variety of activities from one session to the next –

- **Individual dribbling**, with specific technical skill being demonstrated, i.e, rollover, scissors, variety of turns
- **Juggling**, age and ability specific challenges to engage the player
- **Individual movement**, ball each moving within the playing area with ball in hand, set challenges including throwing and catching, throwing clapping, and body movement patterns, i.e. cartwheel, forward roll

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Breakdown of Mechanics

Dribbling

1. Keep ball close
2. Vary surfaces of the foot
3. Head Up
4. Change of pace
5. Change of direction

Running with the Ball

1. Get ball out of feet.
2. Make contact with the laces
3. Head up
4. Get into running stride
5. Move quickly

Running with the Ball vs Dribbling

Running with the Ball is taking the space ahead of you, at speed with larger touches of the ball when in your sprinting stride.
Dribbling is utilized when there is limited space and pressure by an oncoming defender, keeping the ball close and changing direction at speed
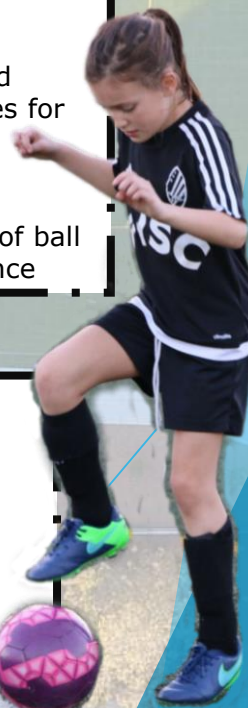
Heading

Attacking

1. Eyes open
2. Head ball using forehead
3. Use neck & back muscles for power
4. Arms out for balance
5. Stay on toes
6. Head top to middle of ball
7. Go for accuracy

Defending

1. Eyes open
2. Head ball using forehead
3. Use neck & back muscles for power
4. Arms out for balance
5. Stay on toes
6. Head middle to bottom of ball
7. Go for height and distance

Control

1. On toes
2. Eye on the ball
3. Get in line with ball
4. Decide and present surface towards ball
5. Relax on impact

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Breakdown of Mechanics

Short Passing

1. Look at target
2. Eye on ball
3. Angle of approach
4. Non-kicking foot alongside ball in a
comfortable position
5. Strike Centre of ball with inside /
outside of foot (Identified area of the ball)
6. Firm ankle
7. Follow through towards target

Passing Variations

There are a number of different techniques when passing the ball, and this variety of distribution is used in different situations. By adjusting the surface of the foot used, and the striking area of the ball, you can add spin to dip, bend, and curl, along with a variety speed to loft, chip, and drive a pass. Become a creative player and practice these advanced techniques to use in your games.

Turning

1. Eye on the ball
2. Decision,
Change of Direction
3. Contact with surface (if required) or feint.
4. Head Up
5. Low Centre of gravity (balance)
6. Change of Direction
7. Acceleration into Space

Defending

1. Get in Line
2. Pressure on the ball
3. Deceleration
4. Body Position
5. Stay on toes
6. Be Patient
7. Decision
8. Recovery Runs (Movement)
9. Tracking Players

Shooting

1. Get your body in a position to strike the ball
2. Angled approach
3. Non kicking foot beside the ball
4. Head over the ball
5. Select Surface & Strike: E.g. Laces, Inside.
6. Follow through
7. Aim low and across goal (Accuracy)
8. Decision

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