



GUNSTON

SOCCER CLUB

TRAVEL PLAYER EXPERIENCE U13 & OLDER

MISSION AND VISION

MISSION: To create a safe, fun, and educational environment where people of all backgrounds in our community can grow and thrive through soccer.

VISION: To use soccer as a tool to empower and develop our community, creating a stronger, more inclusive place for everyone to enjoy.

VALUES:

Players First – starts and ends with the participants

In The Community – An extension of our community

Safety – A safe place to play with care and respect

Forward Thinking – Open mind toward the future

GUNSTON TAGLINE: Play. Grow. Lead.

#PlayGrowLead





U13 + PLAYER PROFILE - CLEATS

CHARACTER SKILLS

Trustworthy, Confident, Motivated, Positive, Disciplined, Resilient, Hard Working

LIFESTYLE

Nutrition & Hydration, Social Groups, Time Management, School/Work, Active Resting, Sleep

EMOTIONAL INTELLIGENCE (EI)

Self-Aware, Self-Motivated, Socially-Aware, Manages Emotions, Manages Relationships, Empathetic

ATHLETICISM

Speed & Agility, Endurance, Strength, Balance, Flexibility, Explosive Power & Jumping

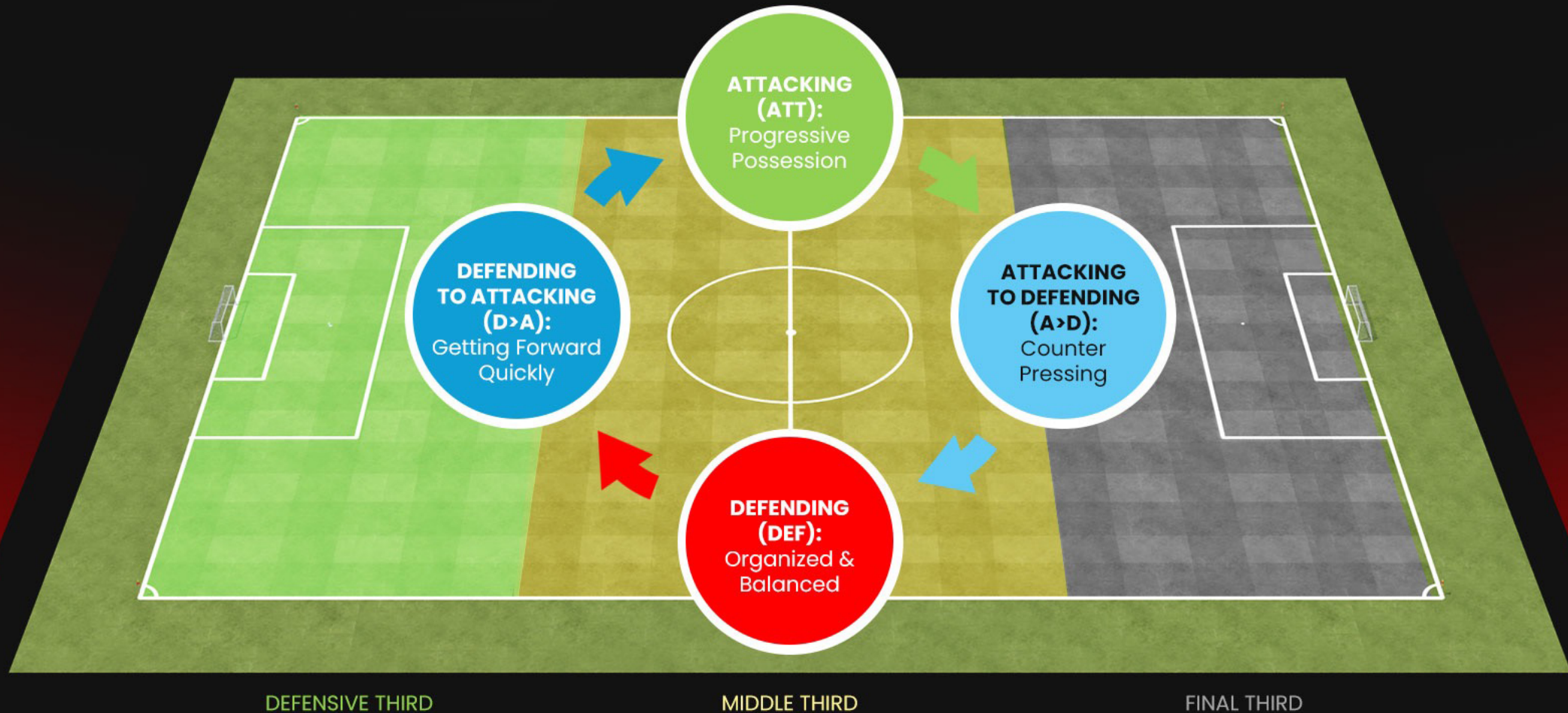
TECHNICAL SKILLS

Dribbling and Ball Control, Finishing and Ball Striking, Passing, Receiving, Defending, and Vision

SOCCER IQ

Game Sense & Understanding, Ability to Read the Game, Decision-Making Skills, Problem Solving of the Changing Game Play, Strategic Player

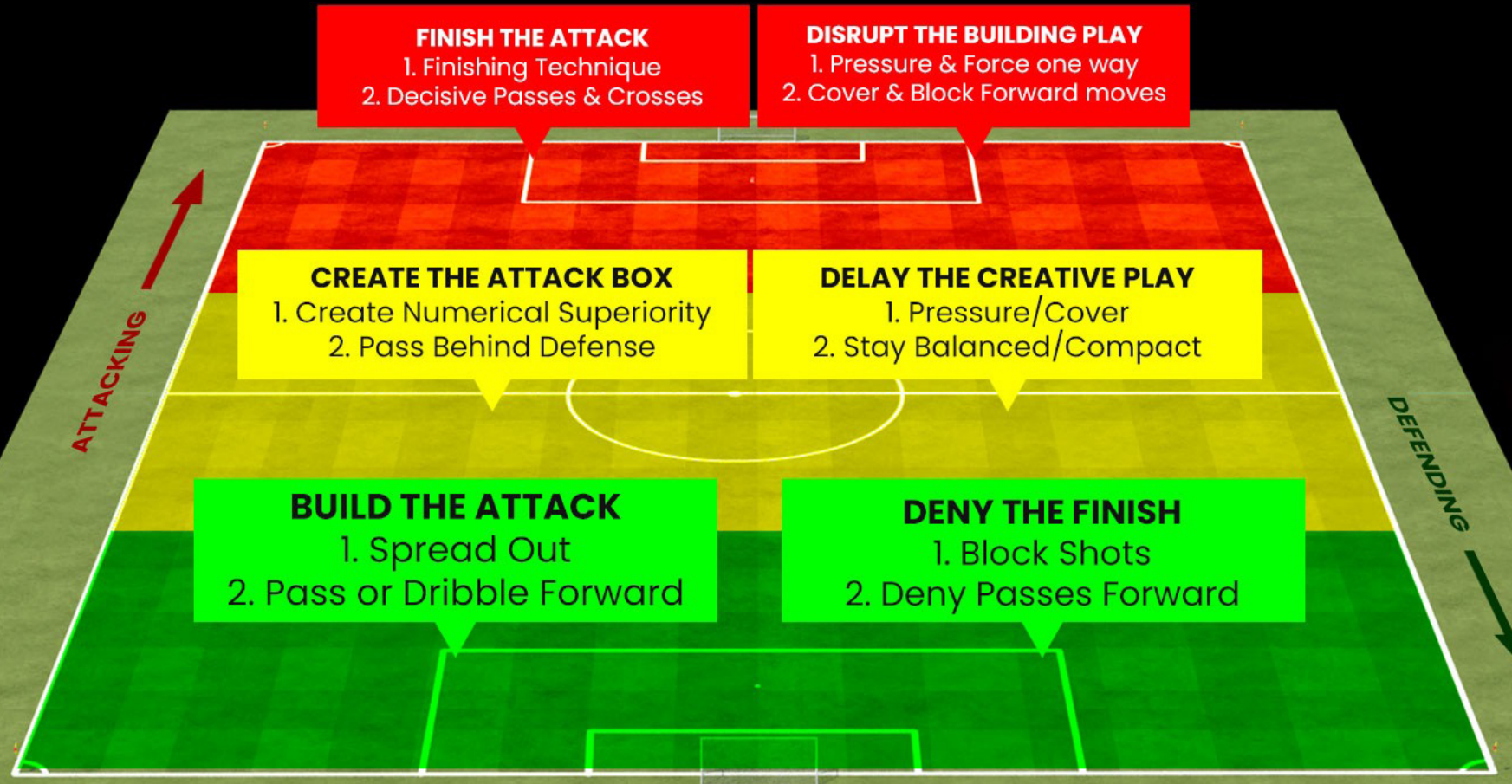
MOMENTS OF THE GAME



PHASES OF GAME FOR U13+



TEAM TACTICAL PRINCIPLES FOR U13+





COACHING BEHAVIOR

TECHNICAL ACTIVITY - High energy, direct, specific instruction to bring out the behavior.

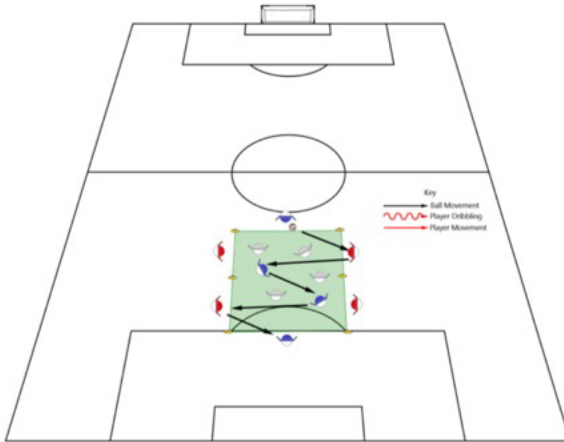
SMALL SIDED GAME - Helicopter approach, mixed use of guided discovery questions and direct feedback

MATCH SIMULATION - Interventions are limited. Allow the players to showcase their learning and have fun!

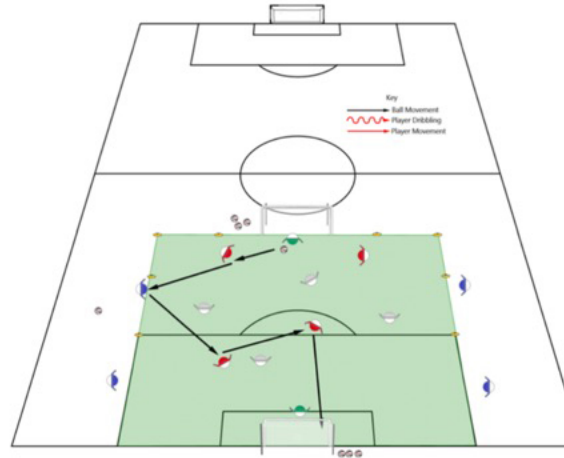


U13+ CURRICULUM SIMPLE TO COMPLEX

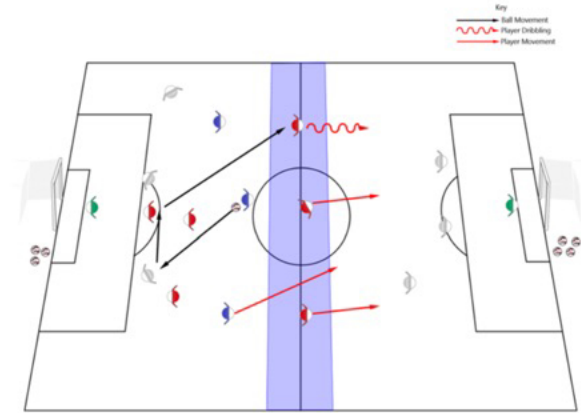
- Simple session designs to promote development
- Caters to a wide range of players
- Ability to build upon week to week to challenge our players
- Progressions to accelerate the development process on any given session



FINISHING PLAY IN THE
ATTACKING THIRD



FINISHING PLAY IN THE
ATTACKING THIRD



FINISHING PLAY IN THE
ATTACKING THIRD

MATCH SIMULATION - 11V11

Simple to Complex Methods

Technical Activities – Develop ball mastery and comfort under pressure to prepare players for the demands of the game

Small Sided Games – Focus on the specific scenarios players will see in a game such as 3v2 in front of a goal

Match Simulation – Replicate the match in a 11v11 environment with all rules in place to prepare for game days.



EXPECTATION OF OUR COACH

SIX TASKS OF A COACH

Leadership & Role Model

- A. Demonstrator
- B. Communicator

Lead the Team

- A. Assess the Team's Performance

Lead the Player

- A. Provide feedback

Coaching Training Sessions

- A. Structure of the Sessions
- B. Transitions
- C. Instructive-Corrective-Encouraging

Coaching Games

- A. Coaching with the Flow

Managing Performance Environment

- A. Administrator
- B. Works with Parents



SYSTEMS PLAY

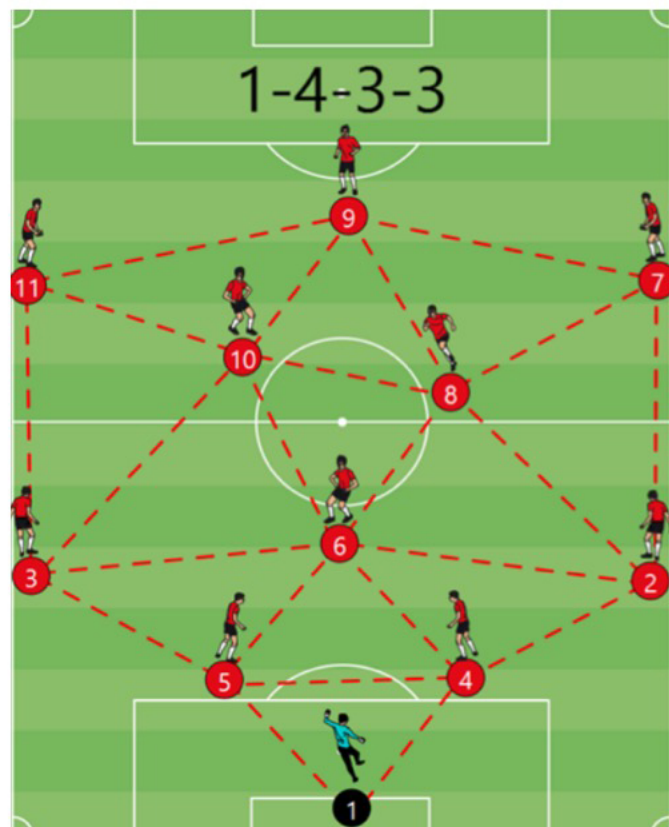
U13+

Our two systems to promote individual development (1-4-3-3 or a 1-4-2-3-1)

Each player will experience 2-3 positions within each line of the team throughout the season

Learning to play within of a team / line of players (defense, midfield, forwards)

Players develop responsibilities and various roles in a team such as enjoying to score goals or deny goals, creating chances, etc.



SAMPLE WEEK PLAN U11+

Each group trains 3x per week

1 match on the weekend

Coach follows curriculum to promote development and meet the needs of the team

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SCHEDULE	OFF	TRAIN	OFF	TRAIN	TRAIN	OFF	GAME
FUNCTION		DEFENDING		ATTACKING	SKILLS		ATTACKING

PLAY

GROW

LEAD





[#PlayGrowLead](#)