



US Youth Soccer Player Development Model

Mike Smith

Portland Timbers Academy Director



US YOUTH SOCCER WORKSHOP
AT THE NSCAA CONVENTION

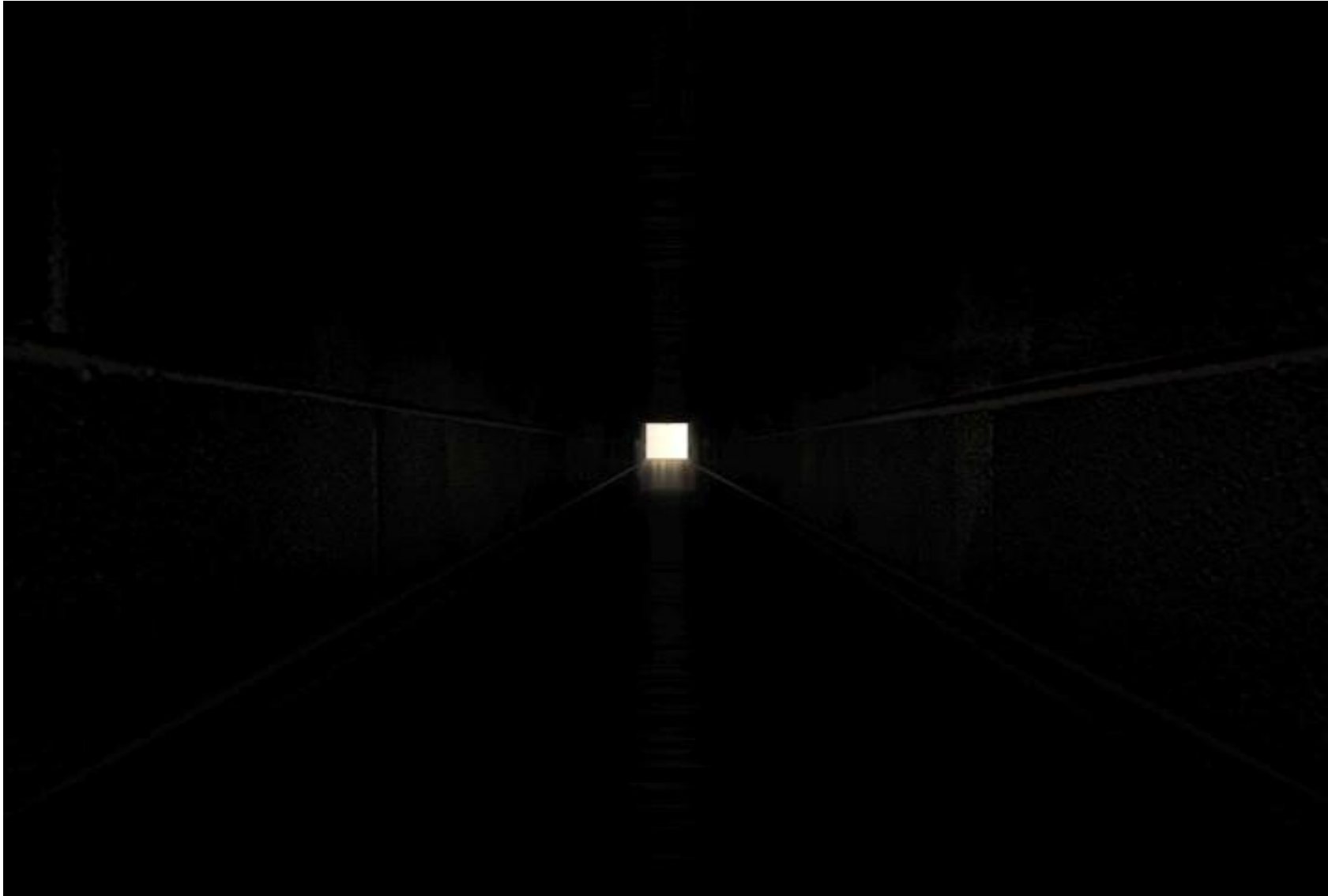


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What is the Model?

- Key considerations for Development
- Long Term Player Development
- Age appropriate considerations
- Portland Timbers Academy setup & examples
- Additional international enhancements
- Questions & Answers





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Player Development

“The problem in the U.S.A. is they start travel soccer at too early an age. That’s totally detrimental. It becomes more like winning and collecting hardware than about having kids play and learning from playing.”

Alfonso Mondelo, MLS Director of Player Development

“Play is the highest form of research.”

Albert Einstein

Key considerations for development

“As a coach, to be successful in soccer you need time to develop your own philosophy.”

Arsene Wenger

Availability of Appropriate Facilities

Coaching Philosophy; performance, before outcome U6-14

Comprehensive Age-Appropriate Curriculum

Qualified Coaching with ongoing Education

Utilization of Small-sided games (i.e. Spain)

Individual, Team, & Club development





Facilities for Development

Access to training facilities

Portable goals different sizes

Balls of age appropriate sizes

Cones, different colors/sizes inc flat

Training bibs of different colors

Mannequins for free-kick training

Corner flags

Hurdles & agility ladders

Rebound wall

First aid, foam rollers, resistance bands, athletic training equipment

Video camera filming platform

Locker room for team talk, video review & showers
Storage



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Long Term Player Development

“There is no magic formula or short cut to successful player development. Coaching at youth levels is all about working with players to improve performance, not about recruiting players to build teams and win championships. Soccer is a player’s game and players should be considered first when political, administrative and coaching decisions are made.”

***Bobby Howe, former US Soccer Director of Coaching,
Portland Timbers & National Team***

Long Term Player Development

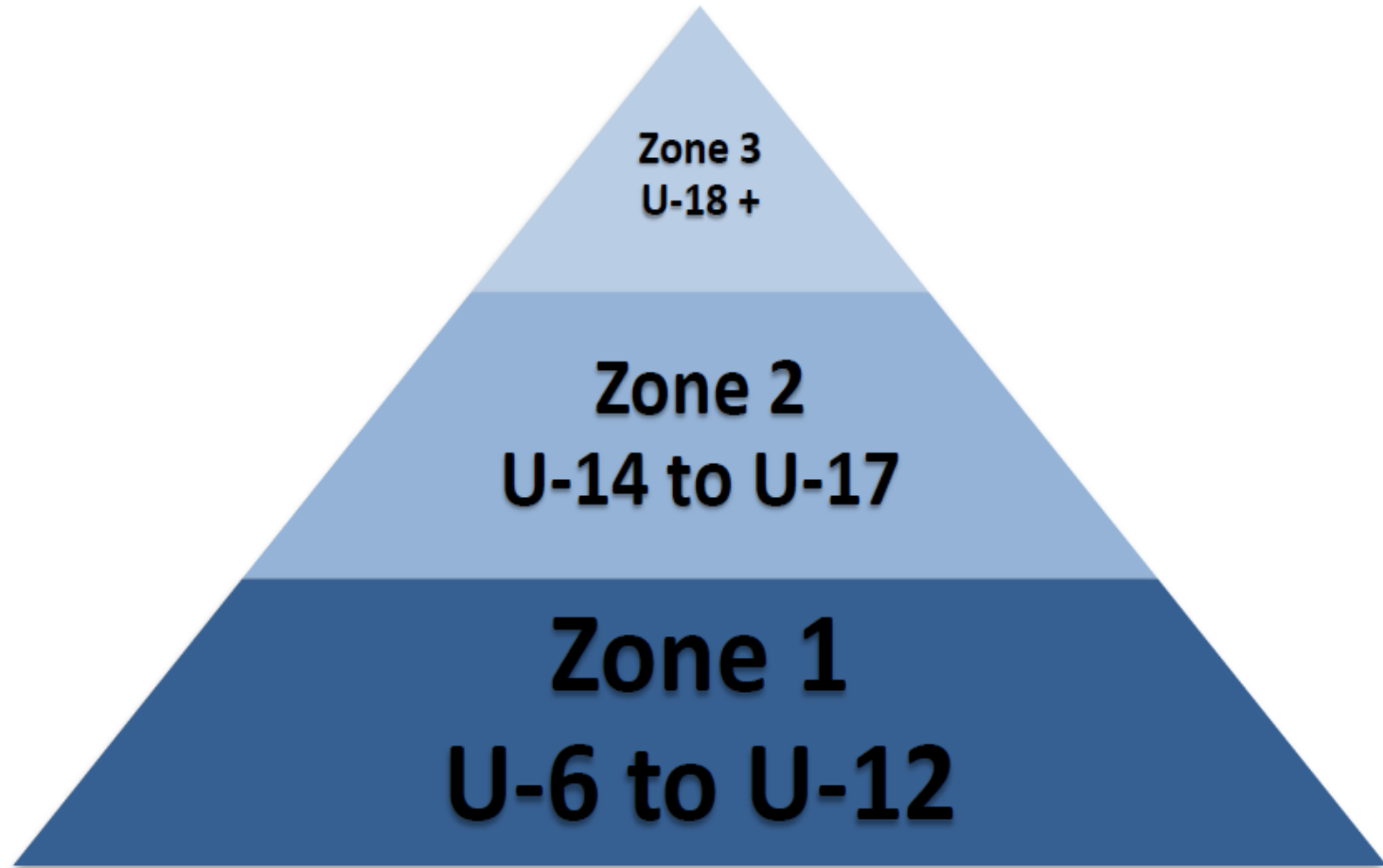
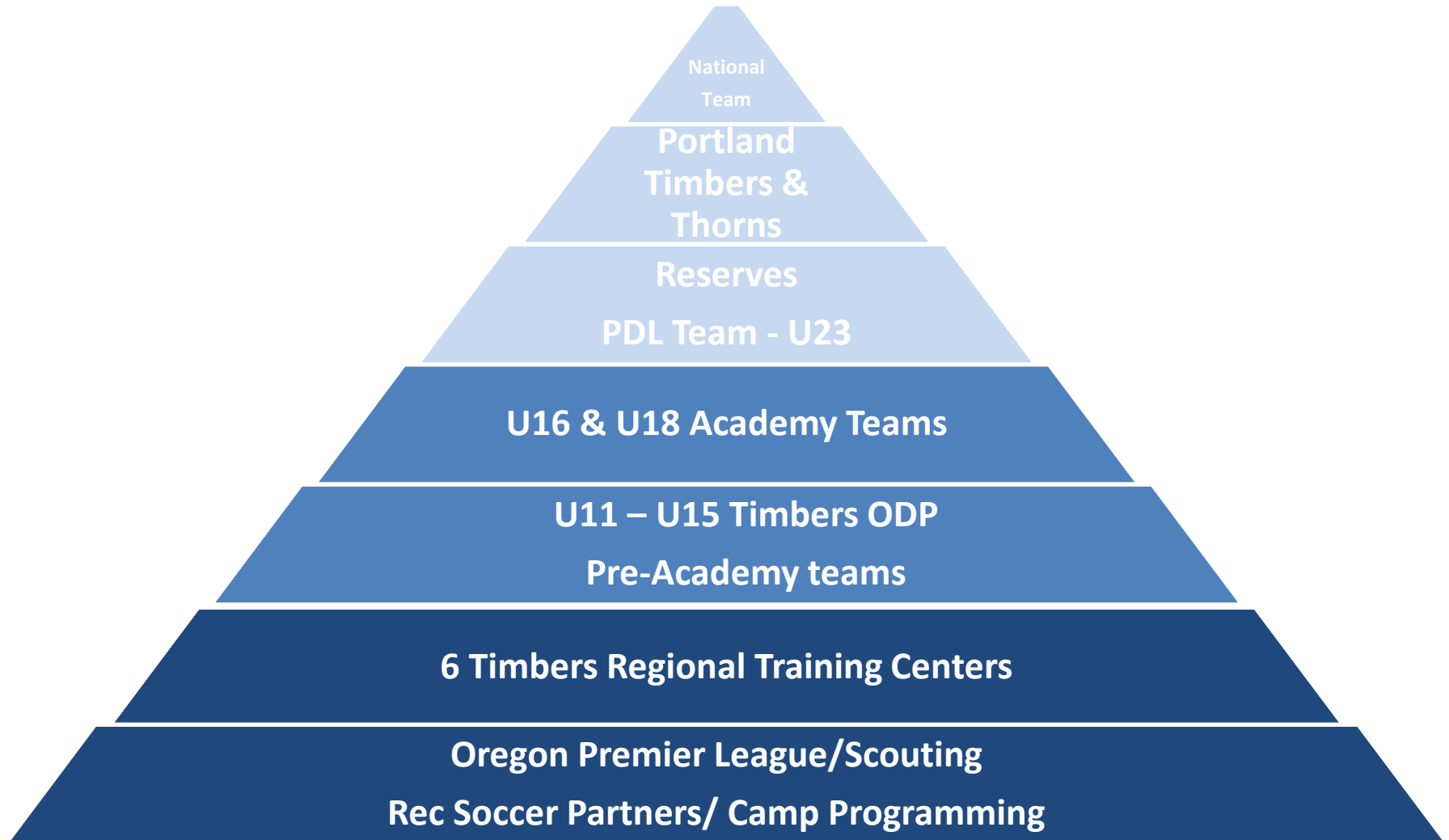


Figure 1: Player Development Pyramid

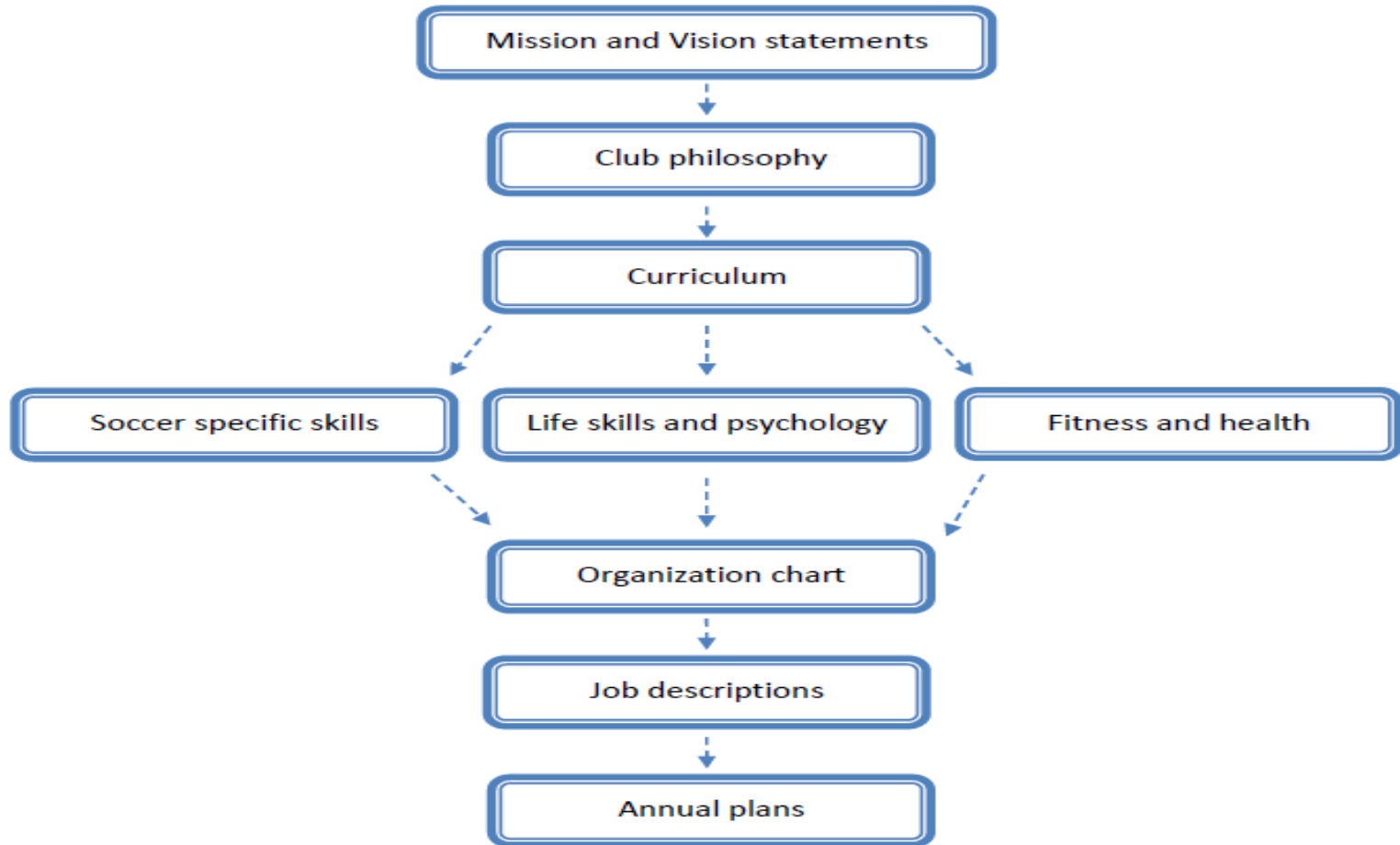


Long Term Player Development



Long Term Player Development

The Club Curriculum Flow Chart²



Long Term Player Development

Curriculum: What do coaches want?

Advice on what to teach for their age group

Video clips of how skills & exercises are performed

Lesson Plans & diagrams

Coaching Clinics and ongoing education



Long Term Player Development

Curriculum: What else do coaches need?

Planning concepts:

Help with periodization (peaking)

Short and Long Term development goals

Rhythm of training

Sensible tournament selection

Avoid over training or under training (burnout)

Mentoring and constructive review (evaluation)



Long Term Player Development

Focus on the 4 Pillars:

Technical (6-9)

Tactical (10-12)

Physical (13-15)

Mental (15-18)

Be Cognizant of:

Psychomotor, Cognitive & Psychosocial
Domains



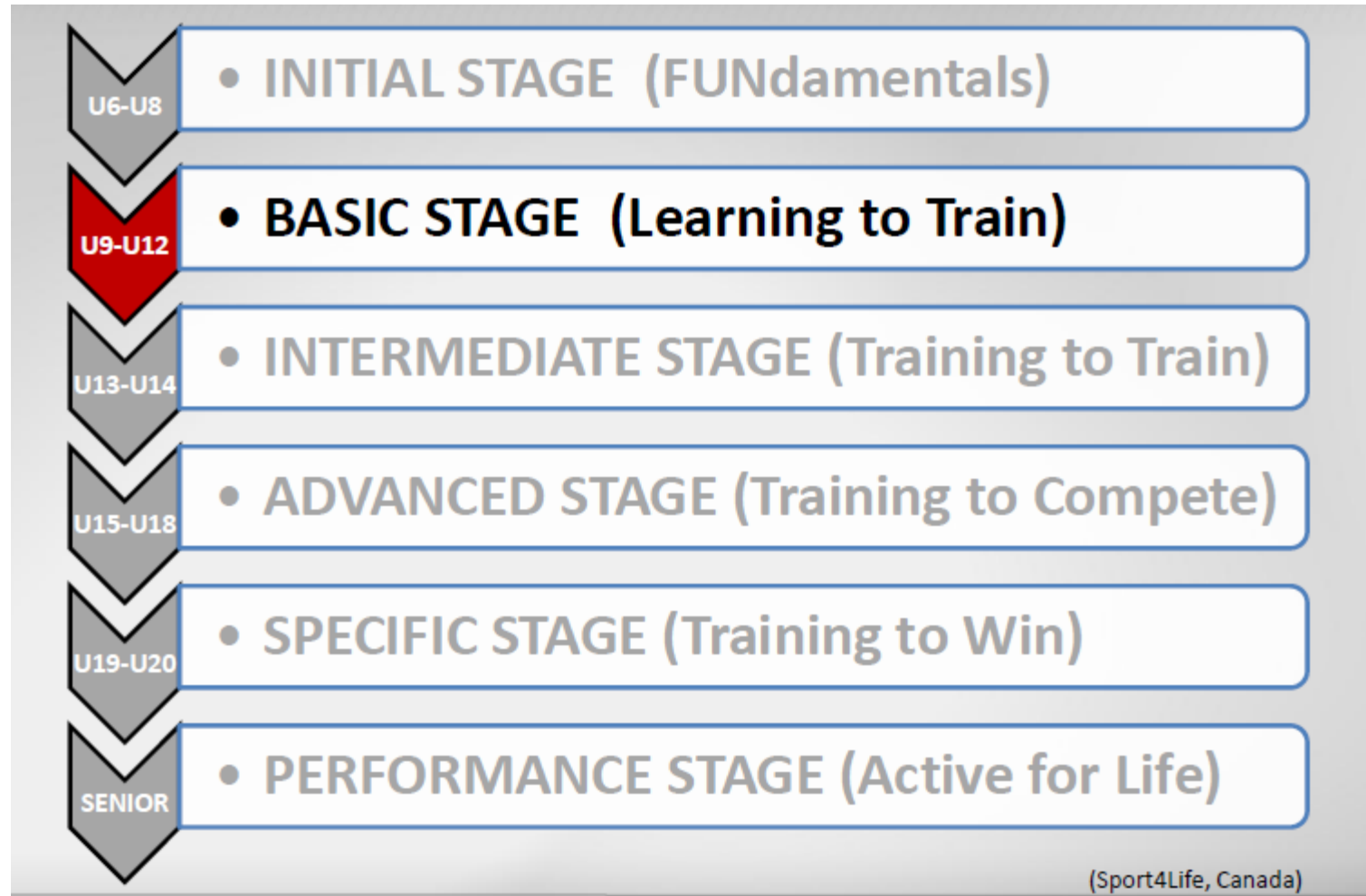
Long Term Player Development

Trainability in Childhood and Adolescence		
Late Specialization Model	Age	Objective
FUNDamental Stage	Females 6-8 Males 6-9	Learn fundamental movement skills
Learning to Train Stage	Females 8-11 Males 9-12	Learn fundamental soccer skills
Training to Train Stage	Females 11-15 Males 12-16	Build the aerobic base and build strength toward the end of the phase and further develop soccer-specific skills
Training to Compete Stage	Females 15-17 Males 16-18	Optimize fitness preparation and sport, individual and position specific skills as well as performance
Training to Win Stage	Females 17+ Males 18+	Maximize fitness preparation and sport, individual and position specific skills as well as performance
Retention Stage	Competitive Retirement	Retain players for coaching, officials, administration, etc.

Table 8: Trainability in childhood and adolescence (Hamilton)



Long Term Player Development



Long Term Player Development

Recommended Training Sessions to Match Ratio			
Age Group	Frequency	Duration	Ratio
U-6	1 day per week	45 minutes	1:1*
U-8	1 day per week	45 to 60 minutes	1:1
U-10	2 days per week	60 to 75 minutes	2:1
U-12	2 to 3 days per week	75 minutes	2 or 3:1
U-14	3 days per week	75 to 90 minutes	3:1
U-16	3 days per week	90 minutes	3 or 4:1
U-18+	4 to 5 days per week	90 to 120 minutes	4 or 5:1

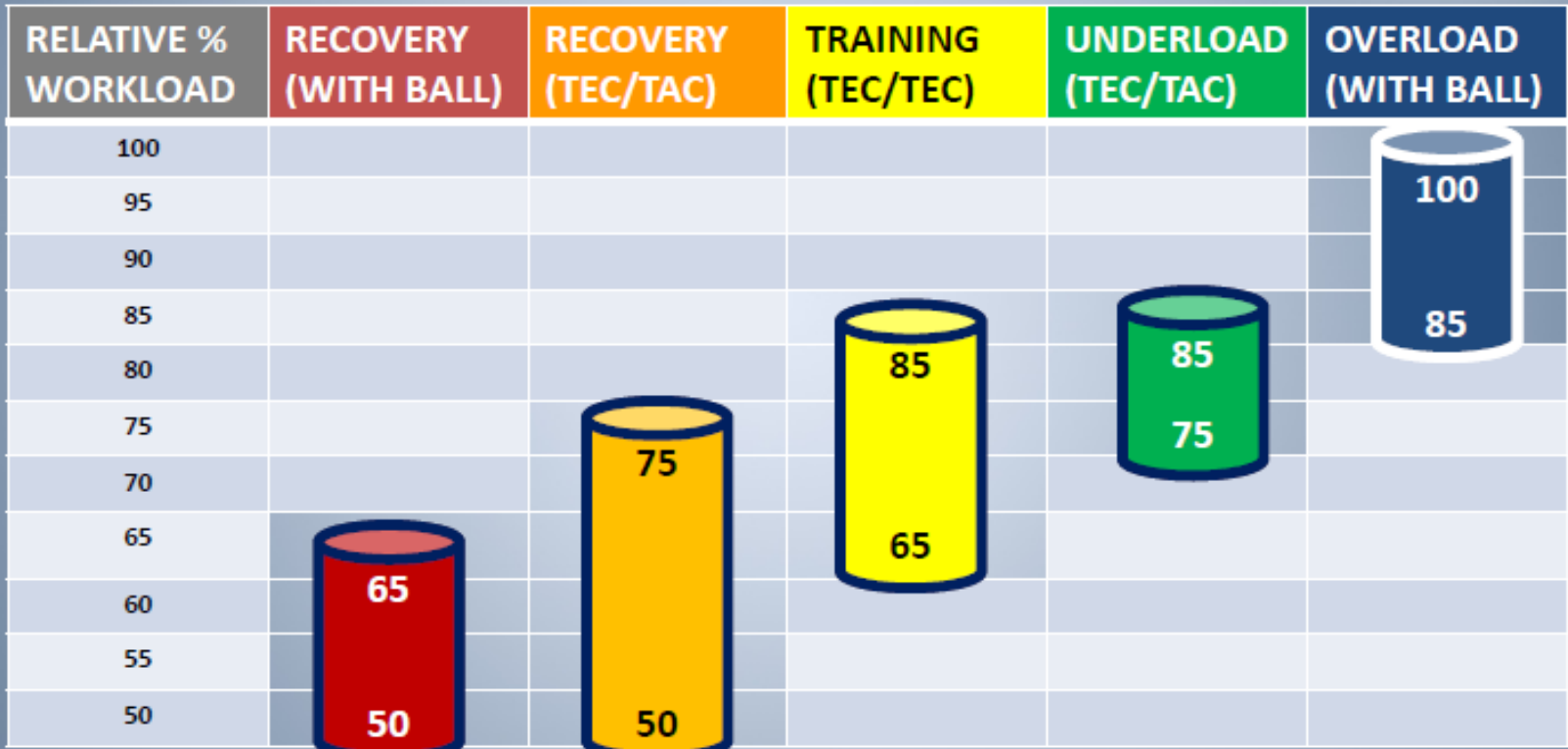
**Or 0:1 – The idea here is for the U-6 players to show up on game day for their hour, which includes 20 to 30 minutes of appropriate activities and then a 3v3 match. This is the approach in which the players are not assigned to teams, but all children in the age group meet at the same time and place to be trained and have a game.*

Table 7: Training recommendations



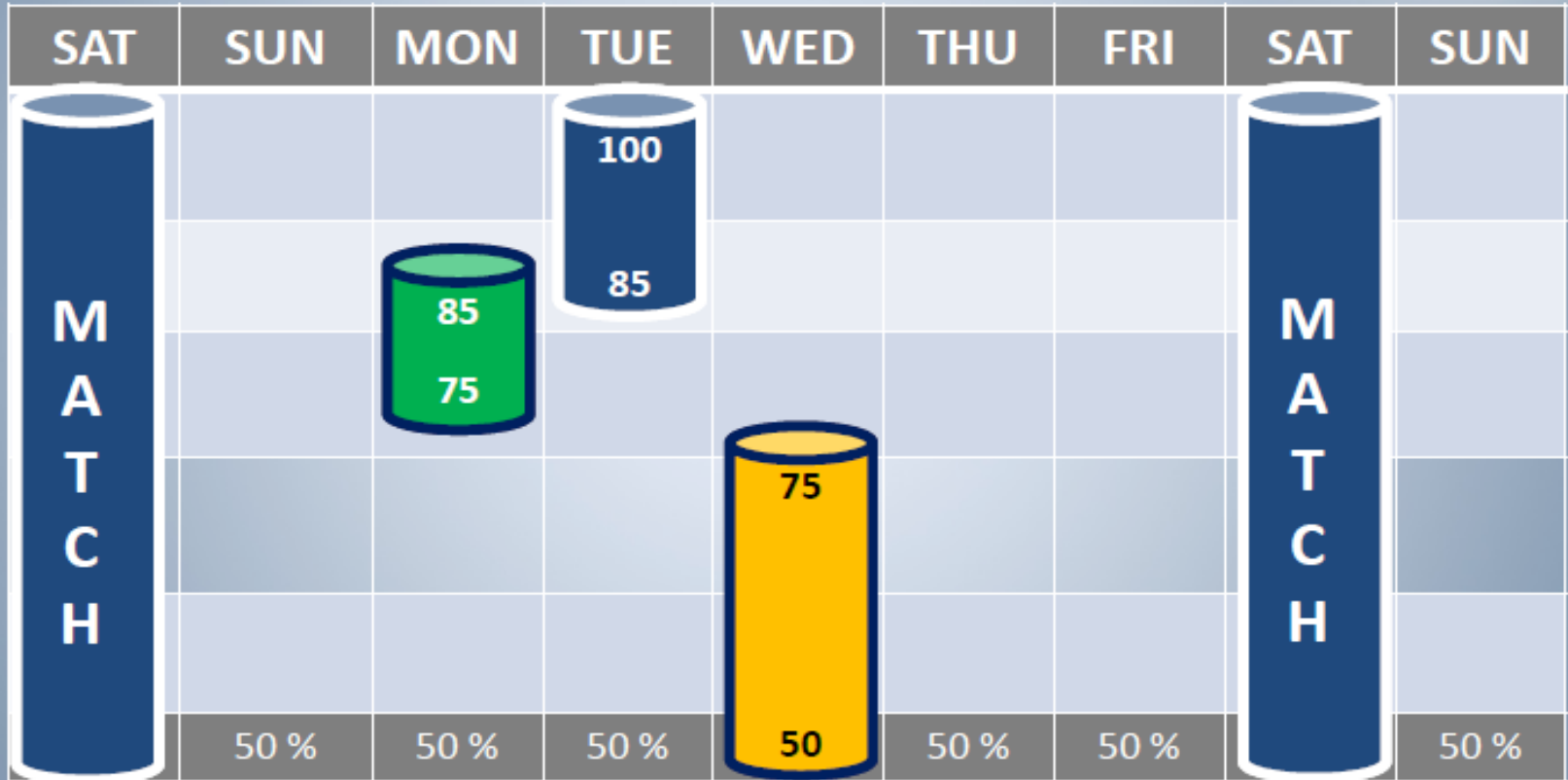
Long Term Player Development

TRAINING: CLASSIFICATIONS BY PHYSICAL LOAD

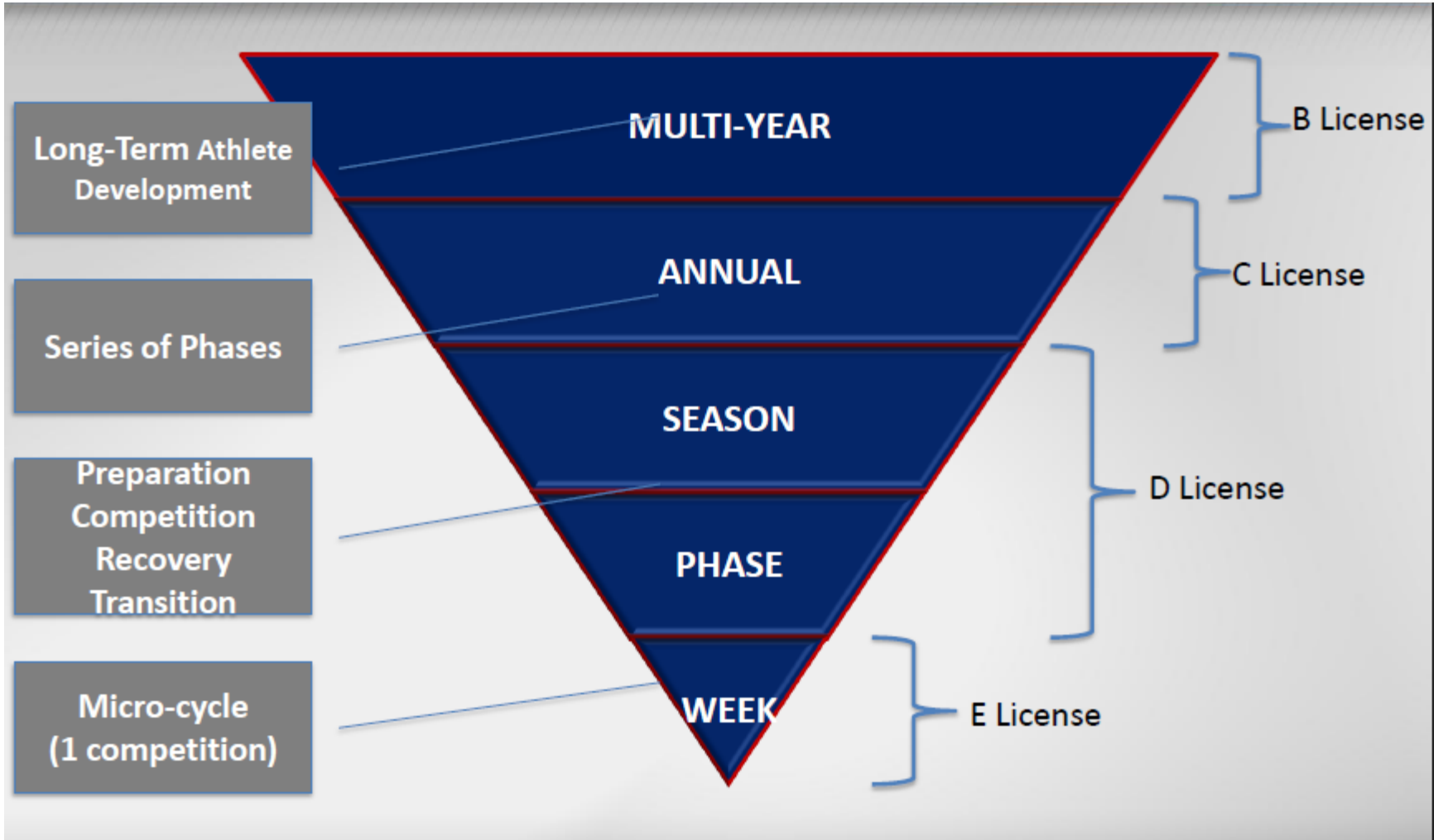


Long Term Player Development

SATURDAY MATCH (3 x TRAINING M-T-W)



Long Term Player Development



Long Term Player Development

Sample planning for U-6 to U-10						
M	T	W	T	F	S	S
						1 Parents' meeting and children's play day
2 Day off	3 Training	4 Day off	5 Training	6 Day off	7 Match	8 Day off
9 Pick-up game	10 Day off	11 Training	12 Day off	13 Match	14 Day Off	15 Day off
16 Training	17 Day off	18 Pick-up game	19 Day off	20 Day off	21 Festival	22 Day off
23 Day off	24 Training	25 Day off	26 Training	27 Day off	28 Match	29 Day off
30 Day off	31 Pick-up game					

Table 4: Sample monthly planning calendar for U-6 to U-10



Additional Soccer Training

Encouraging & Inspire Self Training!

Futsal

Indoor

Street Soccer

Beach Soccer

‘Academy’ Style Training



What is soccer?

“The beauty of the game is in its simplicity. Within a given set of rules there are two teams who compete to score goals against each other. Each team consists of 11 (or fewer) individuals who must use their abilities to play together while trying to win the game. It’s hard to play simple. Simplicity is GENIUS!”

Sam Snow, US Youth Soccer Technical Director



Additional Considerations

MLS Requirements

Premier League Player Development Plan

Modern science on physiology & nutrition

Video Review and Analysis




Challenge: How can we raise the bar?



Timbers-ODP Enhanced Expectations

"Fail to prepare, prepare to fail."

Roy Keane








-  Respect, Respect, Respect... treat people the way you want to be treated!
-  Can we provide a more Professional Environment?
-  How can we together raise the bar?





Timbers-ODP Enhanced Expectations

(continued)

-  Official training gear (look the part)
-  Set report time for training / games
-  Team Rules (coaches establish)
-  Raise tempo of training (where possible)
-  Keep Training session logs with reports (see next slide - photo)
-  Game schematics for DOC (handout)
-  Style of Play (what we want to be known for)

Timbers ODP Session Logs


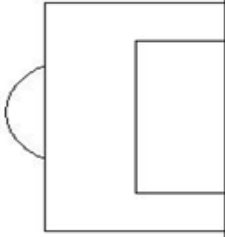


Academy Session Planner

Venue: Tigard High School

Date: 14th November 2012



U16-Names	PM	#	U16-Academy-Squad			
Goalkeepers			TIME	SESSION-CONTENT	STAFF	
Miguel-Martin	✓	43	15	PHYSICAL/TACTICAL-PREPARATION WARM-UP/FLEXIBILITY/SAQ GOALKEEPING	MS SR	
Joe-Wheelwright	✓	54		15	TECHNICAL-PRACTICE PASSING-&-COMBINATION	MS, RU SR
					TACTICAL-PRACTICE AM---OFF-(@-SCHOOL) PM---LARGE-GROUP-POSSESSION1.grid-10v10(+3)---competitive-game-(#-passes)	MS, RU
			20	DEVELOPMENT-WORK-(8v8) PM---3-TEAM-TOURNAMENT-(comp-&-high-tempo) 5-MINS-COOL-DOWN	MS, RU, SR	
Defenders			KEY-FACTORS-&-OUTCOMES			
Niko-DeVerax	✓	30	BETTER-AT-PLAYING-POSITIVELY			
Dago-Diaz	✓	31	TACTICAL-ATTACKING---POSSESSION-(WHEN-&-HOW-TO-ATTACK)			
Eli-Kilmert	✓	42	TACTICAL-DEFENDING---CHECK-SHOULDER, WIN-BALL-BACK-ASAP, COMPACT, CONFRONTATION			
Peter-Prescott	✓	44	DEVELOPMENT-WORK			
Logan-Reimhofer	✓	45	INDIVIDUAL-TRAINING-YOUNG-PRO'S			
Jordan-Seech	✓	55	COACHES-NOTES			
Isaac-Strevert	✓	38	POSSESSION			
Ben-White	✓	39	ACTIVATION-WARM-UP			
			10v10(+3)			
			1-pass=-1-point			
			after-25---find-neutral=-2			
			all-3-neutrals-combine=-6			
Midfielders			 			
Reid-Baez	✓	40				
Brandon-Farot	✓	53				
Jessie-Garcia	✓	32				
Damian-Garcia	✓	51				
Jacob-Kemp	✓	52				
Edson-Martinez	✓	35				
KP-Morgan	✓	36				
Antonio-Porrecor	✓	37				





Timbers ODP Scout Schematic

U.S. Soccer Federation
Development Academy Formation and Lineup Schematic



U.S. SOCCER
DEVELOPMENT
ACADEMY

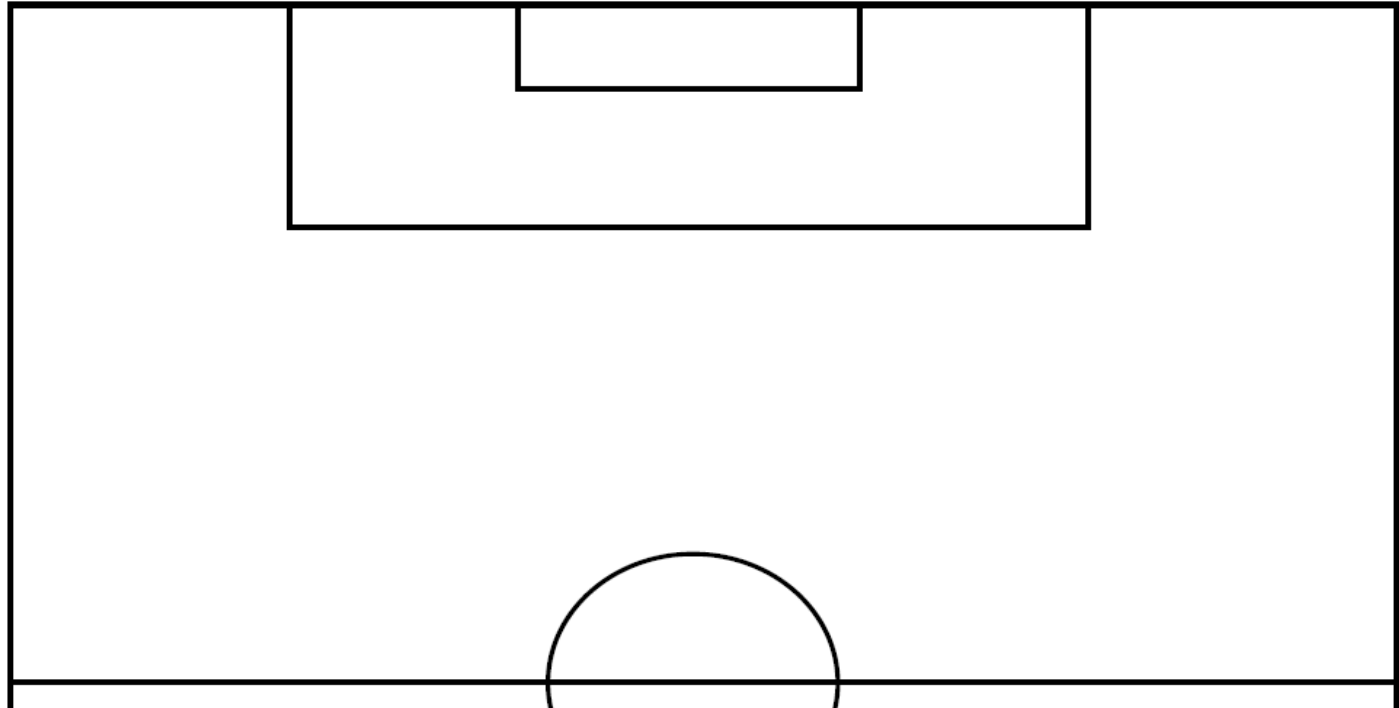
Team:

Age:

Coach:

Date:

Please print starting formation with full names, jersey numbers and birth years



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Timbers-ODP Coach Code of Conduct

-  **No recruiting – immediate dismissal!**
-  Strive to maintain integrity within our sport.
-  Know and follow all the rules and policies set forth by club, league, state and national associations.
-  Work in the spirit of cooperation to provide the players with the maximum opportunity to develop.
-  Be a positive role model.
-  Set the standard for sportsmanship.
-  Keep sport in proper perspective.
-  Encourage moral and social responsibility.
-  Continue your own soccer education.





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Questions?



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