

CORE 5



**A GUIDE FOR PARENTS AND
PLAYERS ON THE CITY SC WAY**

WHO WE ARE



CITY SC CORE VALUES

COMMUNITY WE ARE ONE CLUB, UNITED BY OUR VALUES BASED, PURPOSE DRIVEN CULTURE.

INNOVATION WE EMBRACE CREATIVITY AND NEW IDEAS ON AND OFF THE FIELD.

TEAM-FIRST WE ARE STRONGER TOGETHER.

Y"OUR WHY" BECAUSE WE BELIEVE THERE IS A BETTER WAY TO PLAY, COACH AND PARENT.

CITY SC PHILOSOPHY

WE BELIEVE IN A "PLAYER FIRST" PHILOSOPHY, WHERE INDIVIDUAL PLAYER DEVELOPMENT IS THE FOUNDATION UPON WHICH OUR TEAMS ARE BUILT.

START WITH THE END IN MIND.
THE FOLLOWING ARE KEY QUALITIES THAT
WE LOOK TO DEVELOP IN CITY SC PLAYERS:

**THE CITY SC
PLAYER**

TECHNICALLY EFFICIENT

- LOVE THE BALL
- COMFORTABLE ON THE BALL
- GOOD IN 1V1'S
- FULL RANGE OF PASSING SKILLS
- FULL RANGE OF RECEIVING SKILLS
- TWO-FOOTED PLAYER

SOCCER IQ

- AUTONOMOUS DECISION MAKER
- THINKS FOR THEMSELVES
- THINKS FOR OTHERS
- GOOD VISION
- PROACTIVE NOT REACTIVE

PHYSICAL

- ABC'S—AGILITY, BALANCE, COORDINATION
- TAKES NUTRITION & LIFESTYLE SERIOUSLY
- SPEED
- ENDURANCE
- STRENGTH & POWER

PSYCHOSOCIAL

- HAS A GROWTH MINDSET
- ACCOUNTABLE FOR THEIR ACTIONS
- TEAM PLAYER
- ALWAYS READY TO COMPETE
- RESILIENT



HOW WE PLAY

AGE GROUP OBJECTIVES AND TEAM SHAPE

Developing the complete City SC soccer player is a 10-14 year process. There are 5 phases of player development that a player will go through from U5-U19.



FUNDAMENTAL

U7 | FORMAT: 4v4

OBJECTIVES

- HAVE FUN
- DEVELOP MOTOR SKILLS
- DEVELOP TECHNIQUE
- BASIC POSITIONAL AWARENESS



SHAPE: 1-2-1

FOUNDATION

U8-U10 | FORMAT: 7v7

OBJECTIVES

- HAVE FUN
- LEARN TO COMPETE
- DEVELOP TECHNIQUE / SKILL
- PERFORM SKILL UNDER PRESSURE
- BASIC ATTACKING & DEFENDING TACTICS 1V1 UP TO 3V3



SHAPE: 1-2-3-1 OR 1-3-2-1

INTERMEDIATE

U11-U12 | FORMAT: 9v9

OBJECTIVES

- HAVE FUN
- REFINE TECHNIQUE
- PERFORMING SKILL IN GAME SITUATIONS
- INDIVIDUAL DECISION MAKING IN POSSESSION
- BASIC ATTACKING & DEFENDING GROUP TACTICS 1V1 UP TO 5V5



SHAPE: 1-3-2-3

ADVANCED

U13-U15 | FORMAT: 11v11

OBJECTIVES

- HAVE FUN
- MASTER TECHNIQUE
- IMPROVE DECISION MAKING & UNDERSTANDING OF GROUP TACTICS
- STYLE OF PLAY STILL MORE IMPORTANT THAN WINNING

U16-U19 | FORMAT: 11v11

OBJECTIVES

- TEAM TACTICS ARE THE PRIMARY FOCUS
- TRAIN TO DEVELOP, PLAY TO WIN



SHAPE: 1-4-3-3

HOW TEAM SHAPE LINKS TO STYLE OF PLAY

- FOUNDATION FOR BALANCED TEAM SHAPE
- PROVIDES NATURAL WIDTH, DEPTH, LENGTH
- ENCOURAGES 1V1 ATTACKING & DEFENDING

- 1-3-2-1 DESIGNED TO PROMOTE FORWARD RUNS & 1V1 SITUATIONS
- 1-2-3-1 DESIGNED TO DEVELOP PASSING & MOVEMENT OFF THE BALL
- PROMOTES PLAYING OUT OF THE BACK

- SHAPE MAKES FIELD AS BIG AS POSSIBLE TO CREATE ATTACKING OPTIONS
- PROMOTES POSSESSION & PLAYING THROUGH THE THIRDS OF THE FIELD
- PROVIDES FRAMEWORK FOR BASIC DEFENSIVE ORGANIZATION

- DESIGNED TO DOMINATE POSSESSION
- ABILITY TO CREATE OVERLOADS WHILE MAINTAINING BALANCED DEFENSIVE SHAPE
- ALLOWS FOR PRESSING OPPONENTS HIGH UP THE FIELD

STYLE OF PLAY AND PRINCIPLES

HAVING A CLUB WIDE STYLE OF PLAY DEFINES WHO WE ARE ON THE FIELD AND CREATES UNITY BETWEEN OUR COACHES, PLAYERS AND PARENTS.

AT CITY SC THE PLAYERS LEARN OUR STYLE OF PLAY USING THE 4 PHASES OF THE GAME AS REFERENCE POINTS FOR PRACTICES AND GAMES. THESE 4 PHASES ARE ATTACKING, DEFENDING, TRANSITION TO ATTACKING AND TRANSITION TO DEFENDING. IN EACH PHASE WE HAVE A GENERAL IDEA OF HOW WE WANT THE GAME TO LOOK, ALONG WITH KEY PRINCIPLES WE TEACH TO ACHIEVE OUR STYLE OF PLAY.

HOW WE PLAY

ATTACKING [we have the ball under control]

When we have the ball we believe in "Possession with a Purpose" & an offensive style of soccer based on progressively advancing through the thirds of the field using quick passing and player movement. Playing out from the back using the goalkeeper and defenders is the foundation of this progressive **possession-based playing style**.

ATTACKING TEAM TACTICAL PRINCIPLES

1. **Spread Out** (Create Width, Length & Depth with our team shape).
2. **Create Triangles** (move on different horizontal and vertical lines to create passing options).
3. **Create & Exploit Overloads** (movement of players & ball to create & exploit numerical advantage).
4. **Create & Play Through Gaps** (move ball to stretch opponent & advance ball by playing through opponent).
5. **Play Through the Thirds** (progressively pass through each third when possible).
6. **Creativity** in 1v1 / 2v1 situations in attacking areas.
7. **Attack with Defense in Mind** (shape to deny space if we lose the ball).

DEFENDING [opponent has the ball in control]

When the opponent has the ball we try to deny them space and time through intelligent and collective pressing. We work together to attempt to make the opponent play predictable, disrupt the build up, and regain possession.

DEFENDING TEAM TACTICAL PRINCIPLES

1. **Be Compact** (limit gaps front to back & side to side).
2. **Funnel Opponent** (into predetermined areas to win ball).
3. **Pressure** the ball with the closest player.
4. **Cover** each other (smaller distances to support 1st defender at an angle).
5. **Balance** (provide depth of support to react to longer passes).
6. **Step up** when a negative (backwards) pass is played.
7. **Always** have 1 more defender than opponent in our own half.

TRANSITION DEFENDING TO ATTACKING

[we just won the ball]

When we win the ball back we focus on making a quick decision to either counter attack (when opponent is unbalanced and we have good numbers in attack), or to secure possession to build an attack (when opponent has good team shape and we don't have good numbers in attack).

D>A TEAM TACTICAL PRINCIPLES

D | C | B | A

DECISION > COUNTER or **BUILD > then ATTACK**

COUNTER ATTACK: (exploit opponent quickly)

1. Forward runs (movement of players to create overloads).
2. Forward passes (play forward before opponent organizes).
3. Quick support play (quick combinations between attackers to create goal scoring opportunities).

BUILD - SECURE POSSESSION: (opponent has good team shape and we don't have good numbers in attack).

1. Find an outlet (pass to a teammate with time & space).
2. Spread Out (expand team shape with width, length & depth).
3. Build comfortable possession & move to attacking phase.

TRANSITION ATTACKING TO DEFENDING

[we just lost the ball]

When we lose possession we expect our teams to quickly transition to high pressure defense and attempt to win the ball back within 6 seconds. If the ball cannot be won back immediately we focus on getting compact and staying compact to deny penetration.

A>D TEAM TACTICAL PRINCIPLES

A | B | C | D

1. **AGGRESSIVE** (Immediately Pressure ball if in close proximity).
2. **BALANCE** (good supporting positions from secondary players).
3. **COMPACT** (to deny penetration or switch).
4. **DELAY** opponent when not in position to collectively press.

PLAYER ROLES AND RESPONSIBILITIES

HOW WE PLAY



9 STRIKER

SPECIFIC QUALITIES

- GOOD SHOOTING & FINISHING ABILITY
- STRONG 1V1 ATTACKING SKILLS
- CREATIVITY
- CAN HOLD BALL UNDER PRESSURE

ATTACKING INDIVIDUAL TASKS

- SCORE GOALS
- MAKE VARIED RUNS IN BEHIND DEFENSE
- COMBINE WITH #7/11/10/8 TO CREATE CHANCES

DEFENDING INDIVIDUAL TASKS

- RESPONSIBLE FOR TRACKING OPPONENT 4/5
- SET LINE OF CONFRONTATION
- CUT FIELD IN HALF, DENY SWITCH FROM 4/5
- TRACK 4/5 WHEN THEY MOVE INTO MIDFIELD

11 7 WINGERS

SPECIFIC QUALITIES

- STRONG 1V1 ATTACKING SKILLS
- CREATIVITY
- HIGH ATHLETIC ABILITY TO GET UP & DOWN THE FIELD AT PACE
- GOOD CROSSING & SHOOTING ABILITY

ATTACKING INDIVIDUAL TASKS

- POSITION ON DIFFERENT VERTICAL LINE THAN 2/3
- COMBINE WITH 2/3 TO CREATE & EXPLOIT 2V1 IN WIDE AREAS
- COMBINE WITH 9/10/8 IN FINAL THIRD
- BEAT OPPONENT 1V1 & DELIVER CROSSES INTO BOX

DEFENDING INDIVIDUAL TASKS

- RESPONSIBLE FOR TRACKING OPPONENT 2/3
- DEFEND FROM FRONT TO MAKE PLAY PREDICTABLE
- ANTICIPATE PASS INTO 2/3 AND PRESS TO DISRUPT / REGAIN BALL
- TRACK OPPONENT 2/3 WHEN THEY MAKE FORWARD RUNS

6 HOLDING MIDFIELDER

SPECIFIC QUALITIES

- EXCELLENT RECEIVING SKILLS UNDER PRESSURE
- 360 DEGREE VISION
- EXCELLENT DECISION MAKING ABILITY
- RANGE OF PASSING OVER VARYING DISTANCES

ATTACKING INDIVIDUAL TASKS

- DROP IN BETWEEN 4/5 TO RECEIVE BALL
- POSITION "SQUARE" OF 2/3 WHEN THEY HAVE BALL
- PLAY 1 TOUCH UNDER PRESSURE
- BREAK LINES WITH PASSES OR CHANGE POINT OF ATTACK BY SWITCHING PLAY
- SUPPORT UNDERNEATH 8/10

DEFENDING INDIVIDUAL TASKS

- SCREEN PASSES DIRECTLY INTO 9
- POSITION IN BETWEEN 9/10 WHEN DEFENDERS HAVE BALL
- READ AND INTERCEPT PASSES PLAYED BETWEEN LINES
- RESPONSIBLE FOR TRACKING OPPONENT 10

8 10 ATTACKING MIDFIELDERS

SPECIFIC QUALITIES

- CONFIDENT RECEIVING UNDER PRESSURE
- 360 DEGREE VISION
- EXCELLENT DECISION MAKING IN / OUT OF POSSESSION
- PLAY KEY PASSES TO CREATE CHANCES

ATTACKING INDIVIDUAL TASKS

- FIND SPACE BETWEEN OPPONENT LINES TO RECEIVE PASSES THROUGH GAPS
- COMBINE WITH 9/11/7 WHEN BALL GOES FORWARD
- FORM TRIANGLES WITH 2/3 & 7/11
- FORM TOP OF DIAMOND BETWEEN 5/3/6 OR 4/2/6 WHEN 4/5 HAS BALL

DEFENDING INDIVIDUAL TASKS

- ANTICIPATE DISRUPT / INTERCEPT PASSES INTO OPPONENT 8/6
- RESPONSIBLE FOR TRACKING OPPONENT 6/8
- RECOVER GOALSIDE IN TRANSITION TO DEFEND
- COME BACK TO DEFEND SET PIECES



2 3 OUTSIDE DEFENDERS

SPECIFIC QUALITIES

- EXCELLENT IN 1V1 DUELS
- ATHLETIC, QUICK, GOOD STAMINA
- CAN RECEIVE IN SPACE AND WITH PRESSURE
- GOOD PASSING AND CROSSING ABILITY

ATTACKING INDIVIDUAL TASKS

- START HIGH & WIDE TO RECEIVE FROM 1/4/5
- SUPPORT 7/11 & CREATE 2V1s
- DELIVER CROSSES INTO THE BOX
- HOLD POSITION WHEN OTHER 2/3 ATTACKS

DEFENDING INDIVIDUAL TASKS

- PRIMARILY RESPONSIBLE FOR OPPONENT 7/11
- DISRUPT / WIN PASSES PLAYED INTO 7/11
- SEE THE BALL & THE OPPONENT
- COVER 4/5 WHEN BALL IS ON OPPOSITE SIDE

1 GOALKEEPER

SPECIFIC QUALITIES

- GOOD DISTRIBUTION WITH HANDS / FEET
- QUICK REACTIONS
- SHOT STOPPING & HANDLING
- EXCELLENT COMMUNICATION SKILLS
- BRAVE

ATTACKING INDIVIDUAL TASKS

- BEGIN ATTACKS AS FIRST ATTACKER
- PROVIDE SUPPORT FOR BACK-PASSES
- SWITCH THE POINT OF ATTACK
- RECOGNIZE COUNTER ATTACK OPPORTUNITIES

DEFENDING INDIVIDUAL TASKS

- COMMUNICATE DEFENDING PRINCIPLES
- INTERCEPT PASSES PLAYED BEHIND DEFENSE
- SAVE SHOTS, DEFLECT CROSSES, STOP GOALS
- ORGANIZE TEAM DEFENDING SET PIECES

4 5 CENTRAL DEFENDERS

SPECIFIC QUALITIES

- STRONG IN 1V1 GROUND AND AERIAL DUELS
- PHYSICALLY STRONG, QUICK AND BRAVE
- READ GAME, ANTICIPATE OPPONENT ACTIONS
- PLAY SHORT / LONG PASSES WITH BOTH FEET
- LEADERSHIP AND COMMUNICATION SKILLS

ATTACKING INDIVIDUAL TASKS

- SPLIT TO RECEIVE BALL FROM GK
- PHYSICALLY STRONG AND BRAVE
- PROVIDE DEPTH TO RECEIVE NEGATIVE PASSES
- PLAY BACK TO GK WHEN FACING OWN GOAL UNDER PRESSURE

- BREAK OPPONENT FIRST LINE OF PRESSURE WITH PASS OR DRIBBLE

DEFENDING INDIVIDUAL TASKS

- ORGANIZE DEFENSE, WHEN TO DROP, HOLD, SLIDE, STEP OR PUSH OUT
- READ AND INTERCEPT PASSES
- RESPONSIBLE FOR TRACKING OPPONENT 9
- BODY POSITION TO SEE THE BALL & OPPONENT

THE RIGHT PEOPLE, TEACHING THE RIGHT THINGS, THE RIGHT WAY

OUR CLUB PLAYER DEVELOPMENT CURRICULUM IS AN AGE-SPECIFIC, 40 WEEK COMPREHENSIVE TRAINING PROGRAM, DESIGNED TO DEVELOP INDIVIDUAL KEY QUALITIES, AND TEACH THE CITY SC STYLE OF PLAY.

EVERY PLAYER AND TEAM IN THE AGE-GROUP FOLLOWS THE SAME TRAINING PLAN, ALLOWING EACH PLAYER TO RECEIVE THE SAME INSTRUCTION IN AN ENVIRONMENT RELATIVE TO THEIR SKILL LEVEL. IT MEETS EACH CHILD EXACTLY WHERE THEY ARE ON THE DEVELOPMENT PATHWAY.

HAVING ALL COACHES WORKING FROM THE SAME COACHING CURRICULUM ALLOWS FOR SEAMLESS INTEGRATION AND TRANSITION OF PLAYERS WHEN MOVING BETWEEN TEAMS WITHIN THE CLUB, OR WHEN A NEW COACH TAKES OVER A TEAM. BY USING CONSISTENT SOCCER TERMINOLOGY AND LANGUAGE TO DEVELOP OUR PLAYING PRINCIPLES, THE LEARNING PROCESS BECOMES MORE CLEAR FOR THE PLAYERS.

HOW WE COACH



COACHES

Having the right coaches to inspire, educate and develop young men and women is a key component of the player development process. We strive to have the best coaches available working with our players on the field. We expect City SC coaches to be:

- Knowledgeable about the game
- Dynamic - able to inspire players
- Patient - knowing that there are no shortcuts in player development
- Committed to players & the City SC way
- Honest with players, parents & fellow coaches
- A Mentor to players & fellow coaches
- Organized in planning, delivery & evaluation
- Professional in all they say & do
- A Teacher - recognizing it is about the kids
- Motivated to self evaluate & continuously improve

CONTENT

Organizing the curriculum to achieve the club style of play is the science behind what we do. Here is a sample structure for a team in the Intermediate phase (breakdown is adjusted depending on the development phase of the team):

- 40 week program
- Four 10 week cycles
- 20 practices per cycle:
 - 9 Attacking sessions
 - 3 Defending sessions
 - 2 transition to attack sessions
 - 2 transition to defend sessions
 - 2 Position Specific Training (PST) sessions
 - 2 Coaches Choice sessions

Each training session consists of four stages, which are linked to achieving the key individual qualities and our team style of play. Each session begins with a warm up focusing on technique and decision making, before the players work on the topic of the day, building up into replicating game scenarios by the end of the session.

METHODOLOGY

At City SC we believe that a balanced coaching style is the key to producing technically excellent players who are autonomous decision makers.

Both "Direct" and "Guided Discovery" style coaching are key components of the learning process for youth players. All players must understand the general framework of our style of play, so a direct coaching style is necessary to teach some general components. Within this framework, players are expected to make their own decisions, and solve problems using their "soccer iq." To achieve THIS, our coaches use a guided discovery teaching style to create a player centered learning environment.

HOW WE SUPPORT OUR PLAYERS

- AGE SPECIFIC CURRICULUM
- SKILLS VIDEOS AND CHALLENGES
- FORMAL PLAYER EVALUATIONS
- POSITION SPECIFIC TRAINING
- PRE SEASON TEAM TRAINING CAMPS
- STREET SOCCER, SKILLS CLINICS, FITNESS TRAINING
- PLAYER PATHWAY
- OPPORTUNITIES TO TRAIN WITH OTHER CITY SC TEAMS
- VIDEO ANALYSIS AND LIVE STREAMING (SELECT TEAMS)
- DEDICATED BOYS & GIRLS COLLEGE LIAISONS
- SCOUTING ZONE COLLEGE RECRUITMENT ACCOUNTS FOR OLDER

HOW WE
SUPPORT



HOW WE SUPPORT OUR PARENTS

- INFORMATIVE WEBSITE
- SOCIAL MEDIA PLATFORMS
- MONTHLY NEWSLETTER
- REGULAR E-BLASTS AND CLUB COMMUNICATIONS
- ADMINISTRATIVE STAFF
- PARENT HANDBOOK

HOW WE SUPPORT OUR COACHES

- YEAR ROUND COACHING EDUCATION PROGRAM
- ANNUAL COACH EDUCATION DAY
- FULLY FUNCTIONING CLUB CURRICULUM IN PLACE
- SUPPORT FROM DIRECTORS OF COACHING
- SUPPORT FROM CLUB TO ADVANCE ON THE LICENSING PATHWAY
- COACHES CORNER ONLINE RESOURCE
- HOST TEAM BONDING SOCIALS

HOW WE SUPPORT OUR COMMUNITY

- ANNUAL GIVING BACK FUNDRAISING FRIENDLIES
- CHAMPION VARIOUS CAUSES YEAR ROUND
- SUPPORT SCHOOL PROGRAMS
- FINANCIAL AID
- VOLUNTEER OPPORTUNITIES FOR STUDENTS
- GEAR AND CLOTHING COLLECTION & REDISTRIBUTION TO UNDERPRIVILEGED COMMUNITIES
- ANNUAL SUPPORT OF "KICK WITH NICK" 8-WEEK SOCCER PROGRAM FOR AUTISTIC CHILDREN
- CLUB AMBASSADOR PROGRAM OUTREACH AND SUPPORT OF COMMUNITY EVENTS

