

THE VALRICO SOCCER CLUB CURRICULUM

TECHNIQUE: the mechanics for moving the ball from **A - B**

TACTICS: collective/individual player movement from **A - B**

Formations are a base from which to keep the shape of the team (positional play)

STRIKING: (kicking the ball)

- 1 Side foot
- 2 instep drive
- 3 ½ volley
- 4 volley
- 5 instep crossover (angled ground kicks)
- 6 side volley
- 7 diagonal ½ volley (45 deg)
- 8 diagonal volley

HEADING:

- 9 attacking headers (down on goal)
- 10 defensive headers (up and away)
- 11 near post headers
- 12 far post headers
- 13 passing with the head
- 14 lay-offs (soft drop-off headers)

DRIBBLING:

- 15 inside of the foot
- 16 outside of the foot
- 17 straight on dribbling

CONTROL/TURNING:

- 18 chest control
- 19 thigh control
- 20 foot control
- 21 inside of the foot turning
- 22 outside of the foot turning

FAKING:

- 23 the fake shot
- 24 the fake turn (cutting)

SHIELDING:

- 25 with the knee
- 26 with the shoulder

OFFENSE:

- 27 crossing (square balls across)
- 28 crossing from midfield (diagonal)
- 29 crossing from the backfield
- 30 selecting right techniques

POSITIONING: attack in the goal area

- 31 near post runs
- 32 far post runs
- 33 runs through the middle
- 34 overlapping runs (outside runs)
- 35 inside diagonal runs

COLLECTIVE MOVEMENT:

- 36 attack 1 v 1
- 37 attack 2 v 2
- 38 attack 3 v 3
- 39 attack 4 v 4 etc
- 40 attacking into space
- 41 attacking with superior numbers
- 42 attacking with lesser numbers

SHOOTING:

- 43 side foot to the near post
- 44 side foot to the far post
- 45 instep drive inside the goalmouth
- 46 instep drive outside the goalmouth
- 47 volleys inside the goalmouth
- 48 volleys outside the goalmouth
- 49 ½ volleys inside the goalmouth
- 50 ½ volleys outside the goalmouth
- 51 speed – placement of the shot
- 52 when to use what skill (technique)
- 53 keeping the ball – equal numbers
- 54 keeping the ball – superior numbers
- 55 keeping the ball – lesser numbers
- 56 long balls from the back under pressure
- 57 not giving the ball away
- 58 playing short passes
- 59 1-2 passes (give and goes)
- 60 supporting the player with the ball
- 61 soft one touch lay-off passes
- 62 recognizing the open player
- 63 recognizing the open zones (spaces)

DEFENSE:

- 64 closing down the ball
- 65 defensive distance from the ball
- 66 defensive body positioning
- 67 when to tackle the ball
- 68 when not to tackle the ball
- 69 defensive positioning for crosses
- 70 positioning for mid field crosses
- 71 positioning for balls thru the middle
- 72 moving forward while maintaining defensive positioning
- 73 when to move out of the back field
- 74 when not to move out of the back field

DEFENSIVE COVERING:

- 75 how to collectively track back
- 76 how to individually track back
- 77 when to mark up man to man (inside the goal mouth)
- 78 when to pass the player on to another defender to mark
- 79 covering behind your teammate
- 80 how to cover space
- 81 covering space inside and outside
- 82 when not to mark man v man (not beyond the 22 yd line)
- 83 clearing balls away to the outside
- 84 clearing balls away thru the middle
- 85 how to collectively shift the defense and maintain correct defensive positions

GOAL KEEPING:

- 86 saving shots
- 87 angles
- 88 crosses (high and low)
- 89 distribution
- 90 soft hands
- 91 quick feet (short explosive steps)
- 92 seeing the line of the ball early
- 93 participation (verbally)
- 94 sweeping goal keeper

TECHNIQUE

NOFORMATION CAN OVERCOME A TEAM'S ERRANT PASSING AND SHOOTING, WHICH IS THE PRODUCT OF INCORRECT TECHNIQUE.

TACKLING:

- 95 how to communicate tackling instructions to player marking the ball
- 96 side foot tackles
- 97 how not to dive in to get the ball
- 98 when to tackle the ball
- 99 positioning the body to tackle (patience)
- 100 jockeying (like a shadow) the player on the ball (patient defending)
- 101 how to maintain an inside position on the player with the ball

COACHING INSIGHTS:

- 102 when to sub (timing)
- 103 when not to sub
- 104 how to sub (playing time to all)
- 105 how to manage a team (roster size)
- 106 proper physical training for soccer
- 107 physical training to avoid
- 108 how to maintain team discipline
- 109 how not to over coach
- 110 team breakdown - how to avoid a lack of discipline-how to communicate a team game plan
- 112 team success – movement in the same direction-how to focus and learn
- 113 team and club unity
- 114 motivating and encouraging

This soccer curriculum will be taught over a period of time for a healthy competitive environment. How much one digests is entirely up to the individual. We challenge anyone to find a club that teaches a curriculum like we have. One young player when asked how many things were being taught at Valrico, (unprovoked) this player named 45 of the above listed skills and that is awesome. We want all our club members to be informed of what is going on. Ignorance is no basis on which to form a solid opinion.

GO VALRICO!

TACTICS

NOFORMATION CAN REPLACE A TEAM'S UNWILLINGNESS TO MOVE ON ATTACK OR COVER BACK ON DEFENSE FASTER THAN THE OPPOSITION. INCORRECT TECHNIQUE AND A LACK OF PROPER MOVEMENT WILL GET A TEAM BEATEN.