Coaching Curriculum & Player Development Model

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The player development curriculum is in place to achieve consistency across all coaches, teams and players in the club. It is set up to unify all teams with a club-wide style of play. The curriculum adopts a player centered approach. We believe that individual player development is the foundation upon which the teams within the club are built.

We believe in giving each player the same comprehensive soccer education. Every player in each age-group will work from the same season plan and will follow the same training sessions regardless of the level of play.

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.

Our coaching curriculum and player development model helps to define who we are and the way we operate; it helps to create our identity as a club, and provides a framework for achieving excellence both on and off the field.
LA Galaxy San Diego Vision
A Champion for Carlsbad and San Diego

LA Galaxy San Diego Mission
LA Galaxy San Diego is dedicated to developing players within the team environment, furthering the sport of soccer, providing members with the best possible experience and enriching our community. We value our families whose passion is the heart and soul of the club.

We value our team and are committed to nurturing talent throughout our organization. We value our community by embracing our responsibility to create a positive impact through the sport of soccer. We value our families and collaborate with openness and trust to deliver memorable experiences.

LA Galaxy San Diego Core Values
Be the Best: We pursue excellence in everything we do.
Advance the Game: We think big, we innovate and we take chances.
Make a Difference: We use soccer as a platform to make our community a better place.
Respect All: We celebrate mutual respect, recognize everyone’s contributions and are proud to represent the community of Carlsbad and San Diego.
COACHING METHODOLOGY

- GENERAL PRINCIPLES
- COACHING STYLES & METHODS
- EXPECTATIONS / BEST PRACTICES
  - GENERAL
  - PRACTICES
  - GAME DAY
Our club coaching curriculum and player development plan is guided by the following key principles:

80:20 Rule:

At LA Galaxy San Diego we believe in the Pareto Principle, or the 80:20 rule, which states that 80% of results can be attributed to 20% activities performed. With that in mind, our curriculum does not attempt to cover a vast amount of wildly differing topics, rather it focuses more on achieving technical and tactical excellence in a smaller number of areas which are directly linked to our club style of play.

Sequential Progression Of Training

The organization of our training plan is sequential, in the way that it teaches the 8 core components in a logical progressive manner relative to our “possession with a purpose” style of play. For example our players will first learn how to “play out of the back”, so that we can build comfortable and sustained possession, which will act as a foundation for moving on to the next phase of the curriculum which is “attacking patterns” in the middle and final thirds of the field.

Cumulative Progression Of Training

As well as learning sequentially, the development of our players in the core areas is also cumulative in nature. Throughout the yearly cycle, whenever a component of the curriculum is re-visited, players are challenged in more complex ways, for example with greater number of players, higher speed of play, requiring more precise application of technique and tactical decisions in game scenarios.
Every coach is different, everyone has their own style, and most coaches are a combination of more than one style. LAGSD coaches are expected to communicate with players in a positive manner and demeanor, using clear and effective communication and language which is relative to the age of the players.

Some of the methods of coaching which coaches can employ to deliver the content to the players are outlined below:

**COMMAND (DIRECT)** – Coach explains, demonstrates and players copy

**GUIDED DISCOVERY** – Only coach aware of the goal, leads players to the answers

**PROBLEM SOLVING** – Coach poses a question, players have to figure it out (French FA)

**MODELING** – Demonstration by coach or proficient player – other players try to copy the skill

Below are the characteristics that make up an LA Galaxy San Diego coach. Coaches should review this list honestly and frequently in evaluating their performance within the club.

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<th>MENTOR</th>
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<td>TEAM PLAYER</td>
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At LAGSD we believe that a *balanced* coaching style is the key to achieving our aim of producing technically excellent players with good decision making capabilities in game situations.

Both “Direct” style coaching and “Guided Discovery” style coaching are key components of the learning process for youth players. One can not exist without the other, and both are vital in aiding player development. We want to have a specific style of play and produce technically proficient players, so a direct style of coaching is often necessary to teach these components. At the same time we want our players to be good decision makers in game situations, so we must also develop their “soccer iq” and tactical understanding by using guided discovery in our teaching. The key comes in understanding which style is most effective in teaching at different times of the practice or game.

For example, when teaching “Playing Out From The Back” the coach may use a direct style for clarity, and to demonstrate specific group movements that the coach wants the players to employ when the goalkeeper has the ball. The direct style is clear and concise and will get the practice going very quickly, and will allow for maximum repetitions of the patterns by the players, which aide technical development and paints the picture. Conversely when defensive pressure is introduced, the coach may switch to a guided discovery teaching style, which allows players to find the solutions to the problems that the defensive pressure is now creating. The use of guided discovery in this instance allows players to think for themselves in game situations, and will unlock the creativity in many youth players. The use of both teaching styles at the correct time in the session will result in more productivity.
COACHING EXPECTATIONS

GENERAL

IN THE COMMUNITY
• Represent LAG and LAGSD brand with the utmost professionalism
• Treat people with respect

WITHIN THE CLUB
• Work together with fellow coaches
• Never speak negatively of each other or the program to others
• Use your resources, HOPD’s, DOC’s, Senior Coaches, Coaches Corner etc

APPEARANCE
• Wear club gear at all times
• Soccer footwear
• You are a professional, look professional, act professional

ADMINISTRATION
• Check your club emails
• Respond to all emails / calls / texts in a timely manner
• Use correct English with your communication
• Do not “reply all” unless absolutely necessary
• Attend all events (Coach Education Program, tryouts, registration nights etc).
• Encourage players to attend club events (street soccer, camps, clinics etc).
COACHING EXPECTATIONS
PRACTICES

DELIVERING A GREAT SESSION:
1) PLAN – Plan your session ahead of time, include activities and specific goals for the session
2) PREPARE – Arrive early, focus yourself, mentally prepare to deliver the session
3) ORGANIZE – Have all equipment organized properly and be efficient with use of cones etc.
4) DELIVER – If you have done 1,2,3 well then the delivery is the easy part. Hit your points.

USE OF SPACE:
We have 115 teams using minimal space. Please use only the space allotted to you on the practice schedule. Use the field maps to identify your space. Coach to the outsides of the space, not necessarily the lines. Please be courteous to others. Be early for your session and communicate with other coaches.

ATTIRE:
LAGSD coaching gear at all times. Hats / sunglasses ok but try to be adidas hats.

USE OF TIME:
Start on time, finish on time. Be courteous to the next group. Any lectures should be done before or after practice. Make the most of the minutes, high intensity and high repetitions!
COACHING EXPECTATIONS
GAME DAY

PRE-GAME
• Be on time
• Wear LAGSD gear (club polo), look professional
• Review of practice
• Structured warm up
• Understanding of roles & expectations
• Objectives for the game (3)

DURING THE GAME
• Coach “off” the ball, not on the ball
• Developing decision makers, not “joy-sticking”
• When to coach
• Coaching demeanor
• Treat officials with respect

HALF-TIME
• Our issues vs their issues
• 3 coaching points / adjustments max
• Individual vs team

POST-GAME
• Performance first (over result)
• Remain positive
• Have perspective
• Be humble in victory and classy in defeat

GENERAL
Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.
One of the biggest influences on long term player development is the culture of the club or program that a player is exposed to. Our Club Culture is derived from the Actions, Attitudes and Behaviors that best characterize LAGSD.

It comes from the top. The philosophies, attitudes, actions and communication from the club leaders (Directors) go a long way to shaping the club culture. Above all our club culture is one of professionalism, accountability, and hard work in a positive learning environment. We strive to make one another better players and better people on and off the field.

**Attitude – “Be Elite, but not Elitist”**
Take pride in everything we do, strive to be the best we can be at all times, but remain humble in all of our interactions on and off the field.

**Actions – “Champions Do More”**
Champions find incremental ways to do more, on the field and off the field for the team. We strive to give our best effort at all times. As a coach, we will go the extra mile for our players. As a player, we will do more for our coaches and team. All the while being mindful that mistakes are a first step in the learning process and serve as motivation to achieve success.

**Behaviors – “Keep a blue head”**
'Red Head' is a state in which you are off task, agitated and ineffective. 'Blue Head', on the other hand, is an optimal state in which you are on task and performing to the best of your ability. Coaches and players are expected to learn to be mentally tough and perform well under pressure, through our mental performance program.

**Defining success - “Train to develop, play to win”**.
We believe our club culture is one which fosters long-term player development, and produces great soccer players and great people. We believe that championships and on field successes will follow as a natural by-product of a long-term development plan from the younger ages.
LAGSD STYLE OF PLAY

Having a clearly defined style of play is of vital importance as it defines who we are on the field. Believing in the way we try to play the game creates unity between our club staff, players and parents, and goes a long way to impacting the culture of our club. By committing to a consistent playing style we can standardize the best practices throughout the club, and get collective buy in from the players.

Our general style of play (both in and out of possession) is outlined below. Although no two games are the same, and often teams will need to adapt based on the environment, we commit to displaying the below characteristics on the field whenever possible:

**IN POSSESSION**

Teams are coached in our “Possession with a purpose” style, and play an offensive style of soccer based on quick ball movement. Our teams play through the thirds of the field, and playing out of the back using the goalkeeper and defenders is the foundation upon which this progressive possession-based playing style is based.

We view possession as a means to try and score a goal, and we look to move the ball to exploit the opponent and find areas of the field where we can create numerical superiority and create goal scoring opportunities.

**OUT OF POSSESSION**

Out of possession we attempt to deny the opposition space and time through intelligent collective pressing. We attempt to disrupt the build up, prevent chances and regain possession.

**IN TRANSITION**

During transition we play with intensity to try to immediately win the ball back within 6 seconds in defense, or break at speed with an end product in attack.
COACHING CONTENT

2017-2018 SEASON