



# SOCCER ACADEMY

Philosophy & Curriculum




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## Capital SP Soccer Curriculum

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# OUR MISSION & VISION

## Why Choose Capital SP

### MISSION

The mission of Capital SP academy is to provide the best possible coaching and instruction for our young players to ensure proper development of individual skill and technique and to introduce the team concepts involved in the game. The academy's experienced coaching staff emphasizes technical, tactical and physical development while encouraging individual creativity and expression.

### VISION

The Academy's focus is on proper individual and team training; the Club is less concerned with winning matches at these ages than with ensuring proper skill development for future success. Our goal is to teach our young players a love of the game of soccer. We do this by providing a fun, constructive learning environment and allow our players to grow more confident in their abilities.

### WHY CHOOSE CAPITAL SP

- **Experienced Staff:** Our Coaching Staff possess extensive soccer knowledge, coaching and playing experience.
- **Highest Emphasis Placed on Player Development:** Capital SP players develop individual skills and an understanding of the team game, in an enjoyable format. Players are trained using proven coaching methods used around the world.
- **Technique & Skill Are Emphasized; Tactics & Teamwork Are Introduced:** The structure (but not the content) of our Academy training sessions will be similar to that of our older players. The main component of the Academy sessions will emphasize technical training. However, at these ages, a child's capacity to solve problems increases significantly.

Players will begin working on self-solving basic, dynamic tactical scenarios through small-sided games, in addition to improving his/her individual skills and technique. Where other clubs tend to focus solely on ball skills or moves, Capital SP Academy players also learn to work with teammates to become complete players.

Children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity.

Age conditions the way a person perceives and interacts with the world and with others. In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different. For this reason we must not train 6 year old players the same way as 13 years old players. Training sessions must be adapted to the age of the players. Taking into consideration the characteristics of human and player development, we have structured the curriculum into four age groups.

## Basic Stage: 9 - 12 years old

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

## Intermediate Stage: 13 - 14 years old

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

## Advance Stage: 13 - 14 years old

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge. These are some of the facts in terms of human development adapted to soccer. In this document these facts are used to develop the most appropriate training methodology for each age group.

# THE MATCH

The objective of the training session is to prepare players for competition.  
The game shows the Tactical, Technical, Physical and Psychosocial development of the player.

## Tactical

This component helps the player fit into the team. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.

## Technical

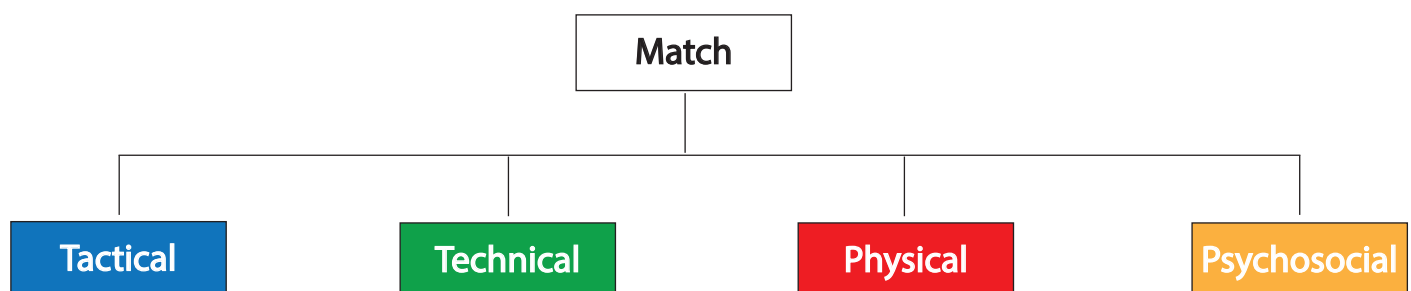
All players in the team have to be individually competent and proficient in the most important skills for each position.

## Physical

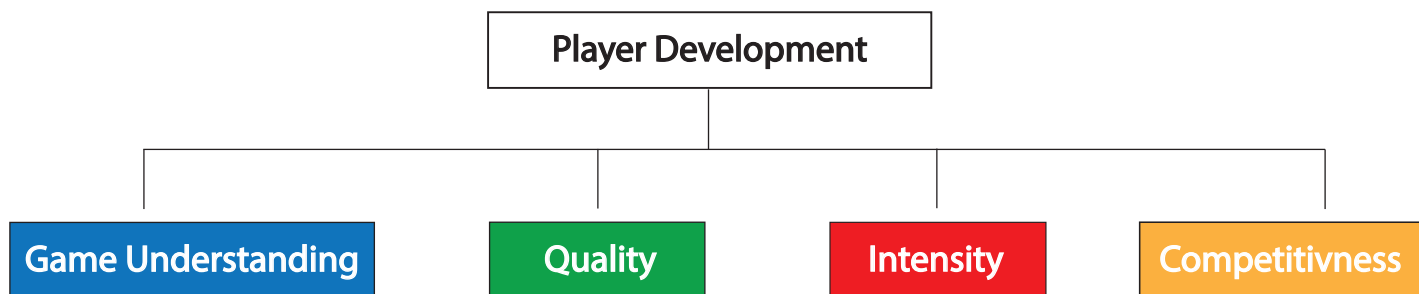
Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

## Psychosocial

The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.



All four components below are interrelated with the four key components in soccer. Developing these components in the training sessions will be essential to create an appropriate environment in order to develop top soccer players.



## Game Understanding

This component is related to the **TACTICAL** side of the game. Developing vision and game awareness is crucial from an early age. In soccer, one action is never repeated in exactly the same way and game situations change constantly. Collective practices and experience in different game situations aids the player by improving his/her knowledge of the game.

## Quality

This component is related to the **TECHNICAL** side of the game. A quality touch of the ball is indispensable to the tactical side of game-efficiency. Technique in soccer allows for great diversity; therefore repeating specific technical actions in a game context provides the player with a wide range of technical movements. Coaches will insist on a clean touch on the ball as well as quality technique.

## Intensity

This component is related to the **PHYSICAL** side of the game. Practices must be performed at game intensity. Short working periods of high-intensity develops the technical quality and the quick, tactical decisions required in the game. Reproducing game intensity during training sessions is essential to the improvement of the different types of speed and endurance.

## Competitiveness

This component is related to the **PSYCHOSOCIAL** part of the game. Opposed and high-intensity practices are essential in the development of high-quality and competitive players. Developing committed and competitive players from an early age is an indispensable aspect in the creation of successful teams.

**“True player development focuses on the development of the player, WITH MINIMAL EMPHASIS ON THE TEAM, OTHER THAN THE PHILOSOPHY OF KEEPING THE BALL ON THE GROUND & BEING PREPARED FOR THE DEAD BALL SITUATIONS OF THE GAME ITSELF!!**

Academy programs seek to improve individual player development, satisfaction and retention.

Tactical	Technical	Physical	Psychology
<p><b>Objectives:</b> To gain confidence to use skills in a game situation.</p> <p><b>Individual Offense:</b> Dribbling with the ball 1v1 Attacking moves</p> <p><b>Individual Defense:</b> Work Rate 1v1 Defending</p> <p><b>Small Group Attacking:</b> 2v1 Attacking 2v2 Attacking</p> <p><b>Small Group Defending:</b> 2v1 Defending 2v2 Defending</p> <p><b>Small Sided Games:</b> 2v2 3v3 4v4 6v6</p> <p><b>Formations:</b> Learn how to play and adapt to different formations</p>	<p><b>Objectives:</b> General skill development and comfort on the ball. Players will be introduced to the following:</p> <p><b>Dribbling:</b> Close Control Change Pace Using Both Feet Head Up</p> <p><b>Turning Moves:</b> Inside Cut Outside Cut Hook Turn U-Turn Pull Back</p> <p><b>Receiving:</b> Ground Control Aerial Control</p> <p><b>Passing:</b> Inside Foot Outside Foot Weak Foot</p> <p><b>Shooting:</b> Correct Shooting technique With Laces With Inside Foot</p> <p><b>Attack/Defend:</b> 1v1 Attacking 1v1 Defending</p>	<p><b>Objectives:</b> To help improve player's general level of fitness.</p> <p><b>Endurance:</b> Fitness Tests 1v1 Activities 2v2 Activities 3v3 Activities</p> <p><b>Co-ordination:</b> Running Drills Balance Drills Agility Drills Foot-Eye Co-ordination Drills.</p>	<p><b>Objectives:</b> Ensure player's are trained in a safe positive environment.</p> <p><b>Fun:</b> Player's have to enjoy training and enjoy being around team-mates</p> <p><b>Concentration:</b> Player's have to be able to focus throughout the entire session</p> <p><b>Co-operation:</b> Player's are encouraged to communicate with their teammates throughout the game - Encourage leadership</p> <p><b>Sportsmanship:</b> Encourage fair play and respect</p> <p><b>Basic Game Rules:</b> General Rules of the game</p>

### Practice Tips

**Objectives:** It is the responsibility of each individual player to strive to improve their own individual technique.  
The importance of individual practice must never be underestimated, as it is through the repetitive practice that you can see the results.

**Player's with good technique and who are good in 1v1 situations will make a difference in a game.**

**“ If it doesn't challenge you, it won't change you”**