

TAMPA BAY UNITED ACADEMY PHILOSOPHY & CURRICULUM



MISSION

The mission of the Tampa Bay United 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.

PROGRAM 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 THE TAMPA BAY UNITED ACADEMY?

- **Experienced Staff:** Our Coaching Staff possess extensive soccer knowledge, coaching and playing experience.
- **Highest Emphasis Placed on Player Development:** TAMPA BAY United players develop individual skills and an understanding of the team game, in an enjoyable format. Players are trained using proven coaching methods found in the United States Soccer Coaching Curriculum and will compete in a league chosen to stretch their abilities.
- **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, TAMPA BAY United Academy players also learn to work with teammates to become complete players.

- Proven Results With Our Competitive Teams: In just THREE years as a NEWLY MERGED CLUB, TAMPA BAY United U12 through U18 boys and girls teams have already won State Cup Championships, Super Y NATIONAL Championships, titles in the National League, Region 111 Premier League, NPL & CDL leagues, as well as qualified teams for Regionals & Nationals.
- Most recently our Club was accepted as a member into the 2013/2014 season of the US SOCCER DEVELOPMENTAL ACADEMY for the U-13/U14 age group.
- TAMPA BAY UNITED implements the U.S. Soccer Coaching Curriculum:

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.

1. Initial stage – 5 to 8 years old

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others are very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

2. Basic stage – 9 to 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.

3. Intermediate stage – 13 and 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.

4. Advanced stage – 15 to 18 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.

Coaching Philosophy:

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.

FOUR COMPLEMENTARY COMPONENTS

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!! Up to age 12, this should be the only criteria used in designing and running youth soccer programs.” Ron Quinn, US Youth Soccer

Why we need the Academy Program?

Mandatory Coaching Qualifications

- All academy coaches are required to hold USSF age appropriate coaching qualifications that provide the knowledge and understanding of how children learn at different ages and curriculums that are developmentally appropriate for all children

Removing the Pressure to Win

“Too often in this country, youth coaches sacrifice learning skills for winning games.... – US Women’s National team Member, Mia Hamm

What is the Academy Program?

Academy programs have emerged as a 21st century alternative to the frustrating shortfalls in soccer development displayed by most pre-teens. This void is heavily influenced by coaching quality and the pressures to win at critical periods in the development process.

Academy programs seek to improve individual player development, satisfaction and retention, and to build a less pressured youth soccer environment for coaches, adult spectators, and match officials.

TECHNICAL (U-9)	TACTICAL (U-9)	FITNESS (U-9)	PSYCHOLOGY (U-9)	PRACTICE TIPS (U-9)
<p>Objectives: General Technical skill development and comfort on the ball. All players must be introduced to the basic Coerver moves.</p> <p>Dribbling:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Change of direction moves Inside cut Outside cut Hook turn U-turn Pull back <input type="checkbox"/> Stops and starts moves Pull-push Stop and go Fake and go <input type="checkbox"/> Feints Scissors Side-step Step- over <p>Running with the ball:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Speed dribbling <p>Passing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Short passing <p>Receiving:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inside of foot 	<p>Objective: Confidence to use skills in a game.</p> <p>Individual Offensive tactics:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Running with the ball <input type="checkbox"/> 1v1 attacking moves <input type="checkbox"/> 2v1 attacking options <p>Individual defensive tactics:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1v1 defending <input type="checkbox"/> Work rate <p>Small Sided Games:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2v2, 3v3, 4v4. <input type="checkbox"/> Emphasis on dribbling, running with the ball, basic passing and support. <p>Formations:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learn how to play within a 6 vs. 6 format <input type="checkbox"/> Develop a basic understanding of attacking & defending principles. 	<p>Objective: Improve player's General level of fitness.</p> <p>Endurance:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1v1 activities <input type="checkbox"/> 2v2 activities <input type="checkbox"/> 4v4 games <p>Co-Ordination:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Running activities <input type="checkbox"/> Jumping activities <input type="checkbox"/> Balance and agility 	<p>Objective: Ensure players are trained in a positive environment.</p> <p>Fun</p> <p>Concentration</p> <p>Co-operation</p> <p>Sportsmanship</p> <p>Basic rules</p>	<p>It is the responsibility of every player to improve their own Individual techniques. The importance of practicing individually should never be underestimated, as the repetitive practicing will undoubtedly reap vast rewards.</p> <p>Practice individual techniques:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Changes of direction moves <input type="checkbox"/> Stops and starts moves <input type="checkbox"/> Feint moves. <p><i>Players with good 1v1 skills can make a difference in a game.</i></p> <p>REPEAT MOVES OVER AND OVER AGAIN.</p>

TECHNICAL (U-10)	TACTICAL (U-10)	FITNESS (U-10)	PSYCHOLOGY (U-10)	PRACTICE TIPS (U-10)
<p>Objectives: General Technical skill development and comfort on the ball.</p> <p>Turning Moves:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inside/Outside Cuts <input type="checkbox"/> Hook turn <input type="checkbox"/> U-turn <input type="checkbox"/> Step Over <input type="checkbox"/> Combination of turns <p>Attacking Moves:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Side step <input type="checkbox"/> Step over <input type="checkbox"/> Combination of moves <p>Control and Receiving:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ground Control <input type="checkbox"/> Aerial Control <p>Passing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inside of foot <input type="checkbox"/> Instep <p>Dribbling/ Running with the ball:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Close control <input type="checkbox"/> Change direction/pace <input type="checkbox"/> Use of both feet <input type="checkbox"/> "head up" <p>Shooting:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Striking the ball with the laces. <p>Attacking/Defending</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 v1 attacking <input type="checkbox"/> 1 v1 defending 	<p>Objective: Confidence to use Skills in a game.</p> <p>Individual offensive tactics:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dribbling with the ball <input type="checkbox"/> 1v1 attacking moves <p>Individual defensive tactics:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1v1 defending <input type="checkbox"/> Work rate <p>Small group attacking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2v1 attacking options <input type="checkbox"/> 2v2 attacking options <p>Small group defending:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2v1 defending <input type="checkbox"/> 2v2 defending <p>Small Sided Games:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2v2, 3v3, 4v4.6v6. <input type="checkbox"/> Emphasis on dribbling, running with the ball, basic passing and support play. (depending on the game set up and theme) <p>Formations:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learn how to play and adapt to different formations 	<p>Objective: Improve player's general level of fitness.</p> <p>Endurance:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1v1 activities <input type="checkbox"/> 2v2 activities <input type="checkbox"/> 3v3 activities <input type="checkbox"/> 4v4 games <p>Co-Ordination:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Running activities <input type="checkbox"/> Balance and agility 	<p>Objective: Ensure players are trained in a positive environment.</p> <p>Fun</p> <p>Concentration</p> <p>Co-operation</p> <p>Sportsmanship</p> <p>Basic rules</p>	<p>It is the responsibility of every player to improve their own individual techniques. The importance of practicing individually should never be underestimated, as the repetitive practicing will undoubtedly reap vast rewards.</p> <p>Practice individual techniques:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turning moves <input type="checkbox"/> Attacking moves <input type="checkbox"/> Juggling <p><i>Players with good 1v1 skills can make a difference in a game.</i></p> <p>REPEAT MOVES OVER AND OVER AGAIN.</p>

Month	Week	Tentative U-9 Academy Season Objective
Sept	1	Ball familiarity
	2	Dribbling
Oct	3	Ball control
	4	Passing & receiving
Nov	5	Shooting
	6	Turning with the ball & receiving to turn
Dec	7	1v1 attacking
	8	Passing & combination play
Jan	9	Mixed skills & techniques
	10	Techniques in opposed situations
Feb	11	Ball familiarity, control & balance
	12	Dribbling & agility
March	13	Ball control & coordination
	14	Passing & perception/awareness
April	15	Shooting & balance
	16	Turning with the ball & agility
May	17	1v1 attacking & speed
	18	Perception, passing & combination play
May	19	Mixed skills/techniques & speed
	20	Techniques in opposed situations & awareness

Age group	Sessions per week	Session duration
U-9s	2	90 minutes

The program is organized as follows:

- 1. The Session can either adopt a Circuit type training environment, where groups are separated by skill level & rotate through the age group coaches, who all have a different exercise focused on one specific topic
- 2. The Session can also follow a more team oriented environment where one coach takes a group separated by skill, through a progression of exercises from warm-up to game, focused on one specific topic.
- The Team oriented sessions follow this structure which is based on the following basic soccer techniques: dribbling, ball control, passing and receiving, shooting and turning with the ball.
- The structure of the sessions is arranged so that they progress from simple to complex
- The sessions follow this structure:
 1. Dynamic warm up with the ball
 2. Individual skills/ Ball Mastery (e.g. Juggling, Technical ability, etc...)
 3. Technique or 1v1 situation
 4. Opposed game
 5. Scrimmage
- All sessions incorporate an individual skill, improving the individual technique and developing the creativity of youth players.
- Sessions are multipurpose in order to develop different aspects of the game in the same session.
- The U-9 program will develop: -
- Ball familiarity and soccer techniques: ball control, passing, shooting. -
- Basic motor skills like running, jumping and diving with and without the ball. - Basic 1v1 attacking situations. -
- Basic balance and coordination with and without the ball. -
- Perception of team mates and opponents.

Month	Week	Tentative U-10 Season Objective
Sept	1	- IMPROVE FIRST TOUCH & POSSESSION
	2	- PASSING & RECEIVING
Oct	3	- DRIBBLING AS AN INDIVIDUAL
	4	- TURNING & DRIBBLING
	5	- RUNNING WITH THE BALL
Nov	6	- COMBINATION & AWARENESS IN PASSING
	7	- 1v1, 2v2, 3v3, 4v4 ATTACKING
Dec	8	- ATTACKING WITH OVERLOADS
	9	- SHOOTING
Jan	10	- TAKING SHOOTING OPPORTUNITIES
	11	- PASSING, AWARENESS & SUPPORT 1
Feb	12	- PASSING, AWARENESS & SUPPORT 2
	13	- DEFENDING AS AN INDIVIDUAL
March	14	- DEFENDING 2v2 & WHEN OUTNUMBERED
	15	- MIXED SESSION
April	16	- CROSSING & FINISHING
	17	- POSSESSION WHEN SHOOTING
May	18	- ATTACKING WHEN NUMBERS UP
	19	- TRANSITION
May	20	- FINISHING

<i>Age group</i>	<i>Session per week</i>	<i>Session duration</i>
U-10s	2	90 minutes

The program is organized as follows:

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- 2. The Session can also follow a more team oriented environment where one coach takes a group separated by skill, through a progression of exercises from warm-up to game, focused on one specific topic.
- The Team oriented sessions follow this structure which is based on the following basic soccer techniques: dribbling, ball control, passing and receiving, shooting and turning with the ball.

The structure of the sessions is arranged so that they progress from simple to complex

The sessions follow this structure:

1. Dynamic warm up with the ball
2. Individual skills/ Ball Mastery (e.g. Juggling, Technical ability, etc...)
3. Technique or 1v1 situation
4. Opposed game
5. Scrimmage

All sessions incorporate an individual skill, improving the individual technique and developing the creativity of youth players.

Sessions are multipurpose in order to develop different aspects of the game in the same session.

U-10s - The program will develop:

- Main soccer techniques: passing, ball control, turning and shooting.
- Balance and coordination with and without the ball.
- Efficiency 1v1 attacking and defending situations.
- Basic attacking principles in the game: creating space, support and movement.

Measurements of Success in Youth Soccer for the TAMPA BAY UNITED ACADEMY PROGRAM

Short-Term

FUN ... do the players smile and laugh? Do the players look forward to playing? The first question from the player's family should be, "Did you have fun today?"

Fair Play ... does a player demonstrate by words and actions a sense of sportsmanship?

Laws of the Game ... do the players know and follow the rules of soccer?

Health and Fitness ... are the players physically fit enough to meet the fitness demands of the game? Are they developing good nutrition and hydration habits befitting an athlete?

Friendships ... are the players creating new friends within the team and with players from other teams?

Skills ... are the players demonstrating a growing number of ball skills and are they gradually becoming more proficient in those skills?

Long-Term

Commitment ... how do the players answer when asked at the end of a game, "Did you try your best?"

Roles in the Team ... more important than learning a position are the players learning about positioning? Knowing where the right back or the center forward spot is on the field is important, yet learning how to move tactically within the game is far more important. Do all of the players get exposed to playing all of the positions?

Leadership ... are players being given the opportunity to take on leader roles and responsibilities? Are the coaches and team managers teaching leadership?

Tactics ... are the players experimenting with new tactics in matches? The coaches must teach new tactics to the players in training sessions and then allow them to try out the tactics in a match, regardless of how that might affect the outcome!

Retention ... do the players come back year after year?

Retention is recognized as also a short term measure of success in youth soccer and developing well-adjusted citizens is another long term measure of success in youth sports. In a 2007 US Youth Soccer survey 96% of parents responded that one of the benefits they desire for youth soccer to provide to their child is fun. 97% of the parents surveyed feel the reason their child participates in youth soccer is fun!