



ROADMAPS

- Roadmaps for Attacking, Defending and Transition
- Team Functions - Team Performance and Players' Actions
- Key Qualities of a U.S. Soccer Player and Coach

ATTACKING ROADMAP

CREATE CHANCES IN ORDER TO SCORE GOALS



ATTACKING	GOAL	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	KEY QUALITIES OF A PLAYER
Defensive third: build-up	- Possession to pass or dribble forward (in order to create chances in the offensive third)	<ol style="list-style-type: none"> 1. Exploit the opponent when unbalanced/disorganized 2. Unbalance/disorganize the opponent 	<ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble forward when possible or hold the ball 4. Support the attack 5. Create a 2v1 or 1v1 6. Create diagonal passing lines 7. Vary the types of runs to try and get behind/between the defensive line(s) of the opponent 8. Play the early cross when there is space behind the defensive line 9. Get numbers in the box 10. Push the defensive line up and take preventive defensive action 	<ol style="list-style-type: none"> 1. Read and understand the game and make autonomous decisions 2. Take initiative, be pro-active 3. Focus for 90+ minutes on their task 4. Execute their task for 90+ minutes with optimal technical abilities 5. Execute their task for 90+ minutes with optimal physical abilities 6. Take responsibility and accountability for their own development and performance
Middle third: build-up	- Possession to pass or dribble forward (in order to create chances in the offensive third)	<ol style="list-style-type: none"> 1. Exploit the opponent when unbalanced/disorganized 2. Unbalance/disorganize the opponent 		
Offensive third: build-up and scoring	<ul style="list-style-type: none"> - Scoring goals - Possession to create chances 	<ol style="list-style-type: none"> 1. Exploit the opponent when unbalanced/disorganized 2. Unbalance/disorganize the opponent 		

TRANSITION ATTACKING TO DEFENDING ROADMAP DENY CHANCES IN ORDER TO PREVENT GOALS



TRANSITION ATTACKING TO DEFENDING

GOAL

GENERAL PRINCIPLES

TEAM TACTICAL PRINCIPLES

KEY QUALITIES OF A PLAYER

Offensive third: disrupt build-up

- Prevent the opponent from playing forward or deny penetration from dribble
- Force an inaccurate pass and/or a ball that's hard to control
- Regain the ball

1. Quick transition to defending
2. Get organized and balanced

1. Pressure the ball immediately after losing it, using players closest to the situation
2. Get organized and balanced as quickly as possible; make it compact
3. Delay the opponents' attack when outnumbered

1. Read and understand the game and make autonomous decisions
2. Take initiative, be pro-active
3. Focus for 90+ minutes on their task
4. Execute their task for 90+ minutes with optimal technical abilities
5. Execute their task for 90+ minutes with optimal physical abilities
6. Take responsibility and accountability for their own development and performance

Middle third: disrupt build-up

- Prevent the opponent from playing forward or deny penetration from dribble
- Force an inaccurate pass and/or a ball that's hard to control
- Regain the ball

1. Quick transition to defending
2. Get organized and balanced

Defensive third: disrupt build-up and prevent scoring

- Prevent goals
- Deny chances
- Prevent the opponent from playing forward or deny penetration from dribble
- Force an inaccurate pass and/or a ball that's hard to control
- Regain the ball

1. Quick transition to defending
2. Get organized and balanced

DEFENDING ROADMAP

DENY CHANCES IN ORDER TO PREVENT GOALS



DEFENDING	GOAL	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	KEY QUALITIES OF A PLAYER
Offensive third: disrupt build-up	<ul style="list-style-type: none"> - Prevent the opponent from playing forward or deny penetration from dribble - Force an inaccurate pass and/or a ball that's hard to control - Regain the ball 	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 	<ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Pressure the player with the ball, cover and balance 4. Always press in the identified situations 5. Outnumber the opponent 6. Provide cover and delay the opponents' attack when outnumbered 7. Stay in your defensive zone when the opponent changes position 8. When necessary, switch from zonal marking to player tracking 9. Anticipate the long ball played behind the defensive line 10. The defensive line moves as a collective unit 11. Take anticipated attacking action 	<ol style="list-style-type: none"> 1. Read and understand the game and make autonomous decisions 2. Take initiative, be pro-active 3. Focus for 90+ minutes on their task 4. Execute their task for 90+ minutes with optimal technical abilities 5. Execute their task for 90+ minutes with optimal physical abilities 6. Take responsibility and accountability for their own development and performance
Middle third: disrupt build-up	<ul style="list-style-type: none"> - Prevent the opponent from playing forward or deny penetration from dribble - Force an inaccurate pass and/or a ball that's hard to control - Regain the ball 	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 		
Defensive third: disrupt build-up and prevent scoring	<ul style="list-style-type: none"> - Prevent goals - Deny chances - Prevent the opponent from playing forward or deny penetration from dribble - Force an inaccurate pass and/or a ball that's hard to control - Regain the ball 	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 		

TRANSITION DEFENDING TO ATTACKING ROADMAP

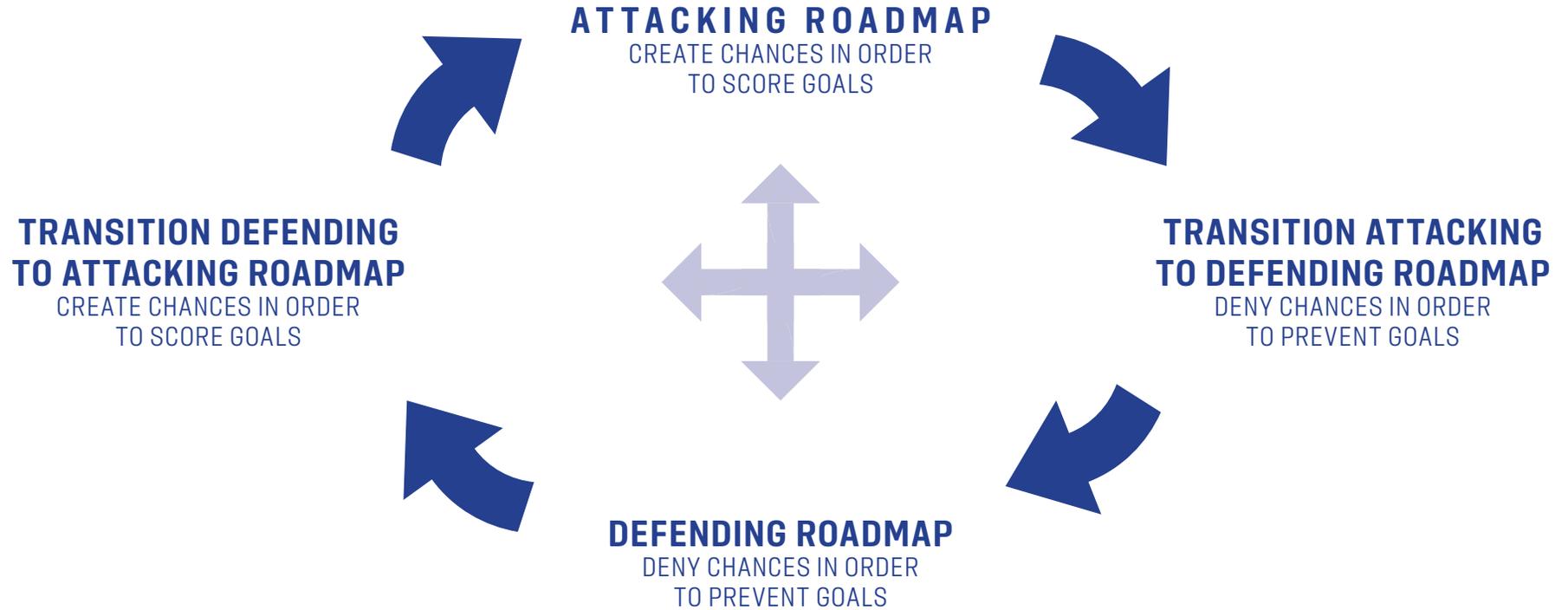
CREATE CHANCES IN ORDER TO SCORE GOALS



TRANSITION DEFENDING TO ATTACKING	GOAL	GENERAL PRINCIPLES	TEAM TACTICAL PRINCIPLES	KEY QUALITIES OF A PLAYER
Defensive third: build-up	- Possession to pass or dribble forward (in order to create chances in the offensive third)	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 	<ol style="list-style-type: none"> 1. Pass or dribble forward 2. Create passing lines 3. Give support 4. Keep the ball when you can't play forward 5. Push the defensive line up 	<ol style="list-style-type: none"> 1. Read and understand the game and make autonomous decisions 2. Take initiative, be pro-active 3. Focus for 90+ minutes on their task 4. Execute their task for 90+ minutes with optimal technical abilities 5. Execute their task for 90+ minutes with optimal physical abilities 6. Take responsibility and accountability for their own development and performance
Middle third: build-up	- Possession to pass or dribble forward (in order to create chances in the offensive third)	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 	<ol style="list-style-type: none"> 1. Pass or dribble forward 2. Create passing lines 3. Give support 4. Keep the ball when you can't play forward 5. Push the defensive line up 	<ol style="list-style-type: none"> 1. Read and understand the game and make autonomous decisions 2. Take initiative, be pro-active 3. Focus for 90+ minutes on their task 4. Execute their task for 90+ minutes with optimal technical abilities 5. Execute their task for 90+ minutes with optimal physical abilities 6. Take responsibility and accountability for their own development and performance
Offensive third: build-up and scoring	<ul style="list-style-type: none"> - Scoring goals - Possession to create chances 	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 	<ol style="list-style-type: none"> 1. Pass or dribble forward 2. Create passing lines 3. Give support 4. Keep the ball when you can't play forward 5. Push the defensive line up 	<ol style="list-style-type: none"> 1. Read and understand the game and make autonomous decisions 2. Take initiative, be pro-active 3. Focus for 90+ minutes on their task 4. Execute their task for 90+ minutes with optimal technical abilities 5. Execute their task for 90+ minutes with optimal physical abilities 6. Take responsibility and accountability for their own development and performance



CYCLE OF TEAM FUNCTIONS



ANALYSIS OF THE TEAM FUNCTIONS - TEAM PERFORMANCE AND PLAYERS' ACTIONS



TEAM FUNCTION	GOAL	GENERAL PRINCIPLES	TEAM PERFORMANCE	PLAYER'S ACTIONS
Attacking	- Create chances in order to score goals	<ol style="list-style-type: none"> 1. Exploit the opponent when unbalanced/disorganized 2. Unbalance/disorganize the opponent 	<p>What do you want to improve? Identification of the specific outcome of the exercise, translated into observable training targets and objectives</p> <p>Who are the key players? Integration of the key players and (functional) groups that are relevant to targets and objectives</p> <p>Where is it happening on the field? Utilization of the relevant region(s) of the field, in the appropriate shape and dimension</p> <p>When is it exactly happening? Replication of the timing and the circumstances of the topic</p> <p>Why is it happening? The cause and the cues the team/players has/have to deal with</p>	<p>The positioning, timing, direction and speed within a particular soccer action is very specific for each playing position and situation</p> <p>Position - Did the player choose the right position?</p> <p>Moment - Did the player recognize the right moment of action?</p> <p>Direction - Was the direction of the action correct?</p> <p>Speed - Did the player execute the right speed of action?</p>
Transition Attacking to Defending	- Deny chances in order to prevent goals	<ol style="list-style-type: none"> 1. Quick transition to defending 2. Get organized and balanced 		
Defending	- Deny chances in order to prevent goals	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 		
Transition Defending to Attacking	- Create chances in order to score goals	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 		

TEAM FUNCTIONS - KEY QUALITIES OF A U.S. SOCCER PLAYER, KEY QUALITIES OF A U.S. SOCCER COACH



TEAM FUNCTION	GOAL	GENERAL PRINCIPLES	KEY QUALITIES OF A U.S. SOCCER PLAYER	KEY QUALITIES OF A U.S. SOCCER COACH
Attacking	- Create chances in order to score goals	<ol style="list-style-type: none"> 1. Exploit the opponent when unbalanced/disorganized 2. Unbalance/disorganize the opponent 	<ol style="list-style-type: none"> 1. Read and understand the game and make autonomous decisions 2. Take initiative, be pro-active 3. Focus for 90+ minutes on their task 4. Execute their task for 90+ minutes with optimal technical abilities 5. Execute their task for 90+ minutes with optimal physical abilities 6. Take responsibility and accountability for their own development and performance 	<ol style="list-style-type: none"> 1. Read, analyze and understand the game 2. Create a game-like, reality based training environment 3. Demonstrate a holistic approach 4. Is a self-reflective, active learner 5. Is a leader, teacher, mentor and manager 6. Is a role model, setting an example 7. Show genuine interest in players 8. Empower players 9. Use a guided discovery approach 10. Is prepared, has a plan 11. Is focused and adaptive 12. Actively listen and communicate openly 13. Give attention to detail
Transition Attacking to Defending	- Deny chances in order to prevent goals	<ol style="list-style-type: none"> 1. Quick transition to defending 2. Pressure, cover and balance 		
Defending	- Deny chances in order to prevent goals	<ol style="list-style-type: none"> 1. Get balanced/organized 2. Stay balanced/organized 3. Pressure, cover and balance 		
Transition Defending to Attacking	- Create chances in order to score goals	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 		

KEY QUALITIES OF A U.S. SOCCER PLAYER

Game Understanding & Decision Making

Read and understand the game and make autonomous decisions

PLAYER BEHAVIOR (WORLD-CLASS)

A WC player has, given their role in the team and position on the field, the qualities to give a decisive contribution to the general principles of Attacking, Defending and Transition to accomplish the goals and game result

- Applies knowledge of the details and implications of the cues
- Reads and analyzes situations regarding A/D/T in a split second and/or under pressure, thinks fast
- Aligns own actions with the other players, positions (understands relationships/partnerships)
- Is the best player at their position based on the style of play of the team
- Recognizes the transition moment as an opportunity and a threat
- Manages the game when it comes to the pace of the game and/or the moment in the game

Initiative

Take initiative, be pro-active

- Creates instead of reacts, confronts situations
- Takes opponents on (1v1, dribble to drag opponents out of position)
- Thinks ahead
- Moves into space ahead of time

Focus

Focus for 90+ minutes on their task

- Plays to win
- Has guts, is brave
- Deals with adversity (recovers quickly)
- Is composed in their behavior (emotional stability)
- Enhances the team and the other players by executing their task (is a giver)
- Executes their task under all circumstances

KEY QUALITIES OF A U.S. SOCCER PLAYER

Optimal Technical

Execute their task for 90+ minutes with optimal technical ability

PLAYER BEHAVIOR (WORLD-CLASS)

A world-class player has, given their role in the team and position on the field, the qualities to give a decisive contribution to the general principles of Attacking,Defending and Transition to accomplish the goals and game result

- Is technically proficient to be effective (accurate) and successful in all situations
- Is proficient in 1v1 to create or to win/regain the ball
- Has the technical skills to create, even under pressure
- Has the technical skills to dictate the pace of the game

Optimal Physical

Execute their task for 90+ minutes with optimal physical ability

- Uses body (e.g. to protect the ball)
- Has the physical fitness to execute their task at top level during the whole game (whole season)
- Exudes power and speed

Responsible (On & Off Field)

Take responsibility and accountability for their own development and performance

- Is involved and engaged throughout every game/session
- Delivers on agreements and promises
- Is adaptable and flexible in dealing with (un)expected challenges and problems
- Articulates their own learning needs and formulates personal development goals
- Evaluates and reflects on their own performance (analyzes game performance in relation to positional requirements in the system of play)
- Creates a personal development plan
- Is there when it is needed (leadership)
- Organizes and manages personal lifestyle and environment to perform at top level
- Is a coach on the field
- Is a role model under all circumstances, shows exemplary behavior
- Consults sources of knowledge/"experts"
- Creates own learning environment