



EVOLUTION FUTBOL CLUB

Wichita, Kansas

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CLUB PHILOSOPHY

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EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



THE EFC PHILOSOPHY

Since 2005 the Evolution Futbol Club (EFC) has provided an opportunity for young people to play soccer in a safe and positive environment. EFC is a proud member of the Kansas Youth Soccer Association and competes in various leagues including: SCSA, Heartland, Sports-Zone indoor and Super F (Futsal). The club is designed to provide each player with the opportunity to improve his/her soccer ability by stressing the fundamental aspects of the game as well as fostering an appreciation for the “Game of Soccer”. Within this appreciation for the game, our program will emphasize the importance of “The Spirit of the Game” by stressing sportsmanship and respect for the opponents, officials, and parents. EFC is dedicated to teaching the fundamental skills and tactics of the game and assisting its players achieving their soccer goals, including playing at the college level. While we strive to develop players to be the best they can be, we will also use the game as a medium to help mold our players into responsible and productive citizens within our communities.

PLAYER DEVELOPMENT

It is the goal of the Evolution Futbol Club to develop its players in a progressive environment. The process of development is one that takes time and must be nurtured over the course of many years. The process shall begin with a simplistic strategy of acquiring the basic skills and fundamental tactics of the game and progress to a more complex involvement in the game incorporating higher level techniques and advanced technical/tactical knowledge.

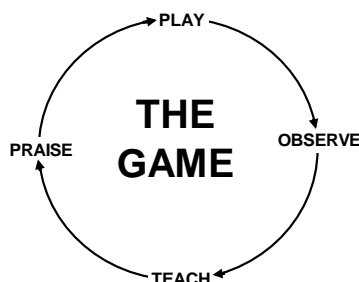
The U8 "Academy" age groups will develop a fascination for the ball, the desire to master it and the thrill of scoring goals. The joy and pleasure of the game will be nurtured by encouraging freedom of expression. We will focus on the basic skills and techniques of dribbling, solutions (moves & turns) & shooting.

The U9-U12 "Youth" age groups will focus on the basic skills and techniques that include the introduction of passing, receiving and shooting. Defensive techniques will also be introduced and stressed at this level. Individual and small group tactics will be taught to form the foundation of the players’ “soccer knowledge”.

The U13-U14 "Juniors" age groups will focus their training on polishing various individual skills and techniques under pressured situations. Individual and team tactics, along with game strategies taught at these age groups, will further enhance the players’ “soccer knowledge”.

The U15-U19 "Seniors" age groups will develop an understanding of the systems of play using the technical and tactical skills learned at the previous age groups. The focus at these levels will look to prepare the player for the next level (high school varsity, and college).

EFC TRAINING MODEL





EVOLUTION FUTBOL CLUB

PLAYER DEVELOPMENT - CURRICULUM



EFC TRAINING MODEL

PLAY:

The "GAME" is the teacher, the trainer is the facilitator, so keep them playing. Players don't come to training to listen to you talk or watch you play, they come to play. Players will learn more if you do a good job observing and analyzing their performance and providing quality instruction to correct their deficiencies. EFC trainers should instruct while players are at rest and not while they are actively competing or training.

OBSERVATION:

If the "GAME" is truly the teacher, and seeing is believing, then believe what you see. During practice and games, players attempt to recreate the things they have learned. EFC trainers should be "Observers" of the players performances, looking to see if the skills and tactics taught are being demonstrated in the players performances. We should also allow freedom of personality so players can be innovative.

Observation is a silent activity.

- EFC trainers should introduce new skills or tactics, during times of rest, not play.

- EFC trainers should not tell players what to do while competing. (Pass to Johnny, Dribble & shoot...)

- EFC trainers should not make obvious instructions/comments. (Jane you need to collect better)

- EFC trainers should not shout unfocused commands (" Go, go, go...")

Observing is:

- EFC trainers should watch to see if the player(s) are executing what they have been taught

- EFC trainers should correct only those things that have been taught and stay on topic in training.

- EFC trainers should focus on the execution & effect of the skills and tactics observed

- EFC trainers should make notes on how to improve, the positive outcomes and enhancements

Watching more and speaking less will allow the trainer to better analyze the players and their performances and therefore provide better instruction in the "Teach" phase.

TEACH:

Teaching consists of two parts, description and demonstration. Description involves telling your players what you observed in terms of their execution and effect of the specified skill or tactic. Then providing your players with corrective instructions on one or two deficiencies. Trainers should not try to correct every problem and need to stay on topic in training.

Again, the game is the teacher and players learn from seeing and doing, not listening so move into demonstration quickly to reinforce your point. Get them playing as quickly as possible, so one or two demonstrations of techniques that the player is capable of performing is better than giving them too many options or a technique that only a few are capable of performing. Trainers should be capable of providing an adequate demonstration of the techniques or tactics for the age he/she is training.

PRAISE:

When your players have been observed and analyzed silently, been given constructive description and demonstration and then allowed to perform the technique or tactic effectively, it is time to let them know. Trainers should use both public & private praise and it should outweigh the constructive criticism.



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



U6/U8 Play Time (The Turn On)

PHILOSOPHY – The fascination for the ball, the desire to master it and the thrill of scoring goals provides the launching pad. The joy and pleasure of the game are best nurtured by encouraging freedom of expression and organizing children's play in small groups. Games should be fun & low pressure allowing for players to learn and compete without the negative consequences.

FUN games and activities to encourage participation

COACH - The coach is the facilitator who organizes the training sessions. He/she must create an environment which is both fun and educational. Coaching in the fun phase requires not only soccer knowledge, but patience, enthusiasm and imagination. License – USSF "E"

TECHNIQUES/TACTICS - Learning through FUN games and age appropriate activities. The exercises utilized should have all players actively participating. Additionally, players should have a ball at their feet for 50% or more of the practice. Players should not be standing in lines. The exercises should encourage creativity and promote decision making. The types of activities should also promote body awareness. At this stage, players are all about themselves. Utilize this factor as a positive in working on individual skills. Introduction of the different parts of the foot should be made with emphasis on the inside and laces. Team concepts are very difficult for players at this stage, so keep to individual and 2 v 2 type exercises. Activities should be:

Dribbling- Exposure to all surfaces of the foot. Introduction to inside/outside of foot cuts/turns Open space and change of direction dribbling will also be introduced. Dribbling with laces.

Receiving – Introduction to the technique of cushioning the ball with the inside/outside of both feet.

Passing – Introduce inside of foot and laces passing with emphasis on the proper technique.

PHYSICAL – At this stage the physical aspect of the player's development should focus on "Body Awareness". Exercises should focus on balance, eye/foot coordination, and agility. The exercises should be soccer focused utilizing repetitive soccer motions to promote muscle memory. All fitness should be done with the ball.

PSYCHOLOGICAL – It is very important at this age to keep it fun and enjoyable to foster a desire to play. One measure of a coaches success at this age is how many players return the next season. At this stage of a players development they tend to do one task at a time. Controlling a ball may be a very complex task for this player, so set realistic expectations. U6 players do not understand group/collective play, so primarily coach individual activities (all players w/ball) and the are very excited about demonstrating what they have achieved. Reward their efforts and encourage them to try new things. Finally, create activities that foster positive feedback and attainable success.

THE GAME – 4 v 4



EVOLUTION FUTBOL CLUB

PLAYER DEVELOPMENT - CURRICULUM



U9/10 Transitional Phase

PHILOSOPHY – The program at this level will focus on individual skill and fundamental tactics. Fitness will be emphasized within many exercises with the ball and will focus on coordination, stamina, and agility. The psychological aspect of the game will be limited to fostering a desire to play, self-esteem, responsibility, and self-discovery within cooperative games. The emphasis during practices will be to develop these objectives through small-sided games and activities. The objectives used to develop the skills mentioned below may vary depending on the make-up of the team and skill level of the players.

COACH – The coach will be qualified to demonstrate the fundamental techniques of the game. He will show creativity in training sessions. Sensitivity, enthusiasm, and patience will be the attributes of the coach of this level. License – Beginner, USSF "D or E"

TECHNIQUE – Repetition of fundamental techniques will be stressed through fun exercises and dynamic activities.

Dribbling - Exposure to all surfaces of the foot. Introduction to the basic solutions (moves) to create time, spaces, and beat an opponent. Open space and change of direction dribbling will also be introduced. Turns will be introduced to create space and time.

Receiving – Introduction to the technique of cushioning the ball with the inside and outside of both feet. Collecting on the “Back Foot” will be emphasized.

Passing – Increased emphasis on the proper technique of striking passes with the inside of foot and laces. Proper technique for striking lofted balls will be introduced.

Defense – The defensive technique of standing an opponent up using the upper body. Proper stance and “jockeying” will also be included.

Heading – Heading of the ball will be introduced to reduce the fear of the ball. The proper technique of offensive and defensive heading will be stressed.

Shooting – The proper technique of squared hips, ankle locked, position of plant foot, landing on kicking foot, and using the laces will be introduced.

TACTICS – The introduction of a variety of positions will be introduced to begin the development of the “Complete Player”. Attacking with “1 v 1” and “3 v 1” to promote shape (support, width, and depth). Defensive principles such as goal-side, immediate chase, pressure, and support will be introduced.

PHYSICAL – Exercises should focus on balance, eye/foot coordination, and agility. The exercises should be soccer focused utilizing repetitive soccer motions to promote muscle memory. Fitness should be done with the ball. Static stretching should be introduced to promote greater flexibility.

PSYCHOLOGICAL – The atmosphere will be structured toward a fun and enjoyable environment to create a desire to play. Individual responsibility will be stressed to promote self-discovery. All activities will have a clear objective. Cooperative games and activities will help to facilitate an enthusiasm for the game.

THE GAME – 6 v 6 or 8 v 8



EVOLUTION FUTBOL CLUB

PLAYER DEVELOPMENT - CURRICULUM



U11/U12 Foundation Phase (Romance Phase)

PHILOSOPHY – The program at this level will focus on the development of individual skill, small group and individual tactics. This age of development is considered to be the most important stage of development. Demonstration of basic skills is critical to encapsulate the player's desire to learn. Players at this age will benefit greatly in their development by "doing". The psychological aspect of the program will be more demanding as discipline is introduced and enforced.

COACH – The coach at this level will possess and be capable of demonstrating the basic skills of the game as a strategy for development. He will show enthusiasm for the game as well as enforce the discipline and philosophy of the program. License – USSF "D" or equivalent

TECHNIQUE - Repetition of the fundamental skills will be reemphasized as the pressure of time, space and an opponent is introduced. Technical speed will be introduced at the BU12 level.

Dribbling – Risk-taking will be encouraged in high percentage situations. Solutions to beat an opponent as well as changing speed and direction will be introduced.

Receiving – Receiving passes on the run and using all surfaces will be introduced.

Passing – Proper technique will be reemphasized. Crosses and long passes will be introduced.

Defense – Defensive technique will be reemphasized. Slide tackling with the lower and upper body will be introduced.

Heading – Offensive and defensive heading will be emphasized in game-oriented situations.

Shooting – Power shooting with the proper technique will be stressed. Shots from angled passes and turning will be introduced.

TACTICS – The basic offensive principles of play will be introduced (width, 2v1, runs off the ball, and risk-taking). Team defense will be introduced (1st defender, 2nd defender, and 3rd defender). Combination play of small groups will be introduced (wall pass, overlap, and take-overs).

PHYSICAL – The exercises should be soccer focused utilizing repetitive soccer motions to promote muscle memory. Static and dynamic (agility) flexibility should become part of every training session. Greater emphasis should begin to be placed on speed and endurance. Strength training should be introduced (only using the individuals own weight).

PSYCHOLOGICAL – Increased demands both physically and mentally will occur in this stage of the program. The discipline and philosophy of the program will be introduced and enforced in a consistent manner. The players at this level will be encouraged to watch and learn from a higher level of soccer (EPL, MLS, CSL Premier, high school, and college). Decision-making and creativity will be encouraged.

THE GAME – 8 v 8 or 11 v 11



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



U13/U14 Formal Phase (The Commitment)

PHILOSOPHY – The program at this level will stress technical and tactical speed, physical and mental maturation, and an appreciation for the game. As the demand for skill training and quantity of time on the ball increases, we expect to procure an improvement in mental toughness, concentration, and execution. Adult standards will be introduced to serve as a guideline to the club/team rules.

COACH – The coach at this level will possess the skills to demonstrate a high level of technique under pressure. He shall have a strong personality, be soccer knowledgeable, and enthusiastic. In addition, he will be strict with the team rules in accordance to the club philosophy. License – USSF "C or D" or equivalent

TECHNIQUE – Building on the foundation of skill that has been established will be the focus of technical development. Technical as well as tactical speed will be emphasized as a demand at this level. Individual skill under pressure, space, and an opponent will be stressed as well.

Dribbling – Taking players on 1 v 1 as well as shielding, possession and turns will be stressed at this level. Solution exercises will continue but with increased pressure and speed demanded.

Receiving – Quality first touch and collecting on the back foot will be stressed. Collections under greater pressure will be demanded. Multiple collection decision options will be asked and evaluated.

Passing – Driven and chipped passes will be introduced and proper technique will be demanded.

Defense – Proper tackling techniques using the whole body will be instructed.

Heading – Goal scoring, clearing and passing headers will be stressed using the proper technique.

Shooting – Shots from on the run as well placement shots will be introduced. Power shooting will continue to be stressed.

TACTICS – Attacking in the offensive third with possession, penetration, and 1 v 1 tactics will be stressed. Risk-taking in the proper areas of the field will be encouraged. Dead ball restarts will be introduced and execution will be demanded. Team defense using pressure/cover/balance, compactness, delay, and tracking will be stressed.

PHYSICAL – The exercises should be soccer focused utilizing repetitive soccer motions to promote muscle memory. Static and dynamic (agility) flexibility should become part of every training session. Continued emphasis should be placed on speed and endurance. Strength training should be greatly encouraged (care needs to be taken as some are not ready to start weight training, while others are more mature).

PSYCHOLOGICAL – Maintaining discipline and mental toughness will be a major part of the psychological aspect of this program. An increase in demands will force the player to be challenged both mentally and physically. Players will be encouraged to watch and learn from a higher level of soccer (EPL, MLS, College, CSL Premier, and High School).

THE GAME – 11 v 11



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



U15/16 Passionate Phase

PHILOSOPHY – The program at this level will begin to increase the focus on larger team tactics and fitness. Players should be expected to have greater concentration and discipline. The players should be stressed to take greater responsibility for their personal development. This is also a time where we lose many players due to a lack of success and lack of playing time. It is important to provide both the attention and security necessary to keep the player engaged.

COACH – The coach at this level needs to be highly experienced and must possess not only the skills for demonstration, but more importantly the tactical knowledge and ability to articulate both to individuals and the team. In addition, the coach at this phase must strictly enforce a code of discipline.

License – USSF "B or C" or equivalent

TECHNIQUE – In this phase of the program, technical skills must be reinforced with emphasis on increased technical speed and under higher pressure. Additional emphasis will now be placed upon striking balls cleanly over greater distances and under pressure with accuracy.

Dribbling – Emphasis on reducing pressure, continued possession or creating goal scoring opportunities

Receiving – Consider first touch control, direction and tactical application.

Passing – Proper technique striking driven/lofted balls over distances.

Defending – Immediate pressure with channeling towards cover defender.

Heading – Increased emphasis on heading crosses (in conjunction with driven and lofted passing) both attacking and defending.

Shooting – Shooting from greater range, power shots to be stressed.

TACTICS – In this phase both offensive and defensive team tactics will be stressed. Emphasis will be on increased tactical speed through improved decision making. Training should progress from 4 v 4 to 8 v 8. Attacking should stress possession with purpose, penetration, mobility and creativity. The type/timing of runs for crosses in the box should also be incorporated. Defensively, begin greater emphasis on the 2nd and 3rd defenders (pressure-cover-balance). Encourage greater communication. Introduce set plays.

PHYSICAL – Greater focus on the physical aspects as the players are nearing physical maturity. Flexibility and strength training without the ball should be introduced. Emphasis placed on nutrition and care/prevention of injuries.

PSYCHOLOGICAL – Players at this age tend to be mentally tough, self confident but with a great deal of hidden insecurities. Therefore there is a need for leadership, discipline and strong belief in “TEAM”. It is a time for players to take greater responsibility for both their personal and team development. The players should begin to formally set goals for themselves in conjunction with the coaching staff. The coach should work to vary training and competitions to satisfy the natural urge for competition.



EVOLUTION FUTBOL CLUB

PLAYER DEVELOPMENT - CURRICULUM



U17 – U19 The End Game

PHILOSOPHY – Development of positional and team play occurs during this phase. It is important that the player's understanding of the games principles and concepts be reinforced. Psychologically, players are asked to show mental/emotional stability when confronted with adversity. Players must be exposed to a playing and training environment which extends their mental, physical and technical abilities to their maximum. Fulfillment of the player's potential is based upon their own efforts, support of teammates and guidance of their coach.

COACH – The coach at this phase can have no doubts their ability or authority. The coach must be highly experienced and up to date in current trends. The coach must be very articulate and must have a "Presence" on and off the field. License – USSF "A or B" or equivalent

TECHNIQUE – Players should have mastered most of their skills and are now becoming "Artists of the Game". Players should be asked to perform complex technical aspects at speed and under match conditions. Coach and players should demand technical excellence at all times.

TACTICS – In this phase team tactics is emphasized. Multiple systems of play should be implemented. Training should be like match conditions to improve decision making (speed of thought) and increase tactical speed. Training should incorporate a significant amount of 8 v 8 or 11 v 11 training. Concepts to be stressed:

- Possession with a purpose
- Playing out of the back
- Building up through the mid to gain numerical advantage in attack
- Penetration with creativity
- Understanding lines and linkage
- Target play to create goal scoring chances
- Wide/wing play and crossing with proper runs in the box
- Counter attacking
- Man to man marking with cover
- Zonal defending
- Set Plays

PHYSICAL – Players will reach physical maturity in this phase. Flexibility and strength training with/without the ball are essential. Emphasis must be placed upon proper nutrition and care/prevention of injuries.

PSYCHOLOGICAL – In this phase the mental approach to the game and training is becoming more important. Players in this phase should be fully responsible for both their personal and team's development. Players should be setting stretch goals and have the self confidence and motivation to strive and achieve them. They must possess the mental toughness to press on during adverse conditions.



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



TRAINING & COMPETITION ROUTINE

U6 & U7

- 1 Practice per week for 1.5 hours outdoor
- 3 Month spring & 3 month fall outdoor season
- 1 Outdoor game per week
- No Tournaments
- No winter indoor training
- No winter indoor league

U8

- 1 to 2 Practices per week for 1+ hour outdoor
- 1 Optional skill session per week outdoor (players should not regularly have 3 practices per week)
- 3 Month spring & 3 month fall outdoor season
- 1 Outdoor game per week
- 1 Optional Tournament
- No indoor training
- Optional indoor/futsal league

U9 & U10

- 2 Practices per week for 1 to 1.5 hours outdoor
- 1 Optional skill session per week outdoor
- 3 Month spring & 3 month fall outdoor season
- 1 Outdoor game per week
- 2 Tournaments per outdoor season
- 1 Practice every other week for 1 hour during winter (indoor/outdoor)
- Indoor/futsal league
- 2 month indoor season

U11 & U12

- 2 Practices per week for 1.5 hours outdoor
- 1 Optional skill session per week outdoor
- 3 Month spring & 3 month fall outdoor season
- 1 Outdoor game per week
- 3 Tournaments per outdoor season
- 1 Practice every week for 1 hour during winter (indoor/outdoor)
- Indoor/futsal league
- 2 month indoor season



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



TRAINING & COMPETITION ROUTINE

U13 & U14

- 2 to 3 Practices per week for 2 hours outdoor
- 1 Optional skill session per week outdoor (players should not regularly have 4 practices per week)
- 3 Month spring & 3 month fall outdoor season
- 1 to 2 Outdoor games per week
- 3 to 4 Tournaments per outdoor season
- 1 Practice every week for 1 hour during winter (indoor/outdoor)
- Indoor/futsal league
- 2 month indoor season

U15-U18

- 3 Practices per week for 2 hours outdoor
- 5 Month outdoor season (due to High School Soccer)
- 1 to 2 Outdoor games per week
- 4-6 Tournaments per outdoor season
- 1 Practice every week for 1 hour during winter (indoor/outdoor)
- Indoor/futsal league
- 2 month indoor season



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



TECHNICAL SKILLS TRAINING

PHILOSOPHY

The purpose of the club offering this specialized training is to allow the player to increase the amount of time learning and perfecting individual techniques with the aid of the EFC staff. The sessions provided will be aligned with the club curriculum for the appropriate ages. Sessions will be provided for all ages and genders. Emphasis for the U10 age groups will be more learning and developing the appropriate skills. A separate session will be provided for the U11-U14 age groups where the emphasis will be more on perfecting the skills and performing under greater pressure and speed. Although, the older player is expected to have mastered much of this by U15 they are welcome to attend any session as either a player but also as a role model for the younger players. This training is meant to supplement the player's development and not replace team training.

Additional skill based training can also be obtained by attending an additional practice with another EFC team. This is the desired method for the U15-U19 player. A final alternative is to obtain private training from one of the clubs staff coaches (not covered by club dues).

It is the club goal to maintain less than a 15:1 player/coach ratio at these sessions. It is also the goal of the club to provide 2 separate sessions for 10 weeks in both spring & fall.

Younger (U6 – U10)

Dribbling- Exposure to all surfaces of the foot. Introduction to the basic solutions (moves) to create time, spaces, and beat an opponent. Open space and change of direction dribbling will also be introduced. Turns will be introduced to create space and time.

Receiving – Introduction to the technique of cushioning the ball with the inside and outside of both feet. Collecting on the “Back Foot” will be emphasized.

Passing – Increased emphasis on the proper technique of striking passes with the inside of foot and laces. Proper technique for striking lofted balls will be introduced.

Shooting – The proper technique of squared hips, ankle locked, position of plant foot, landing on kicking foot, and using the laces will be introduced.

Older (U11 – U14)

Dribbling – Taking players on 1 v 1 as well as shielding, possession and turns will be stressed at this level. Solution exercises will continue but with increased pressure and speed demanded.

Receiving – Quality first touch and collecting on the back foot will be stressed. Collections under greater pressure and on the run will be demanded. Multiple collection decision options will be asked.

Passing – Proper technique of striking passes with the inside of foot and laces. Driven and chipped passes will be introduced and proper technique will be demanded.

Defense – Proper tackling techniques using the whole body will be instructed.

Heading – Goal scoring, clearing and passing headers will be stressed using the proper technique.

Shooting – Shots from angled passes, quick turns, on the run as well as placement shots will be introduced. Power shooting will continue to be stressed.



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



Goal Keeping

PHILOSOPHY – General

The purpose of the club offering this specialized training is to allow the player to increase the amount of time learning and perfecting specialized individual techniques of the GK position. The sessions provided will be aligned with the club curriculum for the appropriate ages. Sessions will be provided for all ages and genders. This training is meant to supplement the player's development and not replace team training.

It is the club goal to maintain less than a 6:1 player/coach ratio at these sessions. It is also the goal of the club to provide 2 separate sessions for 8-10 weeks in both spring & fall.

PHILOSOPHY – Youngers

Our focus will be on the technical aspects of goalkeeping, primarily footwork. We will teach proper footwork, proper angles/positioning, catching, diving, collapsing and timing. We will expect the team to work on playing with their feet, although we will address punting, throwing and bowling distributions. All EFC GK's will be taught our standard communication methods and vocabulary.

Our secondary considerations will be the psychological aspects of being a goalkeeper. Tactical aspects will be addressed appropriately, based on the age level of the keeper. Fitness and conditioning are a natural result of our demanding training sessions, but the keeper will be expected to condition on his own and with his team.

PHILOSOPHY – Olders

In addition to technical training, sessions with the older GK's will emphasize the tactical aspects of the position. Distribution, communication and leadership will be put into context. We will also pay close attention to the psychological reactions of the keeper. We will look at the keeper as a leader of the team.

The physical aspect of the position will be stressed. At the older ages the physical demand of the position are much greater. Strength and agility training are very important. Finally, emphasis must be placed upon proper nutrition and care/prevention of injuries.

Older GK training will include game reviews by either the DOC and/or the Goalkeeper trainer.

BIG/LITTLE, BROTHER/SISTER PROGRAM: U9-U13/U14-U19

Each Keeper will be assigned either a big or little bro/sis. It is expected that each big/little bro/sis support each other at least 2 times in the season. Big bro'/Sis's will be used in training sessions for demonstration and as mentors. Big bro's/sis's are to act as positive role models for their little brother. The little bro/sis will be responsible for supporting his big brother and make him/her the teacher.



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



GOALKEEPING VOCABULARY

Who

The goalkeeper is responsible for defensive organization.

What

Effective communication!

Where/When

Effective communication is done by the GK because of their position as the last player. Not only do they have a unique view of the entire field, but they also do not have any marking/tracking responsibilities. The GK should organize the defense as early as possible. This is most easily done when his team is in possession of the ball.

Why

Without question this is the most important role a GK has to perform. Effective defensive organization will result in the greatest reduction in goals scored against.

How

The GK must communicate verbally as most players have their back to him. Additionally, GK must communicate clearly with simple predefined terms. The GK's commands should be obeyed as they have the responsibility for defensive organization. GK's should not cheer or over instruct, so when they speak their voice stands out and what they are saying is important. The GK should speak in 3 parts:

Name – Command - Direction

Name – Specifically identify to whom he is speaking.

Command – A predefined term with a specific greater meaning.

Direction – Identifying a direction or an opponent



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



GOALKEEPING VOCABULARY

Commands

- Keeper:** This means the GK has committed themselves to win the ball.
- Away:** This means that the GK is specifying a teammate clear the ball immediately as far away as possible.
- Out:** This means that the GK is specifying a teammate(s) to quickly move up the field. Players may leave their marks.
- Mark:** This means that the GK is specifying a teammate to take up a good defensive position and defend a specific opponent.
- Track:** This means that the GK is specifying a teammate to maintain his good defensive position with a specific opponent regardless of that opponent's position or movements.
- Contain:** This means that the GK is specifying a teammate to take up a good defensive position and defend a specific opponent shepherding him to a specified area and not tackling.
- Delay:** This means that the GK is specifying a teammate to take up a good defensive position, standing-up and slowing down the opposition while the defense organizes.
- Tackle:** This means that the GK is specifying a teammate to win the ball.
- Ball:** This means that the GK is specifying a teammate to play him the ball.
- Wall:** This means that the GK wants a wall and will set the inside post player and the number of players required to the center.
- Step:** This means that the GK wants a specific player(s) to move forward. This is sometimes used when trying to trap an offensive player in an offside position. It is also used when moving the defense forward (step-up).
- Walk:** This means the GK wants the defense to continue moving forward but that we need not rush and expend unnecessary energy.



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



Goal Keeping - Training

Positioning (laterally & vertically) & angles

Footwork, footwork, footwork... "Feet get your hands to the ball"

Shuffle step, Crossover step, Power step, Balance, Body positions

Catching Technique

The M/W or Hershey Kiss

Reduce ball momentum with body softness (fingers, wrists, elbows, arms, shoulders, legs/knees)

Don't lock arms

Below waist hands down (cradle), Above waist hands up

Collapsing

Low shots to side near body

Kick-out ball-side leg, drop

Throw Hands/arms

Diving & catching low/ground & mid height shots

Attack ball

"3 Hands", ball hits ground first

Dive off ball-side leg

Throw high leg for momentum

Diving & perry low/mid height shots

Attack ball

Punch with fist or deflect with palm of low hand

Pull high hand back

Dive off ball-side leg

Throw high leg for momentum, banana body shape

Diving & perry high shots

Attack ball

Punch with fist or deflect with palm of high hand

Pull low hand back

Dive off ball-side leg

Throw high leg for momentum, banana body shape

Forward diving

Hands under ball

Ball to chest



EVOLUTION FUTBOL CLUB

PLAYER DEVELOPMENT - CURRICULUM



Goal Keeping – Training (cont.)

Attacking timing (coming off goal line)

- Angles
- Forward shooting position
- Proper footwork

Attacking/collapsing/Diving

- Getting feet under body
- Slight lean forward position
- Lateral balance

Catching/playing crosses

- Starting position
- Jumping technique (take off 1 foot/land 2 feet)
- Throw non jumping leg
- Protecting body
- Catch/hold technique

Boxing & perry lofted/flighted crosses

- 2 fisted/handed box
- 1 handed punch
- Perry cross in direction of motion
- Tip/push over crossbar

Distribution (Last defender, goal kicks, punts, throws & bowling)

Communication

- Common technique & vocabulary
- Who/when to talk to

Psychology of Goalkeeping

- Handling the pressure
- Field leadership
- You are different & special
- Fire & Ice