



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.