



U . S . S O C C E R F E D E R A T I O N

**PLAYER DEVELOPMENT  
FRAMEWORK**

**U17+ LEARNING PLAN  
11V11**





U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

## U17+ LEARNING PLAN

# WHO IS IN FRONT OF US?

A PLAYER-CENTERED APPROACH TO PLAYING THE GAME

### FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

The U17+ Learning Plan provides answers to the question of, “WHAT IS IMPORTANT TO DEVELOP AT THIS AGE/STAGE?” Clubs and coaches can use this Learning Plan separately or in conjunction with the U.S. Soccer Player Development Framework in its entirety to understand how players may progress as they move from age group to age group.

The age-appropriate Learning Plans combine research on the stages of development with our U.S. Soccer identity. These Learning Plans include learning objectives as well as the Game Model (Game Idea and Principles) that fit each stage as we strive to create fun and maximize development. Based on the players' needs, a coach can use the learning plan to better understand developmentally appropriate soccer beliefs around learning objectives, training activities and coaching.

All players develop at different rates and player development is not always linear, so it is important to approach this framework with a flexible mindset when viewing player development.

### U17+ PROGRESSION PHASE III

In the third and final level of the Progression Phase, players continue to develop skills like fundamental movements and scanning. Players continue to develop specific soccer skills based on a positional profile and a highly individualized approach.

Players in these age groups continue to experience large changes in the body because the muscles are still adapting. This change causes emerging adults to learn how to move their developing body (and they can experience another phase of awkward movement). During this phase monitoring of body alignment, muscle balance, and flexibility should still occur.

In this phase, players continue to develop tactical awareness and can engage in conversations about tactics. The focus is still on developing high structured team play based on a game model and game plan, but now players can be introduced to the game strategy (the general plan of action in all moments of the game that is developed to increase the probability of success versus an opponent considering their own game model and analysis of the opponent in all four moments). Players can develop in a specific position based on exceptional qualities and can specialize into one or two main positions and should maintain skill acquisition (application of technique within a context including perception, decision-making, execution, and reflection).

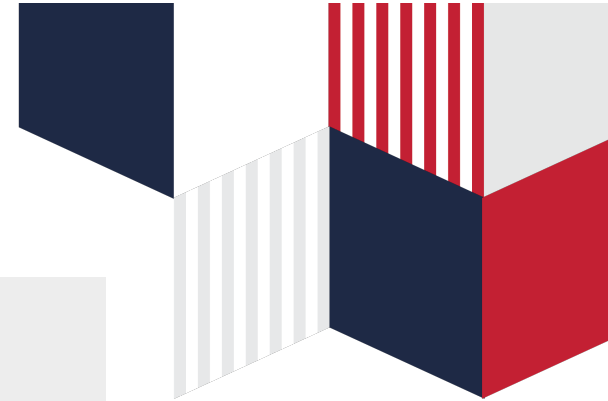
The Game Model adapts and includes the full list of all subprinciples for each of the game moments.

U.S. Soccer Player Development Framework Slide #2



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U17+ THE PLAYER



BASIC NEEDS OF PLAYERS

FUN

Fun is the single largest predictor of sport commitment and sustained participation in childhood through adolescence.

**Fun is a need for everybody**

- All Ages
- All Levels of Play
- All Levels of Talent

Fun should be maintained throughout the different development stages.

DEVELOPMENT

**Holistic approach to Development:**

- Physical
- Social
- Mental
- Game Understanding
- Technical Skills

**Key aspects of a Development Process:**

- Experience
- Reflection
- Development
- Application



BELONGING

**Social Environments Built on:**

- Positive Emotions (respect and value)
- Inclusion
- Encouragement
- Safety
- Fairness

**Learning Environments:**

- Are open and collaborative
- Safe for players to be themselves and share ideas
- Encourage players to ask questions and share solutions
- Freedom to make mistakes and learn from them

**BASIC NEEDS APPLY TO ALL PLAYERS REGARDLESS OF AGE**

**DEVELOPMENTAL STAGE: LATE ADOLESCENCE & EMERGING ADULTHOOD**

B-U5	B-U6	B-U7	B-U8	B-U9	B-U10	B-U11	B-U12	B-U13	B-U14	B-U15	B-U16	B-U17	B-U18
G-U5	G-U6	G-U7	G-U8	G-U9	G-U10	G-U11	G-U12	G-U13	G-U14	G-U15	G-U16	G-U17	G-U18

GAME FORMAT: <b>11v11</b>	SOCIAL CHARACTERISTICS	EMOTIONAL CHARACTERISTICS	COGNITIVE CHARACTERISTICS	PHYSICAL CHARACTERISTICS
<b>U17 +</b>	<ul style="list-style-type: none"> <li>The relationship with parents continues to change as they grow more independent and autonomous. Conflict can decrease as the relationship becomes more equal by having a balance between independence and connection (they can also engage in more intellectual conversations with parents/adults)</li> <li>Society is becoming more complex, and they are still exploring and developing their identity and personality</li> <li>Begin going through different "rites of passage" marker events like getting a driver's license, school-related social events, graduating high school, turning "18" years old, and gaining the right to vote</li> <li>Emerging adults engage in more risky behaviors than do any other age group of adults. Examples can include thinking they are invincible regarding risky behaviors like vaping, drinking alcohol, and being sexually active</li> <li>Can better resist social pressure and emotional influences because they can make their own choices</li> <li>Friendships are now more diverse, more intense and of longer duration as they tend to relate more to individual peers rather than groups</li> </ul>	<ul style="list-style-type: none"> <li>Can begin to apply logic to emotional situations or challenges. This means that the way they approach and solve practical problems in this stage differs from early adolescence where it was more emotional</li> <li>Emotional Intelligence (EI) continues to improve; they are better at recognizing their own feelings and desires, can process emotional information, and use it appropriately in social contexts</li> <li>May now have more emotional agility/stability and be more in balance with themselves and with the (social) environment</li> <li>Empathy improves their sense of responsibility, and they are now more capable of assessing and understanding the intentions of others; they can better recognize complex emotions of others</li> <li>Emotions can be impacted by stress of the rites of passage (graduating/beginning work/leaving for college)</li> <li>Still fond of excitement and sensation; seek out new and challenging situations. Often seek out instant gratification and may struggle with impulse control</li> </ul>	<ul style="list-style-type: none"> <li>They have better planning and control skills for more complex tasks and have a good understanding of their individual goals and how to approach them</li> <li>Can make more complex choices, especially for mid-term and long-term type decisions (still not as good as adults)</li> <li>Emerging adults think in different ways than do early-stage adolescents concerning their ability to take different points of view</li> <li>Begin to move from the thinking process of "I'm right because I've experienced it" to thinking, "I'm not sure who's right because your experience is different from mine."</li> <li>Problems and situations that seemed fairly straight forward in early adolescence appear more complicated to emerging adults; the "right thing to do" is much tougher to figure out</li> <li>Rules and norms are viewed as relative to them, not absolute (ex. "I am able to text and drive but others should not")</li> <li>Have an increased capacity for self-reflection and because of this can be more self-aware (insight into their strengths and weaknesses)</li> <li>Begin taking more ownership and responsibility in their own development and understanding how that impacts their thinking on how they fit in the world</li> <li>Can use feedback in a better way than previous stages and are capable to assess the validity of feedback based on prior experiences</li> </ul>	<ul style="list-style-type: none"> <li>Large changes in the body continue to occur</li> <li>Muscles are still adapting; this change causes emerging adults to learn how to move their developing body (can experience another phase of awkward movement)</li> <li>Females have typically completed full physical development by 15 or 16 years old while some males (late maturing individuals) are now beginning or reaching their peak and/or are close to finishing their physical growth</li> <li>12-18 months after the PHV/growth spurt, physical development shows an increase in muscle mass and a normalization of body proportions</li> <li>Hormones like testosterone and estrogen impact training responses in physical qualities, such as strength, power, speed and endurance.                     <ul style="list-style-type: none"> <li>-With these changes in the body the movement competencies change and can lead to injury</li> </ul> </li> <li>As muscle mass and height increases in males, so does body satisfaction. However, many teenage females become dissatisfied with their bodies and weight due to the increase in body fat. Some teens may even resort to eating disorders to feel better about their bodies same in U15/U16</li> <li>Menstrual cycle impacts individuals differently (physically, socially, and emotionally)</li> </ul>

**PROGRESSION PHASE III**

**SCANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING**

**GOALS**

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players develop high structured team play based on a game model and game plan (ME AND MY TEAMMATES)
- Players continue to develop specific soccer skills based on a positional profile and a highly individualized approach (ME AND MY PERSONAL DEVELOPMENT)
- Players can develop by being integrated at the senior level (ME AND MY CAREER)

**LEARNING ENVIRONMENT: OBJECTIVES**

- To help each player develop an understanding of own body and individual self-care programs
  - continue to help players develop a healthy lifestyle: focus on impact of sleep, alcohol, and nutrition
  - continue to monitor body alignment (i.e., ankles, knees, hips, shoulders, and vertebrae), muscle balance (triceps and biceps, quadriceps and hamstrings), and flexibility is essential during this stage
- To develop tactical awareness: engage in conversations about tactics
- To develop players in a specific position based on exceptional qualities: players specialize into one or two main positions
- To introduce the game strategy (the general plan of action in all moments of the game that is developed to increase the probability of success (desired result) versus an opponent considering their own game model and analysis of the opponent in all four moments)
- To continue to promote skill acquisition - application of technique within a context including perception, decision-making, execution, and reflection
- To develop winning mindset: developing players from wanting to win to learning how to win through focus on process and controllables
- To develop emotional awareness
- To continue to develop the player autonomy for self-development

**LEARNING ENVIRONMENT: ACTIVITIES**

- Continue to utilize a variety of activities that help develop the U.S. Soccer Key Qualities
  - utilize a variety of activities that help develop physical qualities, technical skills and decision making
- Focus on individual development within the position, within the functional group and within the team: all connected to the Game Model
  - individual positional training
  - functional group training
  - team training
- Focus on competition within the activities (can use game-based scenarios, i.e., down a goal or up a goal w X minutes to play)
- Use of activities over both short and long distances to develop different player actions
  - short ball-oriented activities challenging the players' movement focused on power, speed, agility and mobility
  - focus on decision making through GAMES

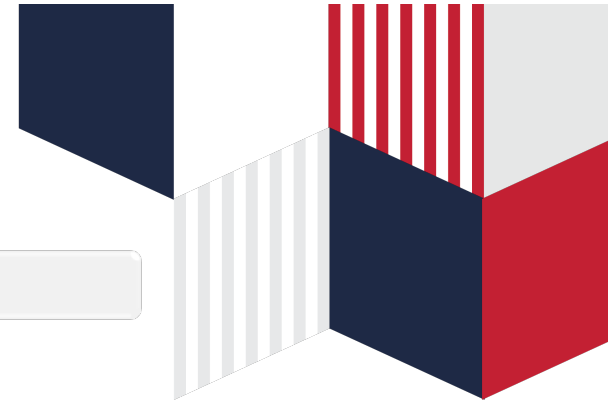
**LEARNING ENVIRONMENT: COACHING**

- Develop players' own responsibility and insight in team interests: pay attention to the controllables
- Guide players in the process of reflecting on game situations and interpreting their task(s), position on the field in order to make their actions as effective as possible.
  - take into account the varying individual rates of brain development that influences each individual's ability to think in more complex ways
- Be aware that menstrual cycle impacts individuals differently.
- Be aware of a fanatical attitude/big egos that often create conflict with teammates and opponents
  - keep in mind that manifesting and proving oneself is an enormous motivation for players at this age



## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE PLAYER



### Developmental Characteristics

#### SOCIAL

- The relationship with parents continues to change as they grow more independent and autonomous. Conflict can decrease as the relationship becomes more equal by having a balance between independence and connection (they can also engage in more intellectual conversations with parents/adults)
- Society is becoming more complex, and they are still exploring and developing their identity and personality
- Begin going through different “rites of passage” marker events like getting a driver’s license, school-related social events, graduating high school, turning “18” years old, and gaining the right to vote
- Emerging adults engage in more risky behaviors than do any other age group of adults. Examples can include thinking they are invincible regarding risky behaviors like vaping, drinking alcohol, and being sexually active
- Can better resist social pressure and emotional influences because they can make their own choices
- Friendships are now more diverse, more intense and of longer duration as they tend to relate more to individual peers rather than groups

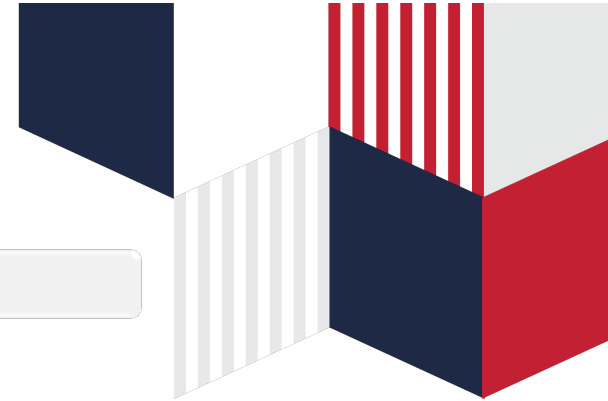
#### EMOTIONAL

- Can begin to apply logic to emotional situations or challenges. This means that the way they approach and solve practical problems in this stage differs from early adolescence where it was more emotional
- Emotional Intelligence (EI) continues to improve; they are better at recognizing their own feelings and desires, can process emotional information, and use it appropriately in social contexts
- May now have more emotional agility/stability and be more in balance with themselves and with the (social) environment
- Empathy improves their sense of responsibility, and they are now more capable of assessing and understanding the intentions of others; they can better recognize complex emotions of others
- Emotions can be impacted by stress of the rites of passage (graduating/beginning work/leaving for college)
- Still fond of excitement and sensation; seek out new and challenging situations. Often seek out instant gratification and may struggle with impulse control



## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE PLAYER



### Developmental Characteristics

#### COGNITIVE

- They have better planning and control skills for more complex tasks and have a good understanding of their individual goals and how to approach them
- Can make more complex choices, especially for mid-term and long-term type decisions (still not as good as adults)
- Emerging adults think in different ways than do early-stage adolescents concerning their ability to take different points of view
- Begin to move from the thinking process of “I’m right because I’ve experienced it” to thinking, “I’m not sure who’s right because your experience is different from mine.”
- Problems and situations that seemed fairly straight forward in early adolescence appear more complicated to emerging adults; the “right thing to do” is much tougher to figure out
- Rules and norms are viewed as relative to them, not absolute (ex. “I am able to text and drive but others should not”)
- Have an increased capacity for self-reflection and because of this can be more self-aware (insight into their strengths and weaknesses)
- Begin taking more ownership and responsibility in their own development and understanding how that impacts their thinking on how they fit in the world
- Can use feedback in a better way than previous stages and are capable to assess the validity of feedback based on prior experiences

#### PHYSICAL

- Large changes in the body continue to occur
- Muscles are still adapting; this change causes emerging adults to learn how to move their developing body (can experience another phase of awkward movement)
- Females have typically completed full physical development by 15 or 16 years old while some males (late maturing individuals) are now beginning or reaching their peak and/or are close to finishing their physical growth
- 12-18 months after the PHV/growth spurt, physical development shows an increase in muscle mass and a normalization of body proportions
- Hormones like testosterone and estrogen impact training responses in physical qualities, such as strength, power, speed and endurance.  
-With these changes in the body the movement competencies change and can lead to injury
- As muscle mass and height increases in males, so does body satisfaction. However, many teenage females become dissatisfied with their bodies and weight due to the increase in body fat. Some teens may even resort to eating disorders to feel better about their bodies same in U15/U16
- Menstrual cycle impacts individuals differently (physically, socially, and emotionally)



## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE PLAYER

### PROGRESSION PHASE III

#### SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

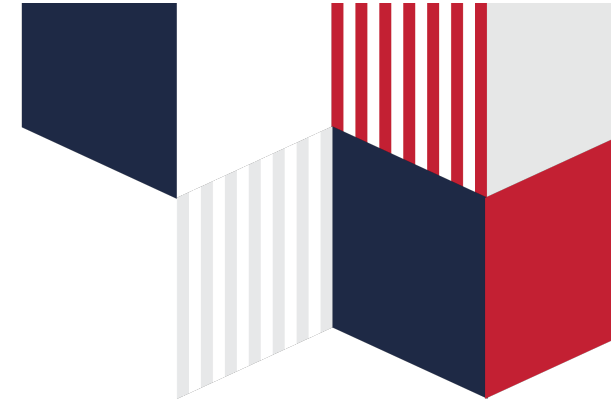
##### Soccer Development

##### GOALS

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players develop high structured team play based on a game model and game plan (ME AND MY TEAMMATES)
- Players continue to develop specific soccer skills based on a positional profile and a highly individualized approach (ME AND MY PERSONAL DEVELOPMENT)
- Players can develop by being integrated at the senior level (ME AND MY CAREER)

##### Learning Environment: Objectives

- To help each player develop an understanding of own body and individual self-care programs
  - continue to help players develop a healthy lifestyle: focus on impact of sleep, alcohol, and nutrition
  - continue to monitor body alignment (i.e., ankles, knees, hips, shoulders, and vertebrae), muscle balance (triceps and biceps, quadriceps and hamstrings), and flexibility is essential during this stage
- To develop tactical awareness: engage in conversations about tactics
- To develop players in a specific position based on exceptional qualities: players specialize into one or two main positions
- To introduce the game strategy (the general plan of action in all moments of the game that is developed to increase the probability of success {desired result} versus an opponent considering their own game model and analysis of the opponent in all four moments)
- To continue to promote skill acquisition - application of technique within a context including perception, decision-making, execution, and reflection
- To develop winning mindset: developing players from wanting to win to learning how to win through focus on process and controllables
- To develop emotional awareness
- To continue to develop the player autonomy for self-development





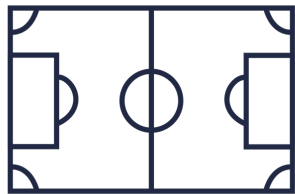
U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

**U17+ THE GAME**

**THE GAME FORMAT: 11V11**

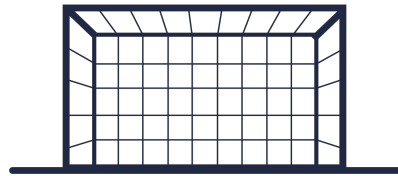


FIELD OF PLAY



Length- Min 100 yards/ Max 130 yards  
Width- Min 50 yards/ Max 100 yards

GOALS



Goals should be 8 feet (height) x 24 feet (width)

LAW 2 - BALL



Size 5 ball

LAW 3 - # OF PLAYERS



10 field players and 1 goalkeeper

LAW 3 - # OF PLAYERS



Game may not start or continue if there are less than 7 players on a team

SUBSTITUTIONS



\*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage

LAW 5 - REFEREE



As a minimum, referees must have the U.S. Soccer Referee License.

LAW 6 - OTHER MATCH OFFICIALS



Assistant Referees must have at minimum the U.S. Soccer Referee License

\*The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA



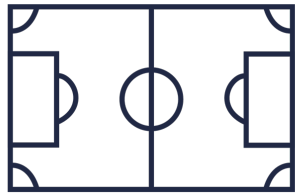


# U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

## U17+ THE GAME

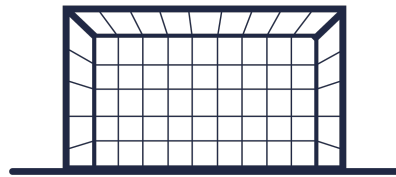
### THE GAME FORMAT: 11V11

#### FIELD OF PLAY



Length- Min 100 yards/ Max 130 yards  
Width- Min 50 yards/ Max 100 yards

#### GOALS



Goals should be 8 feet (height) x 24 feet (width)

#### LAW 2 - BALL



Size 5 ball

#### LAW 3 - # OF PLAYERS



10 field players and 1 goalkeeper

#### LAW 3 - # OF PLAYERS



Game may not start or continue if there are less than 7 players on a team

#### SUBSTITUTIONS



\*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage

#### LAW 5 - REFEREE



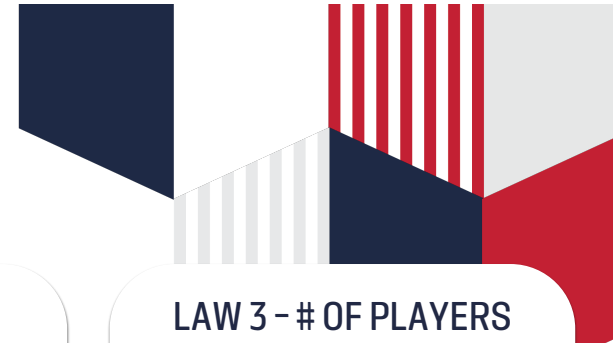
As a minimum, referees must have the U.S. Soccer Referee License.

#### LAW 6 - OTHER MATCH OFFICIALS



Assistant Referees must have at minimum the U.S. Soccer Referee License

\*The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA

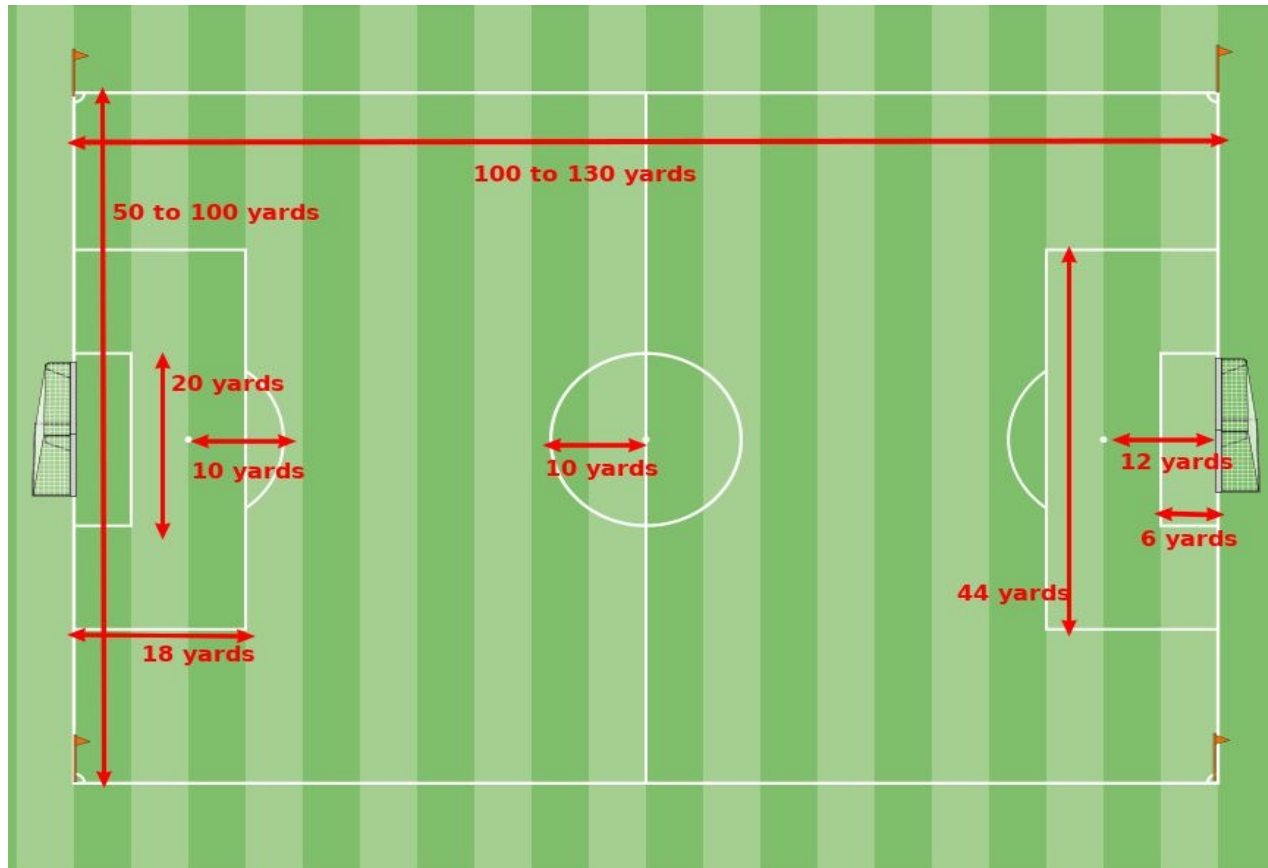
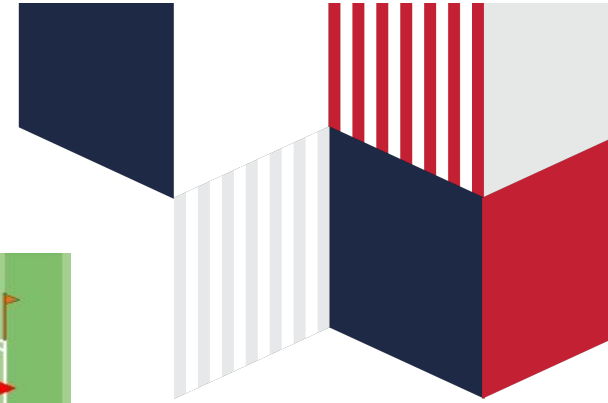




U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE GAME

## FIELD SIZE

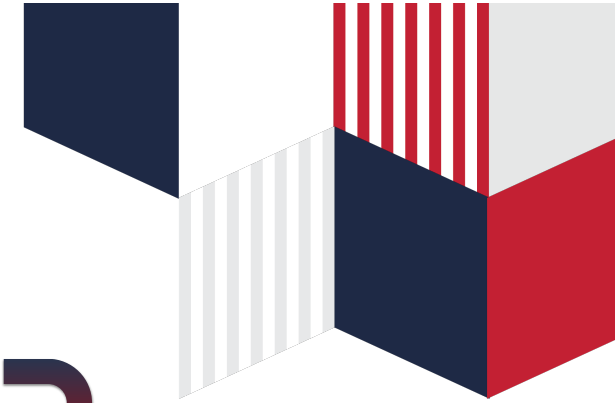
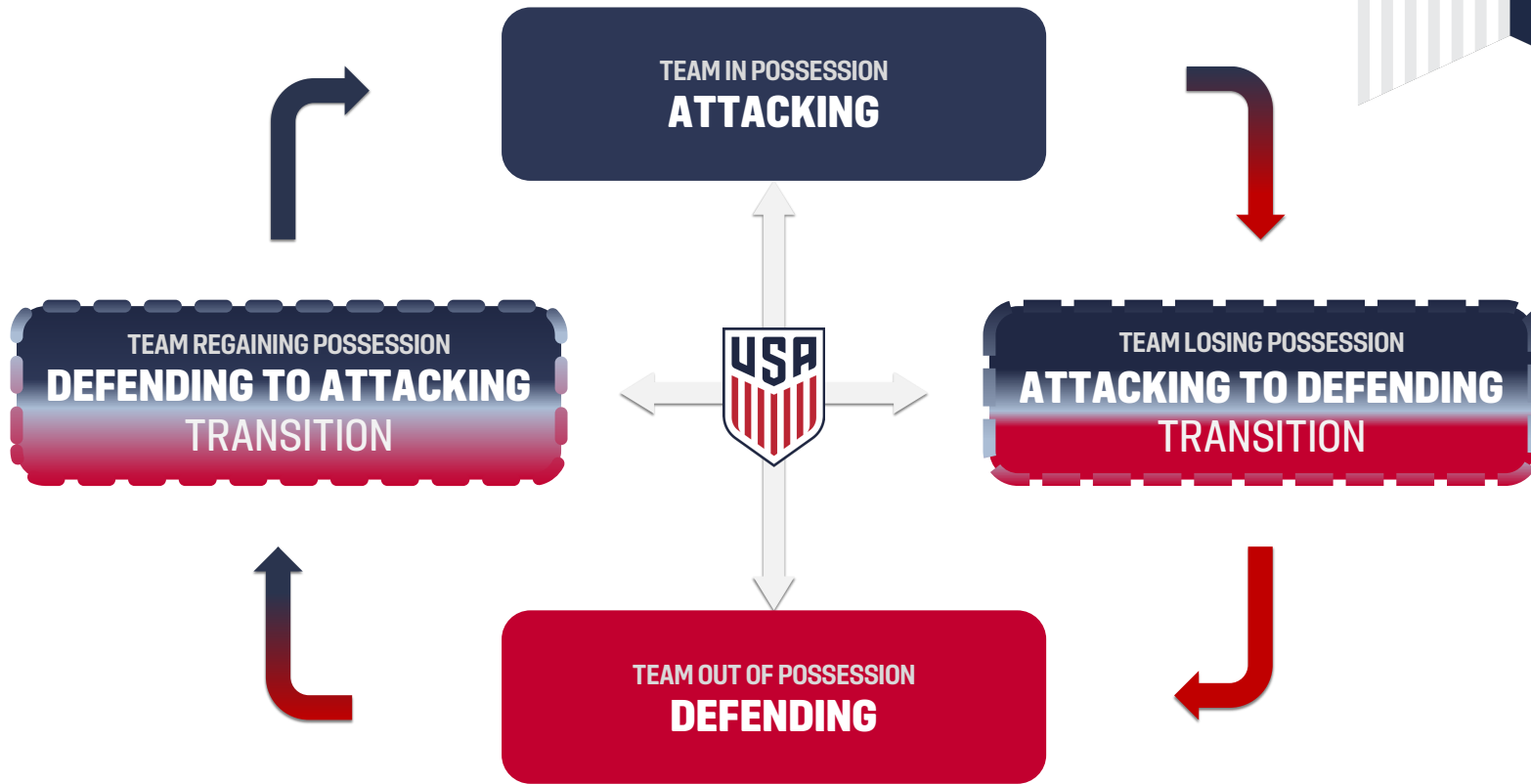




U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE GAME

THE GAME MOMENTS





## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE GAME

The Game Model is the description of the desired behavior on the pitch. It contains the **game idea**, team tactical **main principles**, team tactical **sub-principles**, and individual **player actions**.

### Game Idea

The Game Idea is the description of the unique and fundamental **tactical intentions** of a team to achieve the team goals during competition. The Game Idea is influenced by culture, region, history, characteristics of the players, and the coaches' philosophy.

There is a game idea for each of the four moments of the game. The level of complexity in our Game Idea(s) change based on the player's stage of development. For instance, in the Learning Plans the players' stages of development are listed along with developmental goals, including the developmentally appropriate game idea(s) and principles.

### Principles & Sub-Principles

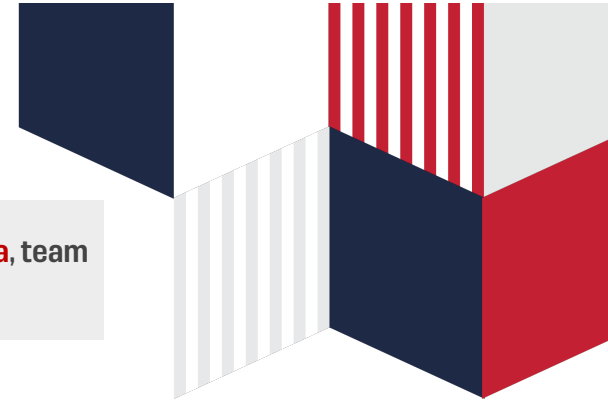
Principles are the guidelines for the decision making and behavior of an individual or group of players in a specific game situation based on the game idea.

Principles exist in multiple layers. Also known as Team Tactical Main Principle or Sub-Principles. Each principle has been defined with developmentally appropriate language in each of the Age Group Learning Plans.

### Player Actions

A fundamental soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring a high level of perception (scanning), decision-making (reading and understanding game situations), communication, physical and technical execution.

The language used to describe the game ideas, principles, and sub-principles in the Game Model evolves throughout the age groups as players progress through the stages of development.





## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE GAME

### Game Model

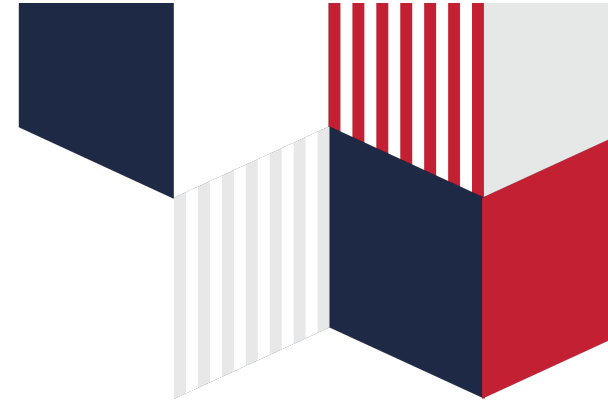
The Game Model is the combination of our fundamental ideas (game ideas) and game principles (main and sub). The combination of both the ideas and principles are meant to inform decision making of the player(s) in specific game situations based on the desired behaviors. The Game Model gives us the answers to and how we want our players to react to the following questions:

- What do we do when we have the ball?
- What do we do when we lose the ball?
- What do we do when we do not have the ball?
- What do we do when we regain possession of the ball?

#### Based on Stages of Development:

**U10 and below** we only focus on two game moments - **Attacking and Defending**

**U11 and above** we focus on all four game moments



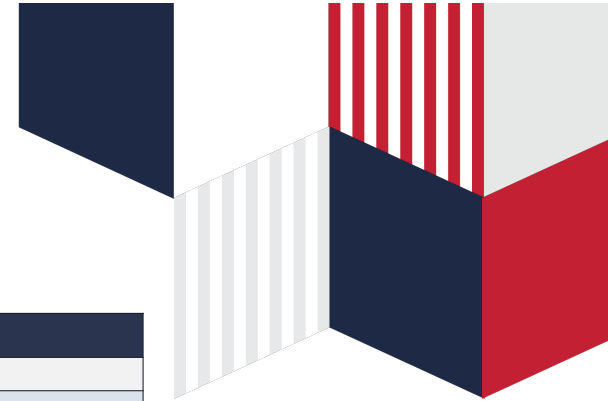


**U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK**

**U17+ THE GAME**

**PROGRESSION PHASE III**

**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**



ATTACKING	
GAME IDEA	
When in possession, we want to dominate by <b>advancing the ball quickly</b> in the attacking half with <b>high energy</b> and <b>high tempo</b> .	
Create balance with a <b>minimum of 5 players ahead of the ball</b> and use our <b>positioning to create an advantage</b> over the opponent, <b>create goal scoring chances</b> , and <b>score</b> .	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>CREATE ATTACKING SHAPE</b>	Create appropriate height, width, depth Create optimal attacking distances between players
<b>PROVIDE OPTIONS TO PLAY FORWARD</b>	Provide vertical or diagonal passing options
	Overload centrally or wide
	Move or lose opponent when marked
	Make runs behind the defensive line
<b>BREAK LINES TO ADVANCE ATTACK</b>	Give immediate support to teammate under pressure
	Drive with the ball to exploit space
	Engage opponent: create 1v1 or 2v1
	Find a free player between or behind the lines
<b>TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER</b>	Switch play: pass the ball to opponent's weak zone
	Push up the defensive line with speed: stay connected and compact
	Create high defensive shape behind the ball
<b>FINISH THE ATTACK AS FAST AS POSSIBLE</b>	Separate: time run or quick movement to unmark
	Final pass: through ball or combination play
	Numbers in the box: fill zones in front of goal
	Cross: into space or player
	Take on 1v1 to create or score
	Finish: use limited touches

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**ATTACKING**

Game Idea: When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**.  
Create balance with a **minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

**TEAM TACTICAL PRINCIPLES**

**MAIN PRINCIPLES**

**SUB PRINCIPLES**

**DEFINITION**

**CREATE ATTACKING SHAPE**

POSITION TO STRETCH OPPONENT AND CREATE SPACE

- Create appropriate height, width, depth

- Attacking players position as high as possible:
  - Pin or move the opponent's back line to stretch the opponent's team in length.
  - Lower the level of vertical compactness of opponent:
    - Create more space between the opponent's defensive lines (specifically, between the the opponent's back line and midfield).
- Wide forwards and/or fullbacks (wide players):
  - Position wide while avoiding two players in a direct line: position attack across different lanes
  - Lower level of horizontal (sideline to sideline) compactness of opponent
    - Create more space centrally: creating passing lanes into the opponent's block or
    - Take advantage of space in wide areas
- Center backs and/or fullbacks (occasionally midfielders):
  - Position behind the ball in supporting position.
  - Lower the level of vertical compactness of opponent:
    - Create enough space to create strong ball circulation
    - Enable a switch of play

- Create optimal attacking distances between players

- Spread out with optimal passing distance between players.
- Create relationships - connections between players.
- Exploit space in opponent's defending team shape.

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

**Game Idea:** When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**.  
**Create balance with a minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

### TEAM TACTICAL PRINCIPLES

#### MAIN PRINCIPLES

#### SUB PRINCIPLES

#### DEFINITION

### PROVIDE OPTIONS TO PLAY FORWARD

(RE-)POSITION TO CREATE ADVANTAGE AND RECEIVE THE BALL

- Provide vertical or diagonal passing options

- Exploit the space in and around the opponent's defensive block and create a positional advantage:
  - Avoid two players in a direct line.
  - Move and provide a good supporting angle: receive facing forward to play forward when possible.
  - Stay away from the ball when player on the ball has time and space to play forward.
- Triangulate: we position to provide the player on the ball with at least two forward (diagonal/vertical) passing options on different levels of height and width.
- Rotate: interchange position to create a dynamic advantage.

- Create overload centrally or wide

- Create a numerical advantage in a specific area of the field:
  - Position to outnumber opponent in the area around the ball or area away from the ball
  - Allow more players to attack - penetrations of midfielders or defenders
  - Drop midfielders or attackers

- Move or lose opponent when marked

- If marked move to open space or move to open the space;
- Lose opponent to receive the ball
  - Distance from defender in space (get unmarked)/ move between the lines
- Move opponent to receive the ball
  - Draw opponent out of defending position to create space for self to receive (requires explosive change of direction)
- Move to create space and passing options for teammate to receive
  - Draw opponent out of defending position to create space for teammate to exploit and receive ball

- Make runs behind the defensive line

- Make run when player on the ball is facing forward and has no pressure or has pressure but can play forward
- Use different runs and time run to avoid offside (straight run, curved run, ...)
- Receive the ball facing forward

- Give immediate support to teammate under pressure

- Recognize the player on the ball is under pressure and has no immediate options:
  - Above the ball: move towards the ball to create a passing option
  - Behind the ball: adjust position to create passing option



**U17+**

**PROGRESSION PHASE III**

**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

**ATTACKING**

**Game Idea: When in possession, we want to dominate by advancing the ball quickly in the attacking half with high energy and high tempo. Create balance with a minimum of 5 players ahead of the ball and use our positioning to create an advantage over the opponent, create goal scoring chances, and score.**

**TEAM TACTICAL PRINCIPLES**

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>BREAK LINES TO ADVANCE ATTACK</b> PROGRESS THE BALL FORWARD AND ELIMINATE OPPONENT(S)	• Drive with the ball to exploit space	• Recognize and exploit space. • Accelerate play through dribble: individually progress the ball into space with change of tempo. • Attract opponent (draw attention).
	• Engage opponent: create 1v1 or 2v1	• Dribble and look for 1v1 or 2v1 : -Engage to isolate opponent: -Eliminate through dribble: take opponent on in 1v1 -Eliminate through pass or give and go • Move or hold the ball to attract opponent: -Move the opponent, invite pressure to create space for teammate.
	• Find a free player between or behind the lines	• Pass quickly, accurately and with appropriate pace to a free player. • Skip a line: recognize opportunity & take risk: look furthest first, look nearest second. • Pass dictates the action: pass with intent.
	• Switch play: pass the ball to opponents' weak zone	• Draw opponent to one side and find space on the opposite side: -Direct change of point: long pass -Indirect change of point: short pass
<b>TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER</b> POSITION TO PROTECT AGAINST COUNTERATTACK	• Push up the defensive line with speed: stay connected and compact	• Provide balance (numbers). • We all move with the same speed and lose space in between lines that the opponent could exploit. • Create as high a line as possible. • GK take high position: stay connected with the backline . -GK anticipate long pass from opponent and adjust quickly.
	• Create high defensive shape behind the ball	• Defensive positioning by the players who are no longer directly involved in moving the ball forward. • Anticipate losing the ball and occupy positions to defend the opponent's counterattack. -Defend the center of the field: block passing lanes -Lock down the opponent's outlet(s): mark transition players

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**ATTACKING**

Game Idea: When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**. Create balance with a **minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

**TEAM TACTICAL PRINCIPLES**

**MAIN PRINCIPLES**

**SUB PRINCIPLES**

**DEFINITION**

**FINISH THE ATTACK**

CREATE SCORING OPPORTUNITY AND SCORE

- Separate: time run or quick movement to unmark

- Move into a position in and around the box to score or assist:
  - Forward run behind the opponent's back line from a high position (attacking position)
  - Forward run behind the opponent's back line from a deeper position (midfield position)
  - Move out of sight to receive
- Counter movement: opposite movement between two players
- Quick movement from opponent to create space

- Final pass: through ball or combination play

- Disguised pass to manipulate opponent
- Pass quickly, accurately and with appropriate pace:
  - Through ball or chip ball to player who runs in behind
  - Pass to unmarked player in or around the box
- Quick combination play between 2 or more players to find a teammate in a goalscoring position
- Recognize the player in the better position.

- Numbers in the box: fill zones in front of goal

- Efficient occupation of zones in the box on cross: near post, back post, penalty spot, edge of box
  - Time your run in the box
  - Get unmarked or in front of opponent
  - Attack the ball

- Cross: into space or player

- Time the cross in front or behind the backline
  - Recognize space (positioning of goalkeeper and defenders)
  - Recognize the positions and runs of teammates in penalty box

- Take on 1v1 to create or score

- Eliminate opponent through dribble to create goalscoring opportunity

- Finish: use limited touches

- Shoot from (short/long) distance
- Finish off the cross: choose your final touch
- React quickly on rebounds

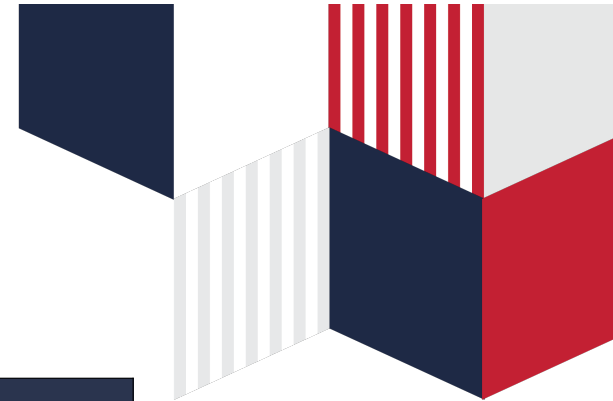


U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U17+ THE GAME

PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING



PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
<b>ATTACKING</b>
<b>WITH THE BALL</b>
Controlling
Protecting
Driving
Dribbling
Passing
Shooting
<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
Scanning
Supporting
Adapting body shape

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

Game Idea: When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**. Create balance with **a minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

## PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

### WITH THE BALL

#### CONTROLLING

- Receiving and preparing the ball from short passes (distance of 5 to 20 yards)
- Receiving and preparing the ball in such a way that you can immediately go to goal
- Receiving and preparing the ball in such a way that it stays as close to you as possible
- Receiving by moving towards the ball when opponent is close by (attacking the ball)
- Receiving and preparing the ball from a long pass in the air
- Receiving and preparing the ball on the bounce
- Receiving and preparing the ball on the turn towards the opponent's goal as quickly as possible
- Receiving and playing in 1 touch if you can pass accurately
- Avoiding looking at the ball when receiving and preparing the ball
- Scanning for a free teammate after performing the control
- Scanning for a free teammate before or while receiving and preparing the ball
- Avoiding a long ball from bouncing - receiving before the bounce
- Receiving and playing a long ball in 1 touch if you can pass accurately

#### PROTECTING

- Shielding and maintaining possession of the ball, by placing most of the body between the ball and opponent, keeping the ball on the furthest foot away from the defender while looking for teammates
- Turning away from and out of reach of your opponent

#### DRIVING

- Running with the ball, keeping the ball as close as possible to the body
- Avoiding looking at the ball while driving the ball
- Keeping your body between the ball and the approaching opponent while driving the ball
- Running as fast as possible with the ball, picking up speed to gain as much time and territory as possible
- Creating space in advance (before controlling) in which you want to drive the ball

# U17+

## PROGRESSION PHASE III

### SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

Game Idea: When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**. Create balance with a **minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

## PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

### PLAYER ACTION

### DEFINITION

#### WITH THE BALL

#### DRIBBLING

- Taking on the opponent
- Reading the body shape of the opponent and engaging on the most obvious/weak side
- Accelerating when eliminating the opponent
- Avoiding looking at the ball while dribbling
- Keeping your body between the ball and the opponent while dribbling
- Holding off the opponent and creating distance from the opponent
- Dribbling through a change of direction at the right time, or through a change of speed or through a feint
- Dribbling when you can cause direct danger on target

#### PASSING

- Playing the ball intentionally with different surfaces to a free teammate, into feet or space, within a distance of 5 to 20 yards
- Playing the ball to the foot so that the player receiving the ball can continue to play forward
- Making a leading pass in front of your teammate, making sure that the teammate can take the ball without having to slow down
- Looking at the player you are passing to when passing
- Trying to take out an opponent with a quick wall pass (give and go) in a small space
- Making a long pass in the air
- Playing a long ball in space so a teammate can receive the ball while running
- Avoiding passing to a player surrounded by opponents who can be immediately put under pressure
- Playing the cross at the right time and with the right ball speed outside the action area of the goalkeeper and the defender
- Disguising the pass

#### SHOOTING

- Striking the ball intentionally with different surfaces from short and medium range (1-10 yards; 11-20 yards) on the goal (finishing)
- Looking at the position of the goalkeeper before shooting at goal, and selecting a target
- Aiming for the far side if you shoot from an angle and the goalkeeper is protecting near post
- Finishing in 1 time/touch when closely marked
- Finishing on the volley / bounce
- Following the ball after the shot
- Dribbling at the goalkeeper when he/she comes out at full speed or when he or she protects the goal well and scoring from the shot becomes difficult
- Chipping the goalkeeper
- Disguising the finish

**U17+**

**PROGRESSION PHASE III**

**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

**ATTACKING**

Game Idea: When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**. Create balance with **a minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

**PLAYER ACTIONS**

**A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.**

**PLAYER ACTION**

**DEFINITION**

**SPACIAL & POSITIONAL AWARENESS**

**SCANNING**

- Searching for the ball, teammates and the goal:
  - scanning for a free teammate after performing the control
  - scanning for a free teammate before or while receiving and preparing the ball (passing)
  - scanning and avoiding looking at the ball while dribbling
  - scanning and looking at the position of the goalkeeper before shooting at goal, and selecting a target (shooting)

**SUPPORTING (POSITIONING)**

- Looking at the player in possession of the ball
- Finding open space for self and indicating this, verbally or non-verbally, to the player in possession of the ball
- Repositioning after giving a pass (ex. give and go)
- Assessing teammates' movements and moving off each other
- Unmarking and running behind opponent when a teammate on the ball is looking for options
- Looking to get out of sight from the defender's vision
- Losing direct opponent by switching positions with a teammate
- Anticipating as the third player who will get the ball after a pass between two teammates

**ADAPTING BODY SHAPE**

- Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal.
- While approaching, have an optimal overview of the game situation.

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

Game Idea: When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**. Create balance with a **minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	<b>CREATE ATTACKING SHAPE</b>	<ul style="list-style-type: none"> <li>• Create appropriate height, width, depth</li> <li>• Create optimal attacking distances between players</li> </ul>	<ul style="list-style-type: none"> <li>• Controlling</li> <li>• Protecting</li> </ul>
			<b>PROVIDE OPTIONS TO PLAY FORWARD</b>	<ul style="list-style-type: none"> <li>• Provide vertical or diagonal passing options</li> <li>• Create overload centrally or wide</li> <li>• Move or lose opponent when marked</li> <li>• Make runs behind the defensive line</li> <li>• Give immediate support to teammate under pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Driving</li> <li>• Dribbling</li> <li>• Passing</li> <li>• Shooting</li> </ul>
			<b>BREAK LINES TO ADVANCE ATTACK</b>	<ul style="list-style-type: none"> <li>• Drive with the ball to exploit space</li> <li>• Engage opponent: create 1v1 or 2v1</li> <li>• Find a free player between or behind the lines</li> <li>• Switch play: pass the ball to the opponent's weak zone</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
			<b>TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER</b>	<ul style="list-style-type: none"> <li>• Push up the defensive line with speed: stay connected and compact</li> <li>• Create high defensive shape behind the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Scanning</li> </ul>
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> <li>• Score goal</li> <li>• Create chance</li> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	<b>FINISH THE ATTACK</b>	<ul style="list-style-type: none"> <li>• Separate: time run or quick movement to unmark</li> <li>• Final pass: through ball or combination play</li> <li>• Numbers in the box: fill in zones in front of goal</li> <li>• Cross into space or player</li> <li>• Take on 1v1 to create or score</li> <li>• Finish: use limited touches</li> </ul>	<ul style="list-style-type: none"> <li>• Supporting</li> <li>• Adapting body shape</li> </ul>

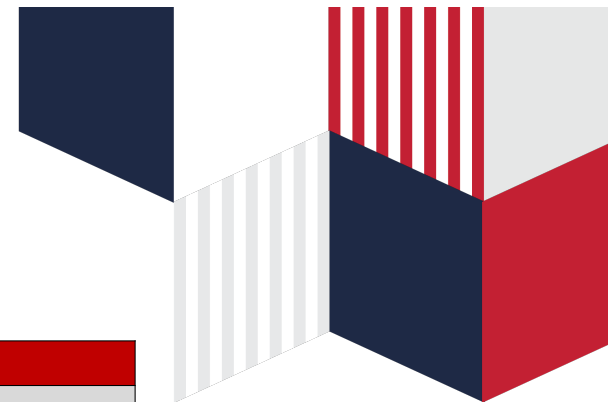


# U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

## U17+ THE GAME

### PROGRESSION PHASE III

#### SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING



ATTACKING TO DEFENDING TRANSITION	
GAME IDEA	
<p>When we lose possession, we want to <b>regain the ball early</b> and <b>as high up the field as possible</b>, by <b>reacting immediately</b> with <b>maximum intensity and aggression</b>.</p> <p>When we recognize we are unable to pressure the ball, we <b>recover quickly into a compact shape</b>.</p>	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>APPLY IMMEDIATE PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>• Press to regain or prevent progress of the ball</li> <li>• Provide cover and balance: eliminate options</li> </ul>
<b>DELAY THE COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>• Drop off and block direct path to goal</li> <li>• Slow down and dictate opponent</li> </ul>
<b>RECOVER WITH SPEED</b>	<ul style="list-style-type: none"> <li>• Get numbers back quickly and take defensive position</li> <li>• Press from behind as quickly as possible</li> <li>• Stay connected: look to win the second ball</li> </ul>
<b>TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER</b>	<ul style="list-style-type: none"> <li>• Create passing option(s): between the lines</li> <li>• Create passing option(s): look to run in behind</li> </ul>
<b>DENY FINISH FROM COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>• Defend the goal and create conditions to engage</li> <li>• Challenge to protect against a goal attempt</li> </ul>



**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**ATTACKING TO DEFENDING TRANSITION**

Game Idea: When we lose possession, we want to **regain the ball early and as high up the field as possible**, by **reacting immediately with maximum intensity and aggression**.

When we recognize we are unable to pressure the ball, we **recover quickly into a compact shape**.

**TEAM TACTICAL PRINCIPLES**

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>APPLY IMMEDIATE PRESSURE ON THE BALL</b> REACT QUICKLY TO WIN THE BALL BACK AND STOP OPPONENTS' FORWARD PLAY	• Press to regain or prevent progress of the ball	<ul style="list-style-type: none"><li>• Recognize situations when to press or hold and force wide (awareness) .</li><li>• Win the ball when opportunity to regain (distance, numbers and levels of compactness).</li><li>• Nearest player(s):<ul style="list-style-type: none"><li>-React immediately, reduce space with speed and intensity</li><li>-Apply (frontal/diagonal) pressure on the ball: Deny switch - Stop long ball - Prevent forward pass</li><li>-Stay disciplined: no foul</li></ul></li></ul>
	• Provide cover and balance: eliminate options	<p>PROTECT THE NEAREST SPACE: ANTICIPATE SHORT PASSING</p> <ul style="list-style-type: none"><li>• Teammates collectively reduce space and area around the ball</li><li>• Mark outlet players - block passing lines - cover space</li><li>• Push up the lines when opposition is forced backwards.</li></ul> <p>PROTECT THE SPACE IN BEHIND: ANTICIPATE THE LONG BALL</p> <ul style="list-style-type: none"><li>• Central defenders anticipate the long ball when inefficient pressure: read pass and drop</li><li>• Wide defenders attach to the backline.</li><li>• Adjust body position to anticipate opponent's movement or action</li></ul>
<b>DELAY THE COUNTERATTACK</b> DROP AND NARROW, REDUCE SPEED OF OPPONENTS TO ALLOW PLAYERS TO RECOVER	• Drop off and block direct path to goal	<ul style="list-style-type: none"><li>• Drop-off and protect the center:<ul style="list-style-type: none"><li>-Drop centrally, get narrow and defend in relation to goal</li><li>-Create compact block - numbers between ball and goal (to force play wide)</li></ul></li><li>• Reduce the central space between the backline.</li><li>• Identify and mark the most dangerous player.</li></ul>
	• Slow down and dictate opponent	<ul style="list-style-type: none"><li>• Slow down the opponent when we are unable to pressure the player on the ball and in a disadvantage (ex. outnumbered) to allow players to return in the defensive block</li><li>• Dictate direction (force backwards or wide) and speed of play (reduce speed)</li><li>• Create equal numbers or overload (in area of the ball): eliminate passing options (2v1 → 1-1)</li></ul>

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**ATTACKING TO DEFENDING TRANSITION**

Game Idea: When we lose possession, we want to **regain the ball early and as high up the field as possible**, by **reacting immediately with maximum intensity and aggression**.

When we recognize we are unable to pressure the ball, we **recover quickly into a compact shape**.

**TEAM TACTICAL PRINCIPLES**

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>RECOVER WITH SPEED</b> SPRINT BACK TO GET BALANCED, ORGANIZED AND APPLY PRESSURE	• Get numbers back quickly and take defensive position	• Sprint back to get behind the ball to support teammates • Attach to the backline and defend in relation to the goal
	• Press from behind as quickly as possible	• Sprint back and put pressure on the opponent in possession: -Prevent the opponent from playing forward or dribbling with the ball -Try to recover the ball (don't give up)
	• Stay connected: look to win the second ball	• Recover quickly to defend the long ball (create numbers around the ball) • Position or mark to prevent the opponent from playing forward after lay-off • Pressure to regain the ball
<b>TAKE COUNTERMEASURES</b> POSITION TO PREPARE THE COUNTERATTACK	• Create passing option(s): between the lines	• Anticipate the moment when team wins the ball back : -Stop defending -Unmark from defender -Position (diagonally) between the lines to set up a possible counter-attack
	• Create passing option(s): look to run in behind	• Anticipate the moment when team wins the ball back • Stop defending and position to create the opportunity to make a run in behind the defensive line
<b>DENY FINISH FROM COUNTERATTACK</b> DENY SCORING OPPORTUNITY AND PREVENT SCORING	• Defend the goal and create conditions to engage	• Be patient and don't commit too early (recognize distance from goal, wait for teammates) • Isolate opponent on the ball when possible: 2v1 → 1-1
	• Challenge to protect against a goal attempt	• Challenge with strong determination: block shot to tackle - intercept to prevent assist -When we are organized and have a numerical advantage -When opponent is in shooting distance

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**ATTACKING TO DEFENDING TRANSITION**

Game Idea: When we lose possession, we want to **regain the ball early** and **as high up the field as possible**, by **reacting immediately** with **maximum intensity and aggression**.  
When we recognize we are unable to pressure the ball, we **recover quickly into a compact shape**.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACKING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>APPLY IMMEDIATE PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Press to regain or prevent progress of the ball</li> <li>Provide cover and balance: eliminate options</li> </ul>	<ul style="list-style-type: none"> <li>Intercepting</li> <li>Pressing</li> <li>Challenging</li> <li>Delaying</li> <li>Block the shot</li> </ul>
			<b>DELAY THE COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>Drop off and block direct path to goal</li> <li>Slow down and dictate opponent</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b> <ul style="list-style-type: none"> <li>Scanning</li> <li>Adapting body shape</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>RECOVER WITH SPEED</b>	<ul style="list-style-type: none"> <li>Get numbers back quickly and take defensive position</li> <li>Press from behind as quickly as possible</li> <li>Stay connected: look to win the second ball</li> </ul>	<ul style="list-style-type: none"> <li>Covering</li> </ul>
			<b>TAKE COUNTERMEASURES</b>	<ul style="list-style-type: none"> <li>Create passing option(s): between the lines</li> <li>Create passing option(s): look to run in behind</li> </ul>	
			<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Defend the goal and create conditions to engage</li> <li>Challenge to protect against a goal attempt</li> </ul>	<ul style="list-style-type: none"> <li>Marking</li> </ul>

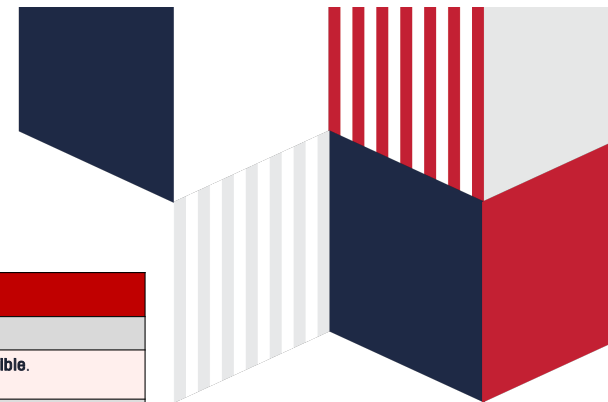


**U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK**

**U17+ THE GAME**

**PROGRESSION PHASE III**

**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**



<b>DEFENDING</b>	
<b>GAME IDEA</b>	
When out of possession, we want to dominate by <b>making play predictable</b> and creating conditions to <b>win the ball back as early and as high up the field as possible. Make the field small, reduce the opponent's time, space, and options.</b>	
<b>TEAM TACTICAL PRINCIPLES</b>	
<b>MAIN PRINCIPLES</b>	<b>SUB PRINCIPLES</b>
<b>CREATE DEFENDING SHAPE</b>	<ul style="list-style-type: none"> <li>• Make team compact: vertical and horizontal               <ul style="list-style-type: none"> <li>- (Re-) Position to create a high front line</li> <li>- (Re-) Position to create a high defensive line</li> </ul> </li> <li>• Create optimal defending distances between players</li> </ul>
<b>BUILD PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>• Move as a collective unit: make play predictable</li> <li>• Initiate pressure on the opponent with the ball</li> <li>• Engage when chance of regaining the ball</li> <li>• Provide cover and balance: eliminate passing options</li> <li>• Prevent the switch: keep opponent on one side</li> <li>• Protect space in behind: anticipate long ball</li> </ul>
<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>• Immediately (re-)apply pressure on the ball</li> <li>• Delay attack and regain defensive shape</li> <li>• Look to intercept pass or win second ball</li> </ul>
<b>TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER</b>	<ul style="list-style-type: none"> <li>• Create passing option(s): between the lines</li> <li>• Create passing option(s): look to run in behind</li> </ul>
<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>• Get narrow and close the center: denying the through ball</li> <li>• Marking and tracking opponent</li> <li>• Deny the cross</li> <li>• Defending the cross: protect the width of the goal</li> <li>• Challenge to protect against goal attempt</li> </ul>

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**DEFENDING**

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible.**

**Make the field small, reduce the opponent's time, space, and options.**

**TEAM TACTICAL PRINCIPLES**

**MAIN PRINCIPLES**

**SUB PRINCIPLES**

**DEFINITION**

**CREATE DEFENDING SHAPE**

POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE

- Make team compact: vertical and horizontal
  - (Re-) Position to create a high front line
  - (Re-) Position to create a high defensive line

- Create optimal defending distances between players

- Create a defensive block and reduce passing options for the opponent on the ball
  - as high as possible
- Attacking players (re-)position to create a high line of confrontation
- Position to block passing lanes, make play predictable and build pressure
- Center backs and/or fullbacks take a high defending position to support compactness
  - Reduce space between different lines of the team
  - Manage offside: central defender closest to the ball creates the offside line (if in own half)
- High position of the goalkeeper to stay connected with the backline
- Create relationships - connections between players through spacing and distances :
  - Reduce options to penetrate with the ball
  - Ensure cover
  - Allow for interception

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**DEFENDING**

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible.**

**Make the field small, reduce the opponent's time, space, and options.**

**TEAM TACTICAL PRINCIPLES**

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>BUILD PRESSURE ON THE BALL</b> CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY	• Move as a collective unit: make play predictable	• Move relative to the position of the ball while maintaining optimal distances between players: -Reduce time and space for the opponent on the ball -Shift and slide: no crossover with nearest teammate -Step: when the the ball is played backwards or when pressure on the ball • Direct the player on the ball: -Reduce the options for the opponent on the ball and force to one area : -Block passing lanes -Allow passes to pressing area
	• Initiate pressure on the opponent with the ball	• Nearest player pressures the ball: -Prevent opponent from playing forward -Limit time on the ball -Force opponent to look down -Force to make mistake
	• Engage when chance of regaining the ball	• Engage in the identified situations: -Step out and intercept when possible: for example - slow pass, bad touch,... -1v1: don't get eliminated by dribble, touch or pass
	• Provide cover and balance: eliminate passing options	• Block immediate passing options when teammate puts pressure on the ball -Cover by the closest player to prevent forward passes / progression: mark, front or track -Weakside players move centrally -Bring numbers to the area / outnumber the opponent/bring numbers around the ball
	• Prevent the switch: keep opponent on one side	• Bring numbers around the ball. • Keep opponent locked and stop from getting out of the area.
	• Protect space in behind: anticipate long ball	• Anticipate the long ball behind the defensive line in case of inefficient pressure: -Adjust body shape -Hold the line when pressure on the ball -Drop when no pressure on the ball

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible.**

**Make the field small, reduce the opponent's time, space, and options.**

### TEAM TACTICAL PRINCIPLES

#### MAIN PRINCIPLES

#### SUB PRINCIPLES

#### DEFINITION

#### RECOVER WHEN PRESSURE IS BROKEN

RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS

- Immediately (re-) apply pressure on the ball

- Re-apply pressure on opponent when line is broken:
  - From behind: chase the player in possession and attempt to win the ball back without fouling
  - In front: step up and press when cover is present
- Recover from switch of play:
  - Strong shift of the team when opponent was able to switch the play

- Delay attack and regain defensive shape

- Slow down the opponent's attack : drop and narrow. Reduce speed of opponent to allow teammates to recover
- Recover with numbers between the ball and the goal
  - Outnumber opponent when possible
  - Get organized
- Track and/or mark the most dangerous players

- Look to intercept pass or win second ball

- When the line is broken by the long ball: defending players
  - Drop and narrow together
  - Compete for the second ball

#### TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER

POSITION TO PREPARE THE COUNTERATTACK

- Create passing option(s): between the lines

- Anticipate the moment when team wins the ball back and set for transition :
  - Stop defending
  - Unmark from defender
  - Scan field and position (diagonally) between the lines to set up a possible counter-attack

- Create passing option(s): look to run in behind

- Anticipate the moment when team wins the ball back
- Stop defending and position to create the opportunity to make a run in behind the defensive line

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**DEFENDING**

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible.**

**Make the field small, reduce the opponent's time, space, and options.**

**TEAM TACTICAL PRINCIPLES**

**MAIN PRINCIPLES**

**SUB PRINCIPLES**

**DEFINITION**

**DENY THE FINISH**

PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES

- Get narrow and close the center: denying the through ball

- Always pressure the player on the ball: reduce time, space and options for the opponent on the ball.
- Prevent opponent from passing and making runs to receive behind the defensive line.
- Reduce space between teammates: narrow when closer to goal
  - Get numbers in the central areas
  - Always provide protection for center backs by fronting them
  - Drive opponent's offensive play towards wide areas

- Marking and tracking opponent

- Close marking of direct opponent in zone:
  - Split-vision: keep eye on ball and opponent
- Change marking:
  - Scan your surroundings and communicate
  - Stay in your defensive zone when the opponent changes position
  - Pass on opponent to teammate or mark opponent coming from another zone
- Switch to player-marking: when necessary, switch from zonal marking to player marking

- Deny the cross

- Defend the cross with support from midfielder or winger
  - Deny cross into space or player
  - Center backs stay in central position

- Defending the cross: protect the width of the goal

- Get organized and increase the protection in front of the goal on the cross:
  - Weakside fullback is connecting to the backline
  - Occupy strategic zones
- Close marking of direct opponent:
  - Split-vision: keep eye on ball and opponent
- Challenge: be first on the ball
  - Aggressiveness

- Challenge to protect against goal attempt

- Engage and commit when chance of attempt on goal
  - Don't get eliminated by dribble.
  - Block the shot.
  - Win the second ball.
  - Clearance



# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible.**

**Make the field small, reduce the opponent's time, space, and options.**

## PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

### AGAINST THE BALL

#### INTERCEPTING

- Intercept when a chance of winning or deflecting the ball, if not stay in position
- Deflecting an opponent's pass away from the intended target
- Staying in possession of the ball after stealing it and continuing with an attacking action
- Playing in one touch to a teammate
- Intercept the ball as high as possible (high point) on a long (high) ball

#### PRESSING

- Running to the opponent who is about to receive the ball (approx. 2 yards distance) while the ball is moving (to reduce the space for the opponent or force error)
- Having fast approach but slow arrival
- Approach is forcing into desired area

#### CHALLENGING

- Taking good defensive posture (on toes, knees are bent, staggered stance, ...) that allows to start the 1v1 in favorable conditions
- Always looking at the ball
- Staying on your feet
- Retaining possession of the ball after winning the duel
- If you are eliminated, don't give up, challenge again immediately

#### DELAYING

- Slowing down, reducing speed from the opponent's action
- Driving the player on the ball to the outside (away from goal)

#### BLOCK THE SHOT

- Getting in between the ball and the defending goal to redirect the ball away from goal

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible**.

**Make the field small, reduce the opponent's time, space, and options.**

## PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

### SPACIAL & POSITIONAL AWARENESS

#### SCANNING

- Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting

#### ADAPTING BODY SHAPE

- Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal

#### COVERING

- Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed
- Preventing the opponent behind your back (between the lines) from being an option

#### MARKING

- Preventing direct opponent from receiving the ball in favorable circumstances by positioning next to the opponent (proactive stance)
- Trying to look at both the ball and direct opponent
- Marking closer when closer to goal

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

Game Idea: When out of possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and as high up the field as possible**.  
**Make the field small, reduce the opponent's time, space, and options.**

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS AGAINST THE BALL
			MAIN PRINCIPLES	SUB PRINCIPLES	
ATTACKING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>CREATE DEFENDING SHAPE</b>	<ul style="list-style-type: none"> <li>Make team compact: vertical and horizontal                             <ul style="list-style-type: none"> <li>(Re-)Position to create a high front line</li> <li>(Re-)Position to create high defensive line</li> </ul> </li> <li>Create optimal defending distances between players</li> </ul>	<ul style="list-style-type: none"> <li>Intercepting</li> <li>Pressing</li> <li>Challenging</li> <li>Delaying</li> <li>Block the shot</li> </ul>
			<b>BUILD PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Move as a collective unit: make play predictable</li> <li>Initiate pressure on the opponent with the ball</li> <li>Engage when chance of regaining the ball</li> <li>Provide cover and balance: eliminate passing options</li> <li>Prevent the switch: keep opponent on one side</li> <li>Protect space in behind: anticipate long ball</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b> <ul style="list-style-type: none"> <li>Scanning</li> <li>Adapting body shape</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>Immediately (re-) apply pressure on the ball</li> <li>Delay attack and regain defensive shape</li> <li>Look to intercept pass or win second ball</li> </ul>	<ul style="list-style-type: none"> <li>Covering</li> </ul>
			<b>TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER</b>	<ul style="list-style-type: none"> <li>Create passing option(s): between the lines</li> <li>Create passing option(s): run in behind</li> </ul>	
			<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Get narrow and close the center: denying the through ball</li> <li>Marking and tracking opponent</li> <li>Deny the cross</li> <li>Defending the cross: protect the width of the goal</li> <li>Challenge to protect against any goal attempt</li> </ul>	<ul style="list-style-type: none"> <li>Marking</li> </ul>

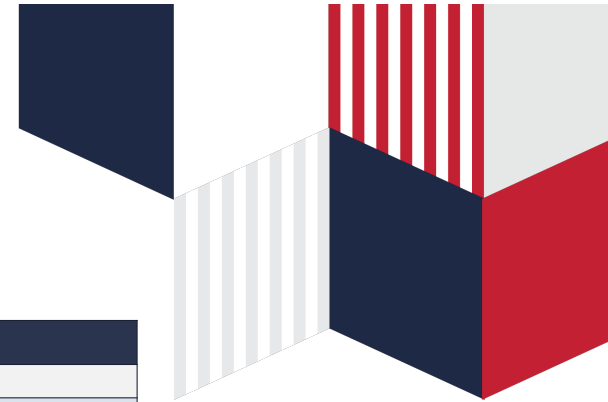


**U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK**

**U17+ THE GAME**

**PROGRESSION PHASE III**

**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**



DEFENDING TO ATTACKING TRANSITION	
GAME IDEA	
<p>When we regain possession, we <b>immediately think and play forward</b>, look to <b>attack aggressively with maximum speed</b> and <b>finish as fast as possible</b>.</p> <p>When we recognize the opponent is balanced and organized, we <b>keep the ball and move into our attacking shape</b>.</p>	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>PLAY FORWARD QUICKLY</b>	<ul style="list-style-type: none"> <li>• First action forward</li> <li>• Continue to play forward</li> </ul>
<b>SECURE THE BALL</b>	<ul style="list-style-type: none"> <li>• Play out of pressure</li> <li>• Keep the ball and initiate build up</li> </ul>
<b>JOIN THE ATTACK WITH SPEED</b>	<ul style="list-style-type: none"> <li>• Provide support in front of the ball</li> <li>• Provide as much width as necessary</li> <li>• Provide support behind the ball</li> </ul>
<b>TAKE COUNTERMEASURES : ANTICIPATE THE COUNTER</b>	<ul style="list-style-type: none"> <li>• Push up the defensive line with speed: stay connected and compact</li> <li>• Create prevention shape behind the ball</li> </ul>
<b>FINISH THE COUNTERATTACK AS FAST AS POSSIBLE</b>	<ul style="list-style-type: none"> <li>• Create and exploit space for self or teammate</li> </ul>
	<ul style="list-style-type: none"> <li>• Attack space or engage opponent</li> </ul>
	<ul style="list-style-type: none"> <li>• Recognize player in a better position to score</li> <li>• Finish: use limited touches</li> </ul>

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING TO ATTACKING TRANSITION

Game Idea: When we regain possession, we **immediately think and play forward**, look to **attack aggressively with maximum speed** and **finish as fast as possible**.  
When we recognize the opponent is balanced and organized, we **keep the ball and move into our attacking shape**.

### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>PLAY FORWARD QUICKLY</b> PLAY FORWARD WITH AS FEW PASSES AS POSSIBLE	<ul style="list-style-type: none"> <li>First action forward</li> </ul>	<ul style="list-style-type: none"> <li>Start attacking transition immediately with forward action:                             <ul style="list-style-type: none"> <li>-Pass forward into open space or feet to (highest) transition player (vertical / diagonal)</li> <li>-Touch forward and run or dribble aggressively at maximum speed when space</li> </ul> </li> <li>GK distribution: throw/volley into space or feet</li> </ul>
	<ul style="list-style-type: none"> <li>Continue to play forward</li> </ul>	<ul style="list-style-type: none"> <li>Continue to progress the ball forward at speed to prevent the opponent from returning into defensive shape: dribble or pass</li> <li>Play with limited touches to increase the speed of the transition:                             <ul style="list-style-type: none"> <li>-Direct: open body shape to receive the ball facing forward or turn when time on the ball</li> <li>-Indirect: lay-off / playing backwards to supporting teammate (3<sup>rd</sup> man running)</li> </ul> </li> <li>Stay central if possible</li> <li>Take advantage of space behind the opponent's backline - pass behind</li> </ul>
<b>SECURE THE BALL</b> ESCAPE COUNTERPRESS FROM CLOSEST OPPONENT(S)	<ul style="list-style-type: none"> <li>Play out of pressure</li> </ul>	<ul style="list-style-type: none"> <li>Shield the ball when pressure from opponent</li> <li>Move the ball out of the zone when possession is regained to escape counter press</li> <li>Play sideways or backwards when unable to dribble or pass forward (or draw foul)</li> </ul>
	<ul style="list-style-type: none"> <li>Keep the ball: initiate build up</li> </ul>	<ul style="list-style-type: none"> <li>Keep possession when opponent is balanced and organized</li> <li>Recognize risk vs reward: priority is to secure possession</li> <li>Move into attacking shape</li> </ul>
<b>JOIN THE ATTACK WITH SPEED</b> SPRINT FORWARD TO ATTACK OR SUPPORT	<ul style="list-style-type: none"> <li>Provide support in front of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Sprint forward and commit numbers into the attacking half</li> <li>Get players in front of the ball as quickly as possible to attack the backline of the opponent</li> <li>Provide a passing option: make a run in behind</li> </ul>
	<ul style="list-style-type: none"> <li>Provide as much width as necessary</li> </ul>	<ul style="list-style-type: none"> <li>Occupy all three central-vertical channels</li> <li>Restrict runs to width of penalty area, when possible, to facilitate quick passing, limit risk of interception, and create direct chance on goal</li> </ul>
	<ul style="list-style-type: none"> <li>Provide support behind the ball</li> </ul>	<ul style="list-style-type: none"> <li>Position to enable the attack to continue by creating passing options behind the ball</li> <li>Recycle the attack when unable to continue the counter</li> </ul>

**U17+**

**PROGRESSION PHASE III**

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

**DEFENDING TO ATTACKING TRANSITION**

Game Idea: When we regain possession, we **immediately think and play forward**, look to **attack aggressively with maximum speed** and **finish as fast as possible**.  
When we recognize the opponent is balanced and organized, we **keep the ball and move into our attacking shape**.

**TEAM TACTICAL PRINCIPLES**

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER</b> POSITION TO PROTECT AGAINST COUNTERATTACK	• Push up the defensive line with speed: stay connected and compact	<ul style="list-style-type: none"><li>• Provide balance (numbers)</li><li>• Close space in between lines that the opponent could exploit</li><li>• Create as high a line as possible</li></ul>
	• Create prevention shape behind the ball	<ul style="list-style-type: none"><li>• Defensive positioning with a specific amount of players<ul style="list-style-type: none"><li>-Defend the center of the field: block passing lines</li><li>-Lock down the opponent's outlet(s): mark transition players</li><li>-GK take high position: stay connected with the backline</li></ul></li></ul>
<b>FINISH THE COUNTERATTACK AS FAST AS POSSIBLE</b> CREATE SCORING OPPORTUNITY AND SCORE	• Create and exploit space for self or teammate	<ul style="list-style-type: none"><li>• Separate from opponent and receive between the lines</li><li>• Exploit space behind opponent backline: make a run to receive in behind</li><li>• Make a run to free up space for teammate to receive</li></ul>
	• Attack space or engage opponent	<ul style="list-style-type: none"><li>• Dribble at speed into open space:<ul style="list-style-type: none"><li>-Invite pressure to create (more) space for teammate(s)</li></ul></li><li>• Dribble at speed to isolate defender:<ul style="list-style-type: none"><li>-Attract to free up teammate (2v1)</li><li>-Eliminate defender or create separation and shoot (1v1)</li></ul></li></ul>
	• Recognize player in a better position to score	<ul style="list-style-type: none"><li>• Keep composure (decision at full speed)</li><li>• Recognize the right moment to pass to a teammate in a better position to score or assist<ul style="list-style-type: none"><li>- We attack/occupy different areas in the box</li></ul></li></ul>
	• Finish: use limited touches	<ul style="list-style-type: none"><li>• Select the best surface and shoot on goal with a minimal touches.</li></ul>

# U17+

## PROGRESSION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING TO ATTACKING TRANSITION

Game Idea: When we regain possession, we **immediately think and play forward**, look to **attack aggressively with maximum speed** and **finish as fast as possible**.  
When we recognize the opponent is balanced and organized, we **keep the ball and move into our attacking shape**.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> <li>Advance the ball</li> <li>Keep the ball</li> </ul>	PLAY FORWARD QUICKLY	<ul style="list-style-type: none"> <li>First action forward</li> <li>Continue to play forward</li> </ul>	<ul style="list-style-type: none"> <li>Controlling</li> <li>Protecting</li> </ul>
			SECURE THE BALL	<ul style="list-style-type: none"> <li>Play out of pressure</li> <li>Keep the ball and initiate build up</li> </ul>	<ul style="list-style-type: none"> <li>Driving</li> <li>Dribbling</li> </ul>
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> <li>Score goal</li> <li>Create chance</li> <li>Advance the ball</li> <li>Keep the ball</li> </ul>	JOIN THE ATTACK WITH SPEED	<ul style="list-style-type: none"> <li>Provide support in front of the ball</li> <li>Provide as much width as necessary</li> <li>Provide support behind the ball</li> </ul>	<ul style="list-style-type: none"> <li>Passing</li> <li>Shooting</li> </ul>
			TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	<ul style="list-style-type: none"> <li>Push up the defensive line with speed: stay connected and compact</li> <li>Create prevention shape behind the ball</li> </ul>	<ul style="list-style-type: none"> <li>Scanning</li> </ul>
			FINISH THE COUNTERATTACK AS FAST AS POSSIBLE	<ul style="list-style-type: none"> <li>Create and exploit space for self or teammate</li> <li>Attack space or engage the opponent</li> <li>Recognize player in better position to score</li> <li>Finish: use limited touches</li> </ul>	<ul style="list-style-type: none"> <li>Supporting</li> <li>Adapting body shape</li> </ul>



## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE GAME

11v11



## 11v11

The formation begins with the back line (goalkeeper and defenders) and then progresses to the midfielders and the forwards.

**1= Goalkeeper**  
**4= Defenders**  
**3= Midfielders**  
**3= Forwards**

This formation is just one organizational structure. It is not the only way, but A way.

**1-4-3-3** provides a structure for multiple triangles and diamonds (to create passing lanes).

It creates two blocks (5 attacking players and 5 defending players) as well as 1v1 situations across the field.

The goal is to help players develop individual qualities that can connect in small groups (lines) and then into the larger 11v11 game (multiple lines).

U.S. Soccer Player Development Framework Slide #40





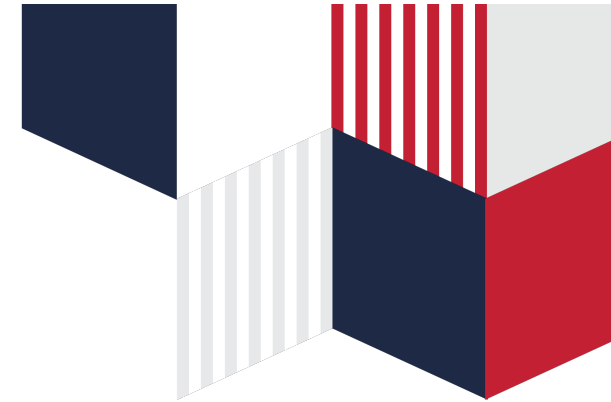
## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE ENVIRONMENT

## LEARNING PLAN

### Activities

- Continue to utilize a variety of activities that help develop the U.S. Soccer Key Qualities
  - utilize a variety of activities that help develop physical qualities, technical skills and decision making
- Focus on individual development within the position, within the functional group and within the team: all connected to the Game Model
  - individual positional training
  - functional group training
  - team training
- Focus on competition within the activities (can use game-based scenarios, i.e., down a goal or up a goal w X minutes to play)
- Use of activities over both short and long distances to develop different player actions
  - short ball-oriented activities challenging the players' movement focused on power, speed, agility and mobility
  - focus on decision making through GAMES





## U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

# U17+ THE ENVIRONMENT

## LEARNING PLAN

### Coaching

- Develop players' own responsibility and insight in team interests: pay attention to the controllables
- Guide players in the process of reflecting on game situations and interpreting their task(s), position on the field in order to make their actions as effective as possible.
  - take into account the varying individual rates of brain development that influences each individual's ability to think in more complex ways
- Be aware that menstrual cycle impacts individuals differently.
- Be aware of a fanatical attitude/big egos that often create conflict with teammates and opponents
  - keep in mind that manifesting and proving oneself is an enormous motivation for players at this age

