

OUR SOCCER PHILOSOPHY

Our primary focus is to develop technically and tactically-sound players capable of making confident and proper decisions within the flow of the game. We expect players to be competitive in matches; but in our youngest age groups, winning is secondary.

This means that our youngest players, U7 and U9 programs follow a developmental strategy; Developmental means the playing time will be adjusted to improve the players skills and abilities. Focused on giving players enough time to gain game experience and while leaning toward playing the strongest players as able.

The competitive program belongs to the U11 and up age groups to support a more competitive strategy. Club 1 teams are solely competitive. Club 2 and 3 teams are semi-competitive. Competitive and semi-competitive mean the players will have to earn their play time. Playing time is not given in a competitive club.

The Competitive program is committed to developing players in a positive soccer environment. Our goal is to provide an opportunity for players to play at the highest level commensurate with individual ability, potential, and interest.

To support this goal, ProSoc Developmental and Competitive programs provide professional training and coaching at all age levels, along with a myriad of programs designed to maximize player potential, character, and sportsmanship. Through our structured and progressive curriculum, players learn how to solve soccer problems creatively and skillfully. In addition, soccer is a cognitive game that requires players to choose the right solutions before using the correct technique. Therefore, from the earliest ages, coaches emphasize both smart decision-making (tactical) AND correct technique (technical) to gain confidence and improve execution in the game.

Style of Play

Starting at the earliest ages, players are introduced to our “progressive possession” style of play. Progressive progression refers to keeping possession of the ball for the purpose of finding and exploiting opportunities to attack forward whenever possible. Teams are expected to build attacks from the back, which means utilizing our goalkeeper and defenders to cycle the ball and switch the point of attack to find areas of the field where we hold numerical superiority. As the ball is moved up the field and closer to our opponent’s goal, we encourage players to show more creativity and take 1v1 or 2v1 chances to generate scoring chances. When the ball is lost, players should instantly transition to a defensive mentality of pressing quickly and winning the ball back as soon as possible to limit counterattacks.

To stay true to our style of play, coaches train players to learn and execute our “progressive possession” style of play in both practices and games. Early on, players will make mistakes often, especially as they learn how to build attacks from our goalkeeper and defenders, and inevitably lose games to teams.

That play a more direct and less skillful style of play at our youngest age groups (i.e., playing long balls towards our goal and using big and fast players to score). As players mature and become more comfortable with the system, our teams will begin to execute consistently and start to surpass teams the play the “long ball.”

When communicating our philosophy to young players, we focus on a small number of points. We encourage our coaches to use their playing experience and coaching “toolbox” to maximize learning in the training and game environment. The ProSoc Academy technical staff believes in a “player centered” approach that places the coach in a guiding role rather than the central figure in a session. What Coaches control is the design of the training activities, which provide players with an optimal amount of technical and tactical repetitions. As a result, players learn how to recognize common and repeating patterns in the game and how to use proper technique to solve soccer problems on the field. Last (and most important!), teaching players within competitive and fast-paced games promotes intrinsic motivation to play and have fun!

Progressive Possession:

Can you penetrate and go forward? If not, let’s not give the ball away!

Movement:

Are teammates without the ball providing a left, right, and split option for the player with the ball?

Good decision-making:

Is a player establishing a good body position before receiving the ball to see the field and decide BEFORE the ball gets to him/her? Is the player choosing the correct option based on the game situation?

ProSoc CURRICULUM

The Director makes all decisions for the club. Suggestions will be taken into consideration.

Coaches Will

- Keep a positive environment at training and games.
- Not shout, give direction or pull players out or coach them on the "fly."
- No negative coaching.
- Will always have a training plan set for the training session.
- Have player evaluations twice a year (December & May).
- Be professional in every manor on and off the field.

Games and Training

- If the coach cannot attend a training or game, an approved Club Coach will cover.
- Coaches must wear PSA Attire. (No Cargo, jeans etc.)
- Coaches must arrive at the game 1-hour before kick-off.
- Coaches must arrive 15 mins before training session to have time to set up.
- Coaches should not meet with parents during Games or training sessions.
- All Parent Meetings should have the Director present and/or the Director of Coaching.

Style of Play: General

The key elements for coaches and players that define the style of play.

Offensive Style

All teams will be encouraged to display an offensive style of play based on keeping possession and quick movement of the ball.

Quick Transition and Finishing

Speed of play, avoiding over-dribbling, looking for an organized and quick movement of the ball and finishing will be encouraged in all age groups.

Position Specific

A team must be organized defensively, keeping their specific positions in the formation. However, players will look for spaces and movements when attacking by moving away from their original positions if needed and required.

Formations (Depending on the federation/rules)

U7 FUNINO - Game Form 4+1 (+GK) or 3vs3 or 2vs2 (without GK).

U9 FUNINO - Game Form 6+1 or 5+1 (+GK) or 3vs3 or 4vs4 (without GK).

U11 play a formation of 3-3 or 3-2-1 or 2-2-2.

U13 play a formation that encourages players to attack freely but position themselves to be in a good defensive position (3-3-2, 3-1-1-2, 3-2-3).-

U15-17 plays a formation that encourages players to attack freely but position themselves to be in a good defensive position (4-2-3-1, 4-4-2, 4-3-3, 4-1-3-2).

Outside players (left and right back especially) will be expected to make offensive runs to support the attack.

Defensively, the team needs to be balanced and SHIFT into position depending on where the ball is.

Style of play: Specific

Technical

Passing and receiving

Passing the ball with pace from different distances and receiving the ball while keeping it moving will be encouraged in all age groups.

Finishing

Players must develop the ability to finish from different distances. All players will be encouraged to shoot from any reasonable distance during the game.

Ball control and turning

Players are encouraged to keep close control of the ball and use different turning techniques to move away from the defender.

Tactical

Playing from the back

All teams must feel comfortable playing the ball from the back through the midfield and from there to the final third of the field.

Possession and transition

All teams must try to keep possession of the ball playing a one-two touch game. Players will be encouraged to support and move, thus creating passing options. Once the possession game is consolidated the team must learn how to transfer the ball in the most efficient way from one area of the field to another.

Offense-defense quick transition and vice versa

When possession is lost, players must react quickly and apply pressure to regain the ball. Once possession is regained, players will be positioned immediately to counterattack.

Physical**Speed and agility**

These qualities will be evident in the game from an early age.

Endurance

Individual players and teams will train to be resilient to high-intensity action.

Strength and Power

Strong players develop their speed more quickly, prevent injuries and are more competitive in games.

Psychosocial**Respect and discipline**

Players will adapt to a role on the team and respect teammates, coaches, referees, and opponents.

Cooperation

Each player will be part of a unit and will cooperate with teammates to achieve the objectives for a given task, session or game, as well as for the entire season.

Competitiveness

Competitive players will be rewarded for their effort and focus. Making a session competitive is a big part of player and team development.

Principles of Play

For the coach, for the player and for the team

Coaches

1. Possession games are means to improve both the technique and tactical understanding of the players.
2. Opposition will be encouraged to increase the competitiveness of the players.
3. High-intensity games based on speed and agility. Short but intense working periods.

Players

1. 1, 2 or 3 touch maximum: Minimizing touches improves the speed of play. DRIBBLE WHEN NECESSARY.
2. Keep the game simple: Do not force situations, over-dribble or be careless with the ball.
3. Keep the ball on the ground: A ball on the ground is easier to control and can be moved more efficiently by the team.
4. Accuracy and quality of the pass: Passing must be firm and accurate, with the proper weight.
5. First touch: Make a clean, controlled first touch without stopping the ball.
6. Take the touch away from pressure and into free space.
7. Perception and awareness: All players with or without the ball should constantly scan the field.
8. 1v1 situations: Encourage determination to regain control of the ball in defense and keep it simple in attack by taking a touch to the side, at speed, to beat the defender.
9. Individual transition: Players must react quickly when possession changes from offense to defense and vice-versa.
10. Shooting: Always keep an eye on the goal. All players are encouraged to shoot.
11. Take risks: Soccer is an error prone sport and mistakes are part of the game and learning process. Players are encouraged to take risks in the training session to increase the speed of play.

Team

1. All players attack, and all players defend: All players must be involved in the game as a unit.
2. Numerical advantage: Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being at a numerical disadvantage in defense.
3. Flow of the ball: The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.
4. Triangle principle and passing options: The player in possession of the ball must receive constant support and have at least two passing options.
5. Speed of play: Quick movement of the ball creates 2v1 situations.
6. Movement off the ball: Find the best available space to create passing options for the player in possession of the ball.
7. Pressure as a unit: Organized pressure forces the opponents to commit errors.

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8. Transition: Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.
9. Direction of the game: The game flows in two directions. Keep the essence of the game in many of your practices.
10. Take initiative during the game: Team breakdowns will occur. The team must be capable of adapting to new situations and imposing its own style of play during the game.

Development System for Ages U7-U10

System of Play

- FUNINO Style or friendly Games (Play in 3v3, 4v4, 5+1, or 6+1 (with GK)).
- Lots of dribbling and 1v1 situations.
- Train the team to use the outside.

Coaching Points

- Master dribbling skills.
- Focus on Finishing skills, 2v1 and 3v2 drills.
- Short passing drills that involve triangle play and give and goes.
- Keep a disciplined and positive environment.

Game Day

- Coaching on "the fly".
- Make notes to talk at half time.
- EXPLAINING is crucial at these ages.
- Do not show frustration or anger.
- End the game with points of improvement and looking forward.
- Focus on going players enough time to gain game experience.

Development System for Ages U11/U13

Style of Play

- Play in 7v7 / 9v9 games.
- Suggested formation 1-2-3-1 / 1-3-3-2.
- Lots of passing combinations.
- Train the team to play with a shape.
- Players should start mastering their positions.
- Players should play their role and responsibilities on the field.
- Lots of movement off the ball.
- Defensively: get behind the ball quickly. Shift and cover quickly.
- Contain on the defensive 3rd and stall for the support to come.

Trainings

- Master dribbling skills.
- Focus on possession drills and passing combinations and finishing.
- Train the team to play back and open quickly in angles for options.
- Train the team to Defend Compact, win the ball and open quickly.
- Short passing drills that involve triangle play and give and go.
- Train the Center Mids and forwards to get involved a lot.
- Educate the team that players who perform well in training will play more.

Game Day

- Focus on giving players enough time to gain game experience.
- Coaching on "the fly".
- Make notes to talk at half time.
- EXPLAINING is crucial at these ages.
- Do not show frustration or anger.
- End the game with points of improvement and looking forward.
- Make notes to talk at half time.
- Play your strongest 11 players (depends which TEAM'S).

Development System for Ages U14-U18

Style of Play

- Suggested formation 4-2-3-1, 4-4-2, 4-3-3.
- Lots of passing combinations.
- Train the team to play with shape.
- Players should play their role (position) and responsibilities on the field.
- Lots of movement off the ball.
- Play inside and quickly out with 1,2 touches.
- Defensive 3rd – 1,2 touches play out with possession. Contain and Stall. Defensively, get behind the ball quickly.
- Mid 3rd – support the Def. 3rd, combine and find triangles to move forward.
- Offensive 3rd – creating 1v1 situation. Get into the box and find the goal.
- Check in to be target and lay off player. Lots of shots and runs. Finish opportunities.

Trainings

- Refresh the basics with tactical and small sided games.
- Players, who train well, play more.
- It's a competition for playing time, no shared positions.
- Keep a disciplined and positive environment.



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Games

- Play your strongest 11 players.
- Make notes to talk at half time.
- Do not show frustration or anger.
- End the game with points of improvement and looking forward.

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