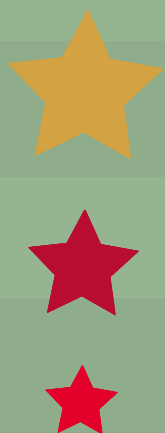


LOUISIANA FIRE SOCCER CLUB



FOUNDATION PHASE

INITIAL

LEARNING

COMP' DEVELOPMENT

PREPARED BY STUART HAYERS

FOR MORE DETAILS VISIT

WWW.LAFIRESOCCER.COM/CURRICULUMS

Louisiana Fire Soccer Club

Curriculum Objectives



Development > Winning

3 L's

- NO Lines
- NO Laps
- NO Lectures

Development Takes
Time

Belief in the Process

Age and Skill Level Appropriate

Prepare Players for the Next Level

Clear and Concise Information during Training

Reminders and Triggers during Games

Long Term > Short Term

Instill In Our Players:

- Self Confidence
- Love for the Game
- Accountability
- Intrinsic Motivation
- Sportsmanship
- Competitiveness
- Problem Solving

Louisiana Fire Soccer Club

Match Components



Tactical

A set of strategies and actions that players and teams use to achieve a goal, usually to win, during a match. Show game understanding. Positions, Formations etc. Attacking & Defending

Technical

A player's ability to perform a soccer action. First touch, passing, dribbling, skill moves etc

Physical

Physiological and anatomical demands to play soccer. Speed, Endurance, Strength, Agility

Psychological

Mental aspect of the game. Channeling emotions for success. Confidence, reflection, competitiveness



Louisiana Fire Soccer Club

Player Development Components



Game Understanding

Open ended drills as game scenarios are never identical. Positioning. Terminology. Vision. Spatial Awareness.

Quality

Repetition in ball mastery and bio mechanical movements to reduce flaws and improve technique. Individual skills.

Intensity

'Work' vs 'Rest' components of session. Perform skills whilst under physical duress. Replicate game situations and scenarios.

Competitiveness

Opposed practices and drills. Score keeping. Create opportunities to win and lose.



LOUISIANA FIRE SOCCER CLUB



INITIAL PHASE

IGNITE CURRICULUM

U6 - U7

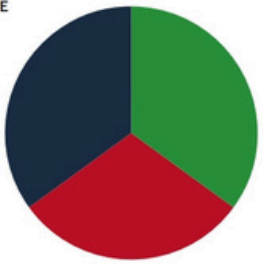
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Initial Phase Season Plans

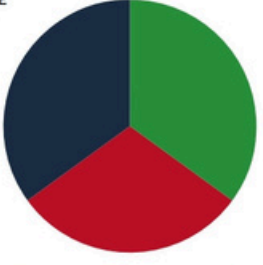
U6

CURRICULUM – U6 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION		
SCRIMMAGE: Take up good positions during the game TECHNICAL: Improve basic individual technique PHYSICAL: Develop coordination and basic motor skills with and without the ball PSYCHOSOCIAL: Feel comfortable and confident with the ball	Sessions per week	2	Session time	60'	INITIAL STAGE 		
	Players per team	12	Game time	30'			
	SESSION STRUCTURE		ASPECTS TO CONSIDER				
	Warm-up	10'	- Size of the practice				
	Physical	15'	- Time of the practice				
	Technique	20'	- Intensity of the practice				
Technique	20'	- Rules					
Scrimmage	20'	- Number of players					
Cool Down & Debrief	5'	- Time of contact with the ball					
By the end of the season the player must be capable of: 1. Handling the ball with at least one foot and both hands 2. Occupying the original position during the game once an action is finished 3. Running, jumping and stopping with and without the ball	Comments ▶ Individual games are essential for the player at this age to experiment with the ball. ▶ Match: We strongly recommend 3v3 or 4v4 games.						
				SCRIMMAGE 35%	TACTICS 0%	TECHNIQUE 35%	PHYSICAL 30%

U7

CURRICULUM – U7 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION		
SCRIMMAGE: Take up good positions during the game TECHNICAL: Improve basic individual technique PHYSICAL: Develop coordination and basic motor skills with and without the ball PSYCHOSOCIAL: Increase confidence with the ball	Sessions per week	2	Session time	75'	INITIAL STAGE 		
	Players per team	12	Game time	40'			
	SESSION STRUCTURE		ASPECTS TO CONSIDER				
	Warm-up	15'	- Size of the practice				
	Physical	15'	- Time of the practice				
	Technique	25'	- Intensity of the practice				
Technique	25'	- Rules					
Scrimmage	25'	- Number of players					
Cool Down & Debrief	5'	- Time of contact with the ball					
By the end of the season the player must be capable of: 1. Handling the ball with both feet and both hands 2. Occupying the original position during the game once an action is finished 3. Basic coordinated movements with and without the ball	Comments ▶ Individual and collective games are essential for the player at this age to experiment with the ball. ▶ Match: We strongly recommend 4v4 games.						
				SCRIMMAGE 35%	TACTICS 0%	TECHNIQUE 35%	PHYSICAL 30%

Louisiana Fire Soccer Club
Initial Phase Session Components

“IGNITE”



Session Length

60-75mins

Session Regularity

2 x week

Main Focus

FUNdamentals

Ball - Player Ratio

1-1

Content Distribution

5% Tactical / 25% Physical / 35% Technical / 35% scrimmage

Tactical

Field Dimensions

Direction of Attack

Introduction of Goals

Technical

Dribbling

Physical

Soccer Specific Movements

Nutritional Preparation

Psychological

**Concept of Team amidst individual focus
managing Emotions**

LOUISIANA FIRE SOCCER CLUB



LEARNING PHASE

IGNITE MAX CURRICULUM

U8 - U9

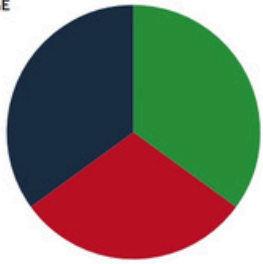
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Learning Phase Season Plans

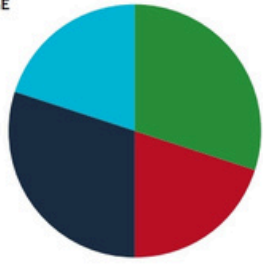
U8

CURRICULUM – U8 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION	
SCRIMMAGE: Balance in relation to the ball and teammates during the game TECHNICAL: Individual and collective basic soccer techniques PHYSICAL: Develop speed, coordination and basic motor skills with and without the ball PSYCHOSOCIAL: Interact with teammates during the training session	Sessions per week	2	Session time	75'	INITIAL STAGE 	
	Players per team	12	Game time	40'		
SESSION STRUCTURE		ASPECTS TO CONSIDER				
Warm-up	15'	- Size of the practice				
Physical	15'	- Time of the practice				
Technique	25'	- Intensity of the practice				
Scrimmage	25'	- Rules				
Cool Down & Debrief	5'	- Number of players				
		- Time of contact with the ball				
By the end of the season the player must be capable of: 1. Stopping and running with the ball at speed 2. Moving forward when attacking and retreating when defending 3. Basic quick movements with and without the ball	Comments ▶ Collective games are essential for the player to start interacting with teammates. ▶ Match: We strongly recommend 7v7 games.				SCRIMMAGE 35%	
				TACTICS 0%	TECHNIQUE 35%	PHYSICAL 30%

U9

CURRICULUM – U9 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION	
SCRIMMAGE: Efficiently occupy the spaces on the field. TACTICAL: Creating space to receive the ball and keep possession. TECHNICAL: Improve individual and collective basic soccer techniques PHYSICAL: Develop speed, coordination and balance with and without the ball PSYCHOSOCIAL: Positive interaction with teammates during the game	Sessions per week	3	Session time	90'	BASIC STAGE 	
	Players per team	14	Game time	50'		
SESSION STRUCTURE		ASPECTS TO CONSIDER				
Warm-up	10'	- Size of the practice				
Physical	15'	- Time of the practice				
Technique	20'	- Intensity of the practice				
Tactics	15'	- Rules				
Scrimmage	25'	- Number of players				
Cool Down & Debrief	5'	- Teammates – opposition				
By the end of the season the player must be capable of: 1. Basic skills in 1v1 situations. 2. Balance in relation to the ball (forward, backwards and side to side) 3. Basic coordinated movements with and without the ball	Comments ▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices. ▶ Match: We strongly recommend 8v8 and 9v9 games. ▶ Formations: 3-2-3 in 9-a-side.				SCRIMMAGE 30%	
				TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%

Louisiana Fire Soccer Club
Learning Phase Session Components

“IGNITE MAX”



Session Length

75mins

Session Regularity

2 x week

Main Focus

FUNDamentals into Drills

Ball - Player Ratio

1-1 / 1-2

Content Distribution

5% Tactical / 25% Physical / 35% Technical / 35% scrimmage

Tactical

Attacking Areas and Defending Areas

Positions on Field

Technique Selection i.e. when to pass or dribble

Technical

Dribbling with Purpose

Short Passing

Physical

Soccer Specific Movements

Nutritional Preparation

Psychological

**Concept of Team amidst individual focus
managing Emotions**

Focus on Coach not Parent/Sideline

LOUISIANA FIRE SOCCER CLUB



PRE COMPETITIVE PHASE

COMP' DEVELOPMENT
CURRICULUM

U9 - U11

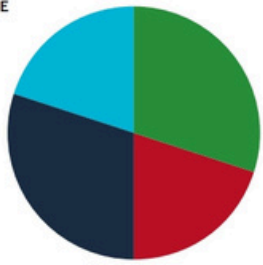
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Pre Competitive Phase Season Plans

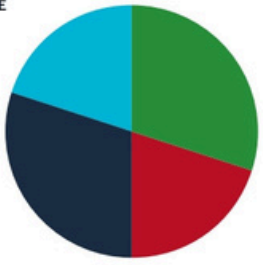
U9

CURRICULUM – U9 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
<p>SCRIMMAGE: Efficiently occupy the spaces on the field.</p> <p>TACTICAL: Creating space to receive the ball and keep possession.</p> <p>TECHNICAL: Improve individual and collective basic soccer techniques</p> <p>PHYSICAL: Develop speed, coordination and balance with and without the ball</p> <p>PSYCHOSOCIAL: Positive interaction with teammates during the game</p> <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Basic skills in 1v1 situations. 2. Balance in relation to the ball (forward, backwards and side to side) 3. Basic coordinated movements with and without the ball 	Sessions per week	3	Session time	90'	<p>BASIC STAGE</p>  <p>SCRIMMAGE 30% TACTICS 20% TECHNIQUE 30% PHYSICAL 20%</p>
	Players per team	14	Game time	50'	
	SESSION STRUCTURE		ASPECTS TO CONSIDER		
	Warm-up	10'	- Size of the practice		
	Physical	15'	- Time of the practice		
	Technique	20'	- Intensity of the practice		
	Tactics	15'	- Rules		
Scrimmage	25'	- Number of players			
Cool Down & Debrief	5'	- Teammates – opposition			
	<p>Comments</p> <ul style="list-style-type: none"> ▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices. ▶ Match: We strongly recommend 8v8 and 9v9 games. ▶ Formations: 3-2-3 in 9-a-side. 				

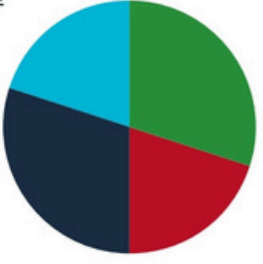
U10

CURRICULUM – U10 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
<p>SCRIMMAGE: Efficiently occupy space in relation to the ball and to teammates</p> <p>TACTICAL: Creating space and applying basic principles</p> <p>TECHNICAL: Accuracy in individual soccer techniques</p> <p>PHYSICAL: Develop speed, agility, coordination and balance</p> <p>PSYCHOSOCIAL: Interact positively and feel confident within the group</p> <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Being efficient in 1v1 situations 2. Application of basic attacking principles 3. Coordinated movements at speed 	Sessions per week	3	Session time	90'	<p>BASIC STAGE</p>  <p>SCRIMMAGE 30% TACTICS 20% TECHNIQUE 30% PHYSICAL 20%</p>
	Players per team	14	Game time	50'	
	SESSION STRUCTURE		ASPECTS TO CONSIDER		
	Warm-up	10'	- Size of the practice		
	Physical	15'	- Time of the practice		
	Technique	20'	- Intensity of the practice		
	Tactics	15'	- Rules		
Scrimmage	25'	- Number of players			
Cool Down & Debrief	5'	- Teammates – opposition			
	<p>Comments</p> <ul style="list-style-type: none"> ▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices. ▶ Match: We strongly recommend 8v8 and 9v9 games. ▶ Formations: 3-2-3 in 9-a-side. 				

U11

CURRICULUM – U11 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
<p>SCRIMMAGE: Match focus is on possession and transition.</p> <p>TACTICAL: Improve attacking principles and basic defending</p> <p>TECHNICAL: Accuracy and speed in individual and collective techniques</p> <p>PHYSICAL: Improve speed, agility, coordination and balance</p> <p>PSYCHOSOCIAL: Cooperate with teammates in collective tasks</p> <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Application of technique in game situations 2. Application of attacking and defending principles in slightly opposed collective practices 3. Agility and speed movements with and without the ball 	Sessions per week	3	Session time	90'	<p>BASIC STAGE</p>  <p>SCRIMMAGE 30% TACTICS 20% TECHNIQUE 30% PHYSICAL 20%</p>
	Players per team	14	Game time	60'	
	SESSION STRUCTURE		ASPECTS TO CONSIDER		
	Warm-up	10'	- Size of the practice		
	Physical	15'	- Time of the practice		
	Technique	20'	- Intensity of the practice		
	Tactics	15'	- Rules		
Scrimmage	25'	- Number of players			
Cool Down & Debrief	5'	- Teammates – opposition			
	<p>Comments</p> <ul style="list-style-type: none"> ▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ▶ Match: We strongly recommend 9v9 games. ▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 				

Louisiana Fire Soccer Club
Pre Competitive Phase Session Components
“COMPETITIVE DEVELOPMENT”



Session Length

90mins

Session Regularity

2-3 x week

Main Focus

Small Sided Games

Ball - Player Ratio

1-1 - 1:8

Content Distribution

20% Tactical / 20% Physical / 30% Technical / 30% scrimmage

Tactical

Creating and Exploiting Space

Overloads

Problem Solving

Technical

Dribbling with Purpose

Wider range of passing

Use of Different Parts of Body

Physical

Fitness and Endurance with Ball

Aerobic and Anaerobic Requirements

Psychological

Winning

Losing with Grace

Managing Emotions

Sportsmanship