

GULLMAN UNITED SOCCER CLUB

Developing Players with Character, Cognition, Competence, and Community

OUR MISSION

At CUSC, we are committed to nurturing players in a fun and engaging environment while developing their cognitive, technical, and tactical abilities. Through our club's methodology, we strive to create well-rounded athletes who not only enjoy the game but also grow in confidence, creativity, and decision-making on and off the field. Our goal is to ensure every player finds joy in their journey and reaches their full potential.

OUR CORE VALUES

Character: We want our players to exhibit good moral values on and off the field.

Cognition: We emphasize decision-making, quick thinking, and strong cognitive abilities.

Competence: We provide structured sessions to continually improve our players' growth as athletes and individuals, valuing a long-term approach where each year builds on previous knowledge.

Community: We value being an integral part of our community, fostering connections both within and beyond the club.

GUIDING PRINCIPLES

- Individual Development: Prioritizing personalized growth for every player.
- Intellectual Training: Encouraging decision-making, creativity, and building Soccer IQ.
- Community Engagement: Actively participating in and contributing to our local community.
- Consistent Methodology: Ensuring each age group builds upon the previous, maintaining a cohesive development pathway.
- Sportsmanship: Promoting good character both on and off the field.
- Resilience and Perseverance: Focusing on long-term development over short-term wins.

OUR PLAYER DEVELOPMENT PHILOSOPHY

At CUSC, we adopt an individual approach to player development, recognizing that each player possesses unique strengths and areas for growth. Our philosophy revolves around nurturing talent through tailored guidance, ensuring that every player can reach their highest potential.

Core Components:

- Individual Focus: Personalized development plans catering to each player's needs.
- Ball Mastery: Emphasizing exceptional control and proficiency with the ball.
- Decision-Making & Intelligence: Enhancing understanding of game dynamics for effective navigation of complex situations.
- Creativity: Encouraging innovative play and individual expression on the field.

Our philosophy aligns with the APFC and TOVO methodologies, integrating principles of holistic development and technical excellence to create a dynamic environment where players thrive both individually and as team members.

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COACHING VOCABULARY, PRACTICE STANDARDS & EXPECTATIONS

UNIVERSAL COACHING VOCABULARY

TERM	DEFINITION
Drop and Reset	Drop the ball to a teammate and return to team shape.
Drop and Switch	Drop the ball to a center back and switch the field.
Block the Line	Prevent a pass down the line, press, and force play backward.
Back Foot	Receive the ball with the foot farthest from the ball.
Hips Open	Open hips toward the wider space or field side.
Behind the Ball	All players recover behind the ball and goal.
Goal Side	Defend with your body between the opponent and your goal.
Check Your Lines	Ensure you're not flat with a teammate; reposition diagonally.
Diagonal Relationship	Center mids must remain diagonally positioned, not flat.
No Square Passes	Avoid flat, lateral passes that are easily intercepted.
Break the Line	Pass between defenders to a teammate behind them.
Drive the Ball	Dribble at a defender to draw pressure and release.
Attack the Endline	Dribble to the endline and cut back toward the penalty spot.
Overlap	Run past a teammate into space to provide a wide option.
Find the Green Road	Identify an open passing lane with no defender in the way.
Find the Forward-Facing Player	Pass to the teammate already facing goal.
Play the Way You Face	Play in the direction your body is naturally facing.

PRACTICE STANDARDS

U9-U11 Format

1. Training Game
2. Rondo
3. Positional Play
4. Training Game

U12+ FORMAT

1. Rondo
2. Positional Play
3. Training Game
4. Training Game

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COACHING VOCABULARY, PRACTICE STANDARDS & EXPECTATIONS (CONTINUED)

ADDITIONAL GUIDELINES

- Activity Design: Coaches may select their own activities, but each must logically progress and support game-realistic decision-making.
- No Cone-to-Cone Drills: These offer little value beyond what players can already do individually. All training must involve direction, pressure, and decisions.
- Long-Term Planning Required: Training should be based on a seasonal plan, not week-to-week reactions to games. Games should not dictate your sessions.

PLAYING TIME STANDARDS

- Non-State League Teams: All players must play a minimum of 50% of total season minutes.
- State League Teams: All players must play at least 30% of total game minutes across the season.
- A Bracket State League Teams: Playing time is not guaranteed. However, do not take players to away games if you do not plan to play them. Respect their time and commitment.

PROFESSIONAL & CULTURAL STANDARDS

Player Culture & Behavior:

- Coaches are expected to instill a culture of humility, work ethic, and discipline.
- All players should be encouraged to take initiative, compete with integrity, and commit to lifelong learning.

PARENT COMMUNICATION:

- Coaches must maintain professional boundaries with parents.
- Tactical discussions, playing time complaints, or emotionally charged conversations are not appropriate.
- Refer unresolved concerns to the DOC.

SIDELINE CONDUCT:

- Matchdays are for players, not micromanagement.
- Avoid over-instructing during play.
- Provide calm, clear guidance when necessary.
- Represent the club with poise and composure.

UNITY & APPEARANCE:

- Coaches must never speak negatively about other coaches, players, or the club—internally or externally.
- All coaches are required to wear Cullman United or VERO FC gear at all practices and games. This gear will be distributed before the season.

PLANNING & ACCOUNTABILITY

- All coaches must follow the club's game model and macrocycle.
- Coaches may adapt the seasonal plan to match team ability—but must document and plan in advance.
- Weekly training plans must be written out with intentional coaching points.
- “Winging it” is not acceptable—every session must reflect your long-term developmental goals.

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HOW TO COACH GUIDE

1. HAVE A PLAN

Come to practice with a clear focus and specific activities.

Know exactly what you're teaching and why.

Follow the club's training layout:

Rondo → Positional Play → Training Game

2. SET UP EFFICIENTLY

Arrive early and have everything ready before players show up.

Use cones smartly — plan ahead to re-use them across multiple activities.

Transition with minimal setup to keep players engaged and practice flowing.

3. START STRONG

As players arrive, give them structure (1v1s, rondos, juggling).

No chaotic free time — you set the tone for the entire session.

4. BE CLEAR & QUICK WHEN YOU COACH

Keep your explanation short and sharp, then let them play.

Make corrections on the move or individually when possible.

Less talking, more action — but your words must be precise and purposeful.

5. COACH HABITS, NOT JUST RESULTS

Reinforce club habits every session:

(e.g., back foot receiving, open hips, scanning, playing simple).

Don't use vague phrases like "focus" — say things like:

"Check your line," or "Open up to the big side."

If a player keeps doing something wrong, don't just repeat yourself —

Step in and SHOW them.

Use guided discovery:

Ask questions like: "Why did you make that pass?" or "What did you see before you turned?"

6. BE FIRM BUT FRIENDLY

Set clear boundaries and expectations, but build trust through humor and encouragement.

Be the adult they respect and enjoy learning from.

7. USE CLUB LANGUAGE

Speak the same language as the rest of the club so your players can build consistently year to year.

Examples: "green road," "reset," "positional play," "back foot," "scanning."

8. KNOW THE WHY BEHIND THE STRUCTURE

Rondos → Develop technique, awareness, and timing.

Positional Play → Teach spacing, support, and scanning.

Training Games → Apply ideas in real situations with freedom and pressure.

This is TOVO methodology — cognition, competence, character.

9. ENCOURAGE SELF-ASSESSMENT

Help players think for themselves: ask them what worked, what didn't.

Get them to take ownership of their development.

Self assess yourself as well every practice!

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COACH ETIQUETTE & EXPECTATIONS

CORE COACHING PRINCIPLES (ALL COACHES)

- Make training fun and challenging
- Arrive at least 15 minutes early and have everything set up
- Have a plan for every practice – do not "wing it"
- Build a season plan using the club curriculum
- Practice Layouts:
 - U9–U12 (Academy): Training Game → Rondo → Positional Play → Training Game
 - U13–U19 (Competitive): Rondo → Positional Play → Training Game → Training Game
- Always refer to players as "our players," not "my players"
- Make decisions based on what's best for each individual player

QUALITIES OF A GREAT COACH

- Animated and energetic
- Patient and encouraging
- Positive with players, parents, and fellow coaches
- Long-term focused over short-term wins
- Goofy and fun when appropriate
- Firm, but never negative – keep attention through respect

OUR COACHING PHILOSOPHY

- We follow the TOVO Methodology
- "The game is the best teacher" – players learn best through play
- Training must develop both technical skills and decision-making
- Promote critical thinking – players must read, adapt, and choose
- Use guided discovery, not constant instruction

U9-U12 (ACADEMY) COACHING FOCUS

- Prioritize fun and development through small-sided games
- Master our 8 Habits Taught Weekly
- Hips open to the Field
- Receive Back Foot
- Check your teammates (Scan)
- Check your Lines (Scan)
- Check the Defender (Scan)
- Play Simple
- Keep the ball moving
- Play the way you face

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COACH ETIQUETTE & EXPECTATIONS (CONTINUED)

U13-U19 (COMPETITIVE) COACHING FOCUS

- Reinforce positional play and tactical understanding. Focus on
- TOVO Principles
- Promote autonomy and responsibility
- Use consistent club language and methodology. Reinforce our 8 habits.

TRANSITION COACHING (THE 4 MOMENTS)

- Teach players to recognize and react to:
- When we lose the ball (defensive transition)
- When we win the ball (attacking transition)
- When we start with the ball (build-up)
- When we start without the ball (defensive shape)

GAME MODEL FOCUS AREAS

- Resets – recycle and switch through the back when needed
- Counters – transition quickly when we win the ball
- Pressing – press with purpose using known triggers

FINAL NOTE: BE A CLUB-FIRST COACH

- Always speak positively about Cullman United and other coaches
- Model character and professionalism on and off the field
- Remember: we coach people first, players second
- Take pride in shaping good humans, not just soccer players

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CULLMAN UNITED 11V11 GAME MODEL



The Cullman United 11v11 Game Model represents the final evolution of our player development system. It builds directly on the tactical intelligence, fluid structures, and purposeful training introduced in our 7v7 and 9v9 phases. As the game becomes more tactical and complex, our identity remains crystal clear — we develop players through Cognition, Honesty, Pride, and Capability.

Presented by Jacob Brown

CORE VALUES

These four values — Cognition, Honesty, Pride, Capability — power everything we do. With this foundation in place, the next sections of this model will break down our 11v11 tactical identity and training methodology in detail.

Capability

01

This is where execution lives. Capability means:

- Clean technique in tight spaces
- Intelligent movement off the ball
- Precision in passing, finishing, and defending
- Tactical discipline and constant growth

We train capability through repetition, realism, and responsibility — using rondos, positional play, and competitive games to sharpen performance every session.

02

Honesty

We expect every player to be honest — in effort, attitude, and accountability. Honesty in our model means:

- Owning mistakes without excuses
- Being coachable and team-centered
- Holding oneself and teammates to a high standard

We foster honesty through individual feedback, direct communication, and a transparent team culture.

03

Pride

Pride fuels our identity. We want every player to:

- Take pride in their role, no matter the position
- Represent the team with class and competitiveness
- Show grit, composure, and unity in every situation

Pride drives us to press together, recover quickly, and stick to our model under pressure. We train players to lead with their actions.

04

Cognition

At 11v11, cognition means seeing the game before it happens. Players are trained to:

- Recognize pressing triggers and shape shifts
- Scan and process options under pressure
- Make timely, purposeful decisions in every phase

This mental clarity allows us to create overloads, play out of pressure, and adapt as the game evolves.

This model continues to follow the six core training themes that define the club's methodology:

6 CORE TRAINING THEMES

At the 11v11 level, these concepts deepen — the why becomes as important as the what. Players are challenged to think more critically, execute more precisely, and lead with greater maturity. This guide presents that evolution in a coach-ready format, fully aligned with the language and style of our club.

PRESS

PREDICT

PROTECT

SECURE TO BUILD

MOVE TO CREATE

FINISH TO SCORE

PRESS: HIGH PRESSURE WITH PURPOSE

Training Theme 1

Press is our commitment to defend on the front foot — winning the ball back as early and as high as possible. In 11v11, we execute a coordinated, aggressive press built around shape, triggers, traps, and a 6-second mentality.

Pressing Shape: 4-2-3-1 to 4-4-2

We defend in a flexible **mid-block** starting in a **4-2-3-1**. One striker leads the line, and the second forward (or CAM) sits just behind to screen central lanes and steer the ball wide.

If the opponent breaks our line or we drop deeper, we quickly shift into a **4-4-2 low block**, with the withdrawn forward sliding up next to the striker. This fluidity allows us to control space and prepare to trap.

Pressing Traps

We press with purpose — never blindly. Players are trained to recognize **pressing triggers** like:

- A poor touch or loose pass
- A ball sent to a less press-resistant outside back
- Entry into a pre-marked trap zone near the sideline

Once a trigger is activated, we launch a **coordinated trap**:

- The closest player applies immediate pressure
- One short pass option is deliberately left open
- As soon as the ball goes there, we spring:
 - A forward curves their run to close down while cutting off the backward pass
 - A winger or midfielder jumps the support option
 - Another midfielder locks off central access

Everyone presses together — every movement rehearsed, every option squeezed.

6 Second: Win and Strike

When we win the ball in advanced areas, we go **immediately**:

- We aim to score within **6 seconds**
- Players look for forward runs, quick combinations, or open shots
- If no clear chance appears, we reset into our **possession shape**

This approach creates danger when the opponent is most vulnerable, without losing structure if the chance doesn't come.

PRESS: HIGH PRESSURE WITH PURPOSE

Press is our commitment to defend on the front foot — winning the ball back as early and as high as possible. In 11v11, we execute a coordinated, aggressive press built around shape, triggers, traps, and a 6-second mentality.

Relentless Mentality

Pressing is a mentality — not just a tactic. We demand:

- Relentless effort from the first defender
- Instant reads and movement from teammates
- Collective, synchronized pressure across the team

No one presses alone. The team hunts together — closing space, cutting options, and forcing rushed decisions. Our standard is simple: **Disrupt. Win. Attack. Reset. Repeat.**

In Summary

In our 11v11 system, **Press** means defending with clarity, aggression, and unity:

- Start in a structured 4-2-3-1, adapt to 4-4-2 as needed
- Press only when the triggers are clear
- Use team traps to isolate and overwhelm
- Try to score within 6 seconds of winning the ball
- If not, settle into structured possession

Our press isn't just about regaining the ball — it's about making opponents feel like any mistake will be punished.

PREDICT: ANTICIPATION AND GAME INTELLIGENCE

Predict is our principle of foresight — the ability to read the game before it unfolds. At 11v11, anticipation becomes a defining skill. It allows us to defend proactively, combine instinctively, and stay one step ahead in every phase of play.



01

Reading the Opponent

02

Reading Teammates

03

Rest Defense: Always Ready

04

Game Flow Awareness

READING OPPONENTS

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- We train players to scan constantly and **process visual cues**:

- A winger glances inside? Likely a cut-in or central pass is coming.

- A midfielder receives with their back turned? The layoff is coming — step in.

- We run scenario-based training where players must read and react before the action happens. Over time, they learn to **jump passing lanes**, apply pressure early, and disrupt the opponent's rhythm with intelligent positioning.

- This anticipation powers our pressing traps, helps us win second balls, and keeps our defenders a step ahead of danger.



READING TEAMMATES



Predict also applies to our own movements. Players must develop a feel for their teammates' habits:

- When a winger drives inside, the outside back is ready to overlap without waiting for a call.
- When a striker drops for a wall pass, the attacking midfielder is already bursting through.
-

These **pre-planned rotations** are rehearsed until players move like a unit — not just reacting, but **pre-acting**. Everyone asks: If he does this, what should I do next?

This shared understanding fuels our fluid combinations and third-man runs — a signature of our attacking play.

REST DEFENSE: ALWAYS READY

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- Even in possession, we train players to **expect a turnover**. This mindset shapes our “rest defense”:
- Holding mids and far-side defenders pre-position to cut counters
- Center backs prepare to delay, press, or win second balls immediately
- We rehearse this constantly. In sessions, the attacking team will deliberately lose the ball. The defenders’ positioning is then reviewed. Were we **already ready**?

This approach turns transition moments from threats into opportunities to **win the ball back instantly**.

GAME FLOW AWARENESS



Game intelligence means sensing the moment:

- Do we need to increase pressure?
- Is it time to slow the tempo?
- Are they tiring? Off-balance? Pushing too many forward?

Our midfielders are trained to recognize these cues and make the right choice — a killer ball over the top when the defense is disorganized, or simple passes to settle the game when under pressure.

We reinforce this awareness with **journaling and reflection**:

- “What moment changed the game?”
- “What could you predict in the buildup?”
- “What did the other team show you — and how did you respond?”

This sharpens their ability to manage momentum and stay mentally ahead.

PREDICT: ANTICIPATION AND GAME INTELLIGENCE

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Summary

- In our 11v11 model, **Predict** is more than guessing — it's a trained instinct:
 - Anticipate opponents' actions
 - Read and sync with teammates
 - Stay ready during possession to defend
 - Sense game flow and manage tempo
- The result is a team that doesn't chase the game — **it controls it**. Our players look like they know what's coming because they do.

PROTECT: DEFENSIVE SOLIDITY AND COMPACT SHAPE



01

Mid-Block Structure (4-2-3-1)

02

Low Block Transition (4-4-2)

03

Smart Pressure & Shot Blocking

04

Synchronized Movement &
Communication

05

Counterattack From the Block

Our primary defensive shape is a **4-2-3-1** mid-block, built for compactness and control:

- The striker and attacking mid guide the press and block central lanes.
- The double pivot (two holding mids) protect the space in front of the back line.
- Wide players pinch in to help crowd the middle.

This creates a **box of four in midfield**, shielding the most dangerous zones. We force opponents wide — then close them down with numbers.

Players communicate constantly to steer play to one side, shift as a unit, and wait for moments to press or intercept. If we don't win the ball immediately, we at least delay and frustrate.



MID-BLOCK STRUCTURE (4-2-3-1)

LOW BLOCK TRANSITION (4-4-2)

When the opponent sustains pressure or we're protecting a lead, we shift into a 4-4-2 low block:

- Our attacking mid drops next to the striker to form the front two.
- Wide players drop deeper to create two compact banks of four.

This shape emphasizes one clear rule: **protect the core** — the area in front of our box.

- Central mids stay tight to block central balls.
- Wide mids close the half-spaces and help on the flanks.
- The back four stays deep, compact, and patient.

We drill this movement often — no ball, just synchronized shifting left and right — so players feel the timing and spacing instinctively. The result? Opponents are left playing around us, not through us.

Even deep in our half, we're not passive. We teach:

- **"Press when they're vulnerable, contain when they're set."**

If an opponent mis-controls near our block or passes behind a teammate — we pounce. But if the opponent is stable in possession near our box, we stay compact, block lanes, and stay calm.

Players are taught **shot-blocking** technique and how to delay or intercept passes. The closer the opponent gets, the more we focus on **denying goals, not chasing the ball..**



SMART PRESSURE & SHOT BLOCKING

Protect only works if we move as one:

- **If a CB steps up, the other covers. A midfielder might drop into the gap.**
- **If the ball swings wide, the near fullback presses while teammates shift and pinch inside.**

This unified shifting — line by line — is what turns defense into a cohesive unit, not disconnected individuals. Everyone has a job:

- **Forwards angle their runs to block outlets.**
- **Mids track runners and compress space.**
- **Defenders hold the line and clear danger.**

We pause training often to ask, “Who steps? Who slides? Who covers?” This builds shared clarity and trust — so everyone knows what’s expected when.



SYNCHRONIZED MOVEMENT & COMMUNICATION



Defending well is only half the job. The moment we win the ball, we flip the switch.

- Can we play forward quickly to our striker or attacking mid?
- Are our wingers ready to sprint down the line?
- Can we launch a quick combination to get in behind?

We call this the **“first look forward” rule** — if the counter is on, we go. If not, we secure the ball and build.

Even when we don’t score, it relieves pressure and forces the opponent to reset.

PROTECT: DEFENSIVE SOLIDITY AND COMPACT SHAPE



Summary

- Protect is about structure, control, and unity. We:
- Set up in a 4-2-3-1 or 4-4-2 depending on the moment.
- Shift as one, communicate constantly, and close down space.
- Stay calm under pressure and know when to strike back.
- We combine technical discipline with collective responsibility — ensuring every player contributes to protecting our goal. When done well, this approach frustrates opponents, builds resilience, and creates the platform for our next attack.

SECURE TO BUILD: STRUCTURED POSSESSION FROM THE BACK

Secure to Build is how we start our attack—from goal kicks, goalkeeper possessions, or any deep build-up phase. The goal is simple: **secure the ball safely, then progress with control and purpose.**

We **use a 2-4-2-2 base build-up shape**, with the flexibility to evolve based on opponent pressure. Our structure creates **numerical and positional advantages**, reflecting our commitment to intelligent play, technical capability, and a team-first, honest style of football.



01

Base Shape: 2-4-2-2 Build Structure

02

Flexible Shape Based on Press

03

Key Principles in Build-Up

04

Goalkeeper as a Playmaker

BASE SHAPE: 2-4-2-2 BUILD STRUCTURE

Our foundational build-up shape consists of:

- **2 – First Line (Center Backs):** Two CBs split wide, stretching the press and offering lateral options for the goalkeeper.
- **4 – Second Line (Midfield Line):** Two fullbacks and two central midfielders form a horizontal line just ahead of the CBs. This gives us a 4v3 overload against most pressing structures.
- **2 – Third Line (Half-Spaces):** Two attacking midfielders or inverted wingers occupy the pockets between the opponent's lines.
- **2 – Last Line (Depth):** A striker and wide runner (or two forwards) stay high to pin the back line and provide vertical threat.
- This structure allows us to keep short passing options, form natural triangles, and invite the opponent to press so we can break through them.



FLEXIBLE SHAPE BASED ON PRESS

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Our players are trained to read the opponent's pressing shape and adapt:

Vs. 1 Forward Press (e.g., 4-2-3-1):

- Stay in the 2-4-2-2 structure.
- Create a 3v1 with the GK and two CBs.
- Advance a fullback or midfielder early, evolving into a **2-3-5** attacking shape with five players on the final line.

Vs. 2 Forward Press (e.g., 4-4-2):

- Drop a pivot between the CBs to form a back three.
- Shift into a **3-2-5** structure, ensuring a +1 at the back (3v2).
- The remaining pivot and fullbacks support in midfield, while the attack maintains width and depth.

The goal is always the same: maintain numerical superiority, manipulate the opponent's shape, and build toward a five-lane attack once we advance.



KEY PRINCIPLES IN BUILD UP



01

Safety First (Secure Possession)

We prioritize securing the first pass.

If all short options are shut down, the GK or CB can play long to a target — but our preference is to **bait the press with short, calm passes**.

02

Numerical Superiority & Calm Under Pressure

Our structure creates natural +1 situations.

We train players to:

- Recognize when they are the free man
- Support teammates under pressure
- Use quick passing triangles to escape tight spaces

Training includes rondos and small-sided games that simulate real press conditions. This requires capability on the ball and the honesty to trust each other in tight moments.

03

Finishing and Goal Scoring

Once secure, **we accelerate vertically**.

Our players look for line-breaking passes through:

- Midfield gaps to attacking mids
- Up-back-through patterns

Example:

CB → striker (checks in)

Striker → midfielder (lays back)

Midfielder → winger (running through)

This bypasses two lines in three passes — simple, effective, and trained repeatedly.

KEY PRINCIPLES IN BUILD UP



04

Maintain Triangles and Support Layers

The ball carrier always has two+ nearby outlets:

- Closest player: **Support pass**
- Next player: **Advance option**

This provides options for control and for progress — and always keeps possession circulating safely. It demands team-wide cognition and awareness.

05

Resist Rushing Into the Final Line

We coach **restraint**.

Just because a long pass is available doesn't mean we should play it.

Ask:

- Is the receiver supported?
- Are we prepared to win the second ball?
- Are we balanced in case we lose it?

Sometimes, **a recycle pass backwards** is the smarter route to open up better space. We build with **intention, patience, and pride in playing the right way**.

06

Exploit Space After Beating the Press

Once we bypass the first wave of pressure:

- Fullbacks fly forward
- Attackers make diagonal runs
- Midfielders join the attack

We strike **while the opponent is unbalanced** — the reward for calm build-up is a vulnerable defensive shape ahead.

GOALKEEPER AS A PLAYMAKER

The GK is vital in this phase:

- Stretches the press with switches
- Joins as a third CB in a 3v1
- Recognizes triggers to clip passes into midfield
- Stays calm, composed, and technically sharp
- We train the keeper to be both brave and capable — a true 11th outfield player in possession.



SECURE TO BUILD: STRUCTURED POSSESSION FROM THE BACK

Secure to Build is about more than just keeping the ball — it's about using shape, structure, and smart decision-making to move forward intelligently.

Our players are taught to:

- Read the press and adapt shape
- Retain the ball with confidence
- Progress through lines with clean combinations
- Launch attacks only when the moment is right

By mastering this phase, we dictate the game's tempo and set the platform for creative attacking play. It reflects our core values:

- Honest: We play our way with integrity, even under pressure.
- Cognition: Players understand space, pressure, and solutions.
- Proud: We take pride in playing with purpose and identity.
- Capability: We train the skill to execute when it matters most.
- When we build well, we don't just keep the ball — we take control of the match.



MOVE TO CREATE: ROTATION AND INTELLIGENT OFF-BALL MOVEMENT

Move to Create is about using smart, coordinated movement to break down defenses. In our 11v11 system, we emphasize purposeful off-ball movement and positional rotation to generate space, passing lanes, and goal-scoring chances. Players aren't just moving — they're moving with intent, timing, and understanding. This principle brings fluidity to our attack, making us unpredictable and hard to mark.

Training Theme 5

Positional Rotation & Third-Man Runs

We train players to rotate through zones seamlessly. For example:

- A winger cuts inside.
- The nearby midfielder overlaps wide to maintain width.
- The fullback tucks into midfield to provide cover.

These rotations confuse defenders and force difficult decisions. As players interchange, the overall shape remains balanced — when one goes forward, another fills in.

We also rehearse third-man combinations like:

- **Up → Back → Through**
 - Striker checks to receive,
 - Lays it off to a midfielder,
 - Winger runs in behind to receive the final ball.
 - These patterns are drilled until instinctual. The rule: **don't stand still after passing — move to create the next action or pull defenders with you.**

Creating Superiorities (Numbers & Positioning)

Our goal is to create:

- **Numerical advantages** (3v2 in build-up).
- **Positional advantages** (unmarked players between lines).

Examples:

- A holding midfielder drops between center backs to form a back three when under pressure.
- Wide rotations (overlaps, underlaps) pull defenders and open gaps.
- Forwards crisscross: one checks toward the ball while another runs behind — disorganizing defenders.

Through smart, collective movement, we generate time and space — the two most valuable assets in attacking play.

Width, Depth, and Diagonal Runs

We stretch teams both ways:

- **Width:** Wingers hug the touchline to pull defenders wide and open central gaps.
- **Depth:** Strikers and attacking mids always threaten in behind to force defenders to drop.
- **Diagonal movement:** Curved runs are harder to track. For example, a winger bending inside behind the fullback, or a forward running from central into wide channels.

Diagonal and layered runs — especially when done simultaneously by multiple players — confuse back lines and create clear attacking lanes.

MOVE TO CREATE: ROTATION AND INTELLIGENT OFF-BALL MOVEMENT

Move to Create is about using smart, coordinated movement to break down defenses. In our 11v11 system, we emphasize purposeful off-ball movement and positional rotation to generate space, passing lanes, and goal-scoring chances. Players aren't just moving — they're moving with intent, timing, and understanding. This principle brings fluidity to our attack, making us unpredictable and hard to mark.

Controlled Freedom (Responsible Rotation)

Freedom of movement comes with structure. When one player vacates a zone:

- A teammate covers that space.
- Communication is key ("Cover me!" or "Switch!").

Example: If our left back underlaps centrally, the winger may drop into their original wide space. Holding mids also adjust to balance the shape.

This fluidity never sacrifices stability. Players know when to roam and when to hold — a reflection of tactical awareness and team-first mentality.

Training the Principle

We rehearse movement through:

- **Positional play games:** Grids replicate our formation. Players rotate through zones after each pass.
-
- **Small-sided games:** Extra points are awarded for goals following third-man runs or 1-touch combos.
-
- **Shadow play (11v0):** Players move through a choreographed attack pattern without pressure, building rhythm and timing before adding defenders. (This is rare and only done in preseason.)
-

These environments sharpen both decision-making and coordination. Players learn to move together, not just individually.

Summary

Move to Create brings life and unpredictability to our possession game. It's the art of movement:

- Creating space for others,
- Disrupting defensive shape,
- And generating scoring chances through intelligent rotation.

When executed well, our team doesn't just pass and hope — we move with intent, rotate with purpose, and unlock defenses through collective action.

FINISH TO SCORE: ATTACKING MINDSET AND FINAL-THIRD QUALITY

Finish to Score is our team's end-product mindset — turning good play into goals. In our 11v11 model, this theme focuses on creating high-percentage chances and finishing them with confidence and composure. We train players to be ruthless, not reckless — balancing creativity with discipline to maximize our attacking moments.



01

Quality over Quantity

02

Composure & Clinical Execution

03

The 6-Second Rule (Quick Strike Mentality)

04

Counterattacks & Resets

05

Scoring in Different Ways



Not every shot is a good shot. We teach our players to:

- Choose the best option, not just the first one.
- Reset or recycle play if the defense is crowded.
- Switch the point of attack to open up better chances.

In training, we reward clear chances — like open looks from inside the box — rather than just any shot. Our mantra:

“Good teams shoot. Great teams wait for the right shot.”

That said, when the chance is there, we expect decisiveness — no hesitation.

Finishing is mental as much as technical. We teach players to:

- Stay calm under pressure.
- Pick their spot and stay on frame.
- Use the right surface: placement with the inside foot, power with laces, or creativity (chips, low drives) based on the keeper.

We simulate pressure — countdowns, closing defenders, limited time — and remind players to **slow the moment down** in their mind.

Follow-up finishes are essential: many goals come from rebounds or deflections — players must be first to every second ball.



THE 6-SECOND RULE (QUICK STRIKE MENTALITY)



When we win the ball high up the field, we attack fast:

- Immediate forward passes.
- Support runs into the box.
- Fast combinations before the defense resets.

We practice these moments in 4v3s and 5v4s, simulating how games are won in the chaos after a turnover. The goal? **Strike before they recover.**

If it's not on, we pull out and reset — but players are trained to instinctively **snap into attack** after regaining possession.

We emphasize that most goals come from:

- **Counters** (after winning the ball)
- **Set pieces** (corners, free kicks)
- **Resets** (moments of disorganization)

We train for each:

- **Counters:** Two high players stretch the field; wide players sprint to support.
- **Set pieces:** Everyone knows their role — near post, far post, edge of box, and rest defense.
- **Restarts:** Fast restarts when opponents are distracted or disorganized.

Scoring is about **timing and opportunity** — and our players are coached to recognize when the opponent is vulnerable.





We prepare our teams to finish from every type of attacking sequence:

- **Fast breaks** – quick transition goals
- Positional attacks – patient buildup ending in a killer pass
- **Set pieces** – planned routines and second balls
- **Pressing goals** – direct finishes from defensive pressure
- **Combination play** – one-twos and third-man runs around the box

We don't need to outshoot our opponent — we want better shots from better areas. It's about **efficient finishing** — making each chance count.

Summary

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Finish to Score teaches our players to be:

- Patient creators,
- Clinical finishers,
- And ruthless opportunists.

We strike fast when the window opens, but also stay composed when it's not on. We create better chances, not just more. Through repetition, training pressure, and a clear mindset, we help players finish with confidence — turning strong play into goals that win games.

**FINISH TO SCORE:
ATTACKING MINDSET AND
FINAL-THIRD QUALITY**



TRAINING METHODOLOGY: RONDOS, POSITIONAL GAMES, AND DAILY PRACTICES

Implementing our 11v11 model goes beyond theory — it requires a consistent, intentional training methodology. We design every session to reinforce our game principles and develop players who are confident, capable, and proud of how they train and compete.

Our training sessions emphasize key tactical themes — **Press, Predict, Protect, Finish, Move, Secure** — and build understanding **through repetition, game-realism, and guided problem-solving.**

*Rondos and Small Possession Games
(Daily Habit)*

Positional Play Exercises

Themed Small-Sided Games

Full-Team Tactical Drills

Video Learning & Player Quizzes

RONDOS AND SMALL POSSESSION GAMES (DAILY HABIT)



Every session begins with a rondo or small possession game — 5v2, 6v2, 4v1, etc. This isn't just a warm-up; it's a daily staple that trains:

- **Quick decision-making**
- **One-touch passing and control**
- **Pressing reactions for defenders**
- **Game intelligence in tight spaces**

Rondos teach players to process angles and anticipate pressure — developing cognition. They also sharpen technique under stress and cultivate honest effort and group accountability. We use variations daily:

- **4v2 rondos** for fast tempo and clean combinations
- **5v3 positional rondos**, which simulate build-out patterns and encourage finding the free player

The intensity, laughter, and competition in these games build team spirit and create a culture of engagement and excellence from the first minute of training.

POSITIONAL PLAY EXERCISES

To develop structured team behavior, we use “**juego de posición**” style exercises — positional games designed around zones and player roles.

The field is often gridded to reflect formation shapes, and players are required to maintain discipline in their starting zones. For example:

- **4v4+6**, requiring proper width and spacing
- **4v4v4+1**, working on playing through pressure
- **8v6** in one half, leading into a line-breaking pass across the field

These games build players' ability to find overloads, time rotations, and solve problems — all within the **structured framework of our model**. Coaches ask questions during play:

- “Where’s our overload?”
- “What pass breaks a line?”
- “Who can switch the play?”

This interaction helps players learn through guided discovery — with a focus on cognition and capability.



THEMED SMALL-SIDED GAMES



Our small-sided games are aligned with specific themes from our model. A few examples:

Press

- **7v7 on a tight field**
- One team builds out; the other presses
- Points awarded for high regains or 1v1 breakaways

This sharpens pressing triggers, angles, and group reactions.

Protect

- **10 attackers vs 8 defenders** in one half
- Defensive team works on shape and clearances
- Focus on shifting together and delaying under pressure

Finish to Score

- Goals within **6 seconds of winning the ball** count double
- Encourages fast, purposeful attacks after regains
- Coaches emphasize creating and finishing in the “golden zone”

Move to Create

- **6v6+4 neutrals** encourages overlaps, rotations, third-man runs
- Extra points for goals from one-touch finishes or combinations
- Positive movement is acknowledged and celebrated

Secure to Build

- **Live repetitions of goal kick or GK restart scenarios**
- One team builds out, the other presses
- Play resets once build-out team crosses halfway line

These environments give players high touches and decisions per minute, building technical confidence and reinforcing tactical patterns.

FULL-TEAM TACTICAL DRILLS



At least once weekly, we step into full 11v11 tactical scenarios. These may include:

- **Intrasquad games** to replicate match tempo
- **Adaptable Build outs** against different pressing shapes
- **Situational rehearsals** (e.g., playing with 10 men, protecting a lead)

Examples:

- Telling the opponent to **press with two strikers** so we can practice our 3-2 build shape
- Simulating a low block and coaching ball circulation patiently
-

Coaches provide live corrections:

“Back four, squeeze in!”

“Midfield, drop to help build!”

This is where the big picture comes together — and where proud, capable players take ownership of their game model.

VIDEO LEARNING & PLAYER QUIZZES



We incorporate **off-field education** to deepen tactical understanding.

- **Video review sessions** help players see key moments in training or matches
 - What went well?
 - Where can we improve?
 - Which theme applies here?
- **Interactive quizzes and forms** ask players to apply concepts in short-answer or multiple-choice formats:
 - “Which shape do we use against a 4-4-2 press?”
 - “Name two pressing triggers.”

These tools build vocabulary, reinforce team identity, and foster engagement. Players enjoy testing themselves — and we often reward strong participation.

TRAINING METHODOLOGY SUMMARY



Our training methodology brings our game model to life on the field. Every session is crafted to build:

- **Cognition:** Thinking players who understand space, pressure, and timing
- **Capability:** Technically sharp and tactically flexible athletes
- **Honest play:** Training the right way, with commitment and integrity
- **Proud identity:** Representing our style with belief and excellence

By combining **rondos, positional games, theme-based SSGs, tactical rehearsals, and video learning**, we create a dynamic training culture that mirrors how we want to play.

We don't just train harder — we train smarter, with clarity and purpose.

INDIVIDUALIZED COACHING AND PLAYER DEVELOPMENT

A core pillar of our methodology is seeing each player as a unique individual with their own learning curve, strengths, and needs. Implementing an 11v11 model isn't just about team shape—it's about helping every player **understand, grow, and take ownership of their role.**

Here's how we personalize coaching to elevate player development:



01

**One-on-One Conversations
and Feedback**

02

Player Journals

03

**Custom Development Plans
(IDPs)**

04

**Mental Growth and
Leadership Coaching**

05

Continuous Learning Tools

ONE-ON-ONE CONVERSATIONS AND FEEDBACK

Coaches schedule regular check-ins with players—before or after training or during dedicated review sessions. These chats:

- Clarify tactical roles within the model
- Set short-term personal goals
- Allow players to ask questions and share their perspective

For example, a coach might ask a fullback:

“How did you feel in the 2-4-2-2 build-up last game when the opponent pressed with two forwards?”

This opens the door for specific, supportive feedback:

“Next time, trust your holding mid is covering—make that overlapping run with confidence.”

These conversations build trust, promote honest reflection, and make each player feel seen and supported.



PLAYER JOURNALS

Each player is encouraged to keep a training journal. After sessions or games, they jot down:

- What did I learn?
- What went well?
- What do I need to improve?

We prompt players with theme-specific questions:

- “Describe one moment you applied ‘Predict’ successfully today.”
- “Sketch our 2-4-2-2 build-up shape and your position in it.”

These reflections help reinforce tactical understanding and encourage **cognitive growth**. When players can visualize their role and articulate their actions, they’re better prepared to apply them under pressure. Coaches review journals periodically, sparking valuable conversations about progress and goals.



CUSTOM DEVELOPMENT PLANS (IDPS)

While the game model provides a shared framework, every player has different areas for improvement. We build **individual development plans** (IDPs) with 2–3 personalized goals.

Examples:

- A midfielder may focus on scanning and weak-foot passing
- A winger might work on timing diagonal runs
- A center back may improve in 1v1 duels or long-range passing

These goals are **tied to our tactical themes**, showing players how their growth supports the bigger picture. A striker learning to finish quickly understands how that fits into **Finish to Score**. A defender working on aerial clearances links it to **Protect**.

Extra assignments might include:

- Extra finishing reps
- Watching video clips that mirror our principles
- Practicing movement patterns alone or with a teammate

When improvement is **personal, purposeful, and progress is visible**, motivation grows.



MENTAL GROWTH AND LEADERSHIP COACHING

Development isn't only about skills. We also guide players on resilience, confidence, and leadership. If a player struggles after a costly mistake, we meet them with honesty and support:

"Let's talk about what happened, how to learn from it, and what you did well despite the setback."

We share stories, point out their strengths, and build them back up with perspective.

We also develop **leaders** within the group:

- Assigning captains or unit leaders
- Coaching them on how to communicate on the field
- Empowering them to remind teammates of our values and tactical intentions

This process develops **pride in leadership** and equips players to lift the team both on and off the ball.



CONTINUOUS LEARNING TOOLS

We use off-field tools to extend learning:

- **Group chats** to post quick tactical scenarios midweek:

"It's the 85th minute and we're up 1-0. What formation are we in? What's each midfielder's role?"

- **Video clips** of professional teams executing our principles

"Check this 3-2-5 build—how does it compare to our 'Secure to Build' approach?"

- **Quizzes** that reinforce vocabulary, shapes, and decision-making patterns

Players stay mentally engaged, share answers, and begin to think like coaches. They're learning to watch soccer with a tactical lens—not just as fans, but as students of the game.



Individualized coaching ensures that while we teach a team-based game model, we never lose sight of **who the players are as learners and people.**

We mentor with honesty, reinforce tactical cognition, and build players who are capable and proud of their development journey.

Players aren't just doing what they're told—they're **contributing ideas, understanding the 'why,' and owning their path forward.**

This leads to smarter, more confident athletes who can adapt, decide, and lead—on and off the pitch.

INDIVIDUALIZED COACHING AND PLAYER DEVELOPMENT: CONCLUSION - COACHING THE WHOLE PLAYER



CLOSING - LIVING OUT OUR CLUB IDEALS

Our 11v11 Game Model is more than just a formation or strategy — it's a full-spectrum approach that connects every action on the field with a deeper purpose.

By building from our 7v7 and 9v9 foundations, we've created a **clear, aligned developmental pathway**. As players grow, the principles remain — only the picture expands.

In this 11v11 model, we've shown how to:

- **Press** with intention
- **Predict** game flow
- **Protect** as a unit
- **Secure** our build-up
- **Move** with purpose
- **Finish** with sharpness

We've also detailed the training and individual support that bring these ideas to life daily.

This model is a reference — but the real power of the Diamond Code is how we live it: through **repetition, reflection, and resilience**.

By embracing it fully, our players will not only perform better — they'll become more aware, more capable, more honest, and more proud of how they play and who they are becoming.

Let's commit to this journey — together.

Cullman United 11v11 Macrocycle				
Date	Week	Practice	Focus of the day	Activity of the day
August 18	Athletics - offseason	Monday - Tactics day	Build out	8v6 build out - focus on Goal kicks, different ways to build out and handle pressure
August 19	Athletics - offseason	Tuesday - positional play	Build out - Finding the Pivot	4v4+4+1 progression game. switch the ball from side to side - teams rotate in the flow when possession is lost - cdm in river
August 20	Athletics - offseason	Wednesday - SSG	Focus is on body shape, scanning for the next pass	3v3+3 - 3 zone game - 20 min
August 21	Athletics - offseason	Thursday - finishing	Finishing	3v3 games plus keeper
August 22	Athletics - offseason	Friday - battle	Play	6v5+2 wide neutrals - up back thru - 2-2-2 formation v 3-2-1
August 25	Athletics - offseason	Monday - Tactics day	Build out	8v6 build out - focus on Goal kicks, different ways to build out and handle pressure
August 26	Athletics - offseason	Tuesday - positional play	Build out - counter movements with teammates to find a line breaking pass forward	4v4+6 positional play - counter movements
August 27	Athletics - offseason	Wednesday - SSG	Scanning to progress	Vision game - large square with 2 popup goals in the middle facing opposite directions. 2 teams of 6v6 work to get 7 passes before they can score in the goal. Focus is not really scoring but moving and finding free space, constant scanning
August 28	Athletics - offseason	Thursday - finishing	Finishing	4v4+2gk - any direction game - must pass past midfield to score
August 29	Athletics - offseason	Friday - battle	Play	6v6+2+2gk outside box - size of 2 18s, neutrals inside or wide
September 2	Athletics - offseason	Tuesday - positional play	8 core habits	3v3+3 - free rotation - positional play
September 3	Athletics - offseason	Wednesday - SSG	8 core habits	Vision game - large square with 2 popup goals in the middle facing opposite directions. 2 teams of 6v6 work to get 7 passes before they can score in the goal. Focus is not really scoring but moving and finding free space, constant scanning
September 4	Athletics - offseason	Thursday - finishing	Finishing	3+gk v 6 - emergency defending in the 18
September 5	Athletics - offseason	Friday - battle	Play	6v6+2gk + 3 neutrals (1 center and 2 wide)
September 8	Athletics - offseason	Monday - Tactics day	Build out	8v6 build out - focus on Goal kicks, different ways to build out and handle pressure
September 9	Athletics - offseason	Tuesday - positional play	Build out - using up back thru to build out and get forward	6v4 positional rondo - up back thru
September 10	Athletics - offseason	Wednesday - SSG	Finding the free man to go forward	3v3+2 to pop up and dribble goal
September 11	Athletics - offseason	Thursday - finishing	Finishing	4v4+2gk - any direction game - must pass past midfield to score
September 12	Athletics - offseason	Friday - battle	Play	4 goal game - 6v6 wide play but to large goals and dribble goals
September 15	Athletics - offseason	Monday - Tactics day	Pressing - focus on how we want to press as a team - focus on defending goal kicks	6v8 or 8v10 Build out
September 16	Athletics - offseason	Tuesday - positional play	Pressing as a unit and countering quickly	4v4+3 break out position play - 2 goals
September 17	Athletics - offseason	Wednesday - SSG	Pressing - combos to counter and score	4v4 game - long - must penetrate to go forward
September 18	Athletics - offseason	Thursday - finishing	Finishing	2v2+4+2gk - quick finish bounce pass
September 19	Athletics - offseason	Friday - battle	Play	6v5+2 wide neutrals - up back thru - 2-2-2 formation v 3-2-1
September 22	Athletics - offseason	Monday - Tactics day	Pressing - focus on how we want to press as a team - focus on defending goal kicks	6v8 or 8v10 Build out

September 23	Athletics - offseason	Tuesday - positional play	Maintaining compactness and waiting for triggers to press hard	4v4+3 mid block - positional play
September 24	Athletics - offseason	Wednesday - SSG	Compactness, marking and blocking passing lanes	5v5+2 - prevent the passes to targets at midfield, win and score on goal
September 25	Athletics - offseason	Thursday - finishing	Finishing	find free - 4v4+2 +2gk - find the target to break out and score
September 26	Athletics - offseason	Friday - battle	Play	6v6+2+2gk outside box - size of 2 18s, neutrals inside or wide
September 29	Athletics - offseason	Monday - Tactics day	Pressing - focus on how we want to press as a team - focus on defending goal kicks	6v8 or 8v10 Build out
September 30	Athletics - offseason	Tuesday - positional play	Pressing hard as a unit and then switching quickly. Press before they set	4v4+3 vertical rondo
October 1	Athletics - offseason	Wednesday - SSG	Focus on defensive side - working as a unit to prevent the switch	4v4+4+1 progression game. switch the ball from side to side - teams rotate in the flow when possession is lost - cdm in river
October 2	Athletics - offseason	Thursday - finishing	Finishing	2v2+4+2gk - quick finish bounce pass
October 3	Athletics - offseason	Friday - battle	Play	6v6+2gk + 3 neutrals (1 center and 2 wide)
October 6	Athletics - offseason	Monday - Tactics day	Focus on shifting formations as we move up the field - 2-4-2-2 into a 2-3-5 - explain when we go into a 3-2-5 as well and how we read that	11v9 - start from goal kick and build out all the way up the field
October 7	Athletics - offseason	Tuesday - positional play	Understanding how to create space to outplay, and then how we move after	8v6 thru ball game
October 8	Athletics - offseason	Wednesday - SSG	Focus on finding free man to go forward	3v3+2 to pop up and dribble goal
October 9	Athletics - offseason	Thursday - finishing	Finishing	4v4+2gk - any direction game - must pass past midfield to score
October 10	Athletics - offseason	Friday - battle	Play	4 goal game - 6v6 wide play but to large goals and dribble goals
October 13	Athletics - offseason	Monday - Tactics day	Focus on shifting formations as we move up the field - 2-4-2-2 into a 2-3-5 - explain when we go into a 3-2-5 as well and how we read that	11v9 - start from goal kick and build out all the way up the field
October 14	Athletics - offseason	Tuesday - positional play	Focus is on finding the third man or free man	3v3+4 find the free player
October 15	Athletics - offseason	Wednesday - SSG	Focus on finding free man to go forward	3v3+2 to pop up and dribble goal
October 16	Athletics - offseason	Thursday - finishing	Finishing	4v4 games plus keepers
October 17	Athletics - offseason	Friday - battle	Play	5v5 games
October 20	Athletics - offseason	Monday - Tactics day	Focus on shifting formations as we move up the field - 2-4-2-2 into a 2-3-5 - explain when we go into a 3-2-5 as well and how we read that	11v9 - start from goal kick and build out all the way up the field

Notes

Date	Week	Practice	type of practice	Topic of the day	Focus of the day	Rondo/Warmup - 2 - 15 minutes	Positional Play - 3 - 20 minutes	Training Game - 1 - 20 minutes	Training Game - 4 - 25 minutes
October 21	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Secure to Build	Up back thru	5v3 transition rondo	6v4 positional rondo - up back thru	4+gk v 3 high press - Off to 2 pop up goals, Def to large goal - 3 passes before scoring for OFF	6v6+2gk+ 2 wide neutrals - 2-2-2 formation v 3-2-1 - regular goals 1 - up/back/thru combos worth 3
October 22	Athletics - offseason	Wednesday - positional play	X	8 core habits	check and receive rondo - 4v4+2	X	X	X	X
October 23	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Secure to Build	Find the Pivot - outplay/break the lines	5v3 rondo with a joker	4v4+4+1 progression game. switch the ball from side to side - teams rotate in the flow when possession is lost - cdm in river	4v4 to 3 goals - play out from the back	7v7+1 game

October 24	Athletics - offseason	Friday - Finishing	X	Finish	5v5 cutthroat	X	X	X	X
October 27	Athletics - offseason	Monday - tactics	X	Understand our shape in full possession on the opponents side - 2-3-5 or 3-2-5	10v8 on half the field	X	X	X	X
October 28	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Press and Counter	Pressure, Cover and Compactness - working as a trio	5v3 transition rondo	3v3+3 positional play - defenders rotate after 4 min - counter to pop up goals outside	4v4+3 break out position play - 2 goals	7v7 game - split into halves - 5 passes to score if you win it on your own side for 1 point, zero passes if you win in opponents side, worth 2 points
October 29	Athletics - offseason	Wednesday - SSG	X	8 core habits	4+2v4+2 - back 4 game with goals	X	X	X	X
October 30	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Press and Counter	Pressure, cover, compactness, and mark the center	6v4+2 2 zone counter rondo POP pg 24	4v4+4 positional play - defenders rotate after 4 min - counter to pop up goals outside	4v2 to 4v6 - counter game	9v9 game
October 31	Athletics - offseason	Friday - Finishing	X	Finish	5v5 cutthroat	X	X	X	X
November 3	Athletics - offseason	Monday - tactics	X	Understand our shape in full possession on the opponents side - 2-3-5 or 3-2-5	10v8 on half the field	X	X	X	X
November 4	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Move to Create	Scan - Check lines , Find the Free man/third man	3v1 rondo	3v3+3 pp	Vision game - large square with 2 popup goals in the middle facing opposite directions. 2 teams of 6v6 work to get 7 passes before they can score in the goal. Focus is not really scoring but moving and finding free space, constant scanning	find free - 4v4+2 +2gk - find the target to break out and score
November 5	Athletics - offseason	Wednesday - SSG	X	8 core habits	4+2v4+2 - back 4 game with goals	X	X	X	X
November 6	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Move to Create	Scan - Check lines , Find the Free man/third man	2v1 - 2v1	3v3+3 - 3 zone game - 20 min	Vision game - large square with 2 popup goals in the middle facing opposite directions. 2 teams of 6v6 work to get 7 passes before they can score in the goal. Focus is not really scoring but moving and finding free space, constant scanning	7v5 - O v D focus on Rotation
November 7	Athletics - offseason	Friday - Finishing	X	Finish	5v5 cutthroat	X	X	X	X
November 10	Athletics - offseason	Monday - tactics	X	Understand our shape in full possession on the opponents side - 2-3-5 or 3-2-5	10v8 on half the field	X	X	X	X
November 11	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Protect	Pressure - Cover - Balance - Focus on defensive relationship with those beside you	4v2 defensive rondo	4+2v4+2 - back 4 game with goals	4v6 defend the line	8v9 game - 1-4-2-1 vs 1-3-2-3
November 12	Athletics - offseason	Wednesday - battles	X	Defend the line	4v6 defend the line	X	X	X	X
November 13	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Protect	Pressure - Cover - Balance - Focus on defensive relationship with those beside you	4v2 defensive rondo	4v4+4 - Back Line activity	4v6 defend the line	9v10 Defense - Colored Cones shifting
November 14	Athletics - offseason	Friday - Finishing	X	Finish	3v3 battles plus keepers	X	X	X	X
November 17	Athletics - offseason	Monday - tactics	X	Understand how we move as a team on opponents punts, or long goal kicks. Focus is on going forward off the first touch and countering quickly	11v11 - start with long goal kick or punt.	X	X	X	X
November 18	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Finish to Score	Explosiveness in space	1v1 chaos - 4 defenders - everyone else with a ball - 2 lines, new attacker goes every time they pass 10 yard line.	3v3+2 to pop up and dribble goal	4v4+2gk - any direction game - must pass past midfield to score	6v6+2+2gk outside box - size of 2 18s, neutrals wide, start outside box
November 19	Athletics - offseason	Wednesday - battles	X	Pressure cover balance	4v6 defend the line	X	X	X	

November 20	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Finish to Score	quick combinations to open space for teammates	2v1v1 to goal	3v3+2 to pop up and dribble goal	5v3 to 6v5+gk possession with a attack breakout popc pg 24	6v6+2+2gk outside box - size of 2 18s, neutrals inside - extra points for combo goals
November 21	Athletics - offseason	Friday - Finishing	X	Finish	3v3 battles plus keepers	X	X	X	X
December 1	Athletics - offseason	Monday - tactics	X	Understand how we move as a team on opponents punts, or long goal kicks. Focus is on going forward off the first touch and countering quickly	11v11 - start with long goal kick or punt.	X	X	X	X
December 2	Athletics - offseason	Tuesday - battles	X	Finish	2v2 plus keepers	X	X	X	X
December 3	Athletics - offseason	Wednesday - battles	X	play	7v7	X	X	X	X
December 4	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Predict	Mid Block - pressure - compactness - block the line - push backwards	5v3 transition rondo	4v4+3 mid block - positional play	5v5+2 - prevent the passes to targets at midfield, win and score on goal	10v8 - mid block defense - half field game
December 5	Athletics - offseason	Friday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Predict	Mid Block - pressure - compactness - block the line - push backwards	5v3 transition rondo	4v4+3 mid block - positional play	5v5+2 - prevent the passes to targets at midfield, win and score on goal	10v8 - mid block defense - half field game
December 8	Athletics - offseason	Monday - tactics	X	Understand how we move from our 4-2-3-1 defensive mid block to a 4-4-2 low bloc	11v11 but start with a breakaway to midfield each time. Defense has to get behind the ball each time.	X	X	X	X
December 9	Athletics - offseason	Tuesday - battles	X	Finish	2v2 plus keepers	X	X	X	X
December 10	Athletics - offseason	Wednesday - battles	X	play	7v7	X	X	X	X
December 11	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Secure to Build	Keep the ball moving, play the way you face, Use deception to buy time	4v1 trapezoid rondo	7v (3 up to 7) - possess - every 3 passes, a defender is added - at 7 - score in pop up goals at midfield- Def scores on large goal	4v4 to 3 goals - play out from the back	7v7+1 game
December 12	Athletics - offseason	Friday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Secure to Build	Counter Movements to build out	4v2 rondo	4v4+6 positional play - counter movements	11v7 build from a drop back from midfield - once gk plays to a side - cannot switch field tii midfield	9v9 game
December 15	Athletics - offseason	Monday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Press and Counter	Pressure, cover, work as a duo	4v2 Defensive rondo	4v4+3 vertical rondo	4v4+3 break out position play - 2 goals	7v7 game - split into halves - 5 passes to score if you win it on your own side for 1 point, zero passes if you win in opponents side, worth 2 points
December 16	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Press and Counter	Organizing the defense, Pressure , Cover, Balance	4v2 defender sprint rondo	5v5+5 positional play - defenders rotate after 4 min - counter to pop up goals outside	6v6+gk +2 targets - Pressing runs - prevent pass to targets	8v10 high press organized - 3/4 field - if missing a player , coach join one team
January 5	Athletics - offseason	Monday - tactics	X	Understand how we move from our 4-2-3-1 defensive mid block to a 4-4-2 low block	11v11 but start with a breakaway to midfield each time. Defense has to get behind the ball each time.	X	X	X	X
January 6	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Move to Create	Scan - Check lines , Find the Free man/third man	5v3 transitional rondo	4v4+4+1 progression game. switch the ball from side to side - teams rotate in the flow when possession is lost - cdm in river	4 goal game - 6v6 wide play	6v6+2 wide +2gk to large goals
January 7	Athletics - offseason	Wednesday -battles	X	Finish	2v2 plus keepers	X	X	X	X
January 8	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Move to Create	Counter Movements to create space	2v1 - 2v1	4v4+6 positional play - counter movements apfcnext	4 goal game - 6v6 wide play	6v6+2 wide +2gk to large goals
January 9	Athletics - offseason	Friday - Finishing	X	Finish	3v3 battles plus keepers	X	X	X	X

January 12	Athletics - offseason	Monday - tactics	X	Understanding our tactics on 3 different free kicks. Short and central, short and wide, long on opponents half	Set up free kicks and assign roles	X	X	X	X
January 13	Athletics - offseason	Tuesday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Protect	emergency defending	4v2 - defensive sprint rondos	3v3+3 positional play - defenders rotate after 4 min - counter to pop up goals outside	3+gk v 6 - emergency defending in the 18	6v6+2gk + 3 neutrals (1 center and 2 wide)
January 14	Athletics - offseason	Wednesday - tactics	X	Understanding our shape and idea for defensive corners	Set up in corner kicks - focus on defense	X	X	X	X
January 15	Athletics - offseason	Thursday	10 - week - 1 hour - use athletics to warmup / rondos then once bell rings, hour starts	Protect	emergency defending	4v2 - defensive sprint rondos	3v3+3 positional play - defenders rotate after 4 min - counter to pop up goals outside	3+gk v 6 - emergency defending in the 18	6v6+2gk + 3 neutrals (1 center and 2 wide)
January 16	Athletics - offseason	Friday - tactics	X	Understanding our shape and idea for offensive corners	Set up in corner kicks - focus on offense	X	X	X	X
Date	Week	Practice	Topic of the day	Principle of the day	Rondo/Warmup - 2 - 15 minutes	Positional Play - 3 - 20 minutes	Training Game - 1 - 20 minutes	Training Game - 4 - 25 minutes	
January 19	Preseason	Monday	Secure to Build	Outplay the opponent - break lines	3v1 rondo	3v3 to 3 pop up goals - River in the middle - combine to score	4v4 to 3 goals - play out from the back	8v8+2gk - 3 zones - CB must progress by dribbling into middle zone to go forward	
January 19	Preseason	Monday	Secure to Build	Find the Pivot - Outplay/Break lines	5v3 rondo with a joker	4v4+4+1 progression game. switch the ball from side to side - teams rotate in the flow when possession is lost - cdm in river	9v8 build out - half field - 1-2-4-2 vs 2-2-3-1 - Off to pop ups - Def to large goals	9v9 game - 3-2-3 vs 3-2-3 or 3-3-2	
January 20	Preseason	Tuesday	Press and Counter	Pressure, Cover and Compactness - working as a trio	5v3 transition rondo	3v3+3 positional play - defenders rotate after 4 min - counter to pop up goals outside	6v6+gk +2 targets - Pressing runs - prevent pass to targets	9v9 game	
January 21	Preseason	Wednesday	Press and Counter	Pressure, cover, compactness, and mark the center	6v4+2 2 zone counter rondo POP pg 24	4v4+4 positional play - defenders rotate after 4 min - counter to pop up goals outside	4v2 to 4v6 - counter game	8v10 high press organized - 3/4 field - if missing a player , coach join one team	
January 22	Preseason	Thursday	Finish to Score	Keep possession to create chances, look for high percentage opportunities	2v2v+2 rondo - inside the square - 2 teams work to keep possession in small square	4v2+2 positional play	4v4+2gk - any direction game - must pass past midfield to score	6v6+2+2gk outside box - size of 2 18s, neutrals wide, start outside box	
January 23	Preseason	Friday	Finish to Score	Keep possession to create chances, look for high percentage opportunities	2v2v+2 rondo - inside the square - 2 teams work to keep possession in small square	2v2+4+2gk - quick finish bounce pass	4v4+gk+2 wide neutrals - inside 18 - defense to pop ups - off to goal	6v6+2+2gk outside box - size of 2 18s, neutrals inside - extra points for combo goals	
January 26	Preseason	Monday	Move to Create	Up back thru to find the forward facing player	5v3 transitional rondo	6v4 positional rondo - up back thru	4v4 game - long - must penetrate to go forward	6v5+2 wide neutrals - up back thru - 2-2-2 formation v 3-2-1	
January 27	Preseason	Tuesday	Move to Create	Counter movements / up back thru	4v2 rondos	check and receive rondo - 4v4+2	4 goal game - 6v6 wide play	9v9 - must push up past midfield to score	
January 28	Preseason	Wednesday	Predict	delay the counter - Body Shape, mental focus	3v2 defend the endline - not a rondo	3+gk v 4 defender the counter	6v5 break out - defend the counter	2-3-2-3 and 3-2-2-3 - start at midfield - OFF must score in pop up goals 15 yards away - Defense looks to win and counter from midfield to large goal	
January 29	Preseason	Thursday	Predict	delay the counter - Body Shape, mental focus	3v2 defend the endline - not a rondo	3+gk v 4 defender the counter	6v5 break out - defend the counter	2-3-2-3 and 3-2-2-3 - start at midfield - OFF must score in pop up goals 15 yards away - Defense looks to win and counter from midfield to large goal	
January 30	Preseason	Friday	Move to Create	Find the Free player to outplay / break lines	4v2 transition rondos	3v3+4 find the free player	8v6 thru ball game	find free - 4v4+2 +2gk - find the target to break out and score	
January 31	Preseason	Saturday	Ref Games	Ref Games	Ref Games	Ref Games	Ref Games	Ref Games	
February 2	Preseason	Monday	Move to Create	Find the Free player to outplay / break lines	2v1 - 2v1	check and receive rondo - 4v4+2	4v4 game - long - must penetrate to go forward	9v9 - must push up past midfield to score	
February 3	Preseason	Tuesday	Finish to Score	Explosiveness in space	2v1v1 to goal	4v2+2 positional play	4v4+2gk - any direction game - must pass past midfield to score	6v6+2+2gk outside box - size of 2 18s, neutrals wide, start outside box	
February 4	Preseason	Wednesday	Finish to Score	quick combinations to open space for teammates	2v2v+2 rondo - inside the square - 2 teams work to keep possession in small square	2v2+4+2gk - quick finish bounce pass	4v4+gk+2 wide neutrals - inside 18 - defense to pop ups - off to goal	6v6+2+2gk outside box - size of 2 18s, neutrals inside - extra points for combo goals	
February 5	Preseason	Thursday	Protect	corner attack	4v2 defensive rondos	3+gk v 6 - emergency defending in the 18	7v7 game	walkthrough all set plays	
Date	Week	Practice	Event of the day - Level	Activities					
February 6	Season	Friday	Tournament	Tournament					

February 7	Season	Saturday	Tournament	Tournament
February 9	Season	Monday	LIGHT PRACTICE	Recovery, Mobility, Rondos
February 10	Season	Tuesday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
February 11	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
February 12	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
February 13	Season	Friday	Tournament	Tournament
February 14	Season	Saturday	Tournament	Tournament
February 16	Season	Monday	LIGHT PRACTICE	Recovery, Mobility, Rondos
February 17	Season	Tuesday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
February 18	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
February 19	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
February 20	Season	Friday	Tournament	Tournament
February 21	Season	Saturday	Tournament	Tournament
February 23	Season	Monday	LIGHT PRACTICE	Recovery, Mobility, Rondos
February 24	Season	Tuesday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
February 25	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
February 26	Season	Thursday	HARD PRACTICE	Rondos, Positional Play, Training Games
February 27	Season	Friday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
February 28	Season	Saturday	GAME	GAME
March 2	Season	Monday	GAME	GAME
March 3	Season	Tuesday	LIGHT PRACTICE	Recovery, Mobility, Rondos
March 4	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
March 5	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
March 6	Season	Friday	Section GAME	Section GAME
March 9	Season	Monday	GAME	GAME
March 10	Season	Tuesday	LIGHT PRACTICE	Recovery, Mobility, Rondos
March 11	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
March 12	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
March 13	Season	Friday	Section GAME	Section GAME
March 16	Season	Monday	GAME	GAME
March 17	Season	Tuesday	LIGHT PRACTICE	Recovery, Mobility, Rondos
March 18	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
March 19	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
March 20	Season	Friday	Section GAME	Section GAME
March 23	Season	Monday	GAME	GAME
March 24	Season	Tuesday	LIGHT PRACTICE	Recovery, Mobility, Rondos
March 25	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
March 26	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
March 27	Season	Friday	Section GAME	Section GAME
March 28 - April 5	Season	Spring break	OFF	OFF
April 6	Season	Monday	GAME	GAME
April 7	Season	Tuesday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
April 8	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
April 9	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
April 10	Season	Friday	Section GAME	Section GAME
April 13	Season	Monday	GAME	GAME
April 14	Season	Tuesday	LIGHT PRACTICE	Recovery, Mobility, Rondos
April 15	Season	Wednesday	HARD PRACTICE	Rondos, Positional Play, Training Games
April 16	Season	Thursday	MEDIUM PRACTICE	Rondos, Positional Play, Training Games
April 17	Season	Friday	Section GAME	Section GAME
April 20	Playoffs	Monday	HARD PRACTICE	Rondos, Positional Play, Training Games
April 21	18	Tuesday	HARD PRACTICE	Rondos, Positional Play, Training Games
April 22	18	Wednesday	LIGHT PRACTICE	Recovery, Mobility, Rondos
April 23	18	Thursday	Playoff GAME	Playoff GAME
10 week Focus				Secure to Build - 6 days
Week 1	Secure to Build	2 days		Press - 6 days
Week 2	Press	2 days		Move to Create - 8 days
Week 3	Move to Create	2 days		Protect - 4 days
Week 4	Protect	2 days		Finish to Score - 6 days

Week 5	Finish to Score	2 days		Predict - 4 days
Week 6	Predict	2 days		
Week 7	Secure to Build	2 days		
Week 8	Press	2 days		
Week 9	Move to Create	2 days		
Week 10	Protect	2 days		
Preseason	Secure to Build	2 days		
	Press	2 days		
	Finish to Score	2 days		
	Move to Create	2 days		
	Predict	2 days		
	Move to Create	2 days		
	Finish to Score	2 days		
	Walkthroughs	1 day		

Notes