

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

Proud: We take pride in how we play, train, and support each other.

Cognition: We think the game, make quick decisions, and stay aware.

Capable: We build skilled, adaptable players who handle pressure.

Honest: We value effort, accountability, and doing the right thing.

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.

We integrate principles of game, intelligence, player autonomy, and technical excellence to create a dynamic learning environment.

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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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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



CULLMAN UNITED 7V7 GAME MODEL & PERIODIZATION PLAN

COACH: JACOB BROWN

FORMATION & TACTICAL SHAPE

Base Formation: 2-3-1 (In Possession), 3-2-1 (Out of Possession)

Our shape shifts fluidly based on the game phase:

In Possession:

- Build-Out Phase: Diamond (2-1-2-1) shape for support
- Progression Phase: Transition into 2-3-1 with width and depth
- Final Third: Creative combinations, through balls, 1v1s, and crossing

Out of Possession:

- Defensive Shape: 3-2-1 for compactness and pressing
- Principles: Immediate pressure, team shift & cover, man-marking, protect the middle, and transition quickly to counter

TRANSITIONS:

- **Attack:** Fast break after winning possession with through balls or wide play
- **Defense:** Immediate press (first 3 seconds) and compact recovery into 3-2-1

SET PIECES:

- Organized using principles of positioning and compactness, with each player assigned clear roles.

STYLE OF PLAY

We play intelligent, expansive, and brave football rooted in our cognitive and positional methodology.

Guided by the four game moments:

- Defending
- Attacking
- Defensive Transitions
- Attacking Transitions

KEY EXPECTATIONS:

- Building out using diamond structure and the green road
- Using width and depth in attack to stretch the field
- Creating overloads in wide and central areas
- Encouraging creativity in final third
- Immediate pressing and compact team defending
- Player freedom and decision-making supported by scanning and spatial awareness

PLAYER CHARACTERISTICS

Each role within the 7v7 model has essential traits:

- **GK:** Technical, involved in build-up, calm under pressure
- **Defenders:** Brave, intelligent, composed under pressure
- **Outside Backs:** Capable of advancing or holding shape, provide width or cover
- **CMs:** Spatially aware, confident receiving on the back foot, creative
- **Wingers:** Stretch play, beat defenders 1v1, deliver quality crosses
- **Striker:** Finds smart positions, combines well, finishes decisively

INTEGRATED PERIODIZATION SCHEDULE

Our 18-week macrocycle is built in mesocycles with layered focus:

Mesocycles:

- **Weeks 1-4:** Foundation (ADTLS, Player Habits, Team Shape)
- **Weeks 5-10:** Application (Overloads, Progressions, Transitions)
- **Weeks 11-15:** Realism (Match Simulations, Game-Like Pressing)
- **Weeks 16-18:** Reinforcement (Repetition, Review, Small-Sided Games)

Each week includes:

- Tactical Objective
- Technical & Psychological Focus
- Complexity Scaling
- Player & Parent Orientation Use

This plan serves to:

- Onboard new players & families
- Align staff around consistent teaching
- Reinforce a cognitive game model
- Support the development of smart, skilled, and adaptable players
- Prepare for the next level player (9v9 and beyond)

"Think fast. Play sharp. Adapt freely." – CUSC Coaching Staff



CULLMAN UNITED 7V7 GAME MODEL

A comprehensive look of how we want to play the game at this level.

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Presented by Jacob Brown





FOUNDATIONAL CONCEPTS

ANGLES: Create good passing and support angles. Players should position their bodies and runs to offer diagonal options, making it easier to keep possession and find space.

1

DISTANCE: Maintain optimal spacing from teammates and opponents. Not too close (to avoid crowding) and not too far (to stay connected.) Good distance ensures support and stretches the opponent's shape.

2

TIMING: Execute movements and passes with proper timing. For example, release the ball after a teammate makes a run or just as a defender steps in, so as to exploit gaps. Well-timed runs and passes break defenses effectively.

3

LINES: Understand the lines of play – both our team's formation lines and the opponent's defensive lines. Position players between the opponent's lines or make runs behind their defensive line to create positional advantages. Also, use diagonal and triangular shapes to create passing "lines" between players.

4

SITUATION: Read the game situation. This means awareness of the context – the score, the area of the field, the opponents' positioning, etc. Players must constantly perceive what the game is giving them and adjust decisions accordingly (e.g. knowing when to play simple vs. attempt a risky pass.)

5

These five elements are key principles of positional play training. We coach players to recognize angles, distance, timing, lines, and the situation as the foundation of smart soccer

CORE HABITS

By instilling these habits – from technical body orientation to constant scanning – players become more efficient and smarter on the ball. For example, top players check their shoulder dozens of times a minute to “see the game better,” which leads to quicker decisions and more effective play.



RECEIVE ON THE BACK FOOT

Train players to receive passes with their farthest foot from the ball. This habit allows an open body position – they can see more of the field and by letting the ball come across their body, they can more easily turn into space or pick out a forward pass.

KEEP HIPS OPEN TO THE FIELD

Related to the back foot idea, players should position their hips so they face the larger part of the field (not the sideline.) An open body shape improves vision of the play and gives the player options to play in multiple directions quickly

CONSTANT SCANNING (CHECK TEAMMATES, LINES, DEFENDERS)

Players must develop the habit of scanning the field constantly. Before receiving the ball (or dribbling), look for: Teammates: Where are they? Who is in a good position for a pass? This “offensive relationship” awareness lets you connect with others effectively.

Passing Lines: Where are the open lanes for a pass?

Identify if a “green road” (clear passing lane) is available or if you need to adjust your angle. This means checking the positions of any defenders between you and your teammate – are you positioned to receive/pass through a gap?

Defenders: Where are the opponents? Know where pressure is coming from. Scanning the defenders’ positions helps you decide whether to turn, shield the ball, or one-touch it away. It also helps you choose a safe pass and avoid forcing the ball into a crowded area. This heightened awareness gives players more time and better decision-making on the ball.

PLAY SIMPLE

Especially in build-up play, encourage simplicity. If a straightforward pass to a teammate is available, take it. Maintain possession and patience. Avoid the temptation of “hero” passes through multiple defenders that risk losing the ball. By playing simple when nothing else is on, the team can reset and try another angle of attack.

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BUILD UP PRINCIPLES IN POSSESSION

In summary, our build-up focuses on manipulating the opponent: use superior numbers or positioning to draw them out, then break through their shape with incisive passes. Overloads and “third man” combinations (a pass to one player who immediately passes to a third player running through) are encouraged to achieve this.



Invite Pressure to Create Space

We actually want the opponent to press us in certain moments. By drawing a defender toward the ball, we open up space somewhere else on the field. For example, a center-back can dribble or hold the ball to lure an opponent in; once the opponent commits, a passing lane opens behind them. Then we exploit that space with a quick pass. Essentially, “pull” defenders in, then play around or through them into the space they vacated. This requires composure on the ball under pressure.

Seek Numerical Superiority (Overloads)

Whenever possible, create situations where we have more players than the opponent in a zone of the field. For instance, in build-up we often have a 4v2 in our defensive third (including the goalkeeper) – a numerical advantage we should use to pass around the opponent’s forwards. Having an extra player in the exchange makes it easier to keep the ball and advance.

Break Lines to Progress

Whenever feasible, attempt to break the opponent’s defensive lines with a pass or dribble. A line-breaking pass is one that goes past a layer of the opponent’s team (for example, bypassing their forwards and finding a midfielder). Key principles that enable breaking lines include proper support angles, looking forward when receiving (open body shape), and the confidence to play a firm pass between defenders.

Positional Superiority

This means positioning players in better locations relative to opponents – not just quantity. Players should find pockets between the opposition’s lines (between their midfield and defense) to receive passes where defenders are absent or distant. A player standing in space between defenders or behind a particular defender’s line of sight has positional superiority. In our 2-3-1, the two central midfielders often try to occupy the spaces behind the opposing midfielders (between the lines) to receive “line breaking”

passes forward.

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BUILD UP STRUCTURE

Build-up shape (2-1-2-1 in possession) forming a diamond in the back. In the build-up phase (e.g. a goal kick or when the goalkeeper has the ball), we organize in a diamond shape at the back. The goalkeeper (GK) is at the base, the center-back (CB) is at the top of the diamond (around the top of the penalty area), and the two outside backs (LB and RB) drop deep to the left and right, near the sides of the 6-yard box. This gives the keeper short options on either side, or a central option with the CB. The diamond provides natural passing triangles and support: e.g. the GK can play to an outside back, who can then find the CB, etc., forming rotations.

Two central midfielders (CMs) position themselves higher up the pitch, just behind the opponent's first pressing line, looking to receive through the gaps. They are scanning for a "green road" – a clear passing lane from the back line into their feet with no defenders in the way. If a green road is open, the team will attempt that penetrating pass from the back, breaking the opponent's lines early. If it's closed, the CMs might check wide or drop to create a better angle.

Meanwhile, our lone striker starts high up the field, slightly to the side where the ball is. If we are building out on the left, the striker will drift left; this helps in a couple of ways. It gives the team a stretching option (long ball or switch) on that side, and occupies the opponent's defenders by pinning them toward one side. The striker's positioning creates depth (length) for our team and is always an outlet if we need to relieve pressure.

Key Points: Patience in this shape is crucial. The goalkeeper and backs might circulate the ball in the diamond to draw the opponent's front players side to side. We use the full width of the penalty area – the outside backs stay wide, providing width. The central defender and midfielders must be brave to show for the ball in the middle. Once a gap opens (a "green road"), we play forward quickly to take advantage. This structure also naturally involves the keeper in build-up as an extra player, which at 7v7 is an important lesson (using the keeper's feet to maintain possession)

ADVANCING UP FIELD - PROGRESSING TO A 2-3-1

Transition from a 2-1-2-1 to an attacking 2-3-1 shape: one outside back moves up to the midfield line. As soon as the ball successfully moves into midfield (for example, a CM receives the pass forward), our shape shifts into the true 2-3-1 formation. One of the outside backs will push up and join the attack, while the other outside back stays with the center-back to form a defensive pair. This results in two players in the back line and three across midfield.

In practice, if the ball was played up the left side, the left back could sprint up to join the two CMs, creating a line of three midfielders. The right back would tuck inside slightly and remain back alongside the CB, ensuring we still have two defenders for coverage. Now the team is in a 2-3-1 shape in possession: for example, Left Back + CM1 + CM2 as the midfield three, and CB + Right Back as the back two. This balances support for the attack with defensive insurance.

Having a line of 3 in midfield gives us width and numbers to combine. We get a natural overload in midfield, since now we may have three midfielders against the opponent's two (common in 7v7). It also means our outside back provides an option wide, stretching the opponent horizontally. The back two can spread out a bit to cover the width of defense, and are positioned for any counter-attack if we lose the ball. The striker continues to lead the line up top, looking to receive through balls or combination plays from the midfield trio.

Coaching Tip: As the outside back joins midfield, ensure the other OB tucks in to form the back two – we don't want to send both outside backs forward at the same time in 7v7 (that would leave only the CB behind!). Emphasize to the back line the concept of "two stay, one goes." When one defender ventures forward, the others slide over and hold the fort. This way, the 2-3-1 shape is achieved fluidly. It's a miniature example of maintaining balance – similar to how full-backs overlap one at a time in 11v11.

ATTACKING THIRD PRINCIPLES (FINISHING THE ATTACK)

Once we have progressed into the opponent's half, the focus shifts to chance creation and finishing. Key principles include:

Combination Play:

Use quick passing combinations to break down the defense. This can include one-twos (wall passes), give-and-go moves, and overlaps. For example, a midfielder can play a give-and-go with the striker around a defender to get into the box. These small triangles and quick interchanges can pierce compact defenses. Encourage creativity in combinations. The foundation (angles, timing) makes these combinations possible.

Thru Balls:

Look for the killer pass behind the defense. If a striker or winger makes a run into space, our midfielders should attempt the through pass between or over the defenders. A well-timed through ball can split the opponent's defensive line and send us in on goal. We stress the vision to see these runs and the technique to execute the pass with proper weight. Coaches should encourage risk taking in the final third – it's okay to try a through ball or an unexpected pass to create a scoring chance.

1v1 Opportunities:

In the attacking third, there will be moments when a player ends up isolated with a defender. We want our players to be confident to take on defenders 1v1 when it's appropriate. Especially in wide areas, we encourage them to use dribbling skills to beat the defender. Creativity here is key – whether it's a feint, a step-over, a change of pace, or a cut inside, a successfully won 1v1 can eliminate a defender from the play and often creates a numerical advantage closer to goal.

Creative Freedom:

Importantly, players should feel free to express themselves around the opponent's box. This is where improvisation is most valuable – a surprise dribble, a backheel pass, a sudden long-range shot, etc. Coaches will not micro-manage every action here; instead we encourage decision making and creativity. The idea is to use all the tools available: combination plays, through balls, individual skill – to find a way to score. As long as the players keep the foundational concepts in mind (good spacing, support, timing), they have license to be inventive in the attacking third.

Use of Width and Crosses:

In the final third, if we can get to the endline or near the sideline, a cut-back pass or cross can be very dangerous. For example, an outside player can dribble 1v1 down the wing and then deliver a cross or pull-back pass toward the striker. We practice aiming these passes away from the goalkeeper and into areas where our attackers can one-touch finish.

In summary, the attacking third is about penetration and finishing. We want end product: a shot on goal or a final pass. Whether it comes from a clever combination, a through ball, a brilliant 1v1 move, or a well-placed cross, doesn't matter – as long as we create a quality chance. We encourage our young players to take calculated risks in this zone. Goals often come from creativity and taking calculated risks near the opponent's goal.



OUT OF POSSESSION: 3-2-1 DEFENSIVE SHAPE

Out-of-possession defensive shape (3-2-1) with pressing. When we lose the ball or the opponent is building out, our team organizes into a 3-2-1 shape defensively. This essentially adds one of the outside backs into the backline, giving three defenders, with two midfielders in front of them, and the striker at the top. The 3-2-1 is a compact, balanced defensive structure for 7v7 that covers width and depth. Key defensive principles in this phase include:

IMMEDIATE PRESSURE ON THE BALL

The nearest player to the ball (often our striker or a midfielder) must apply immediate pressure to the opponent in possession. The goal is to delay their attack and ideally force them toward one sideline (away from the center where they have more options). In our 3-2-1, the striker usually initiates this press by closing down the ball carrier at an angle – The team works as a unit to angle runs and cut off the opponent's easy outlets, herding the play toward a flank.

SHIFT AND COVER

As the ball is forced wide to one side, our entire team shifts to that side. The three defenders move across the field as a line, so that the nearest defender steps up to confront the ball if it bypasses the forward, while the other two defenders provide cover/slightly deeper support in case the ball gets past the first defender. The two midfielders also shift towards the ball side – the ball-near midfielder can close down or mark the opponent's nearby support, and the far midfielder slides centrally to cover the space and pick up any trailing opponents. This coordinated shift maintains defensive compactness on the ball side. We try to outnumber the opponent around the ball by having our team slide over. On the far side, the opposite winger/defender tucks in, since there is less immediate danger there.

MAN MARK KEY ATTACKERS

While zone defense is taught, at the 7v7 level we also emphasize that everyone has to “pick up a man” when defending. In our 3-2-1, as one player pressures the ball, others identify and stick tight to the opponents in their area. For example, if the other team's striker is near our center-back, the center-back will mark them closely (goal side, between the opponent and our goal). If an opposing midfielder is making a run, one of our midfielders will track them. By man-marking the dangerous options, we limit the opponent's ability to combine. They will feel “everyone is marked.” This tight marking makes it difficult for the opponent to find an open player to pass to.

OUT OF POSSESSION: 3-2-1 DEFENSIVE SHAPE (CONTINUED)

PROTECT THE MIDDLE

We instruct our players that the central areas in front of our goal are the priority to protect. So in the 3-2-1, even as we press and shift, we avoid over-committing wide and leaving a gaping hole in the center. The closest players pressure wide, but our shape always keeps some players in the middle as insurance. The back three, when shifted, will have one player challenging near the ball and two slightly tucked in covering the center. The idea is to funnel the opponent toward the sideline and trap them, rather than allow them to cut back inside. If the ball does get switched across quickly, our team must quickly transition and shift the other way (recovering to shape, then pressing again.)

WIN AND COUNTER

The end goal of our defensive effort is to win the ball back. When we successfully force a bad pass, intercept, or tackle the ball away, the players should be ready to snap into attack. Often, winning the ball on the flank means the opponent's shape is a bit stretched or unbalanced (since we lured them up one side). This is a great moment to attempt a quick counter-attack. For example, the player who wins it can immediately look to play the striker or a running midfielder in behind the defense before they regroup. This transition from defense to attack is a hallmark of modern play – even at 7v7 we encourage it. “Win it and break” is the mentality. Of course, if a counter isn't on, we can settle back into our possession shape, but a fast attack often catches the opponent out of position.

IN SUMMARY

Out of possession we become compact, we pressure intensively, and we work together to isolate the opponent on a sideline and strip the ball. The 3-2-1 shape gives a solid defensive presence (3 players along the back line for stability) while still having two midfielders who can pressure and one forward up top causing problems for their build-up. It teaches young players the principles of pressing and coverage – one pressuring the ball, others covering spaces and marks – in a simple shape. Once we get the ball back, the nearest players should immediately look for the next pass forward (often the striker or a forward-moving mid) to capitalize on the opponent being out of position. Sold to
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EACH PRACTICE YOU SHOULD PICK A GAME MOMENT TO FOCUS ON

Attacking
Defending
Transition to Attack
Transition to Defend

All of your practices should be based around these 4 moments.





ALIGNMENT WITH CULLMAN UNITED'S DEVELOPMENT PHILOSOPHY

Our 7v7 game model isn't just about formation – It reflects deeper values of Cullman United's training philosophy, which prioritizes intelligent, position based play and empowering player decision-making. Here's how this model supports our developmental framework

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POSITION BASED PLAY

Our emphasis on Angles, Distance, Timing, Lines and Situation forms the backbone of our positional play training.

We coach players to understand their positioning relative to teammates, opponents, and space – so they can solve dynamic challenges of the game. The 2-3-1 shape in possession introduces young players to concepts like width, depth, and support between lines – foundational ideas that carry forward into 9v9 and 11v11 formats. By consistently using shapes that create diamonds and triangles, we help players build an intuitive understanding of spacing and support. This isn't random play or "kick and run," it's teaching kids where to be and why; so they can move with purpose.

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INTELLIGENCE BEFORE SKILL

The emphasis on Angles, Distance, Timing, Lines, and Situation in our foundational concepts is directly in line with TOVO's focus on positional play fundamentals

At Cullman United, game intelligence comes first. We train players to perceive, think and decide before focusing on technical execution. For example, players are encouraged to scan, assessing passing options, and identify space – all before receiving the ball. A player who knows where to go is already playing ahead of the game. Our model provide constant opportunities for players to practice making real-time decisions: “Where should I move?” “Is the lane open?” “Can I break a line?” Technical skills like passing or dribbling are developed through these live situations – not in isolation. When a player calmly draws pressure to release a teammate into space, they are showing tactical understanding, not just technique.

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PLAYER DECISION MAKING AUTONOMY

OUR 7V7 GAME MODEL ENCOURAGES
GUIDED DISCOVERY

Cullman United's training approach builds independent thinkers on the field. Within our 7v7 structure, players are consistently presented with choices – not set plays. The build up has multiple exits (left, right, central), and players learn to choose based on what they see. In the attacking third, we give players the freedom to dribble, combine, or shoot depending on the moment. Rather than scripting every action, we coach through guided scenarios, helping players to recognize patterns (e.g., when a pressing winger steps, a midfielder becomes available). Over time, they make faster, smarter choices – not because we told them to, but because they've learned to read the game.

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COGNITIVE DEVELOPMENT IN CONTEXT

Our entire system is designed to mirror real match conditions – a key principle in player learning. 7v7 offers the perfect environment: small enough to emphasize individual involvement, but structured enough to teach the full game – build-up, transition, width, depth, and pressure. Using consistent shapes like 2-3-1 in attack and 3-2-1 in defense reinforces recurring situations. Players begin to recognize game patterns – when to circulate the ball, how to press as a unit, when to transition quickly. Our sessions intentionally create these scenarios so players learn within the game itself. Rather than through abstract drills.



CUSC 7V7 GAME MODEL



In conclusion, our game mode is more than a system – It is a tool for developing thoughtful, aware and confident players. It reflects Cullman United's belief in teaching the game through intelligent positioning, contextual learning, and real decision-making. While the structure may look simple, the ideas underneath are powerful: We're building players who understand the game, adapt to it, and enjoy the freedom to express themselves.

CULLMAN UNITED

7v7 MACROCYCLE

18-Week Season Plan

Created by Jacob Brown

Structured weekly training for player-first development.

“Structure that empowers freedom.”

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Cullman United 7v7 Macrocycle

| Date | Week | Practice | Primary Game Moment | Weekly Objective | 8 Daily Habits | Principle focus of the day | Training Game - 1 - 20-25 minutes | Rondo - 2 - 15 minutes | Positional Play - 3 - 15-20 minutes | Training Game - 4 - 25 minutes | |
|---------|------|----------|---------------------|---|---|--|--|---------------------------|--|---|--|
| June 2 | 1 | Monday | Attacking | Understand Formation Movements on own side | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Scan part of the Scan/Choose Do - Use "peek" Also use the check your teammates, lines defenders | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 5v3 Transition Rondo | 4v2+2 Positional play - emphasis on Cm rotation and outside movement | Offense v Defense - Goal kicks vs a press - make the channels so they know who moves forward - 3/4 field - 7v(3)6 - O has pop up goals. D to large goal | (Arrival activity is always 1v1s or 2v1s) |
| June 9 | 2 | Monday | Attacking | Understand Formation Movements on own side | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Decide and Deceive - Choose part of Scan/Choose/Do - add in trickery! | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 5v3 Transition Rondo | 4v2+2 Positional play - emphasis on Cm rotation and outside movement | Offense v Defense - Goal kicks vs a press - make the channels so they know who moves forward - 3/4 field - 7v(3)6 - O has pop up goals. D to large goal | (Arrival activity is always 1v1s or 2v1s) |
| June 16 | 3 | Monday | Attacking | Understand Formation movements on Opp side | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | execute and Assess - Do of the Scan/choose/do - pass and then react! - Also - Create and close space - expand wide/deep in attack | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 2v2+2 rondo | 3v3+3 Positional play - emphasis on triangles and breaking lines - players rotate when they win the ball | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| June 23 | 4 | Monday | Attacking | Understand Formation movements on Opp side | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Organize the defense while on offense / close gap when a teammate advances | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 2v2+2 rondo | 3v3+3 Positional play - emphasis on triangles and breaking lines - players rotate when they win the ball | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| July 7 | 5 | Monday | Defending | Understand Team shape on own half | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure cover balance | 3v2 Attacking | 4v2 defensive rondos | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| July 10 | 5 | Thursday | Defending | Understand Team shape on own half | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Understand Compactness - Behind the ball | 3v2 attacking | 4v2 Defensive rondos | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| July 14 | 6 | Monday | Defending | Understand Mid block / Press | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure quickly on transition | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 4v4+2 counter rondo | 4v6 attacking - 4 attack and must pressure quickly to prevent the counter - opponents side | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| July 17 | 6 | Thursday | Defending | Understand Mid block / Press | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Close Space - compact in defense | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 4v4+2 counter rondo | 4v6 attacking - 4 attack and must pressure quickly to prevent the counter - opponents side | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |

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|-----------|----|----------|-----------------------|-----------------------------------|---|--|--|---|---|--|---|
| July 21 | 7 | Monday | Attacking Transitions | Up back thru | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Advance the ball/break lines - play the way you face / see | 5v3 transition Rondo | up back thru game -8 - 10 players - or 3v3+2 2 pop up goal game | 3v3+ 5 with a CM neutral - cannot advance without playing neutral who plays a forward facing player to penetrate. Longer field - 2 attackers / defenders can be ball side - 4 neutrals outside - or 3v3+4 and there is a middle channel | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| July 24 | 7 | Thursday | Attacking Transitions | Up back thru | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose! - same as above | 5v3 transition Rondo | up back thru game -8 - 10 players - or 3v3+2 2 pop up goal game | 3v3+ 5 with a CM neutral - cannot advance without playing neutral who plays a forward facing player to penetrate. Longer field - 2 attackers / defenders can be ball side - 4 neutrals outside - or 3v3+4 and there is a middle channel | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| July 28 | 8 | Monday | Defending Transitions | Win the ball back - 6 seconds | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure quickly on transition | 5v3 positional play - 6 seconds to win in 4 seconds to score in pop up - rotate 3 defenders every 10 seconds | 4v4+2 counter rondo | 4v2+4 - counter rondo to large goals | Half field scrimmage - offense v defense - start at midfield - 5v6 - O to pop ups - D to large goal - D starts with the ball at midfield - must overcome numerical superiority and counter press | (Arrival activity is always 1v1s or 2v1s) |
| July 31 | 8 | Thursday | Defending Transitions | Win the ball back - 6 seconds | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure, cover (mark others) | 5v3 positional play - 6 seconds to win in 4 seconds to score in pop up - rotate 3 defenders every 10 seconds | 4v4+2 counter rondo | 4v2+4 - counter rondo to large goals | Half field scrimmage - offense v defense - start at midfield - 5v6 - O to pop ups - D to large goal - D starts with the ball at midfield - must overcome numerical superiority and counter press | (Arrival activity is always 1v1s or 2v1s) |
| August 4 | 9 | Monday | Defending | Understand Team shape on own half | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure cover balance | 3v2 Attacking | 4v2 defensive rondos | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| August 8 | 9 | Thursday | Defending | Understand Team shape on own half | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Understand Compactness - Behind the ball | 3v2 attacking | 4v2 Defensive rondos | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| August 11 | 10 | Monday | Attacking | Attack Endline - Finishing | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose! | Endline activity - pattern - no pressure | 4v1 Rondos | 6v4 Offense v Defense (back 3 and keeper) | 7v7 scrimmage | (Arrival activity is always 1v1s or 2v1s) |



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|-----------|----|----------|-----------------------|-----------------------------------|---|--|---|--------------------------------|---|---|---|
| August 12 | 10 | Tuesday | Attacking | Attack Endline - Finishing | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Scan choose Do | endline activity - pattern into a 1v1 | 4v1 Rondos | 6v4 Offense v Defense (back 3 and keeper) | 7v7 scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| August 14 | 10 | Thursday | Attacking | Attack Endline - Finishing | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | SCan choose Do | endline activity - 1v1 activity to start | 4v1 Rondos | 6v4 Offense v Defense (back 3 and keeper) | 7v7 scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| August 18 | 11 | Monday | Attacking | Drop and reset | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Keep and move the ball, receive with intent | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 6v2 v 2 Switch positional play | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| August 19 | 11 | Tuesday | Attacking | Drop and reset | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass With purpose | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 6v2 v 2 Switch positional play | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| August 21 | 11 | Thursday | Attacking | Drop and reset | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Play what you see / face | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 6v2 v 2 Switch positional play | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| August 25 | 12 | Monday | Defensive Transitions | Behind the ball | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure quickly on transition | 3v3+3 - Defensive back line activity | 4v2 Defensive rondos | 3v6 Defend the line | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| August 26 | 12 | Tuesday | Defensive Transitions | Behind the ball | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Close Space - compact in defense | 3v3+3 - Defensive back line activity | 4v2 Defensive rondos | 3v6 Defend the line | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| August 28 | 12 | Thursday | Defensive Transitions | Behind the ball | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure, cover balance | 3v3+3 - Defensive back line activity | 4v2 Defensive rondos | 3v6 Defend the line | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |

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|--------------|----|----------|-----------------------|--------------------------|---|---|--|---|---|---|---|
| September 2 | 13 | Tuesday | Defending | Mid Block - Press | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure quickly on transition | 5v3 positional play - 6 seconds to win in 4 seconds to score in pop up - rotate 3 defenders every 10 seconds | 4v4+2 counter rondo | 4v2+4 - counter rondo to large goals | 7v7 scrimmage - plus 2 for scoring off a well organized press | (Arrival activity is always 1v1s or 2v1s) |
| September 4 | 13 | Thursday | Defending | Mid Block - Press | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure , cover (mark others) | 5v3 positional play - 6 seconds to win in 4 seconds to score in pop up - rotate 3 defenders every 10 seconds | 4v4+2 counter rondo | 4v2+4 - counter rondo to large goals | 7v7 scrimmage - plus 2 for scoring off a well organized press | (Arrival activity is always 1v1s or 2v1s) |
| September 8 | 14 | Monday | Attacking Transitions | Switch the field | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose! | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 4v2 Transition rondo | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| September 9 | 14 | Tuesday | Attacking Transitions | Switch the field | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Keep and move the ball, receive with intent | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 4v2 Transition rondo | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| September 11 | 14 | Thursday | Attacking Transitions | Switch the field | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | all 3 above | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 4v2 Transition rondo | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| September 15 | 15 | Monday | Attacking Transitions | Up back thru | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Advance the ball/break lines - play the way you face / see | 5v3 transition Rondo | up back thru game -8 - 10 players - or 3v3+2 2 pop up goal game | 3v3+ 5 with a CM neutral - cannot advance without playing neutral who plays a forward facing player to penetrate. Longer field - 2 attackers / defenders can be ball side - 4 neutrals outside - or 3v3+4 and there is a middle channel | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| September 16 | 15 | Tuesday | Attacking Transitions | Up back thru | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose! - same as above | 5v3 transition Rondo | up back thru game -8 - 10 players - or 3v3+2 2 pop up goal game | 3v3+ 5 with a CM neutral - cannot advance without playing neutral who plays a forward facing player to penetrate. Longer field - 2 attackers / defenders can be ball side - 4 neutrals outside - or 3v3+4 and there is a middle channel | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |



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|--------------|----|----------|-----------------------|------------------------|---|--|---|---|---|---|---|
| September 18 | 15 | Thursday | Attacking Transitions | Up back thru | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Organize the defense while on offense / close gap when a teammate advances | 5v3 transition Rondo | up back thru game -8 - 10 players - or 3v3+2 2 pop up goal game | 3v3+ 5 with a CM neutral - cannot advance without playing neutral who plays a forward facing player to penetrate. Longer field - 2 attackers / defenders can be ball side - 4 neutrals outside - or 3v3+4 and there is a middle channel | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| September 22 | 16 | Monday | Defending | No Turn - Pressure | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure quickly on transition | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 2v2+2 no turn transition game | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| September 23 | 16 | Tuesday | Defending | No Turn - Pressure | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure , cover (mark others) | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 2v2+2 no turn transition game | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| September 25 | 16 | Thursday | Defending | No Turn - Pressure | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pressure , cover (mark others) | 3v3+2 up to 4v4+ 3 - 2 pop up goals each side | 2v2+2 no turn transition game | 3v3+3 Positional play - players do not rotate when they win the ball - focus on defensive shape | 7v7 Scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| September 30 | 17 | Tuesday | Attacking | 2v1 combos on the side | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Drive the ball to open up space | 2v1s on the side | 2v2+2 rondo | 4v2+2 positional play - 3v3+3 or 4v4+3 | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| October 2 | 17 | Thursday | Attacking | 2v1 combos on the side | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Decide and Decieve - use deception | 2v1s on the side | 2v2+2 rondo | 4v2+2 positional play - 3v3+3 or 4v4+3 | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball | (Arrival activity is always 1v1s or 2v1s) |
| October 6 | 18 | Monday | Attacking | Switch the field | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose! | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 6v2 v 2 Switch positional play | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| October 7 | 18 | Tuesday | Attacking | Switch the field | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Keep and move the ball, receive with intent | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 6v2 v 2 Switch positional play | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |

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|------------|----|----------|-----------------------|----------------------------|---|--|---|--------------------------------|--------------------------------------|---|---|
| October 9 | 18 | Thursday | Attacking | Switch the field | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | all 3 above | 4v4+2 or 3v3+2 - Funino with neutrals between goals | 6v2 v 2 Switch positional play | 4v4+2 wide game | 7v7 Scrimmage - must switch in order to score | (Arrival activity is always 1v1s or 2v1s) |
| October 13 | 19 | Monday | Attacking Transitions | Thru balls | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | SCan choose Do | 4v4+2 breakout to goals | 4v1 Rondos | 6v4 thru ball game | 7v7 scrimmage with break out zones | (Arrival activity is always 1v1s or 2v1s) |
| October 14 | 19 | Tuesday | Attacking Transitions | Thru balls | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Advance the ball/break lines - play the way you face / see | 4v4+2 breakout to goals | 4v1 Rondos | 6v4 thru ball game | 7v7 scrimmage with break out zones | (Arrival activity is always 1v1s or 2v1s) |
| October 16 | 19 | Thursday | Attacking Transitions | Thru balls | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose | 4v4+2 breakout to goals | 4v1 Rondos | 6v4 thru ball game | 7v7 scrimmage with break out zones | (Arrival activity is always 1v1s or 2v1s) |
| October 20 | 20 | Monday | Attacking | Attack Endline - Finishing | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Pass with purpose! | Endline activity - pattern - no pressure | 4v1 Rondos | 6v4 Offense v Defense | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| October 21 | 20 | Tuesday | Attacking | Attack Endline - Finishing | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Scan choose Do | endline activity - pattern into a 1v1 | 4v1 Rondos | 6v4 Offense v Defense | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball - 6v5 - O to large goal - D to popups | (Arrival activity is always 1v1s or 2v1s) |
| October 23 | 20 | Thursday | Attacking | Attack Endline - Finishing | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | SCan choose Do | endline activity - 1v1 activity to start | 4v1 Rondos | 6v4 Offense v Defense | Offense v Defense - start at midfield - Offense focus on shape, keeping the ball - Defense focuses on compact behind the ball | (Arrival activity is always 1v1s or 2v1s) |
| October 27 | 21 | Monday | Attacking | Final third combos | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Advance the ball/break lines - play the way you face / see | 2v2+2 rondo | 3v3+3 positional play | Offense v Defense rotating positions | 7v7 scrimmage | (Arrival activity is always 1v1s or 2v1s) |



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|------------|----|----------|-----------|-------------------------------|--|---|-------------|--------------------------|---|---------------|--|
| October 28 | 21 | Tuesday | Attacking | Final third combos | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Advance the ball/break lines - play the way you face / see | 2v2+2 rondo | 3v3+3 positional play | Offense v Defense rotating positions | 7v7 scrimmage | (Arrival activity is always 1v1s or 2v1s) |
| October 30 | 21 | Thursday | Attacking | Final third combos | 1. Receive with back foot, 2. Hips open to the field 3. Keep the ball moving 4. Play Simple 5. Play the way you face 6-8. Check your lines, teammates, defenders | Advance the ball/break lines - play the way you face / see | 2v2+2 rondo | 3v3+3 positional play | Offense v Defense rotating positions | 7v7 scrimmage | (Arrival activity is always 1v1s or 2v1s) |

Please understand this is not meant to be something that you fully copy. The numbers you have at practice will dictate a lot of it. If you have extra kids, you either need to adjust the activity to accomodate your numbers, or have something for them to do as they rotate. Nobody should be sitting out. This could be an extra activity, or individual training, goalkeepers etc. Also understand that you are focusing on the principles of the game, not the tactics. Arrival activities can also always change as well. Our practices are based on Angles, Timing, Lines, Distance and situations. We will use the topics to consistently discuss all of these daily in different ways.

Please also note that this is based on our current u9 teams just now entering 7v7. Our current setup is 2 7v7 teams on the same field. Our stage 4 activity is set up the way it is due to the resources we have. Please also note that all activities that are essentially offense v defense are just basic titles. There are numerous ways to do Offense V Defense. On those days we will set them up based on what we want to see from that topic. That means we may change which team has numerical superiority, we may add extra points for scoring a specific way. You have to adjust these activities to what you want to see your own team do.

I repeat, Macrocycles are not meant to be copied. They serve as a guide. You must adapt it to your team. This is merely meant to give you a starting point for your team.

