



## **Gulf Coast Soccer Academy Player Development Program**

**Mission Statement:** The Gulf Coast Academy Program (GCAP) will provide a fun and rewarding platform for young players to learn the game of soccer, maximize their individual skills and ability and nurture their love of the game. We will operate the GCAP per the guidelines and best practices provided by US Youth Soccer (USYS), South Texas Youth Soccer Association (STYSA) and the GCYSC Director of Training. GCAP will utilize qualified trainers to implement these best practices and the curriculum outlined in this document. GCAP will continue to monitor our curriculum and results and take advantage of lessons learned around the state and nation.

### **Academy Player Development Curriculum:**

- **Training Philosophy**
  - Provide the technical foundation for every soccer player
  - Provide positive role model coaches
  - Prepare players for the next step in their soccer careers at whatever level they choose
  - Develop players who are passionate about the game
  
- **Technique**
  - **Dribbling**
    - Body Mechanics
    - Agility and Balance
    - Contact surface of foot
    - Deception
    - Setting up defender
    - Protecting the ball
    - Vision

- Tactical Application
  - **Passing**
    - Body Mechanics
    - Balance
    - Weight of pass
    - Accuracy
    - Disguise
    - Vision
    - Tactical Application
  - **Receiving**
    - Body Mechanics
    - Body position and balance
    - Get into line of flight of the ball
    - Select controlling surface to use
    - Present controlling surface to ball
    - Relax and withdraw controlling surface
    - Importance of first touch
    - Vision
    - Tactical Application
  - **Shooting**
    - Body Mechanics and control of body
    - Body position and balance
    - Eye on the ball
    - Quality of preparation touch
    - Contact Surface
    - Aggressive and positive mentality
    - Vision and anticipation
    - Tactical Application
  - **Heading**
    - Body Mechanics
    - Eye on the ball
    - Body in line of flight
    - Area of contact
    - Use of upper body and legs to generate power
    - Foot positioning
    - Timing of jump to attack the ball
    - Tactical application
      - Heading for Defense
      - Heading for Attack
- **Tactics**
  - **Defending**

- 1v1
- Pressure
- Recover goal side
- Angle and speed of approach
- Body shape

- Control and restraint
    - Delay
  - 2v2
    - Angle and distance of cover
    - Intercept pass
    - Tracking runs
    - Communication
  - 3v3
    - Positioning to provide cover and balance
    - Intercepting pass
    - Tracking players
- **Attacking**
  - 1<sup>st</sup> Attacker
    - When to shoot
    - When to pass
    - When to dribble
  - 2<sup>nd</sup> Attacker
    - Supporting angle and distance
    - Support position behind the ball
    - Support position in advance of the ball
    - Combination play
  - 3<sup>rd</sup> Attacker
    - Unbalancing the defense
    - Create space for others
    - Attack space behind

