



## **Matthews USA Pool Training Format**

ALL U-9, U10, U11 **Challenge** Teams

Each team will pool train together per age and gender one night a week with the emphasis on skill work and basic soccer development techniques using the soccer development pyramid and coerver.

It is necessary to provide a standard skill and soccer development for all our younger players and a set curriculum will be used for all these age levels.

The pool training will be conducted by a Director of Coaching (DOC).

The second night will be run by the coach of the team with a DOC in attendance at the site to help out when needed. The coach will be required to attend both nights to help out and to advance in their own knowledge of the game.

Ideally the team coach will be a parent at ages 9 and 10 who has some background in soccer and who is willing to take the required NSCAA regional coaching course being offered at the club in June.

The 11 year old groups will be coached by a more advanced coach who may or may not be a parent based upon availability.



The six building blocks of the "**PYRAMID OF PLAYER DEVELOPMENT**" are:



**BALL MASTERY**

1 player 1 ball. Repetition ball control exercises with both feet.



**RECEIVING / PASSING**

Exercises and games to improve 1st touch, so important at all levels, and to encourage accurate and creative passing.



**MOVES 1 V 1**

Exercises and games that teach game winning individual moves and create space against packed defenses



**SPEED**

Exercises and games to improve agility, acceleration and power with and without the ball.



**FINISHING**

Exercises and games that improve technique and encourage instinctive play around the goal.



**GROUP ATTACK**

Exercises and games that improve small group play with an emphasis on Fast Break Attacks