

How We Train: PLAY-PRACTICE-PLAY METHODOLOGY

At the grassroots level, children learn and develop to their full potential through game-like experiences in an enjoyable environment which supports individual growth



WHY: PLAY-PRACTICE-PLAY

The Play-Practice-Play methodology helps coaches create enjoyable environments, with the ultimate goal of developing players to their full potential. The methodology has three main objectives:

1. Play-Practice-Play helps coaches create a player-centered environment. This means having a holistic approach to coaching that places the needs and motivations of all players at the forefront.
2. In order to help players transfer what they have learned in practice to games, this methodology provides players with multiple opportunities to experience realistic game moments and make decisions.
3. When using this methodology, coaching becomes much easier and training is more enjoyable for both the players and coaches.



Details: PLAY-PRACTICE-PLAY

Play-Practice-Play



5 ELEMENTS OF A TRAINING ACTIVITY

1. **Organized:** is the activity organized in the right way? (is it safe and the ball stays in play?)
2. **Game-like:** is the activity game-like? (attacking, defending, & transition)
3. **Repetition:** is there repetition when looking at the overall goal of the session?
4. **Challenging:** are the players being challenged? (is there the right balance between being successful and unsuccessful?)
5. **Coaching:** is there effective coaching, based on the age and level of the players?

Periodization Overview

What is it?

We have designed 10 week session topics which brings all of your players along the age appropriate learning curve of what the game demands and helps them understand how they can all find success within the game.

Non Focus Team Topic

In our sessions, we have a main focus for the focus team, but in order to create the most challenging environment to allow for deliberate practice, we have to make sure that the counter-topic is engaged with. You do not need to coach the non focus team past them being able to create a realistic environment for the focused team topic.



ASC | Grade 2-3 Periodization

<u>WEEK OF</u>	<u>FOCUSED TEAM TOPIC</u>	<u>NON FOCUS TEAM</u>
Week 1	Attacking 1v1	Defending 1v1
Week 2	Attacking 2v2	Pressure/ Cover
Week 3	Defending 1v1	Attacking 1v1
Week 4	Defending Numbers Up	Attacking Numbers Down
Week 5	Combination Play	Pressure/Cover/Balance
Week 6	Attacking 3v2	Defending 2v3
Week 7	Collective Defending	Attacking Pressure
Week 8	Shooting & Finishing	Defensive Pressure
Week 9	Defending Numbers down	Attacking Number Up
Week 10	Free Play	Free Play



ASC | Grade 4-5 Periodization

<u>WEEK</u>	<u>FOCUSED TOPIC</u>	<u>NON FOCUS TEAM</u>
Week 1	Attacking 2v2	Pressure/Cover
Week 2	Control and Connect	Pressure on the Ball
Week 3	1v1 Defending	Attacking In Numbers
Week 4	Changing Point of Attack	Defending as a Unit
Week 5	Combination Play	Pressure on the Ball
Week 6	Finishing the Attack	Delay
Week 7	Defending as a Unit	Changing Point of Attack
Week 8	Shooting and Finishing	Defending Numbers Down
Week 9	Crossing and Finishing	1v1 Isolation
Week 10	Free Play	Free Play

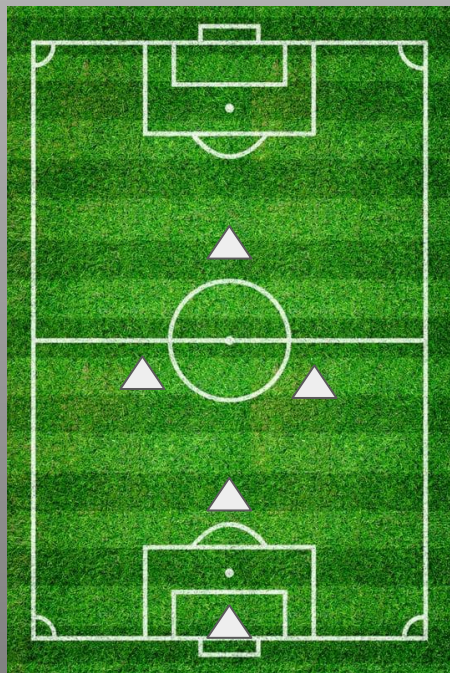


ASC | Grade 6-8 Periodization

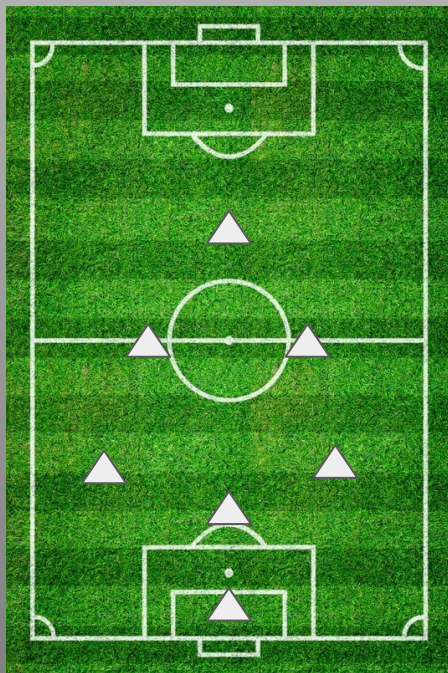
<u>WEEK</u>	<u>FOCUSED TOPIC</u>	<u>NON FOCUS TEAM</u>
Week 1	Control and Connect	Pressure on the Ball
Week 2	Group Defending	Combination Play
Week 3	Transition Attack to Defend	Transition Defend to Attack
Week 4	Changing Point of Attack	Defending as a Unit
Week 5	Progressive Possession	Defending as a Unit
Week 6	Creating Chances	Compact Defending
Week 7	Defending your goal	Finishing the Attack
Week 8	Crossing and Finishing	Pressure the Ball
Week 9	Finishing in 18y box	GK Pressure
Week 10	Free Play	Free Play



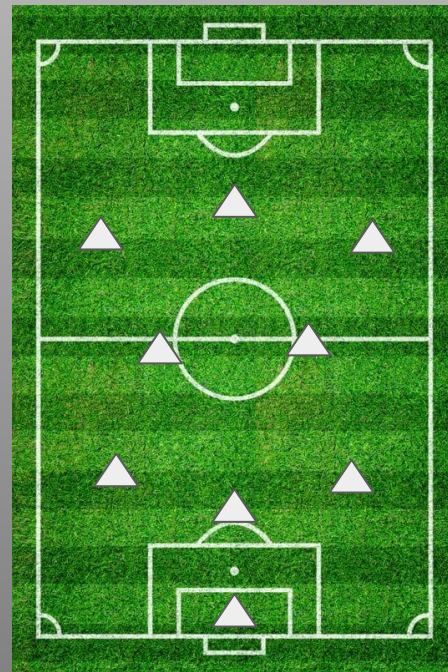
The progression to a 4-3-3



1-1-2-1



1-3-2-1



1-3-2-3

WHY A 1-4-3-3?

ASC believe the 1-4-3-3 is the most suitable formation to bring our playing style to life on the pitch. Our formations progress with the 1-4-3-3 as the target formation. Our players are equipped to transition into the 1-4-3-3 as our earlier development provides the same values and desired outcomes. In the 1-4-3-3 formation there are 3 lines with a balanced spread of players over the pitch (triangles of players) which creates good conditions for:

- Effective positioning play to build through the thirds (width & depth)
- A balance of players over the field
- Natural triangles throughout the 3rds.
- Creative and varied attacking play
- Applies defensive pressure quickly after losing possession (especially in the opponents half)



Team Formation 4-3-3

POSSESSION BASED STYLE OF PLAY

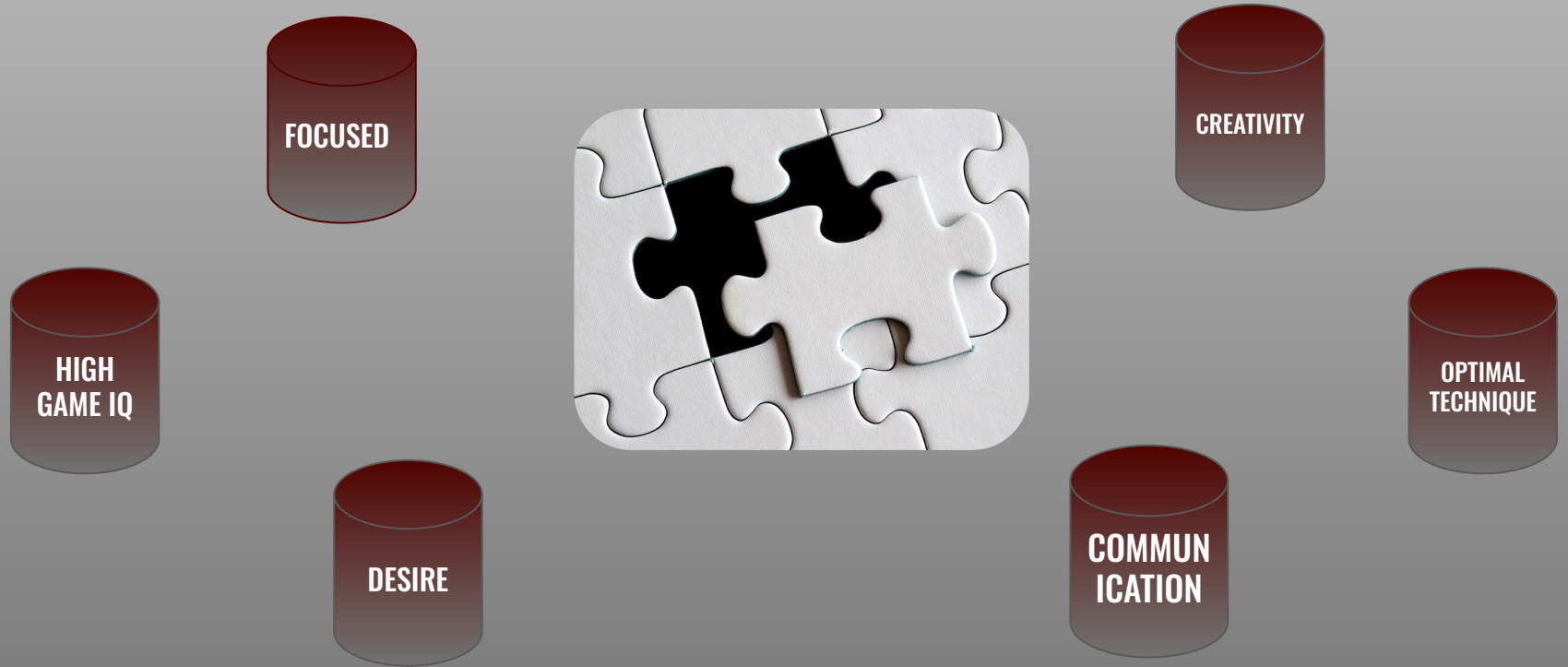
Attacking: A possession based style looking to play through the thirds of the field with a high priority on unbalancing opponents to create goal scoring opportunities

Defending : High Intensity defending in the different thirds of the field focused on winning the ball back quickly while maintaining a balanced team shape.

Overview of 4-3-3: It creates natural triangles, often giving the player in possession several passing options at any given time. This makes implementing a possession-based style of play slightly easier than some other formations.



Key Qualities of an ASC Player



Common Language

SQUEEZE

*(Press, close down,
make smaller)*

SWITCH

*(Move the ball from
one side of the field to
the other)*

RELAX

(Play with control)

SCAN

(Check your shoulders)

TIME

(Have time on the ball)

DETAILED POSITIONAL PLAYER ACTIONS

Position	Functional Qualities	Attacking Tasks	Defending Tasks
#1 Goalkeeper	<ul style="list-style-type: none"> ➤ Collecting, handling & serving with hands and feet. ➤ Receiving area service (all angles, distances). ➤ Decisive mentality, resilient. ➤ Power, acceleration, reaction and explosive movement. 	<ul style="list-style-type: none"> ➤ First line of attack. ➤ Commanding and directing teammates. ➤ Transition: possess or penetrate. 	<ul style="list-style-type: none"> ➤ Last line of defense, Tackle, regain possession 1v1. ➤ Commanding and directing teammates. ➤ Organize and direct team in own half. ➤ Decision to come off-line or stay.
#2 / 3 Fullbacks	<ul style="list-style-type: none"> ➤ Good in 1v1's, tackle intercept, regain possession of the ball. ➤ Good passing & crossing ability. ➤ Collecting the ball efficiently, serve into box, forward runs. ➤ Quick, athletic, high endurance (box to box range) 	<ul style="list-style-type: none"> ➤ Playing in wide channels to build from back. ➤ Recognition and execution of penetration on flanks. ➤ Work with #7, 11 in organizing attacking and defending situations. 	<ul style="list-style-type: none"> ➤ Defending in wide channels vs #7, 11. ➤ Deny penetration in wide channels. ➤ Provide central channel balance to #4, 5, in the defensive half. ➤ Alert, immediate response in transition.
#4 / 5 Center Backs	<ul style="list-style-type: none"> ➤ Good in 1v1's - marking, tracking intercepting & tackling. ➤ Passing to penetrate. ➤ Dominant with Heading and aerial battles. 	<ul style="list-style-type: none"> ➤ Split to create moment to build from the back. ➤ Break defensive lines via passing or dribbling. ➤ Help create tempo when building up the play. ➤ Provide the team with depth when in attacking half. 	<ul style="list-style-type: none"> ➤ Decision making, executing marking vs zonal. ➤ Provide compactness. ➤ Cover the other center back, and #2, 3. ➤ Organize and communicate.

Position	Functional Qualities	Attacking Tasks	Defending Tasks
#6 Defensive Midfielder	<ul style="list-style-type: none"> ➤ Receiving skills under pressure. ➤ Excellent game awareness and decision making. ➤ Range of passing to dictate game. 	<ul style="list-style-type: none"> ➤ Primary option for build out and possession. ➤ Create tempo when building play. ➤ Passing to penetrate - Connect the lines. 	<ul style="list-style-type: none"> ➤ Defensive security and screen to #9. ➤ Read and intercept passes played between the lines. ➤ Break up play via marking, intercepting, and tackling.
#8 Box to box Midfielder	<ul style="list-style-type: none"> ➤ Mobility, endurance levels to go box to box. ➤ Receiving skills under pressure. ➤ Excellent game awareness and decision making. 	<ul style="list-style-type: none"> ➤ Find space between the lines to receive ball and play forward. ➤ Form triangles with #2/3 and #7/ 11 to connect the lines. ➤ Combine with #7, 9, 10, 11 in attacking half. 	<ul style="list-style-type: none"> ➤ Marking, tracking, intercepting and tackling. ➤ Defensive control mentally in front of #4, 5. ➤ Recover goal side in A>D moments.
#10 Offensive Midfielder	<ul style="list-style-type: none"> ➤ Excellent passing dribbling to penetrate and create goal scoring chances. ➤ Excellent receiving skills in tight areas and in between the lines. ➤ Quick and agile to create separation from opponents. 	<ul style="list-style-type: none"> ➤ Find space between the lines to receive ball and play forward. ➤ Form triangles with #2, 3 and #7, 11 to connect the lines. ➤ Combine with #7, 8, 9, 11 in attacking half. 	<ul style="list-style-type: none"> ➤ Join 1st line of defending pressure. ➤ Responsible for preventing opposition #6 dictating play and building from the back. ➤ Recover goal side in A>D moments.



Position	Functional Qualities	Attacking Tasks	Defending Tasks
#7 / 11 Outside Forwards	<ul style="list-style-type: none"> ➤ Running with the ball at high pace, penetration in 1v1's. ➤ Mobility off the ball, recognizing cues, timing of runs for central goal scoring opportunities. ➤ Excellent dribbling and ball manipulation. ➤ Excellent striking & crossing abilities. 	<ul style="list-style-type: none"> ➤ Wide channel service into the box at high pace w/either foot. ➤ Combine with #2, 3 to create and exploit 2v1's in wide areas. ➤ Combine with #8, 9, 10 in final third. 	<ul style="list-style-type: none"> ➤ Recovery runs to track opponent #2, 3. ➤ Defend from the front: force opponent wide, anticipate pass, press, regain. ➤ Transition: react, recover as 1st channel defender.
#9 Striker	<ul style="list-style-type: none"> ➤ Good abilities to play with back to goal, receive and hold under pressure. ➤ Scoring - one touch on demand. ➤ Persistence - anticipate positive opportunities. ➤ Attack the spaces behind the opponents back line. 	<ul style="list-style-type: none"> ➤ Scoring ➤ Combine with #7, 8, 10, 11 in final third. ➤ Mobility off the ball, recognizing cues, timing of runs to optimize scoring chances. 	<ul style="list-style-type: none"> ➤ Pressure, contain opponents build out. ➤ Set and dictate pressing action. ➤ Track #4, 5 if they look to progress into midfield. ➤ Cut the field in half, prevent switch of play across opponent's backline.