



GAME MODEL



OUR MISSION

We grow people.

We grow players.

We grow families.

We grow staff.

We grow leaders.





CORE VALUES

Respect

Teach each person with dignity and courtesy.

Leadership

Empower yourself and others to enjoy success on and off the pitch.

Integrity

Do the right thing. Follow the golden rule.

Passion

Energize, engage, and inspire yourself and others.

Creativity

Think outside the box with innovation and imagination.

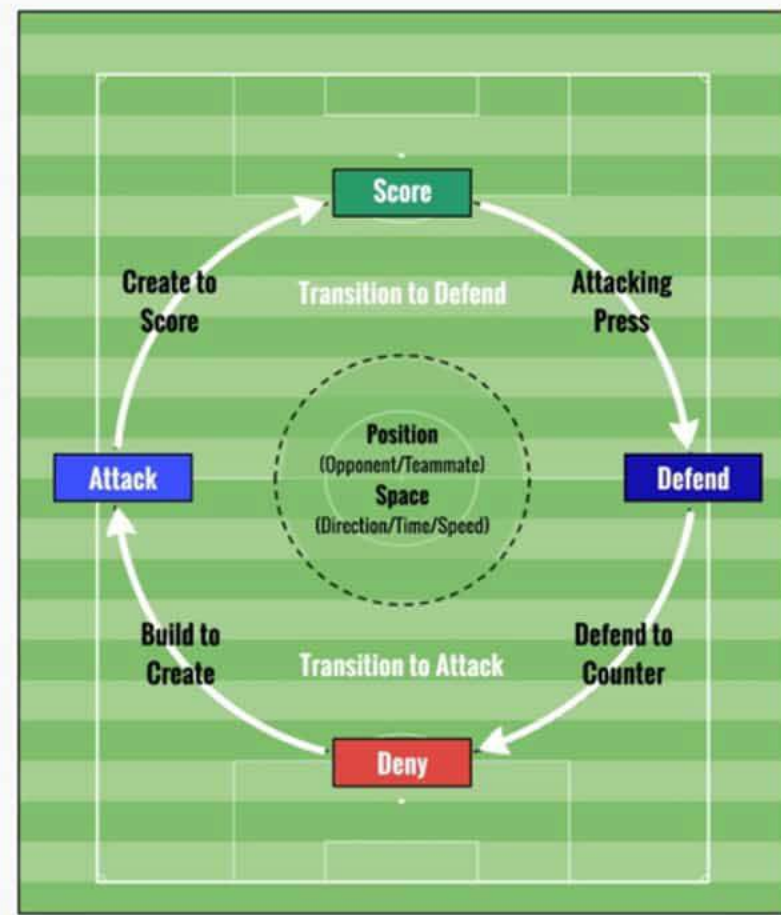


KINGS HAMMER PATHWAY

PHASE	FOUNDATION					DEVELOPMENT			IMPLEMENT				PERFORM			
						PRE-ELITE (U10-U12)			ELITE (U13-U19)				PRE-PRO (U19+)			
	LITTLE LIONS (U5-U6)		JUNIORS (U7-U9)			PRE-ACADEMY (U10-U12)			ACADEMY (U13-U19)							
AGE	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U19+ →
ZONE	GRASSROOTS		1					2				PRE-PRO				

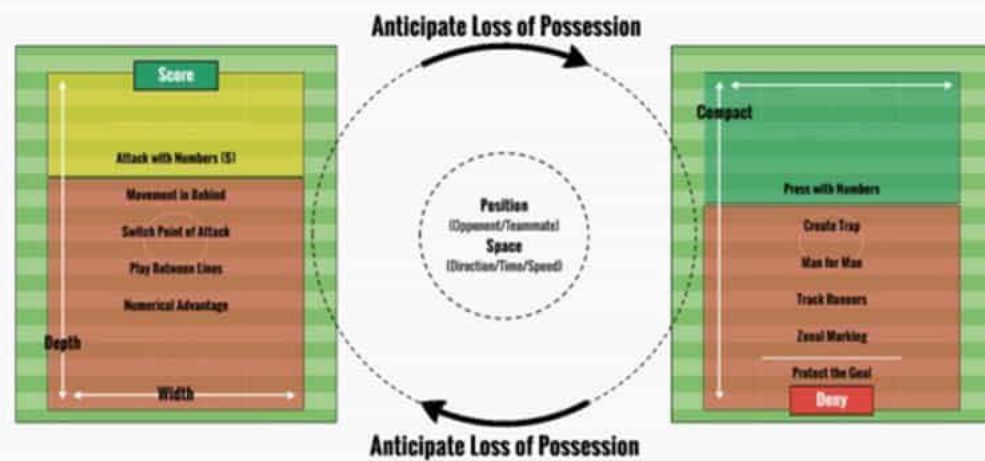
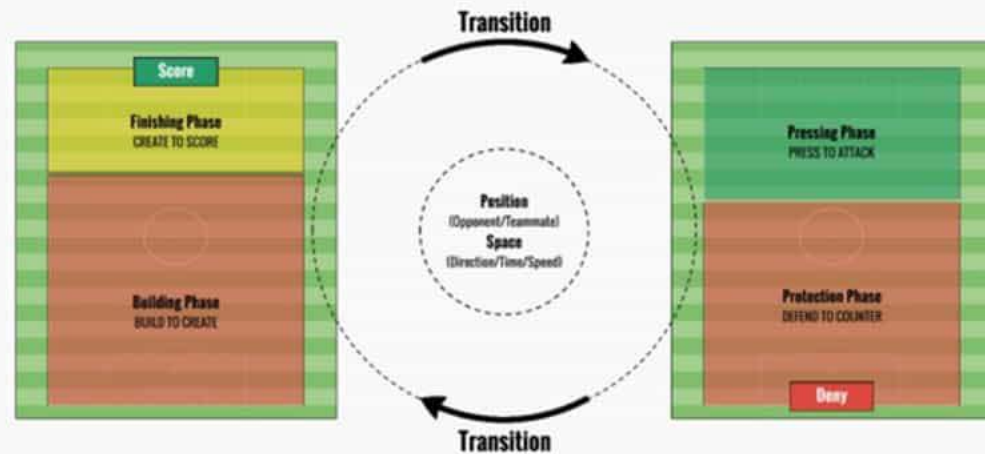


PHASES OF PLAY





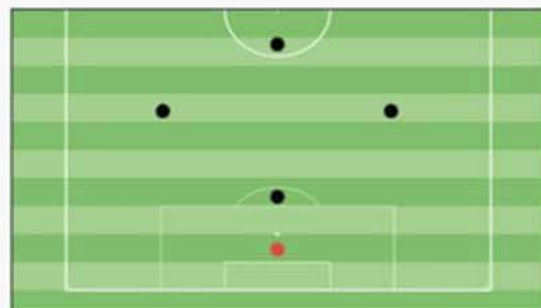
PHASES OF PLAY



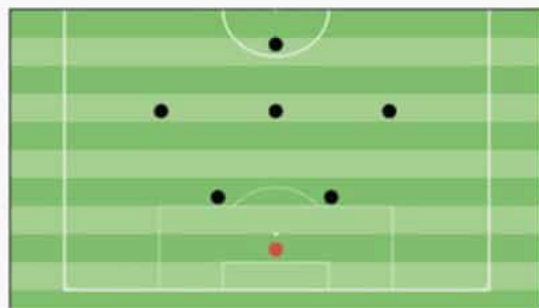
DESIRED FORMATIONS

FOUNDATION U5-U9

5v5: 1-1-2-1

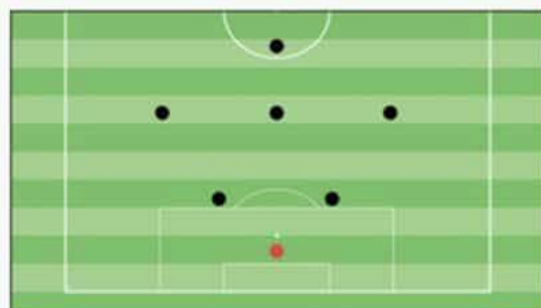


7v7: 1-2-3-1



DEVELOPMENT U10-U12

7v7: 1-2-3-1



9v9: 1-4-3-1

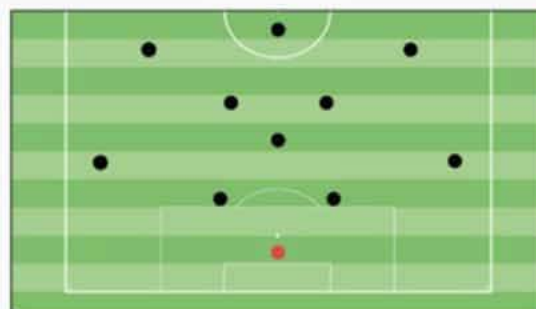




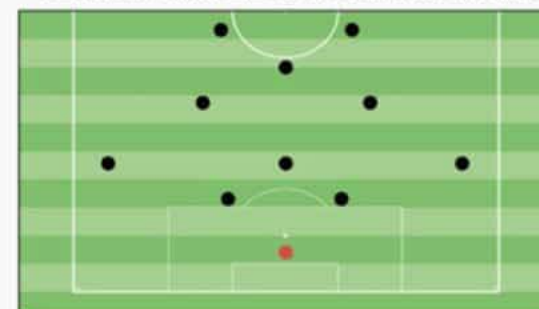
DESIRED FORMATIONS

IMPLEMENT U13-U15

11v11: 1-4-3-3



VARIATIONS BASED ON DESIRING INFLUENCE - PRINCIPLES OVER SET SHAPE



PERFORM U16-U19+

11v11: 1-4-3-3



VARIATIONS BASED ON DESIRING INFLUENCE - PRINCIPLES OVER SET SHAPE



GAME MODEL

No Focus

The objective is new for the players and presented and trained for the first time.

Introduce / Low Focus

The players are trained to execute the objective in the game without the interference of the coach.

Master / High Focus

The players are capable to execute the objective in the game, in different situations, without the interference of the coach. The coach is capable to put attention on specific details of the objective.



PLAYER PROFILE / DEVELOPMENT

Passionate - A love for learning the game

Proactive - Takes responsibility and shows initiative for all actions during practice and games

Hardworking - Gives maximum effort and executes their tasks for the full length of minutes at training and in games

Engaged - Gives maximum focus and concentration to execute their task for full length of minutes at training and in games

Dominates 1v1 - Shows accountability and initiative with and without the ball

Decision Maker - Can read and understand the game while recognizing the moment to execute decisions

Team Player - Makes decisions that help the collective and understands the importance of working with others



PLAYER PROFILE / DEVELOPMENT

	U5-U9 Foundation	U10-U12 Development	U13-U16 Implement	U16-U19+ Perform
COGNITIVE	<p>Tend to only one task at a time in problem-solving situations</p> <p>Immature understanding of time and space relationships</p> <p>Rules must be simple. Long sequential instructions are not processed</p>	<p>Lengthened attention span, ability to sequence thoughts and actions</p> <p>Pace factor beginning to develop, they are starting to think ahead</p> <p>Intrinsically motivated to play / May initiate play on their own</p>	<p>Beginning to think in abstract terms and can address hypothetical situations</p> <p>Increased ability to acquire and apply knowledge</p> <p>Developing a conscience, morality and a scale of values</p>	<p>Starts to take responsibility of personal growth (long term development)</p> <p>Have a lengthened attention span to acquire and apply knowledge</p> <p>Able to understand and act on moral principles and social values</p>
PSYCHO-SOCIAL	<p>Needs generous praise</p> <p>Psychologically easily bruised</p> <p>May verbalize team, but does not group or collective play</p>	<p>Continued positive reinforcement needed</p> <p>Adults outside the family take on added significance (i.e coaches)</p> <p>Team identification becomes important</p>	<p>Popularity tends to influence self esteem</p> <p>Tends to be self-critical and needs positive reinforcement</p> <p>Beginning to spend more time with friends rather than parents</p>	<p>Strong desire to be part of a team</p> <p>Striving for independence but still needs adults approval</p> <p>Caught between being a child and an adult</p>



PLAYER PROFILE / DEVELOPMENT

	U5-U9 Foundation	U10-U12 Development	U13-U16 Implement	U16-U19+ Perform
TECHNICAL	Develop basic skills of attack, defend, transition	Develop execution of decisions in 1v1/2v1/2v2/3v2 (Communication) situations	Introduce execution of decision in relation to team role within 11v11 (Communication)	Develop functional execution of decision in relation to specific demands of players position
TACTICAL	Introduction to (Attack, Defend, Transition). Basic concepts introduced in relation to decision making in 1v1/2v1	Recognition of the basic principle in relation to the moment to develop decision making and execution. Basic Positional Play introduced	Introduce simple to complex principles to positional roles and responsibilities within team to develop decision making and execution.	Recognition of the principle in relation to trained movements, rotations, patterns, actions within positional roles and responsibilities within team.
PHYSICAL	Body segments grow at different times Motor development starts with the head and moves downward to the feet and from the center of the body outward	Gross and small motor skills becoming more defined Physically mature individuals demonstrate stronger motor skills	Beginning to develop abilities to sustain complex and coordinated skill sequences PHV (Peak height velocity). Adolescence and puberty.	Increase in aerobic power, acyclic speed and explosive strength Begin to reach potential in terms of coordination and performance of skilled movement



PLAYER KEY QUALITIES BY POSITION

Attack
Attack > Defend
Defend
Defend > Attack

- Goalkeeper #1
- Center Backs #4 & #5
- Full Backs #2 & #3
- Defensive Midfielder #6
- Attacking Midfielders #8 & #10
- Wingers #7 & #11
- Striker #9



GOALKEEPER (#1) KEY QUALITIES

Attack

1. Connected to back line - position for back pass if needed
2. Vision and decision making in distribution with feet - long, driven pass vs short pass, feet or hands
3. Consistent technique - first touch, short passing, long passing, hand distribution, etc.

Attack > Defend

1. Communication to the team to defend centrally as a unit
2. Immediate movement / recovery into effective position - ability to deal with shot, through ball, ball over top, cross, etc.

Defend

1. Read the game - identify and solve problems with short, concise communication - Defend the Space
2. Manage space behind back line - consistent decision making - Defend the Area
3. Consistent shot-stopping and handling of crosses. Eliminate second chances for attackers - Defend the Goal

Defend > Attack

1. Quick recovery after save, then distribute
2. Vision and decision making in distribution - Long or short? Hands or feet?
3. Launch quick attacks in transition



CENTER BACKS (#4 & #5) KEY QUALITIES

Attack

1. Comfortable in possession of the ball
2. Wide range of passing ability to skip and break lines in building phase
3. Ability to drive forwards with the ball out of the back line

Attack > Defend

1. Communication to the team to defend centrally as a unit
2. Movement / recovery into effective position - ability to deal with shot, through ball, ball over top, cross, etc.
3. Good decisions to step, hold, or drop

Defend

1. Strong 1v1 defender
2. Understanding of pressure / cover / balance
3. Ability to stay connected with the players around them

Defend > Attack

1. Willingness to drop / expand to initiate possession and build up play
2. Good vision and awareness to initiate counter attack
3. Ability to hit longer diagonal passes



FULL BACKS (#2 & #3) KEY QUALITIES

Attack

1. Willingness to get forward
2. Ability to take players on
3. Ability to cross the ball from the flanks
4. Confidence in technical ability to combine with midfielders and forwards

Attack > Defend

1. Immediate communication to the team to defend centrally as a unit
2. Immediate movement / recovery into effective position -ability to deal with shot, through ball, ball over top, cross, etc.
3. Short, concise, communication to eliminate chances on goal

Defend

1. Strong 1v1 defender
2. Ability to recognize when to attack vs stay home
3. Understanding of pressure / cover / balance
4. Ability to stay connected with the players around them

Defend > Attack

1. Speed in transition to get forward on counter attacks
2. Understanding of possession vs penetration
3. Ability to get forward through combination play
4. Ability to start counter attacks through strong defence and reading of the game



DEFENSIVE MIDFIELDER (#6) KEY QUALITIES

Attack

1. Discipline in role of holding their position with good awareness and decision making skills
2. Comfortable receiving the ball under pressure with wide range of passing ability to skip/break lines and switch point of attack. Plays between the lines and can drop between 4 & 5 to build attack

Attack > Defend

1. Good recognition of game moments to position themselves in advance of moment - think defend
2. Decision making of when press to deny forward play vs hold space to delay
3. Awareness and ability to communicate with urgency and limited time

Defend

1. Makes play predictable and helps keep play one-sided
2. Enforces pressure and wins the ball back
3. Connects with #8 and #10 to form a compact unit that presses the opponent in the central midfield zone and forces play outside (deny switch)

Defend > Attack

1. Gets available / free to receive the ball in between the lines
2. Must secure the ball and make correct decision of when to play forward and exploit weak areas of opponent
3. Intelligent and must have good spatial awareness



ATTACKING MIDFIELDERS (#8 & #10) KEY QUALITIES

Attack

1. Comfortable receiving the ball under pressure with wide range of passing ability to skip / break lines
2. Ability to scan field increase decision making
3. Create goal scoring opportunities through switching point of attack and combination play
4. Makes forward runs and scores goals

Attack > Defend

1. Good recognition of game moments to position themselves in advance of moment - think defend
2. Decision making of when to pass to deny forward play vs hold space to delay
3. Awareness and ability to communicate with urgency and limited time

Defend

1. Good understanding / reading of the game / positional awareness in zones 4, 6, 5
2. Combative and willing to fight a physical battle
3. Dominate in 1v1 confrontations both physically and positionally
4. High endurance levels (maintains football actions) and think defend

Defend > Attack

1. Gets available / free to receive the ball in between the lines
2. Must secure ball and make correct decision of when to play forward and exploit weak areas of opponent
3. Intelligent and must have good spatial awareness
4. Supports attack



WINGERS (#7 & #11) KEY QUALITIES

Attack

1. Expressive and creative in 1v1 situations
2. Recognizes the right moments to play a killer pass, cross, and can score goals
3. Plays in between the lines, supports 9 and runs in behind

Attack > Defend

1. Attitude to counter-press
2. Effective at moving into positions to regain compactness
3. Considers positions in which they can affect multiple players

Defend

1. Must have the mentality - think transition to transition from attack to defend
2. Dominate in 1v1 confrontations positionally
3. Stays connected with the group and understand how to press in wide areas

Defend > Attack

1. Pass or dribble forward to exploit opponents
2. Offers runs behind opponents back line
3. Get in the box



STRIKER (#9) KEY QUALITIES

Attack

1. Scores goals - high level of finishing technical execution
2. Ability to play both in front and behind the defensive lines of the opposition
3. Combine with midfielders with view to create scoring chances

Attack > Defend

1. Press to score or make play predictable
2. Decision making ability to determine when and where to start pressuring the opponents 4 and 5
3. Keeps play one-sided by pressing 9

Defend

1. Immediate press and chance in final third
2. Delays and directs opponents build up play
3. Recognizes when to recover into a deeper position to assist midfielders as needed

Defend > Attack

1. Immediate outlet with movement in behind and in front of defensive line
2. Secures and retains possession of the ball efficiently
3. Movement and timing in runs especially to exploit space behind defenses



TEACHING METHODOLOGY

COACH PROFICIENCY

1. SOCCER KNOWLEDGE
(Philosophy, Team Tactical Principles)

**2. UNDERSTAND & RECOGNIZE
TEACHABLE MOMENTS**

**3. APPLY TEACHING METHOD TO
SPECIFIC INDIVIDUAL OR TEAM**

SOCCER THEORY

1. COMMUNICATION
(Soccer Reference)

2. DECISION MAKING
(Position/Moment/Direction/ Speed)

3. APPLICATION
(Execution of Decision)

LEARNING ENVIRONMENT

1. ACCOUNTABILITY
(Objective Based Outcomes)

2. COMPETITION
(Football Fitness/Intensity)

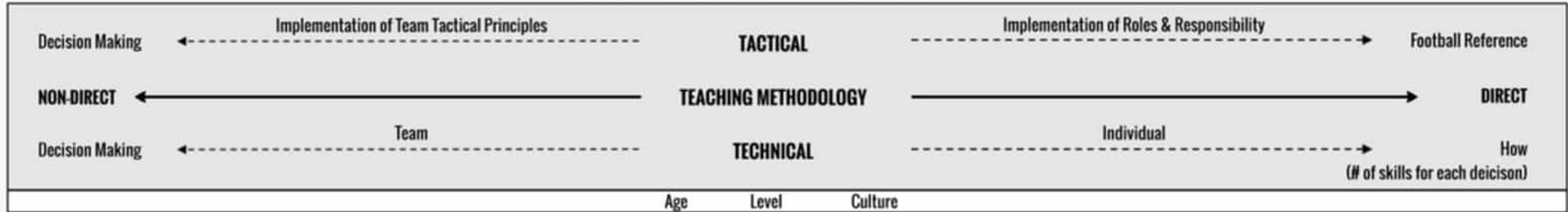
3. COLLABORATION (DELIVERY)
(Coach/Player Communication)



TEACHING METHODOLOGY

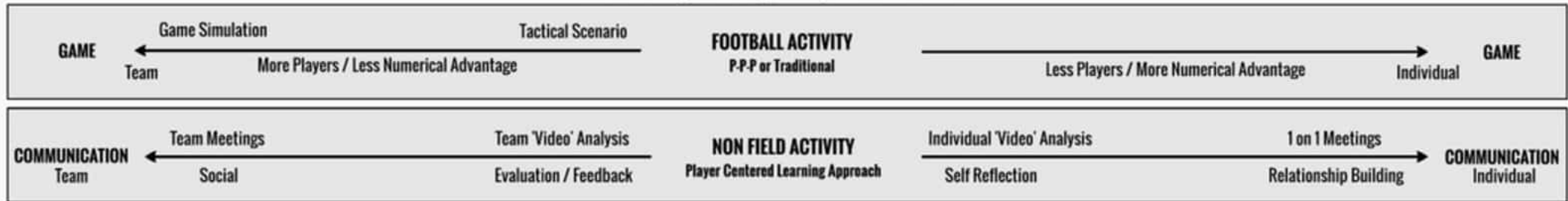
TEACHING METHOD SPECTRUM

(Teaching Methodology must be supported by a Football Reference)

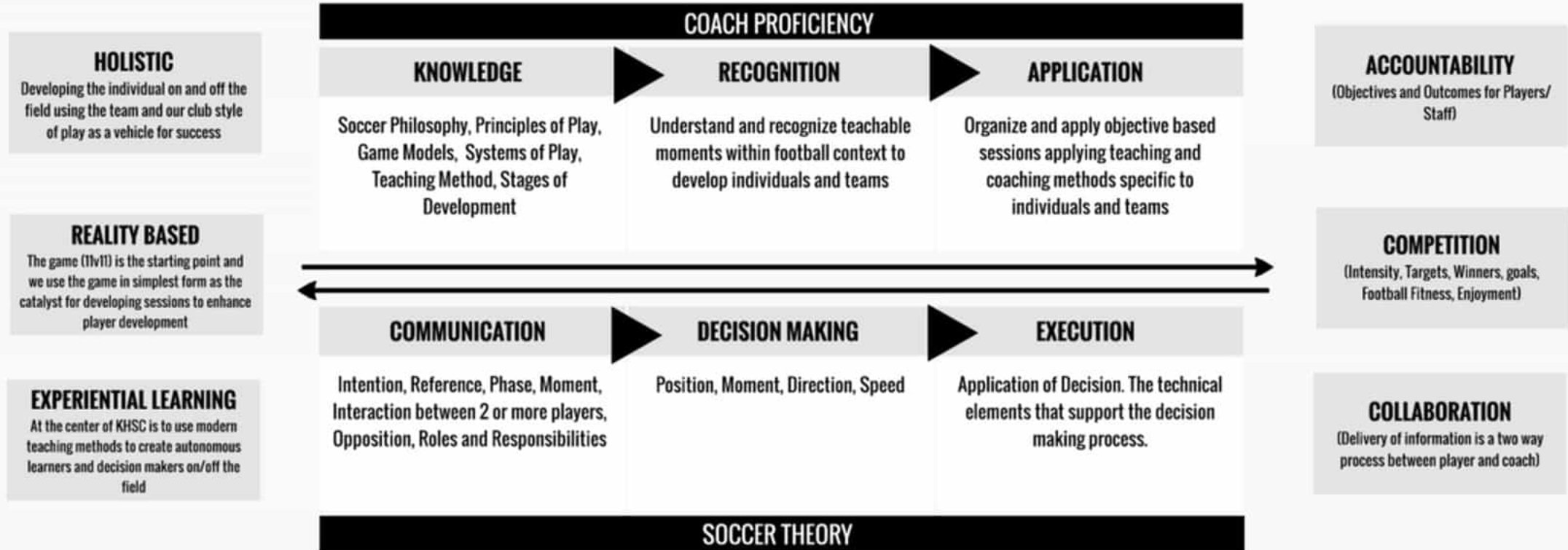


STRUCTURE TO SUPPORT METHOD

(Football Activity must be supported by a Football Reference)

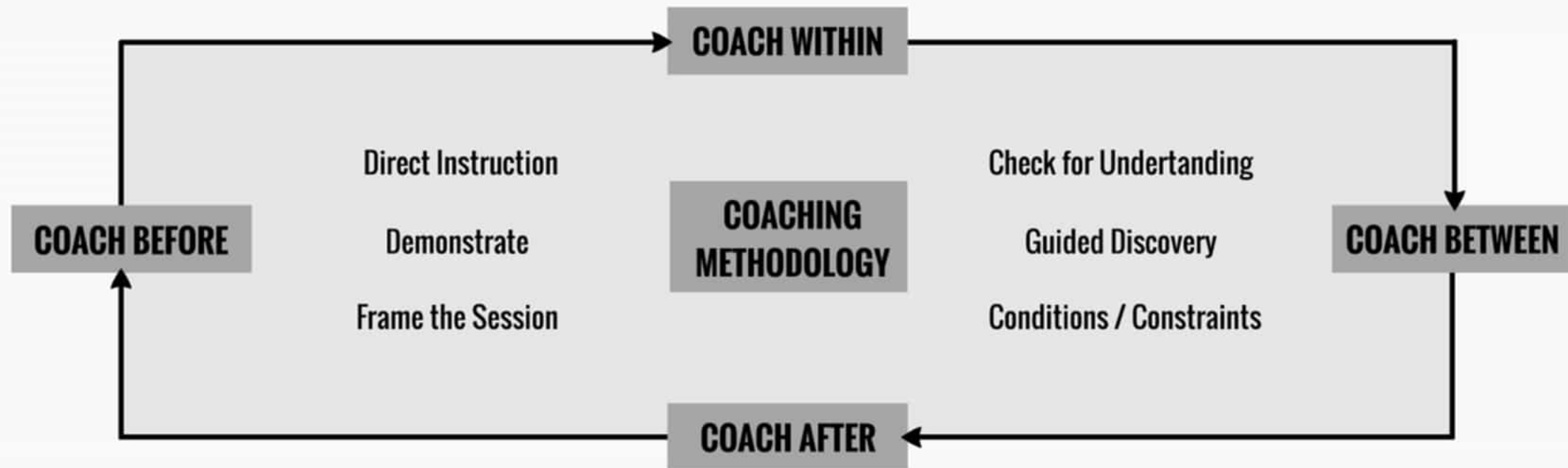


TEACHING METHODOLOGY



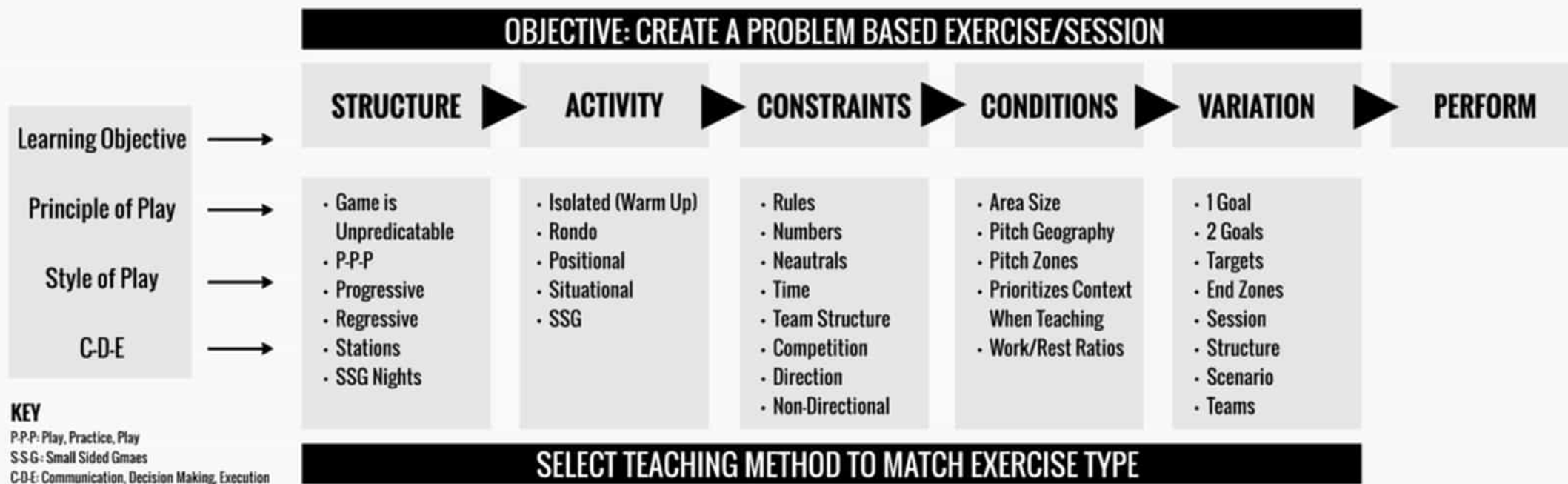
COACHING METHODOLOGY

Coaching Process III - Perform (Teaching & Delivery)



DELIBERATE TEACHING - SESSION DNA

Coaching Process II - Planning & Preparation



DELIBERATE TEACHING - EXERCISE DNA

Coaching Process - Practice on the Field

