

Northern Heights Soccer Club

Coaching Curriculum - U18's (block 2)

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Development)**

Template Overview

Time Slot Template

10 minutes -> Warm up + plyometrics

20 minutes -> Technical/tactical work (small-sided game segment)

20 minutes -> Technical/tactical work (analytical segment)

30 minutes -> Normal game play

5 minutes -> Cool down + debrief

Training Session Overview

Weeks	Topics	Concepts
Week 1	Closing & Pressing (Pressing to Win Possession)	<ol style="list-style-type: none"> 1. Deny, restrict, predict 2. Confine opposition to specific zones of pressure
Week 2	Playing Through the Thirds	<ol style="list-style-type: none"> 1. Transitioning the ball 2. Transitioning as a unit
Week 3	Transitions of Play	<ol style="list-style-type: none"> 1. Attack to defence 2. Defence to attack
Week 4	Utilizing the 'Third Man' in Possession (i.e., the release of pressure by being available, in possession, to receive & play; space, time, and ability to progress ball beyond the opponents line of pressure)	<ol style="list-style-type: none"> 1. 1st phase of making self available for option in possession 2. Getting the ball into the 'third man' aka the 'free/unmarked player' to create an attacking action
Week 5	Finishing	<ol style="list-style-type: none"> 1. Choosing appropriate finishing surface of body 2. Variety of approaches to fulfill attacking actions
Week 6	Expansion & Contraction	<ol style="list-style-type: none"> 1. Creating depth & width (expansion) in possession 2. Creating compactness & tightness (contraction) out of possession
Week 7	Game Play	<ol style="list-style-type: none"> 1. Tournament-style 2. Incorporating lessons/ concepts learned throughout the training block