

## Tactical Development: OFFENSIVE

*X-treme players should be able to ...*

Mt. Pleasant Soccer Club – X-treme Soccer Program	U10	U12	U14	U16	U18
	<ul style="list-style-type: none"> <li>Understand the role of the first attacker (Must try and achieve penetration through passing, dribbling, or shooting).</li> <li>Play away from pressure when you receive a ball - and move it at a new angle.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the role of the second attacker (Player in immediate support of the ball).</li> <li>Get free of markers: "checking off" and creating space for yourself.</li> <li>COMBINATIONS: Overlap, wall pass and takeover. Beginning to build up options for the two attackers in a two versus one situation.</li> <li>Understand when the receiver is standing or running toward the passer the ball should be played to his/her foot.</li> <li>Understand when the receiver is running laterally the ball should be played into space</li> </ul>	<ul style="list-style-type: none"> <li>COMBINATIONS: Mastery of the: Overlap, wall pass, takeover, and double pass.</li> <li>Understand the role third attacker (Stretches the defense and disturbs its' balance)</li> <li>Have a secure tactical sense about shooting: generally to the far post as opposed to the near post, low rather than high, etc.</li> <li>Use deception when passing, receiving, and dribbling.</li> <li>Limit touches to improve speed of play.</li> </ul>	<ul style="list-style-type: none"> <li>Organize runs in the box (Near post, Slot, Far Post).</li> <li>Understand the importance of capturing the end line and slotting the ball back across the face of the goal.</li> <li>Use deception in their game and play quickly.</li> <li>Make consistently intelligent first touches upon receiving.</li> </ul>	<ul style="list-style-type: none"> <li>Master the use of deception and quick play.</li> </ul>

# Tactical Development: DEFENSIVE

*X-treme players should be able to ...*

Mt. Pleasant Soccer Club – X-treme Soccer Program	U10	U12	U14	U16	U18
	<ul style="list-style-type: none"> <li>• Have an aggressive attitude about individual defending: "Press the ball when you lose it! Really hassle the ball possessor!"</li> <li>• Understand the role of first defender (pressure).</li> <li>• Position themselves goal side of attackers when they lose the ball: cutting off the path to the goal.</li> <li>• Marking opponents tightly.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the role of the second defender (cover).</li> <li>• Understand the idea of “channeling” the first attacker to your defensive cover.</li> <li>• Differentiate the roles of outside defenders and central defenders</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the role of the third defender (balance)</li> <li>• Understand the difference between man marking and zonal defending.</li> </ul>	<ul style="list-style-type: none"> <li>• Fully understand defensive pressure, cover and balance.</li> <li>• Effectively communicate and organize defensively in all thirds of the field.</li> </ul>	<ul style="list-style-type: none"> <li>• Master defensive communication and organization</li> </ul>

## Tactical Development: TEAM

*X-treme players should be able to ...*

Mt. Pleasant Soccer Club – X-treme Soccer Program	U10	U12	U14	U16	U18
	<ul style="list-style-type: none"> <li>• Spread out and make the field big when in possession of the ball.</li> <li>• When your team does not have the ball, getting together a little, trying to protect the middle of the field and the space in front of your goal.</li> <li>• Look up and around and away from the ball, on both attack and defense. No "ball watching".</li> <li>• Have numerous 1 v 1 confrontations to perfect timing in attack and defense.</li> <li>• Understand the concept of the “three main moments of soccer” : When your team has the ball (offense), when your team doesn’t have the ball (defense), and the moment when your team gains or loses possession (transition).</li> </ul>	<ul style="list-style-type: none"> <li>• Have numerous 2 v 2 and 2 v 1 confrontations to perfect timing in attack and defense.</li> <li>• Understand the elemental idea of support: helping the player with the ball. "Form a pair" with the player on the ball; other players should stay away and make the field big.</li> <li>• Switch the direction of play or the point of attack.</li> <li>• Be aware of the different "climates" in the three thirds of the field: attack, midfield and defense.</li> <li>• Able to use the vocabulary of soccer (square, time, turn, etc.)</li> <li>• Begin to understand the idea of team shape.</li> <li>• Understand the roles of the different players on the field.               <ul style="list-style-type: none"> <li>○ Forwards</li> <li>○ Midfielders</li> <li>○ Defenders</li> <li>○ Goalkeeper</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Make good choices about trying to penetrate or protect the ball, based on whether or not there is pressure when you receive the ball (Possession vs. Penetration).</li> <li>• Develop good verbal and non-verbal communication.</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of the situation during a game and the possible adjustments: ahead, behind, time remaining, field conditions, etc.</li> <li>• Master the concept of stretching the field vertically and horizontally (width and depth) when in possession of the ball, and being as compact as possible in defense.</li> <li>• Be exposed to various systems: 4-3-3, 4-4-2, 3-4-3, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Make adjustments to the opponent’s style of play to be more successful.</li> <li>• Understand different styles of play: Direct play, possession attack, slow build-up, flank play, counterattacking organization, etc.</li> <li>• Understand the roles of the reserves vs. roles of the starters</li> </ul>