

BC Soccer Premier League Club License Technical Resources Player & Coach Profiles

Version 2.0 – 1 February 2018



BC SOCCER

Overview

The BC Soccer Technical Resources are composed of a Curriculum, Game Model, Player Profiles and Coach Profile. These resources have been designed in consultation with the Canada Soccer Association, Vancouver Whitecaps FC and the BC SPL Technical Committee to support player and coach development for the U13 – U18 age groups.

Curriculum

The curriculum provides a developmental framework to work towards within the training environment. It identifies the Moments of the Game, the Zones and Areas of the Field, as well as Team Tasks and the Principles of Play. These elements should be combined with the session methods and practice types to cover a variety of developmental sessions throughout the season.

Game Model

The Game Model outlines the desired developmental actions for players to action within the game environment pairing the curriculum and player profiles to game situations. Based on a Flexible Playing System, the considered and planned deployment of players in specific roles within a team, where they carry out defined functions in designated areas of the field. With possession, dominance in possession and territory by building play through the zones of the field with efficiency and effectiveness. Without possession, to implement a variety of defending strategies when attempting to regain possession within the zones of the field.

Player Profiles

The Player Profiles outline the desired characteristics of players across technical, tactical, physical and mental related to their position and unit within the team, when in and out of possession.

Coach Profile

The Coach Profile is provided to assist coaches with maintaining and meeting the technical standards of the License and links the delivery of the Curriculum, Game Model and Player Profiles. It provides guiding statements for Coaches to uphold to including, preparation, organization, behaviour and methodology.



Overview

The Player Profiles outline the desired characteristics of players across technical, tactical, physical and mental related to their position and unit within the team, when in and out of possession.

Definitions

- Positional

The Technical and Tactical attributes of the player as it relates to their ability and awareness with the ball in a 1 v 1 positional situation.

- Unit

The Technical and Tactical attributes of the player as it relates to their ability and awareness in relation to their specific unit having possession. (GK & Defenders, Midfielders or Forwards).

- Technical/Tactical

The players ability to to implement techniques as it relates to tactical situations within the game.

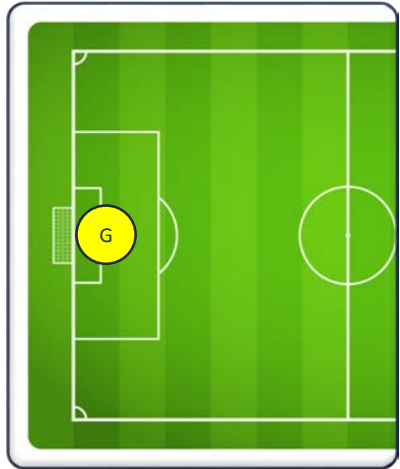
- Physical

The players ability to implement the physical requirements of the game as it relates to with and without possession, including, speed, agility, endurance and strength.

- Mental

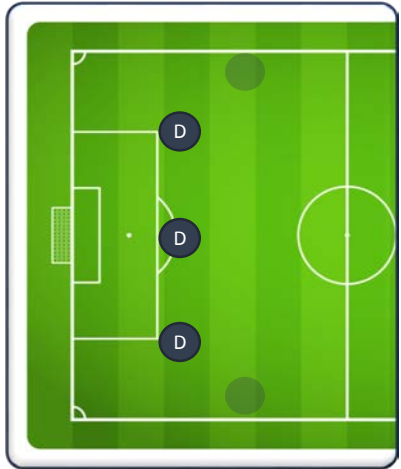
The players ability to demonstrate the mental requirements of the game as it relates to with and without possession, including, attitude, desire and overall character.

Goal Keeper



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Comfortable with Ball at feet with Both Feet (First line of attack) • Accurate Distribution from Hands/Feet (proper decision making play short/long) <p><u>Unit</u></p> <ul style="list-style-type: none"> • Supporting option for team to play through • Ability to take pressure off the team • Positional Awareness (in Relation to the ball & opponents) 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Starting Position in Relation to the ball/opponent • Shot stopping • Dealing with Crosses <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Speed • Strength 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Presence 	

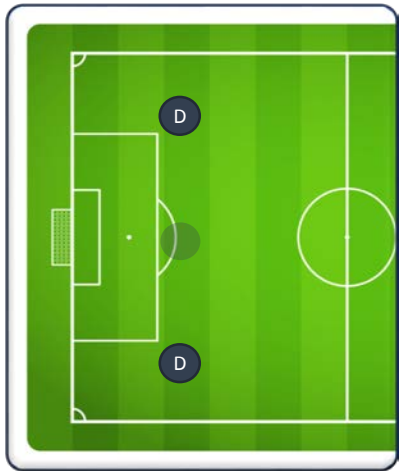
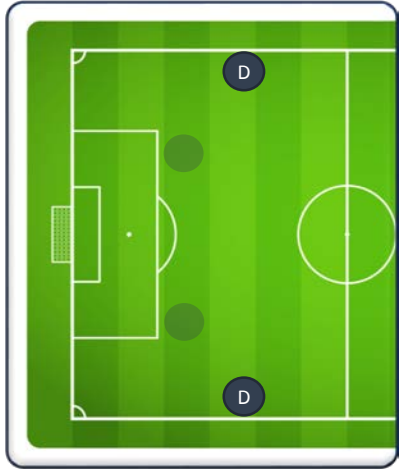
Central Defender



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Ability to receive the ball on the ½ Turn (Facing Forward) • Range of passing • Ability to break out with the ball from zone 1 - 2 <p><u>Unit</u></p> <ul style="list-style-type: none"> • Progress attacks in and to zones 1 – 4 • Provide passing option for the GK • Provide supporting option to switch play 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Marking player to player • Marking space • Preventing forward passes / shots / crosses <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Endurance • Speed • Strength 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Defensive Leadership 	

Player Profiles

Wide Defender



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Ability to receive the ball on the ½ Turn (Facing Forward) • Range of passing • Ability to deal with pressure in a 1 v 1 situation <p><u>Unit</u></p> <ul style="list-style-type: none"> • Progress attacks in and to zones 1-4 • Provide a wide passing option for the CD's and GK • Ability to run beyond units 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Marking player to player • Marking space • Preventing forward passes / crosses / shots <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Endurance • Speed 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Desire to defend and attack 	

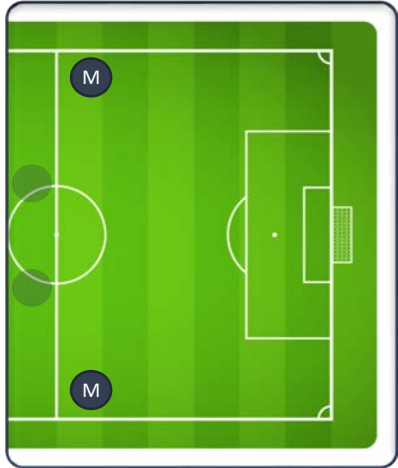
Player Profiles

Central Midfielder



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Ability to receive the ball on the ½ Turn with both feet (Facing Forward) • Passing Range (Switching/Penetrating/Breaking Lines/Weight of Pass) • Dribbling & Finishing in and around the box <p><u>Unit</u></p> <ul style="list-style-type: none"> • To provide a constant link between the defenders & the attacking players • To support and cover fellow midfielders and for defenders who drive into midfield • Living between lines – disappear, reappear, interchange, rotation 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Marking player to player • Marking space • Ability to intercept and tackle <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Endurance • Speed • Strength 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Desire to defend and attack 	

Wide Midfielder



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Ability to receive the ball on the ½ Turn with both feet (Facing Forward) • Passing and dribbling skills in 1 v 1 and 2 v 2 situations • Finishing and Crossing skills – Driven, Lofted and Cut Backs <p><u>Unit</u></p> <ul style="list-style-type: none"> • To provide a relationship with wide defenders & attacking players • To combine and cooperate with attacking players (interchanging of positions & passes) • To support and cover fellow midfielders and for defenders who drive into midfield 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Marking player to player • Marking space • Ability to intercept and tackle <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Speed • Endurance 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Decisive 	

Player Profiles

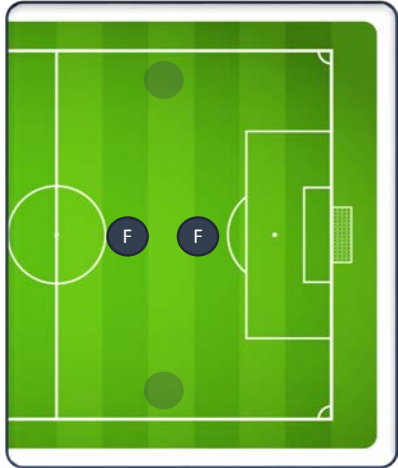
Wide Forward



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Ability to receive the ball on the ½ Turn with both feet (Facing Forward) • Passing and dribbling skills in 1 v 1 and 2 v 2 situations • Finishing and Crossing skills – Driven, Lofted and Cut Backs <p><u>Unit</u></p> <ul style="list-style-type: none"> • To provide depth and width for effective attacking play • To combine and cooperate with attacking players (interchanging of positions & passes) • To support and cover fellow midfielders and for defenders who drive into midfield 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Setting up channeling strategies • Marking space and/or player • Ability to intercept and tackle <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Speed • Endurance 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Decisive 	

Player Profiles

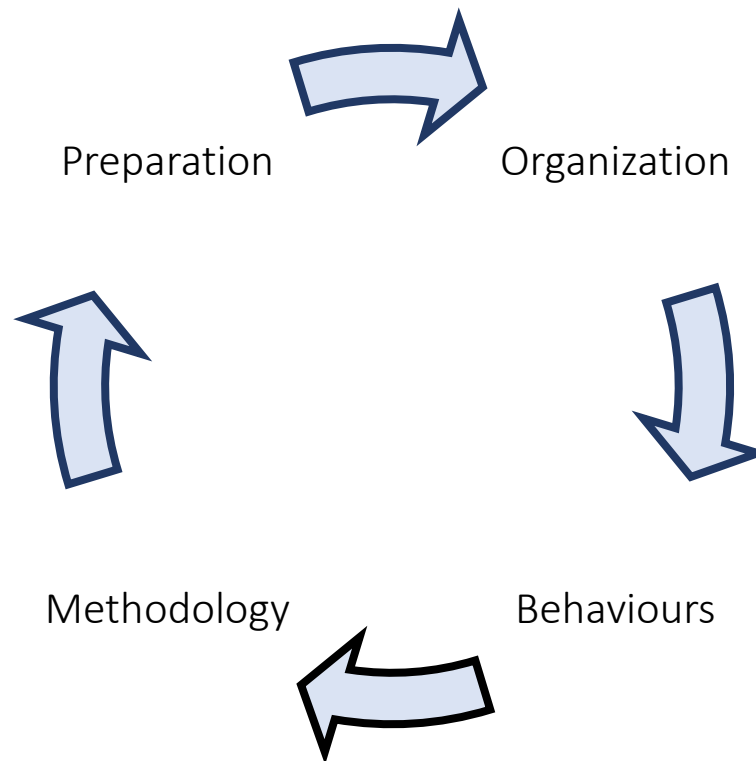
Central Forward



With Possession	Without Possession
Technical / Tactical	
<p><u>Positional</u></p> <ul style="list-style-type: none"> • Ability to receive the ball on the ½ Turn with both feet (Facing Forward) • Passing and dribbling skills in 1 v 1 and 2 v 2 situations • Finishing skills – Driven, Lofted and Cut Backs <p><u>Unit</u></p> <ul style="list-style-type: none"> • To operate in front and behind the oppositions defense/running in behind • To assess & move into goal scoring positions whenever there is a chance of delivery • Positional/Tactical Awareness 	<p><u>Positional</u></p> <ul style="list-style-type: none"> • Setting a line of confrontation • Marking space and/or player • Ability to intercept and tackle <p><u>Unit</u></p> <ul style="list-style-type: none"> • Pressure • Cover • Depth
Physical	
<ul style="list-style-type: none"> • Agility • Speed • Strength 	
Mental	
<ul style="list-style-type: none"> • Demonstrates a willingness and recognition when to want the ball • Composure • Decisive 	

Overview

The Coach Profile is provided to assist coaches with maintaining and meeting the technical standards of the License and links the delivery of the Curriculum, Game Model and Player Profiles. It provides guiding statements for Coaches to uphold to across, preparation, organization, behaviour and methodology.



Preparation

Arrives early to field before staff and players

The coach demonstrates his/her leadership by a punctual arrival and makes preparations to ensure that the environment is safe and ready for the team. This includes field agreements, surface and environment check, Emergency Action Plan, equipment access and a prepared session plan ready for delivery.

Considers safety all factors (environment, emotional and physical)

Safety awareness is evident before and during the session. Proper safety check of field and equipment is completed and health concerns of players are known and addressed. The coach outlines foreseeable risks to the group if any and is demonstrates such awareness throughout the session duration.

Organized warm-up protocol (& for GK's)

Standardized warm-up routines are prepared in advance that are specific to the type of session that takes into account the theme of the day, objectives and weather considerations. Goalkeeper specific preparations are conducted by a qualified staff member trained in the nuances of warm up activities suited for the Goalkeeper(s).

Efficient use of equipment, space & personnel management

Realistic organization activity parameters are managed based on theme of the day, players and field availability. Equipment is laid out in advance of starting the session and introduction for players is accomplished in a simplified visual and verbal manner (ie. pinnies, balls, targets or goals, colour and volume of markers used and/or other equipment).

Organization

Involves all players and adheres to play time policy

Groupings are done prior to the explanation to set up players effectively. Players move into position to start immediately after demonstration and explanation of the activity. During sessions or games, play time should reflect opportunities for all players to participate and learn from the objectives at hand.

Maintains control of session, personnel and technical area

The coach makes effective use of game or activity playing conditions and rules (if applied). Applying maximum game realism in activities considering directional play, opposition, teammates, targets or goals and sequencing actions. The coach sets boundary access for staff, players, staff and observers in their respective areas so he/she can focus and control the session.

Provides timely and effective pre-brief and debriefs

The coach is a proficient communicator who motivates through challenge and simplifies explanations for the task at hand. The coach also demonstrates skill in engaging with players to promote buy in to various concepts and overall objectives. The coach has the capability to analyze performance and link ideas to the big picture to encourage the players.

Exhibits BC Soccer game model principles effectively

The session reflects the outcomes of the curriculum and specifically the session plan as it is being conducted with the players. Team tasks and individual roles performed by players are apparent. The players demonstrate a firm understanding of the game model led by the coach relating to the moments in the game (with and without possession, transition and set plays).

Behaviours

Maintains high standards and effective rapport

Leads as an example in setting high standards in manner, communication and appearance as well as in the delivery of the coaches overall objectives within sessions and games. Demonstrates a rapport with the players that puts the player first as a person.

Demonstrates Fair Play principles in his/her leadership

At all venues the coach exemplifies promotion of fair play and values that promotes an environment that upholds the laws of the game in training and games. Positive leadership is evident in all circumstances in the role of the coach.

Professional appearance and respectful conduct towards others

Exhibits respectful demeanor towards others including players, staff, parents, officials and observers. Does not provoke others and maintains self-control in all situations and avoids situations that may lead to disciplinary action.

Exhibits a positive mindset focused on player development

Displays a positive mindset focused on player development principles, league/program objectives as set out by BC Soccer. The coach demonstrates knowledge of these objectives and stays current with all resources materials provided as his/her guidelines for player and coach development.

Methodology

Displays appropriate coaching positioning and sideline demeanor

The coach takes up optimal positioning proximity according to the theme. Scanning pertinent individual and/or a group of players while varying vantage point(s) appropriately to observe the entire group. Proper positioning allows for evaluating performance and gravitating towards timely interventions as required with minimal delay.

Promotes BC Soccer game model play evident in team performance

The coach demonstrates a strong understanding of multiple teaching styles (ie. command, question & answer, guided discovery, observation & feedback and trial & error). The coach adjusts between these styles seamlessly as needed and allows for players to solve a situation by exposing them to the problem.

Provides and relays timely, clear and concise information

Key errors are diagnosed, they are accurate and consistent with the message (who, why, what and how?). The coach validates his/her knowledge by use of key factors (coaching points) to provide the best possible solution for the situation while engaging the learner in the process. The coach intervenes as necessary to allow players learn from the game and coach messaging.

Provides key and alternate solutions to situations when necessary

Demonstration is efficient, concise and includes alternative options involving movement with the ball, speed of the game and pressure during rehearsal and going live scenarios. The coach allows for alternate solutions and options to explore during the teaching moment as required so players may apply learning so similar situations.

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