



GRASSROOTS ROADMAPS



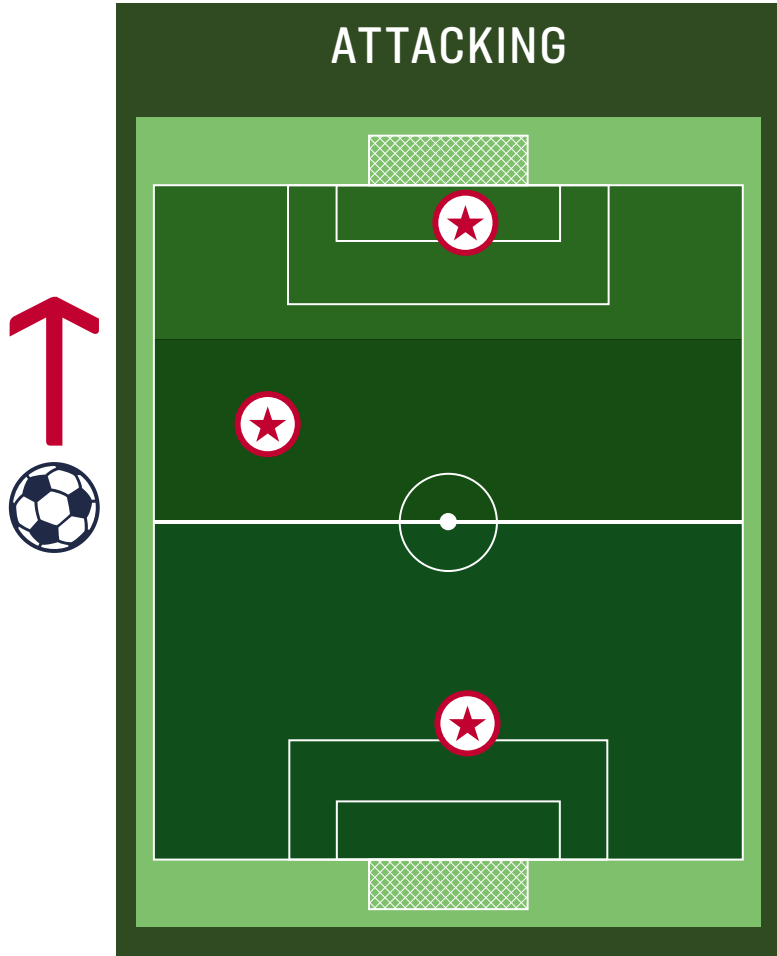
ATTACKING GRASSROOTS ROADMAP



ATTACKING

WHERE Where is it happening on the field?	WHY/GOAL Why do players attack? What are the goals?	HOW How are players going to accomplish the goals?	WHAT/PLAYER ACTIONS What can players do to achieve the How and the Why?	WHO/QUALITIES Who are these players? What qualities do they need to execute the actions?
Own half Build up	<ul style="list-style-type: none">• Move the ball forward	<ul style="list-style-type: none">• Find openings• Create openings	<ul style="list-style-type: none">• Shoot• Pass or dribble forward• Spread out• Create passing options• Support the attack• Create a 2v1 or 1v1• Change the point of attack• Change the pace/rhythm• Switch positions	<ol style="list-style-type: none">1. Read and understand the game and make decisions2. Take initiative, be pro-active3. Demonstrate focus4. Execute with optimal technical abilities5. Execute with optimal physical abilities6. Take responsibility and accountability for their own development and performance
Opponent's half Build up	<ul style="list-style-type: none">• Create chances			
Close to the goal Scoring	<ul style="list-style-type: none">• Score goals			

TRAINING SESSION GOALS - ATTACKING



- Improve scoring goals (3)
- Improve building up in opponent's half in order to create chances (2)
- Improve building up from own half in order to move the ball to the opponent's half (1)

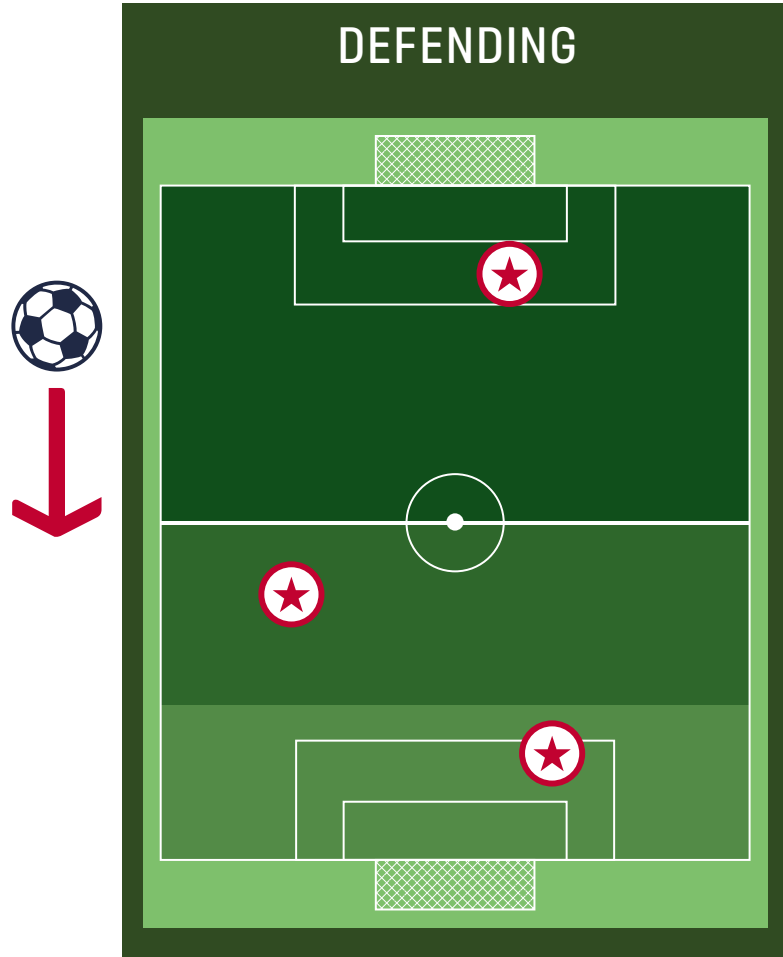
DEFENDING GRASSROOTS ROADMAP



DEFENDING

WHERE Where is it happening on the field?	WHY/GOAL Why do players defend? What are the goals?	HOW How are players going to accomplish the goals?	WHAT/PLAYER ACTIONS What can players do to achieve the How and the Why?	WHO/QUALITIES Who are these players? What qualities do they need to execute the actions?
Opponents half Prevent the build up	<ul style="list-style-type: none"> Prevent the opponent from moving the ball forward Regain the ball 	<ul style="list-style-type: none"> Close the openings (to the goal) Keep the openings (to the goal) closed 	<ul style="list-style-type: none"> Protect the goal Steal the ball Make it compact Keep it compact Pressure, cover, balance Outnumber the opponent Stay involved Mark the player/mark the area 	<ol style="list-style-type: none"> Read and understand the game and make decisions Take initiative, be pro-active Demonstrate focus Execute with optimal technical abilities Execute with optimal physical abilities Take responsibility and accountability for their own development and performance
Own half Prevent the build up	<ul style="list-style-type: none"> Prevent the opponent from moving the ball forward Regain the ball 			
Close to the goal	<ul style="list-style-type: none"> Prevent scoring goals Deny chances 			

TRAINING SESSION GOALS - DEFENDING



Improve preventing the opponent from building up in their own half (1)

Improve preventing the opponent from building up and creating chances in our half (2)

Improve preventing the opponent from scoring (3)

KEY QUALITIES OF A GRASSROOTS PLAYER



1. READ AND UNDERSTAND THE GAME AND MAKE DECISIONS

- applies knowledge of the cues
- reads and analyzes situations regarding attacking/defending/transition
- understands where and when to move themselves and the ball
- aligns own actions with other players and positions

2. TAKE INITIATIVE, BE PROACTIVE

- creates opportunities instead of reacting
- confronts situations
- challenges opponents

3. DEMONSTRATE FOCUS

- plays to win
- demonstrates bravery
- deals with adversity
- remains calm and composed

4. EXECUTE WITH OPTIMAL TECHNICAL ABILITIES

- shows comfort with the ball
- is technically proficient to be effective
- is proficient in 1v1 situations to create or to regain the ball

5. EXECUTE WITH OPTIMAL PHYSICAL ABILITIES

- demonstrates physical awareness (what their bodies can do)
- is coordinated in their movement

6. TAKE RESPONSIBILITY AND ACCOUNTABILITY FOR OWN DEVELOPMENT AND PERFORMANCE

- is involved and engaged throughout every game/training session
- delivers on agreements and promises
- is adaptable and flexible in dealing with (unexpected) challenges and problems
- articulates own learning needs
- evaluates and reflects on own performance

PLAYER ACTIONS



	4 v 4	7 v 7	9 v 9	11 v 11
	U-6, U-7, U-8	U-9, U-10	U-11, U-12	U-13+
ATTACKING	U-6 <ul style="list-style-type: none"> • Shoot • Pass or dribble forward U7/U8 <ul style="list-style-type: none"> • Spread out • Create passing options • Support the attack 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions 	<ul style="list-style-type: none"> • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions
A>D	DEFEND AS QUICKLY AS POSSIBLE			
DEFENDING	U-6 <ul style="list-style-type: none"> • Protect the goal • Steal the ball U-7/U-8 <ul style="list-style-type: none"> • Make it compact • Keep it compact 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area
D>A	ATTACK AS QUICKLY AS POSSIBLE			