

# Curriculum and Soccer Development



NETHER UNITED F.C.

Updated: April 2012



## Nether United F.C. Organizational Background

NPAA soccer was initiated strictly for boys in 1965 by Bill Spock at the behest of Ned McIntosh who was then President of the umbrella NPAA which had started in 1960. Ages covered were 8-10. One hundred kids showed up to play. They were lined up by size and then split equally as possible into 6 teams. One problem encountered then, and it still exists, was the availability of playing fields. Another Problem existed as quoted by Bill Spock—"My daughter Susan and two of her girl friends showed up and asked if they could play. In the context in 1965, it was unthinkable. Susan has never let me forget it."

The league grew each year and especially spurted when the community demanded there be a Boy's High School team. Such a team was formed in 1970 with Chris Jones as head coach. In 1970 Bob Urban took over the NPAA program. Girls were allowed to play but did not come out in great numbers until separate divisions for girls were formed. The growth of Girl's participation has been enormous. NPAA has come a long way from the beginning and is now more commonly referred to as Nether United F.C. The organization now boasts ample field space with the recent construction of the Robert Urban Memorial Field and state of the art Chester Park facility boasting two Bermuda/Rye grass fields which have seen the likes of the Philadelphia Union first team, Reserves and Academy training, Reserve team matches and the full Women's National team and Men's U17 National teams.

Programming is currently provided for Boy's and Girl's between the ages of 3 – 20 along with a Men's U23, Men's Open and Women's Open program.





## COMMUNITY

Being able to offer every child and adult an opportunity to enjoy the world's most popular game is our priority. *Twenty million kids register each year for youth hockey, football, baseball, soccer, and other competitive sports. The National Alliance for Sports reports that 70 percent of these kids quit playing these league sports by age 13 - and never play them again. According to Michael Pfahl, executive director of the National Youth Sports Coaches Association, "The number one reason (why they quit) is that it stopped being fun." (Why Most Kids Quit Sports - by Carleton Kendrick Ed.M., LCSW)* We believe that our community based club has established a "level playing field" to provide a positive **learning** environment, programs to fit the level of interest and ability of each **individual** and opportunity to excel within our **community**. Nether United F.C. looks to offer an appropriate level of team for players of every age, gender and ability. Additionally, Nether United F.C. looks to give back to the community through various civic service projects ranging from sports programming to food and clothing drives for the less fortunate.

As an educational based program serving the Greater Philadelphia Area we feel responsible for the quality of service, staffing and instruction that is provided to each and every family. The focus of developing a complete player where defenders should attack and forwards should defend beginning at the youngest of age remains a club priority. – Nether United F.C.

**Learning** – Nether United F.C. aims to provide an environment where knowledge and skill can be acquired by instruction, repetition and positive reinforcement.

**Individual** – Nether United F.C. will adhere to the mission of treating each member fairly while providing an equal opportunity for participation and success.

**Community** – Nether United F.C. will keep the common interests of its members in mind when making all decisions regarding programs, schedules and development.





## PROGRAMS OFFERED

**Nether United Men's Open Team**

**Nether United Women's Open Team**

**Nether United Men's U23 Team**

**Nether United Travel Program  
Boys & Girls U11-U20**

**Nether United DDP Program  
Boys & Girls U9-U10\***

*\*DDP Program will potentially be U9-U12*

**Nether United Intramural Program  
Boys & Girls U4-U12**

**Robert Urban Academy  
(U5-U8 / U9-U12 / U13-U18)**

**GK Academy (U9-U18)  
Youth Academy (U5-U8)**

**YSC Union Juniors / Academy**

**EPYSA ODP / Regional Teams**



## TRAINING PROVIDED

We are determined to provide the best opportunity for every player and his or her family within the game of soccer. In order to provide the correct level of training for each age group and player, the optimal ratio of training to game play and overall level of instruction, Nether United F.C. provides the opportunity for *professional coaches* at every age group offered. In addition to professional coaching, Nether United F.C. encourages parent coach involvement at each level of play to coincide with the professional coach instruction and the team planning process. Parents and younger staff members are encouraged to pursue both USSF and NSCAA Coaching Licenses of which Nether United F.C. will subsidize any/all costs associated upon successful certification. Our programming and training models adhere to the four main components of the game as outlined by the United States Soccer Federation within the US Soccer Curriculum:

<http://www.ussoccer.com/Coaches/Coaching-Education/Coaching-Home.aspx>).

**Tactical** – This component helps the player fit into the team. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.

**Technical** – All players in the team have to be individually competent and proficient in the most important skills for each position. For example, a central midfield player will need different techniques and expertise as compared to an outside back.

**Physical** – Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

**Psychosocial** – The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.






## Age Group Methods and Organization






Age	Time	Training Objectives	Structure	Component Focus
4 - 5	<ul style="list-style-type: none"> <li>• Attention span of 2 - 3 minutes (capitalize on transition of exercises every couple of minutes to keep “fun” and high energy level – see age group curriculum for additional info)</li> <li>• Training: maximum of 40 - 45 minutes per session for 6 - 8 week season</li> <li>• Games: maximum of one game per week for 6 - 8 week season</li> </ul>	<ul style="list-style-type: none"> <li>• Fun - Lots of positive communication</li> <li>• Focus on use of all body parts both left and right (body awareness)</li> <li>• Change direction while in motion (maze games)</li> <li>• Individually oriented – dribbling / kicking (3 v 3 can turn into 1 v 5)</li> <li>• Direction – offense / defense</li> <li>• Maximize time where every player has own soccer ball</li> <li>• Everyone plays even amount of time</li> </ul>	<ul style="list-style-type: none"> <li>• Co-ed format</li> <li>• No more than 6 - 8 players per team/group</li> <li>• Maximum of 6 - 8 games per season</li> <li>• No standings or scores kept</li> <li>• 4 v 4 format</li> <li>• No keepers</li> <li>• Four 9 - minute periods</li> <li>• Substitutions only in between periods (<i>limit in game distraction</i>)</li> <li>• Kick-ins</li> </ul>	<ul style="list-style-type: none"> <li>• High Priority on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Motivation</li> <li>• Respect / Discipline</li> <li>• Creativity</li> </ul> </li> <li>• Low priority on <b>TACTICAL, TECHNICAL, PHYSICAL</b></li> </ul>
6 - 7	<ul style="list-style-type: none"> <li>• Attention span 3 - 4 minutes (capitalize on transition of exercises every couple minutes to keep “fun” and high energy level – see age group curriculum for additional info)</li> <li>• Training: maximum of 45 - 50 minutes per session for 6 - 8 week season</li> <li>• Games: maximum of one game per week for 6 - 8 week season</li> </ul>	<ul style="list-style-type: none"> <li>• Fun - Lots of positive communication</li> <li>• Small group activities – more than one player to a ball (passing – parts of foot)</li> <li>• Ability to keep balance</li> <li>• Limited sense of pace or speed, work within controlled environment</li> <li>• Reinforce offense/ defense and introduce transition</li> <li>• Continued use of 1:1 player to ball ratio / introduce basic moves and turns</li> <li>• Everyone plays even amount of time</li> </ul>	<ul style="list-style-type: none"> <li>• Co-ed format</li> <li>• No more than 8 - 10 players per team/group</li> <li>• Maximum of 6 - 8 games per season</li> <li>• No standings or scores kept</li> <li>• 4 v 4 or 5 v 5 format</li> <li>• Use of sweeper-keeper</li> <li>• Four 10 - minute periods</li> <li>• Substitutions only in between periods (<i>limit in game distraction</i>)</li> <li>• Kick-ins</li> </ul>	(continued)



<p><b>8</b></p>	<ul style="list-style-type: none"> <li>• Attention span 5 - 7 minutes (capitalize on transition of exercises every couple of minutes to keep “fun” and high energy level – see age group curriculum for additional info)</li> <li>• Training: maximum of 45 - 60 minutes per session for 6-8 weeks</li> <li>• Games: maximum of one game per week for 6 - 8 week season</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce individual challenges</li> <li>• Sensitive to failure and shortcomings</li> <li>• Limited introduction to GK and heading</li> <li>• Ball control (first touch), weight of pass</li> <li>• Identify concept of a team (attacking/defending)</li> <li>• Maximum repetitions of all activities</li> <li>• Everyone plays even amount of time</li> </ul>	<ul style="list-style-type: none"> <li>• Gender based (boys/girls)</li> <li>• 10 - 12 players per team</li> <li>• 8 games per season / possible 1 - 2 Festival Events</li> <li>• No standings or scores kept</li> <li>• 5 v 5 format</li> <li>• Use of sweeper-keeper</li> <li>• Four 12 - minute periods</li> <li>• Substitutions only in between periods (<i>limit in game distraction</i>)</li> <li>• Throw-ins or kick-ins</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• High Priority on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Effort</li> <li>• Confidence</li> </ul> </li> <li>• Continued emphasis on <b>TECHNICAL</b> <ul style="list-style-type: none"> <li>• Increased focus on Passing / Shooting</li> </ul> </li> <li>• Continued development of <b>PHYSICAL</b></li> <li>• NO priority on <b>TACTICAL</b></li> </ul>
<p><b>9 – 10</b></p> 	<ul style="list-style-type: none"> <li>• Increased attention span (move from exercise to exercise to both mentally stimulate <u>and</u> build upon challenge level– see age group curriculum for additional info )</li> <li>• Training: maximum of 60 - 75 minutes per session</li> <li>• 2 training sessions to 1 game ratio</li> <li>• Limited indoor and summer training with scheduled OFF periods</li> </ul>	<ul style="list-style-type: none"> <li>• Produce challenging situations / game like settings through controlled exercises based on each player’s development rate</li> <li>• Sensitive to failure and shortcomings</li> <li>• Reinforce team concept – more focus on passing / combination play</li> <li>• Realize difference in development stages of boys and girls</li> <li>• Players can begin to see the game and relate to situations</li> <li>• Focus on quality of performance rather than result of games</li> <li>• Balanced playing time for all players relative to training attendance</li> </ul>	<ul style="list-style-type: none"> <li>• 5 v 5, 6 v 6 , 7 v 7 and some 8 v 8 format</li> <li>• Players rotate between all positions on the field (<i>continued use of sweeper-keeper</i>)</li> <li>• Emphasis on development - roles of individual players</li> <li>• No ongoing standings from week to week</li> <li>• Everyone plays appr. 50 % of each game and starts 50% of total games attended</li> <li>• Possibility of State and limited Regional travel</li> <li>• Approximately 20 games per year</li> <li>• Involvement in 2 - 4 tournaments per year</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• Continued focus on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Dedication</li> </ul> </li> <li>• High emphasis on <b>TECHNICAL</b> <ul style="list-style-type: none"> <li>• Running with the ball (1v1 attack)</li> <li>• Turning</li> </ul> </li> <li>• Continued development of <b>PHYSICAL</b> <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Reaction</li> </ul> </li> <li>• Limited priority on <b>TACTICAL</b> <ul style="list-style-type: none"> <li>• Attacking principles</li> <li>• Possession</li> <li>• Combination play</li> </ul> </li> </ul>












<p><b>11 – 12</b></p>  	<ul style="list-style-type: none"> <li>• Increased attention span (move from exercise to exercise to both mentally stimulate <u>and</u> build upon challenge level– see age group curriculum for additional info )</li> <li>• Training: maximum of 75 - 90 minutes per session</li> <li>• 2 training sessions to 1 game ratio</li> <li>• Limited indoor and summer training with scheduled OFF periods</li> </ul>	<ul style="list-style-type: none"> <li>• Communication (verbal and non-verbal)</li> <li>• Ability to identify and play out of pressure</li> <li>• Identify zones of the field</li> <li>• Roles of players in 2v2 situations</li> <li>• Angle of play (both attacking and defending)</li> <li>• Focus on quality of performance rather than result of games</li> <li>• Balanced playing time for all players relative to training attendance</li> </ul>	<ul style="list-style-type: none"> <li>• 8 v 8 and 11 v 11 format including sweeper-keeper</li> <li>• 30 - 40 minutes halves</li> <li>• Encourage playing various positions</li> <li>• Emphasis on quality of team/individual performance</li> <li>• State and Regional travel</li> <li>• Approximately 30 games per year</li> <li>• Involvement in 3 - 4 tournaments per year</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• Continued focus on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Competitiveness</li> </ul> </li> <li>• High emphasis on <b>TECHINCAL</b> <ul style="list-style-type: none"> <li>• basics of heading</li> </ul> </li> <li>• Continued development of <b>PHYSICAL</b> <ul style="list-style-type: none"> <li>• Endurance</li> </ul> </li> <li>• Increased priority on <b>TACTICAL</b> <ul style="list-style-type: none"> <li>• Transition</li> <li>• Defensive principles</li> <li>• Retreat and recovery</li> </ul> </li> </ul>
<p><b>13 – 14</b></p>   	<ul style="list-style-type: none"> <li>• Full attention span</li> <li>• Training: 75 - 90 minutes per session</li> <li>• 2 - 3 training sessions to 1 game ratio</li> <li>• Indoor and summer training with scheduled OFF periods</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to control speed of play</li> <li>• The idea of breaking down a defense (penetration with pass or dribble)</li> <li>• Defensive team shape and roles</li> <li>• Zonal defending (team and individual)</li> <li>• Introduction and organization of set pieces (attacking and defending) <ul style="list-style-type: none"> <li>• Where and why to change the point of attack</li> </ul> </li> <li>• Better understanding of risk/reward relative to zones of the field</li> <li>• Competition begins to have a meaning relative to results of games</li> <li>• Emphasis on fair versus equal playing time</li> </ul>	<ul style="list-style-type: none"> <li>• 11 v 11 format</li> <li>• 35 - 40 minute halves</li> <li>• Players begin to associate with specificity of positions (Forward, Defender, etc)</li> <li>• State, Regional and possible National travel</li> <li>• Approximately 30 - 35 games per year</li> <li>• Involvement in 4 - 5 tournaments per year</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• Continued focus on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Decision making</li> <li>• Leadership</li> <li>• Focus</li> </ul> </li> <li>• High emphasis on <b>TECHINCAL</b> <ul style="list-style-type: none"> <li>• Receiving and turning</li> <li>• 1v1 defending</li> </ul> </li> <li>• Continued development of <b>PHYSICAL</b> <ul style="list-style-type: none"> <li>• Flexibility and mobility</li> <li>• Explosive movements</li> </ul> </li> <li>• Increased priority on <b>TACTICAL</b> <ul style="list-style-type: none"> <li>• Finishing – movement in final third of field</li> <li>• Zonal defending</li> </ul> </li> </ul>





<p><b>15 – 18</b></p>   	<ul style="list-style-type: none"> <li>• Full attention span</li> <li>• Training: 90 minutes</li> <li>• 2 - 3 training sessions to 1 game ratio</li> <li>• Indoor and summer training with scheduled OFF periods</li> </ul>	<ul style="list-style-type: none"> <li>• Managing a game relative to rhythm of attacking and defending</li> <li>• Begin to think one step ahead of the game</li> <li>• Ability of individual players to “take over” a game</li> <li>• Enforcement of team rules relative to maturity and accountability</li> <li>• Manage recovery time and avoid fatigue from too much activity</li> <li>• Emphasis on fair versus equal playing time</li> </ul>	<ul style="list-style-type: none"> <li>• 11 v 11 format</li> <li>• 40 - 45 minute halves</li> <li>• State, Regional and possible National travel</li> <li>• Approximately 30 - 35 games per year</li> <li>• Increased involvement in tournament play with less League play</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• Continued focus on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Creativity</li> <li>• Concentration</li> </ul> </li> <li>• Continued emphasis on <b>TECHNICAL</b> <ul style="list-style-type: none"> <li>• Crossing and finishing</li> </ul> </li> <li>• Continued development of <b>PHYSICAL</b> <ul style="list-style-type: none"> <li>• Strength</li> <li>• Speed</li> </ul> </li> <li>• High priority on <b>TACTICAL</b> <ul style="list-style-type: none"> <li>• Counter attacking</li> <li>• Pressing (defensive)</li> </ul> </li> </ul>
<p><b>19 – 23</b></p>  	<ul style="list-style-type: none"> <li>• Participation in State Cup competition and/or Regional Summer Leagues</li> <li>• Training 1 - 2 days per week</li> <li>• Training: 90 - 120 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Complimentary training opportunity for the duration of summer break where student-athletes are away from their respective school programs</li> <li>• Professional / licensed coach provided by the club for training and game day</li> </ul>	<ul style="list-style-type: none"> <li>• 11 v 11 format</li> <li>• 45 minute halves</li> <li>• Limited game day roster for each game to ensure optimal playing time</li> <li>• State, Regional and possible National travel</li> <li>• 12 - 15 games per summer</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• High priority on <b>PSYCHOSOCIAL</b> <ul style="list-style-type: none"> <li>• Self control</li> <li>• Courage</li> </ul> </li> <li>• Continued emphasis on <b>TECHNICAL</b></li> <li>• Continued development of <b>PHYSICAL</b></li> <li>• High priority on <b>TACTICAL</b> <ul style="list-style-type: none"> <li>• Compactness</li> </ul> </li> </ul>
<p><b>Adult</b></p>  	<ul style="list-style-type: none"> <li>• Seasonal Leagues through US Amateur Soccer, MAPs, US Open Cup, etc</li> <li>• Limited training</li> <li>• Inclusion of pick-up soccer games year round at local facilities</li> </ul>	<ul style="list-style-type: none"> <li>• Play for exercise and the love of the game!</li> </ul>	<ul style="list-style-type: none"> <li>• 11 v 11 format</li> <li>• 35 - 45 minute halves</li> <li>• Some in-state travel</li> <li>• 8 - 10 League games per season</li> <li>• Some tournaments</li> </ul>	<p style="text-align: right;">(continued)</p> <ul style="list-style-type: none"> <li>• Play for exercise and the love of the game!</li> </ul>



## Planning for Development (Yearly Calendar)

Season	Fall	Winter	Spring	Summer
Age 4-5	6-8 week training / games	OFF - Academy only (optional)	6-8 week training / games	OFF - Camps only (optional)
Age 6-7	6-8 week training / games	OFF - Academy only (optional)	6-8 week training / games	OFF - Camps only (optional)
Age 8	6-8 week training / games	OFF - Academy only (optional)	6-8 week training / games	OFF - Camps only (optional)
Age 9-10	8-10 weeks developmental	Optional Age Group technical training (indoor) and competition	8-10 weeks developmental	One month OFF period, gradual increase in resumed training
Age 11-12	8-10 weeks developmental / competitive	Limited technical training (indoor) including some competition	8-10 weeks developmental / competitive	One month OFF period, gradual increase in resumed training
Age 13-14	10-12 weeks competitive and/or Middle School Soccer	Increased technical training (indoor/outdoor) including increased competition	10-12 weeks competitive	One month OFF period, gradual increase in resumed training
Age 15-18	Limited training / Fall Tournaments / High School Soccer	Team Training (indoor/outdoor) including competition	12 weeks competitive	One month OFF period, gradual increase in resumed training
Age 19-23	College Soccer	College Soccer	College Soccer	1-2 times per week training / 1-2 games per week

Month	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug
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