

Hollandia Training Guidelines by Age Groupings

Adapted for Hollandia from Wellness to World Cup, courtesy C.S.A.

Group	Technical	Tactical	Physical	Mental/Social
<p>U12 Phase 1 (Learning to Train) GOAL: Focus on technique and skill development and introduce tactics. Fun is paramount. Goalkeeping: All players take turns in goal. Ball handling at all heights Simple communication (“Keeper!” “Away!”). Basic diving technique from a “Gorilla” stance. Correct body shape. Keeper as the rear defender (Sweeper/Keeper).</p>	<p>Develop dribbling, and introduce dribbling with sole, inside and outside of foot. introduce and develop techniques for turning and changing direction ,inside and outside hooks, step-overs, scissors, short passing with side foot and laces, receiving with inside and outside of foot and instep Develop concept of passing to feet. and introduce “crossing” and shooting while dribbling.</p>	<p>3v3 to 5v5 small-sided games. Introduce attack and defence principles of play. (Disperse on attack, compact on defence) Basic team play encouraging comfort on the ball. Introduce positional awareness in a variety of positions. Introduce diamond formation and use in games. Encourage players to keep the ball individually and to take on players 1v1</p>	<p>Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility. General development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness. Maintain intensity of practices and practices games by making proper use of work to rest ratios.</p>	<p>Basic game awareness and situations. Use lots of praise while being demanding. <u>Insist on standards of striving for technical perfection and maintaining intensity.</u> Build self esteem and confidence Encourage freedom of expression and thinking Ask questions, get players to engage in their education Empower with a culture of openness and trust.</p>
<p>U12 Phase 2 (Learning to Train) GOAL: Focus on technique and skill development and introduce tactics. Fun is paramount Goalkeeping: Beginning of specialization. At practices allow all to try Ball handling, ball rolling and over-arm throws, footwork, goal kicks, drop kicks, moving back passes and puntsSide-arm and javelin throw, deflecting. Introduce diving. Catching and deflecting crosses from a simple thrown service.</p>	<p>Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, passing with outside of foot and chips, medium and long passes, shooting. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Introduce heading.</p>	<p>Continue small-sided games. Introduce attack and defence principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins). Develop strikers to hold up play (3v1 in each half) and wing play. Introduce 11v11 play at the end of the outdoor season (August – September)</p>	<p>Continue to develop ABCs. Maintain flexibility and suppleness. Introduce warm-up. Continue to develop quickness and agility. Introduce cool-down and recovery techniques to develop good habits</p>	<p>Introduce basic mental preparation with goal-setting, determination and concentration. Experience success and receive positive recognition. <u>Insist on standards of striving for technical perfection and maintaining intensity.</u> Build self esteem and confidence Encourage freedom of expression and thinking Ask questions, get players to engage in their education Empower with a culture of openness and trust.</p>

Group	Technical	Tactical	Physical	Mental/Social
<p>U14 Phase 1 (Training to Train) GOAL: Increase training loads and soccer-specific skills and tactics. Begin to identify elite players.</p> <p>Goalkeeping Specialization phase, but should still play field. Refine ball handling at all heights plus shots and with crosses. Catch? Deflect? Top hand situations. Develop two-handed/one-handed punching of crossed balls. Refine throwing and diving techniques, footwork, goal kicks and punts. Develop drop kicks and moving back passes. Introduce side winder, fly kick and tackling.</p>	<p>Develop consistency in base skills. Continue to introduce advanced skills. Develop position-specific skills. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.</p>	<p>Increase emphasis on team play. Combination play: 2v2, 3v2 to goal at top of penalty area. Individual defending 1v1 and use of the body to defend. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and 8v8 competitive matches and 11v11 competitive matches during the outdoor season. Develop understanding of defence, midfield and forward units' tasks.</p>	<p>Regular musculoskeletal assessment to detect onset of PHV and monitor afterwards. Avoid aerobic training prior to onset of PHV. Girls strength training at onset of menarche after PHV. Boys strength training 12-18 months after PHV. Emphasize flexibility during PHV. Strength and muscular endurance training using body weight</p>	<p>Introduce advanced skills: Self-talk, imagery, profiling and thought-stopping. Introduce training and competition diaries. Relaxation and anxiety control techniques. Understand nutrition for health and optimized performance. Manage rest and recovery and time management. Responsibility and self discipline. Positive communication and teamwork. Issues of peer groups, alcohol, drugs, school, family. Continue to demand intensity and effort at every training event or game.</p>
<p>U14 Phase 2 (Training to Train) GOAL: Increase training loads and soccer-specific skills and tactics. Prepare players for PSL and PTP play and 11v11 team tactics</p> <p>Goalkeeping: Continue with refinement of above skills. <u>Reduce space between last defender and goalkeeper</u></p>	<p>Refinement of base skills, ability to perform under demands of speed and high pressure. Continue to introduce advanced skills. Develop position-specific skills. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.</p>	<p>More emphasis on team play focusing on units (defence, midfield, attack). Remember that Goalkeeper is part of the defensive unit. Train units in functional practices and phase of play practices. Introduce 'professional' tactical behaviour: When to foul, changing game tempo, influencing officials, vocal leadership within team units</p>	<p>As above. Train Aerobic capacity in 3v3 games with emphasis on work to rest rations. Work on development of speed and reactions. Soccer-specific conditioning - stamina, speed, strength, suppleness. Introduction of the use of weights can take place during this phase.</p>	<p>As above. Continue demands for intensity. Continue to demand intensity and effort at every training event or game. Increase focus on the ability to compete in every situation. Mental toughness in dealing with knocks and injuries, playing in inclement weather, etc.</p>
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<p>U16 Phase 1 (Training to Compete)</p>	<p>Consistency and proficiency in core skills.</p>	<p>Team systems and strategies. 4-3-3 system</p>	<p>Conditioning specific to positions, individuals, and</p>	<p>Pre-competition self-talk, imagery, thought-stopping,</p>

<p>GOAL: Develop players for competition.</p> <p>GOALKEEPING: Most players including keepers now in specialized positions. Continue refining and perfecting all techniques, including ball handling, diving, footwork, deflecting and punching, diving, and kicking. Greater emphasis on the leadership role regarding communication/positioning/directing players, particularly defenders, in tactical requirements</p>	<p>Continue to develop advanced skills. Individual skills emerge as 'personal style'. Skills training at high intensity under competitive conditions.</p>	<p>with two defensive midfielders. Linkage between players and team units. Effective use of set pieces. Awareness of opponents' tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement and enhancement of attacking and defending principles.</p>	<p>soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.</p>	<p>goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Advanced diet, nutrition and hydration. Understand periodized training plans. Balancing training and lifestyle needs. Responsibility and self discipline.</p>
<p>U16 Phase 2 (Training to Compete).</p> <p>GOAL: Develop players for competition.</p> <p>GOALKEEPING: As above</p>	<p>Refinement and reinforcement of above</p>	<p>As above. Use of 4-3-3 with 1 defensive midfielder. Adapting to use of back 3 when goal is needed. Adapting to use of 4-4-2 when needing to hold a game. Defending high, defending deep. Killing off a game. Disrupting the opponent. Adjusting to play with a man short during treatment or after a dismissal.</p>	<p>Continue as above with even more emphasis on top levels of fitness. Fitness is incorporated into seasonal plan.</p>	<p>Understand periodized training plans. Balancing training and lifestyle needs. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses. Planning for career/sport options. Scholarships and compensation schemes. Integration of soccer, career and life goals.</p>