



ACADEMY



11 v 11

COACHING GUIDE

GRASSROOTS DEVELOPMENT

EDUCATE . CONNECT . INSPIRE

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BRAND PILLARS

The Revolution Academy is founded on three pillars that guide our direction, philosophy, vision and definition of success:

EDUCATE CONNECT INSPIRE

VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.

COACHING PHILOSOPHY

**PLAYER
CENTERED**

**DEVELOPMENT
BASED**

**EXPERIENCE
DRIVEN**

LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational,** and **positive** experience.

U14 FIVE HELPFUL TIPS

- 1** – U14 players enjoy competition so introduce points systems for exercise/games, clearly explain rules and challenging players to compete with winning and losing teams.
- 2** – U14 players move to 11v11 on larger field so small sided games should increase in numbers to teach in larger connected group sizes.
- 3** – U14 players should continue to master the ball with moves, creativity and technical guidance through a variety of exercises to foster the love for the game.
- 4** – U14 players understand connected group concepts/tactics through small sided games and exercises. Provide a variety of game-like situations to challenge players to increase game understanding and decision making.
- 5** – U14 players still learn best when observing so demonstrate, a picture paints a thousand words. Utilizing freeze moments in games can help to show players larger pictures.

ELEMENTS OF A GRASSROOTS SESSION

Organized

Reviews session plan, exercises are set up in advance and easy to transition between.

Game-Like

Exercises are game realistic and reflect the objective of the session.

Repetitions

Keeps players engaged by maximizing the appropriate number of repetitions.

Challenging

Manages the exercise to find the right balance between too easy and too difficult.

**CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE
UTILIZING THE COACHING TOOLKIT**

Coaching

Communicates clear and concise coaching points using a variety of methods from toolkit

Enthusiasm

Demonstrates positive energy and enthusiasm with players.

U14 TRAINING

U14 "The Team and Me"

- ✓ Train to compete during a game.
- ✓ Improve comfort with the ball.
- ✓ Improve relationship with teammates.
- ✓ Improve confidence to win the ball
- ✓ Development of the qualities for the position within the team

TRAINING B.L.O.C.K.S.

Bed-In the skill of the day.

Learn the new technical tools to enhance the skill.

Orientate the skill within the game.

Challenge the skill with a specific problem.

Knowledge Check for in-game knowledge of the skill.

Solve Can the players solve the problem.

U14 - SESSION TOPICS & OBJECTIVES

- 1** **Topic** Taking players on to advance
Objective Improve how to shield, scan, and use the correct foot
- 2** **Topic** Escaping pressure to keep the ball
Objective Improve basic escape moves
- 3** **Topic** Shooting to score goals
Objective Improve how to strike the ball in the corners
- 4** **Topic** Defending as a group to regain the ball
Objective Learn how to defend in 3's (Pressure, Cover, Balance)
- 5** **Topic** Passing to advance the ball forward
Objective Learn how to possess, progress, and penetrate
- 6** **Topic** Taking players on 1v1 to advance
Objective Learn how to scan and shield the ball in 1v1's
- 7** **Topic** Combination play with a teammate
Objective Improve how to combine 1-2 with a teammate
- 8** **Topic** Shooting to score goals
Objective Improve how to shoot low and with the correct foot
- 9** **Topic** Defending as a group to regain the ball
Objective Improve how to defend in 3's (Pressure, Cover, Balance)
- 10** **Topic** Taking players on 1v1 to advance
Objective Improve how to scan and shield the ball in 1v1's

Week 1 Taking players on to advance

OBJECTIVE | Improve how to shield, scan and use correct foot

COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


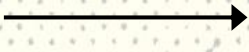
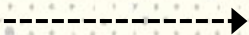
KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

Take on opponent

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



11 v 11

Train to compete

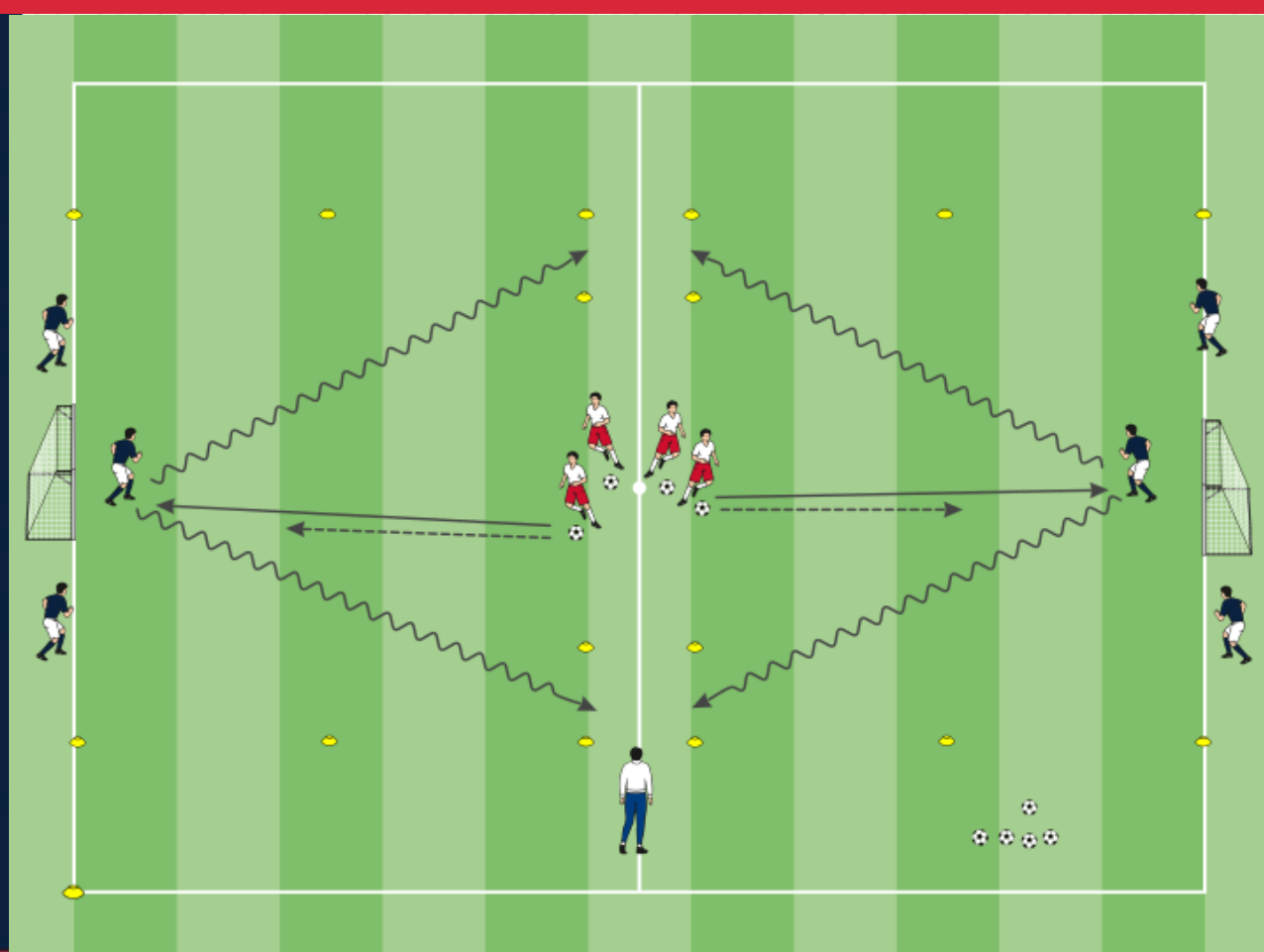
The team and me

Develop of the qualities for position within the team

Take on opponent
Block 3

PHASE 1 – 1v1 To Gates | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

10 x 15-yard space x 2 grids

DESCRIPTION

Play 1v1 to multiple target gates. Defender (red) passes ball to attacker (blue) to start the game. Encourage players to find and exploit space, unbalance defender with 1v1 moves. Drive into space. Switch red and blue after 3 minutes.

SCORING

Blue Dribbles through wide gate for one point.
Red scores on mini goal

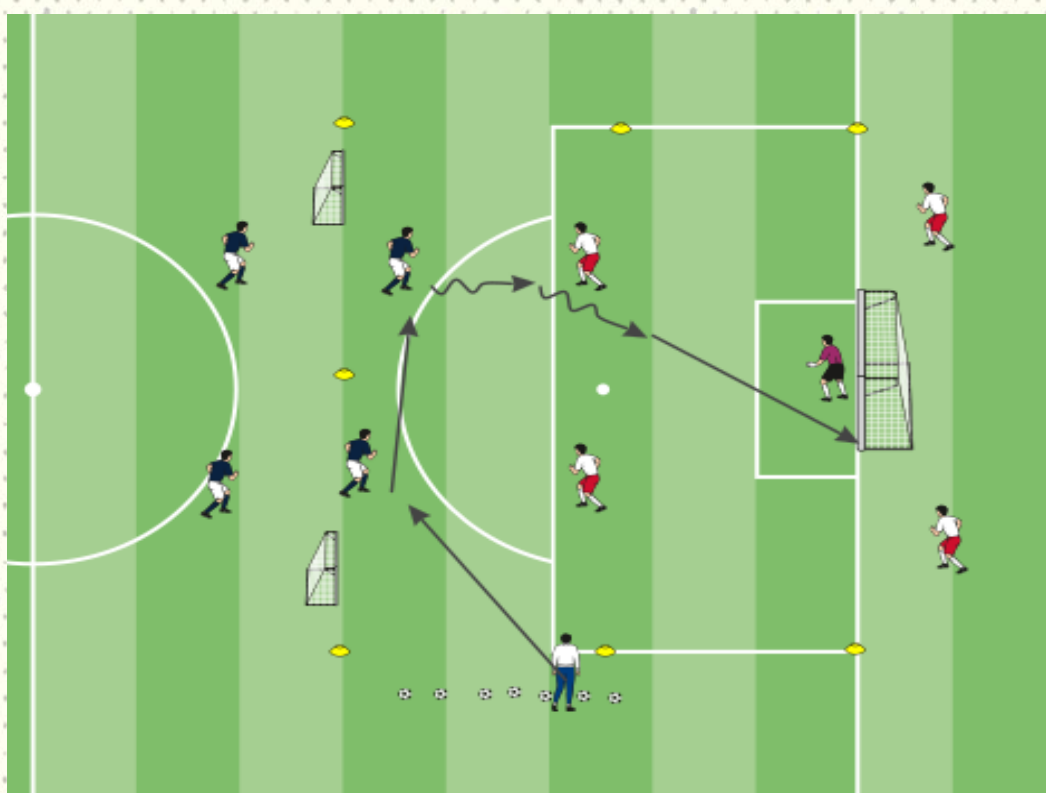
MORE CHALLENGING

Play 2v2.

Week 1 Taking players on to advance

PHASE 2 – 2v2 to Goal | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

25 x 44-yard area (width of 18-yard box) with 1 large goal and two counter goals or gates.

DESCRIPTION

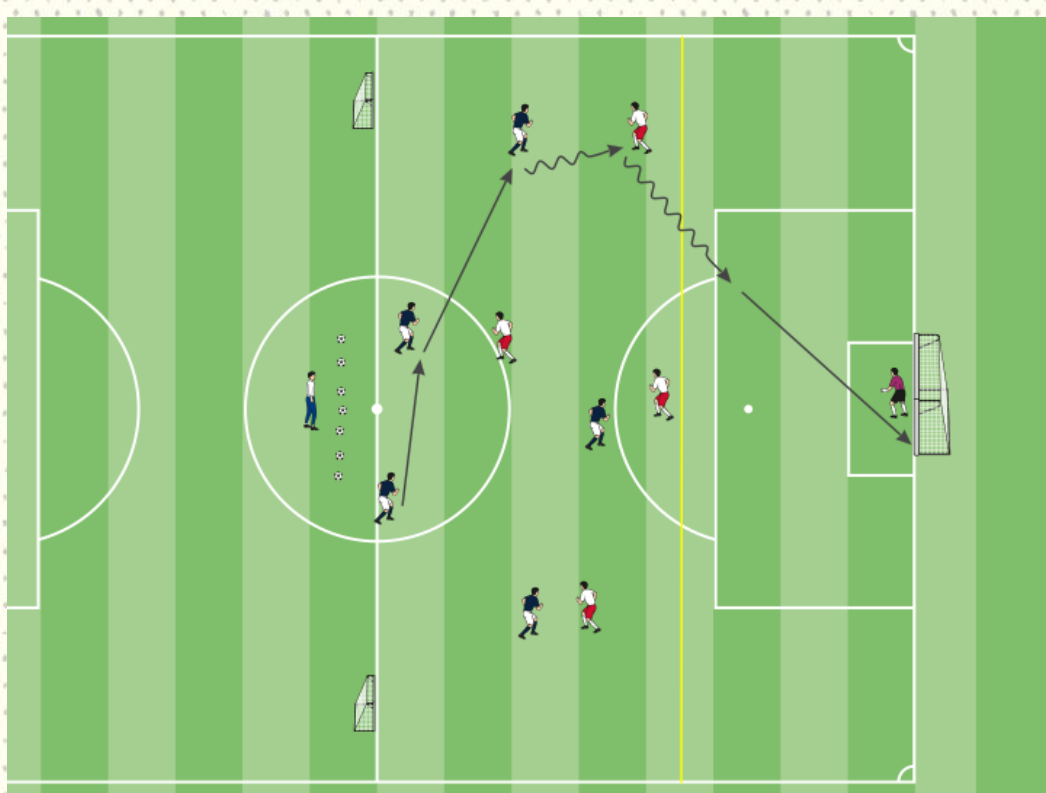
Split into 2 teams. Blue always attacks and starts with ball and try to get as many goals as possible. The reds can block and counter. Switch roles each round. When the ball leaves the field, the next wave quickly attacks.

MORE CHALLENGING

Add transition, if team score on goal they eliminate opponent and stay on until scored on. Ball starts with opponent to encourage quick transition.

PHASE 3 – Target Passing Game | 20 MINS

4 MINUTES PLAY | 2 MINUTE REST



AREA

Half field, goal to counter goals. Create a restraining line 5 yards from the edge of the box.

DESCRIPTION

Teams play 5v4 plus a goalkeeper. The attacking team must dribble over the restraining line before scoring. Only 1 defender can enter the scoring zone after the attacker has passed the restraining line. Defenders score in the counter goals

SCORING

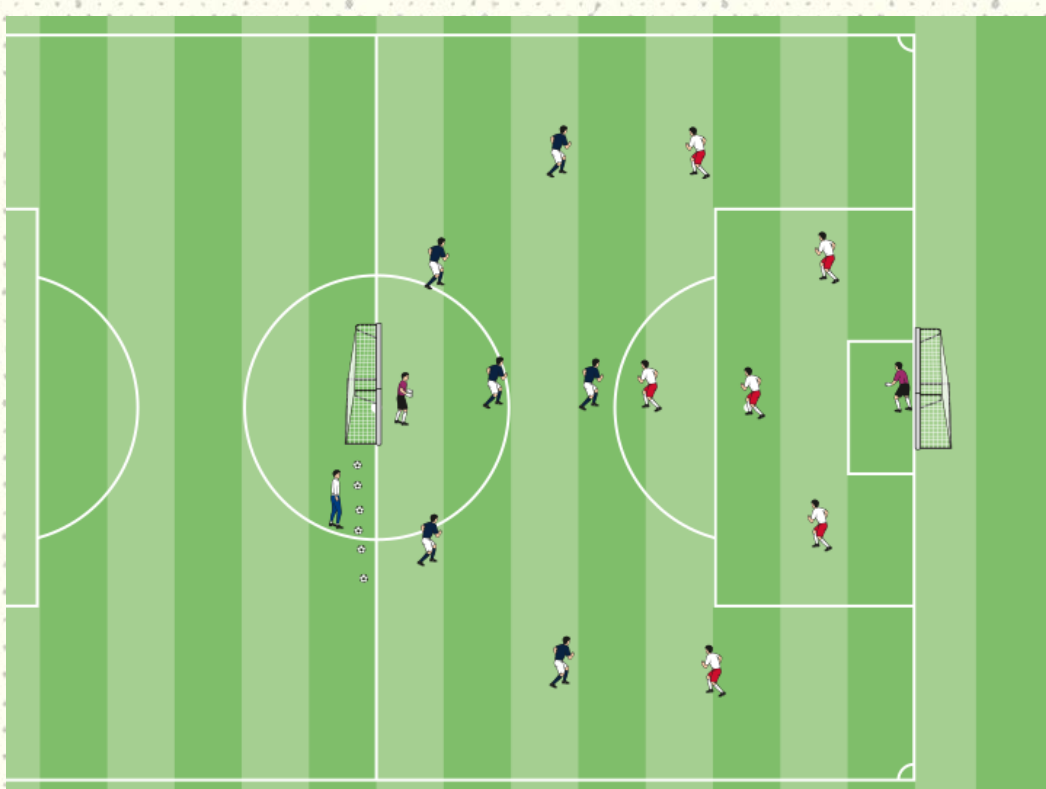
Attacking team score on large goal, defending team score on mini goals.

MORE CHALLENGING

Play 5v5

PHASE 4 – Large Game | 25 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers. Regular game rules encouraging players to take players on to advance ball in opponents half.

SCORING

1 point for scoring in respective goals

Week 2 Escaping pressure to keep ball

OBJECTIVE | Improve Basic escape moves

COACHING POINTS

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

GUIDED QUESTIONS

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move? Why?


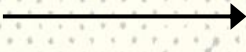
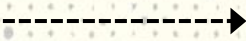
KEY WORDS

Protect, Drive, Take Space, Pick head up

PLAYER ACTIONS

Escape Pressure

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Shield; **Block 2:** Accelerate, Basic Escape Moves;
Block 3: Scan, Correct Foot



11 v 11

Train to compete

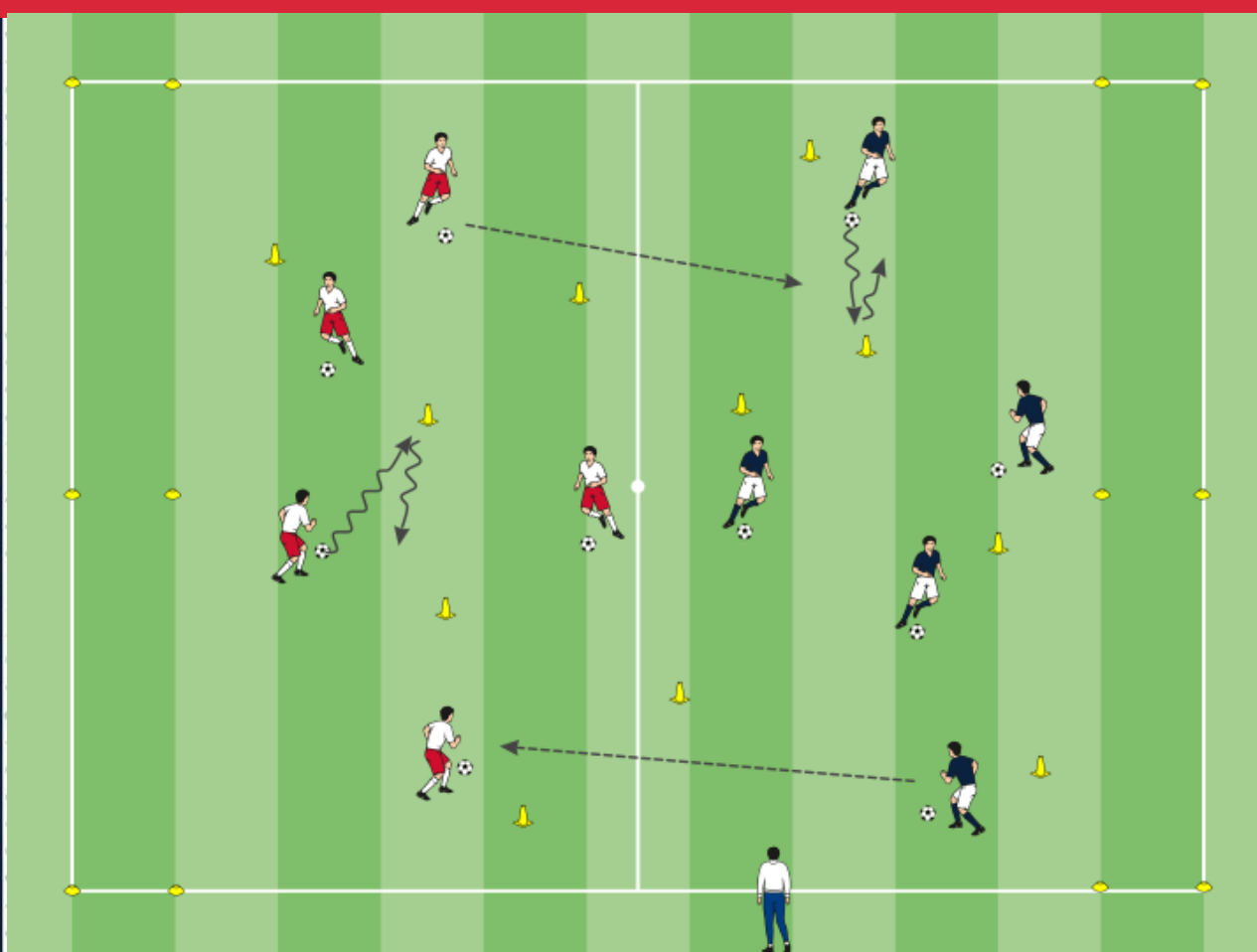
The team and me

Develop of the qualities for position within the team

Escape pressure
Block 2

PHASE 1 – Escape Moves | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

30 x 25 in two halves with 5-yard end zone

DESCRIPTION

Split into two teams, players with ball each working on dribbling and escape moves (pull backs, change of directions) to cones. Number players in each team 1-5. Call out #1 and both #1s attempt to knock all opponents balls out of gird the fastest. Use escape moves to protect ball.

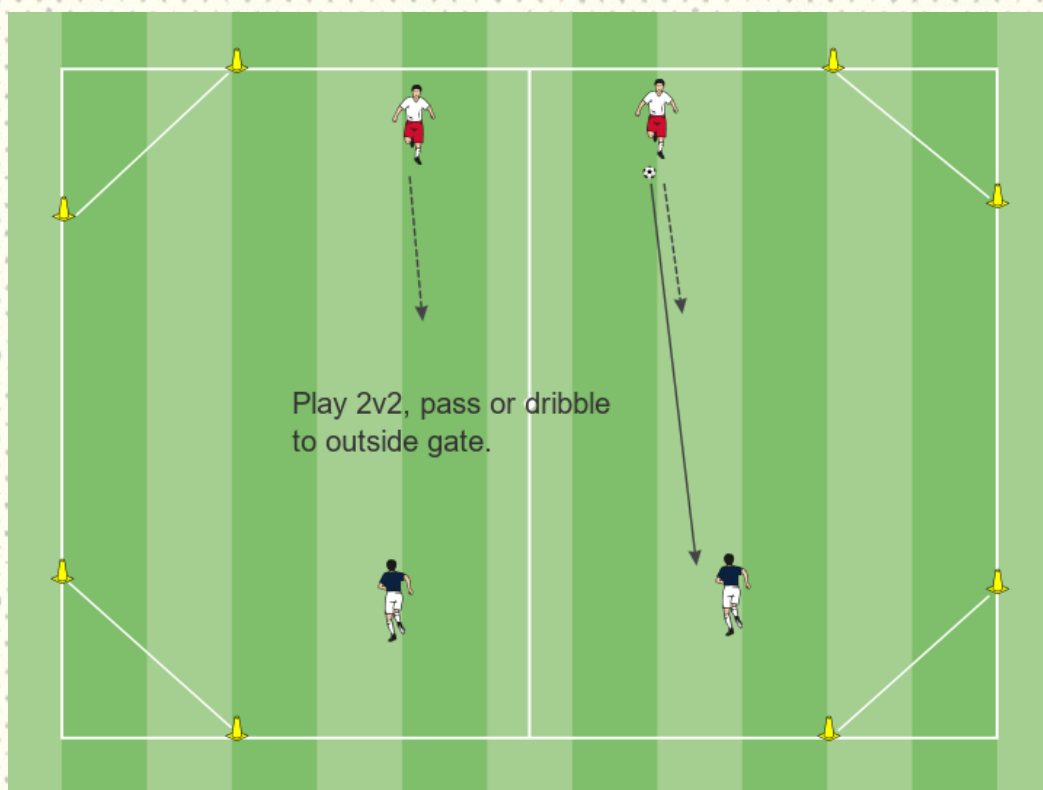
MORE CHALLENGING

Call multiple numbers.

Week 2 Escaping pressure to keep ball

PHASE 2 – End Zone Soccer | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

16 x 12 area with 3-yard gates in corners

DESCRIPTION

Red pass ball into blue to start. Play 2v2 with the option to pass or dribble forward. Utilize escape moves to escape pressure.

SCORING

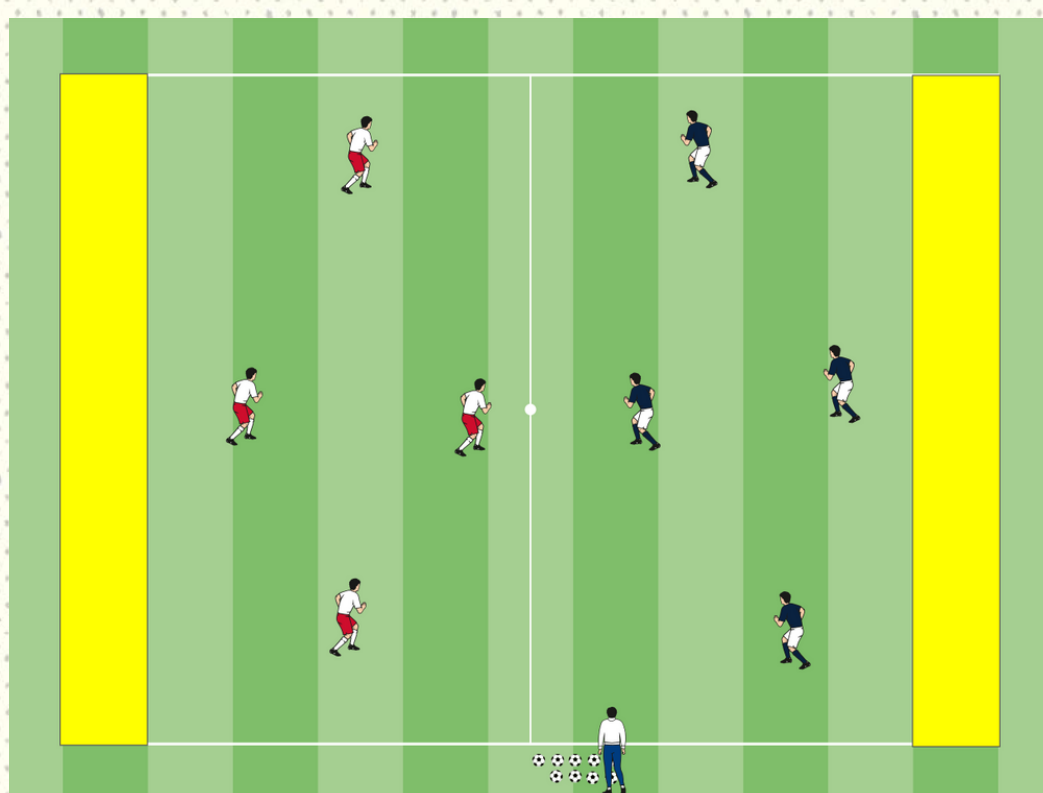
Dribble through opponents gates for a point. If defending team win ball, counter on opposite gates.

MORE CHALLENGING

Play 3v3

PHASE 3 – Target Passing Game | 20 MINS

4 MINUTES PLAY | 2 MINUTE REST



AREA

30 x 25 yards, 5 yard end zone.

DESCRIPTION

Play 4v4 with end zones. Team in possession attempt to dribble into opponents end zone for a point. If ball goes out of play coach passes new ball in. Encourage players to look up and dribble into open space.

SCORING

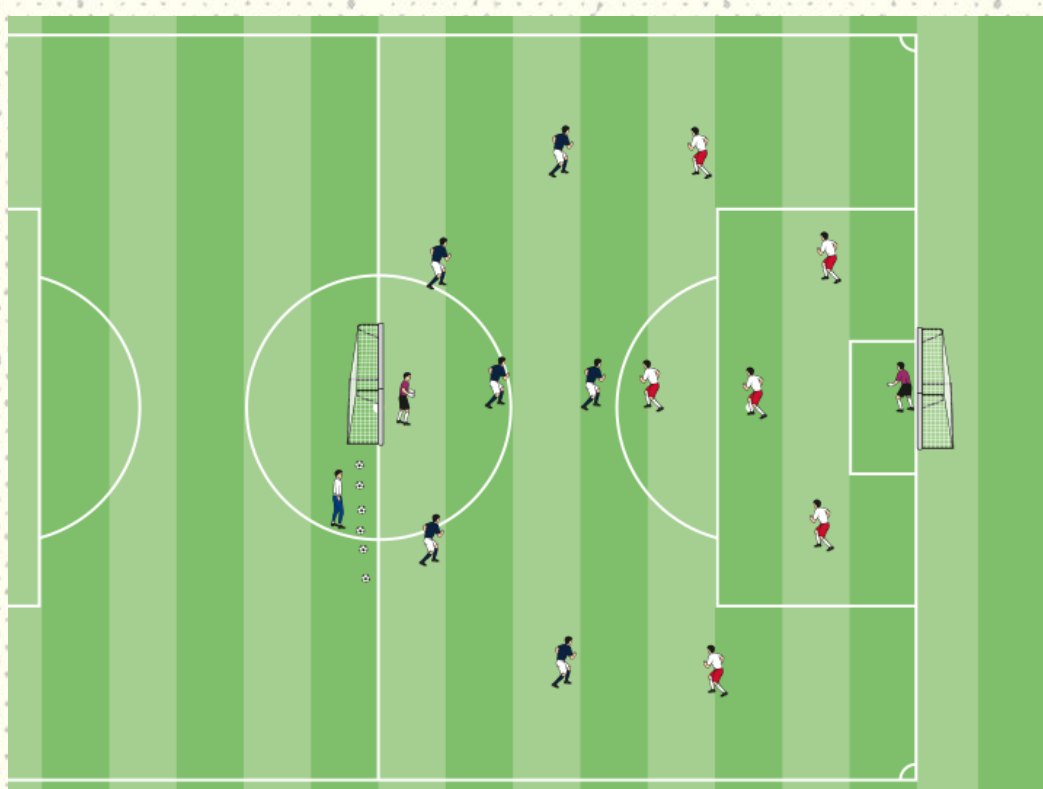
Dribble into endzone for a point.

MORE CHALLENGING

Add goal/s to score in.

PHASE 4 – Large Game | 25 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players to take players on to advance ball in opponents half.

SCORING

1 point for scoring in respective goals

Week 3 Shooting to score goals

OBJECTIVE | Learn how to shoot low and with the correct foot.

COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?


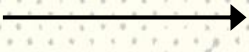
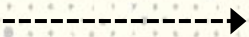
KEY WORDS

Hit it hard, Make the keeper work, Be confident

PLAYER ACTIONS

Shooting

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Kick the ball to the goal; **Block 2:** Organize feet, Find Corners;
Block 3: Strike low, Correct foot; **Block 4:** Add variations



11 v 11

Train to compete

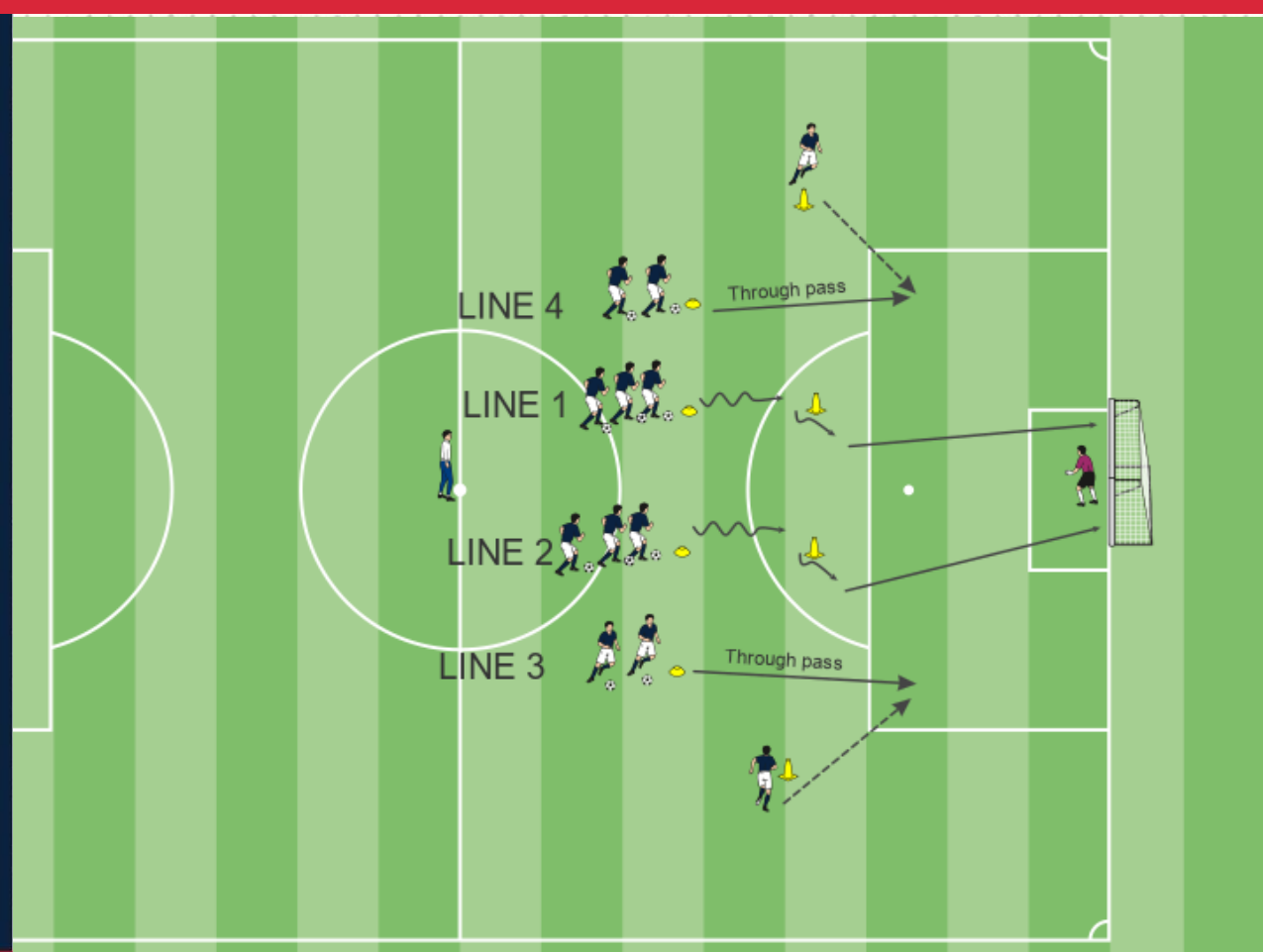
The team and me

Develop of the
 qualities for position
 within the team

Shooting
 Block 3

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

Use box to line wide area and edge of box. 1 large goal. 4 lines of players each with ball

DESCRIPTION

Go in sequence Line 1, 2, 3 then 4.

Line 1 & 2 : Dribble, 1v1, Finish on goal

Line 3 & 4: Through pass to wide player, 1 v 1 with goalkeeper for finish

Switch lines every 3 minutes

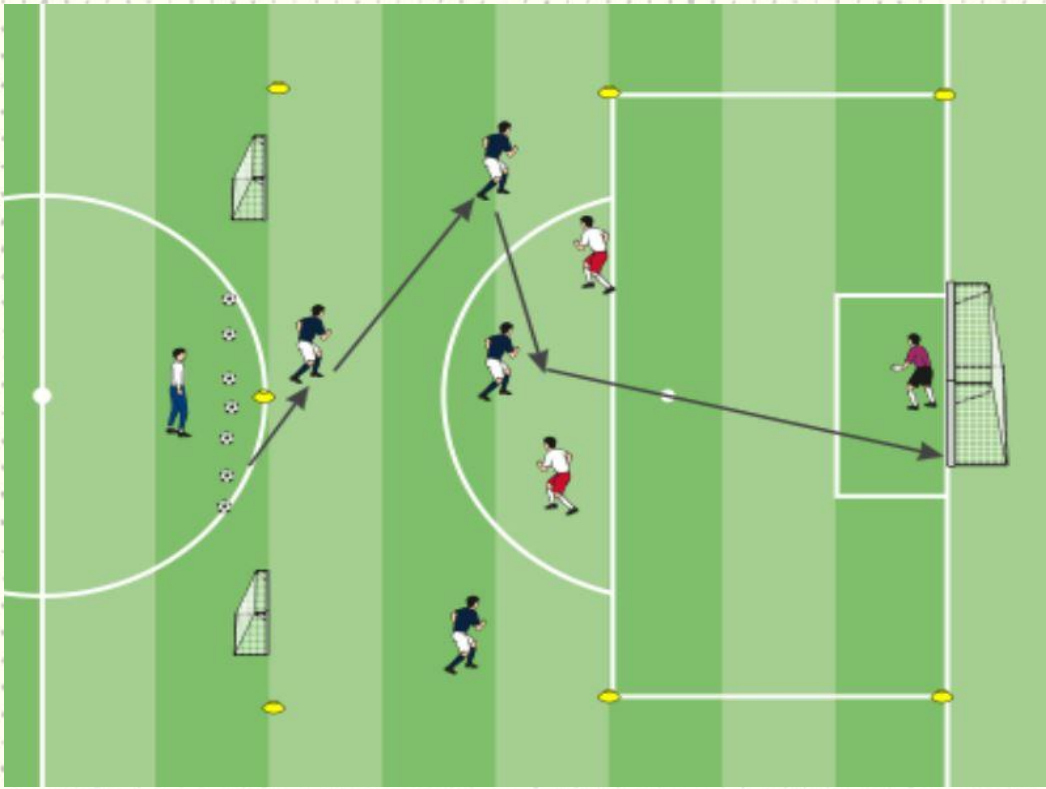
MORE CHALLENGING

Line 3 & 4 receive pass into wide area and cross ball for 1 & 2 to finish

Week 3 Shooting to score goals

PHASE 2 – 4v2 finishing | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

44x36 yard area with 1 large goal and 2 mini goals.

DESCRIPTION

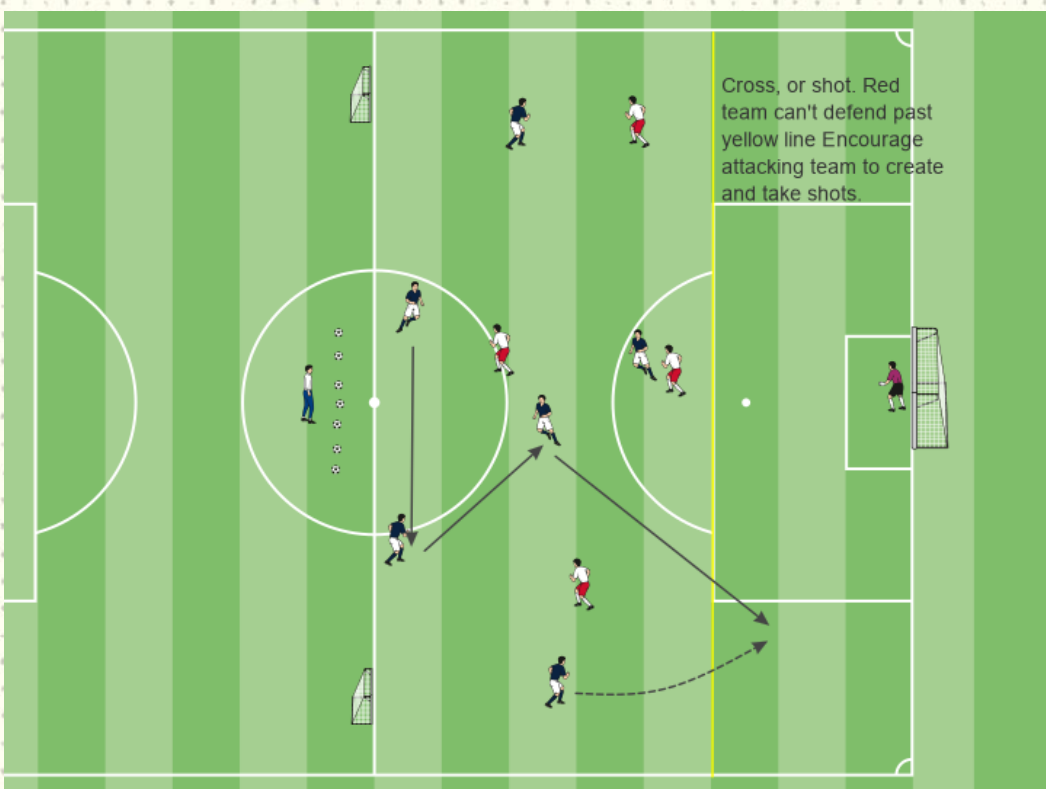
4v2 to goal. Blue team start with ball and attack large goal, Red team defend and counter on mini goals. Overload the attacking team to start to create more chances to finish (5v2, 6v3 based on numbers). Rotate players and switch teams.

MORE CHALLENGING

4v3, 5v4, 6v5

PHASE 3 – Playing to Goal | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half field game, large goal/ 2 mini goals split groups into 2 teams. Plan line of cones across 18 -yard box.

DESCRIPTION

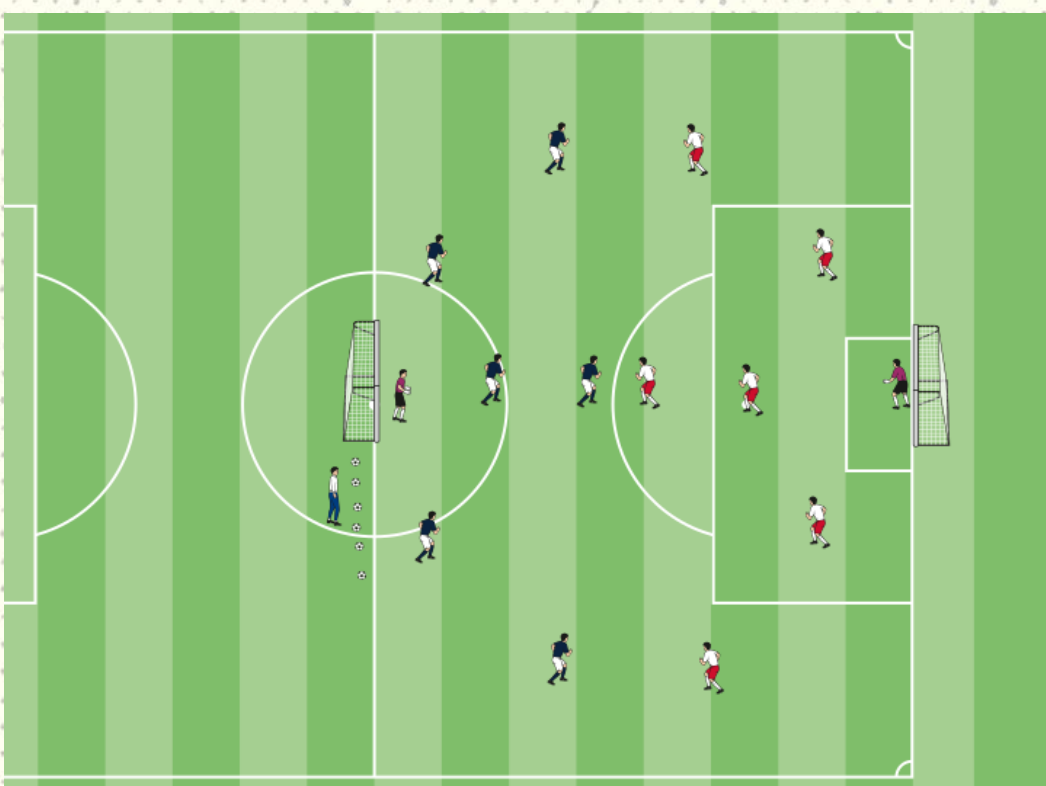
Blue team start with a pass from coach. 6v4 (overload attacking team, adjust numbers based on age/level of players) red defenders win ball and score on mini goals. Attacking team score on large goal. Defending team can't defend past endzone. Encourage attacking mentality, look for opening to pass or dribble forward.

MORE CHALLENGING

Play 6v5/7v6, add defender in endzone for 2v1

PHASE 4 – Play | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers. Regular game rules encouraging players to take shots and finish when in attacking half.

SCORING

1 point for scoring in respective goals

Week 4 Defending as a group to regain the ball

OBJECTIVE | Learn how to defend in three's
(Pressure, cover, balance)

COACHING POINTS

1. Press quickly slow down closer to the ball
2. Start tall, get low as you get closer to the ball, bend knees
3. 2nd and 3rd defender provide cover to first defender


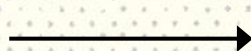

GUIDED QUESTIONS

1. Why do you need to be on toes when defending 1 on 1?
(To move quickly when attacker dribbles)
2. Why do you think you should press quickly? (to win ball further from your grid slash poll)

KEY WORDS

Defend, cover, pressure, compact

SESSION KEY

Dribble 
Pass / Shot 
Movement 

PLAYER ACTIONS

Pressure/cover/balance, make it compact

TECHNICAL TOOLS

Defending



11 v 11

Train to compete

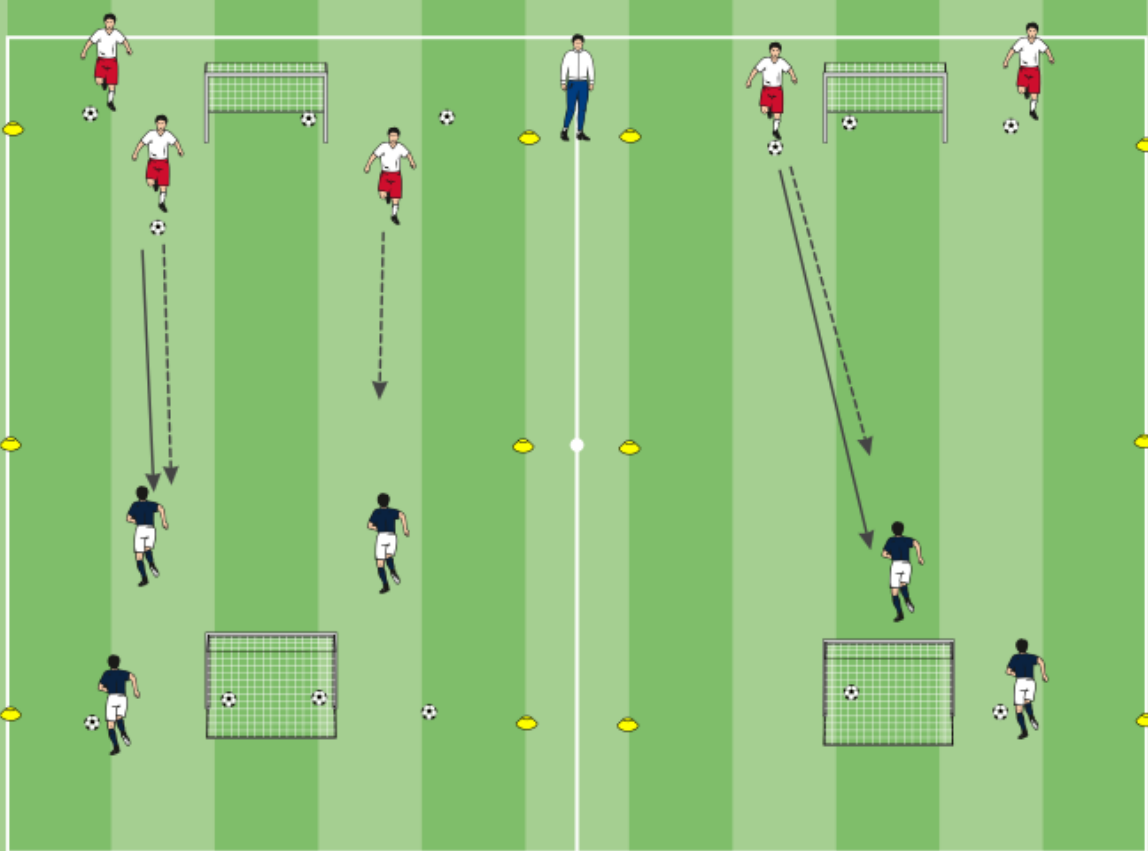
The team and me

Develop of the
qualities for position
within the team

Defending
Block 3

PHASE 1 – 1v1, 2v2 Defending | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

10 x 15 two grids

DESCRIPTION

1v1 to start on both fields
Reds pass into blue, press and protect goal.
Play until goal is scored or ball goes out.
Start with next red passing into next blue.
Progress to 2v2 (shown on left)
Switch after 3 minutes with blue passing ball in

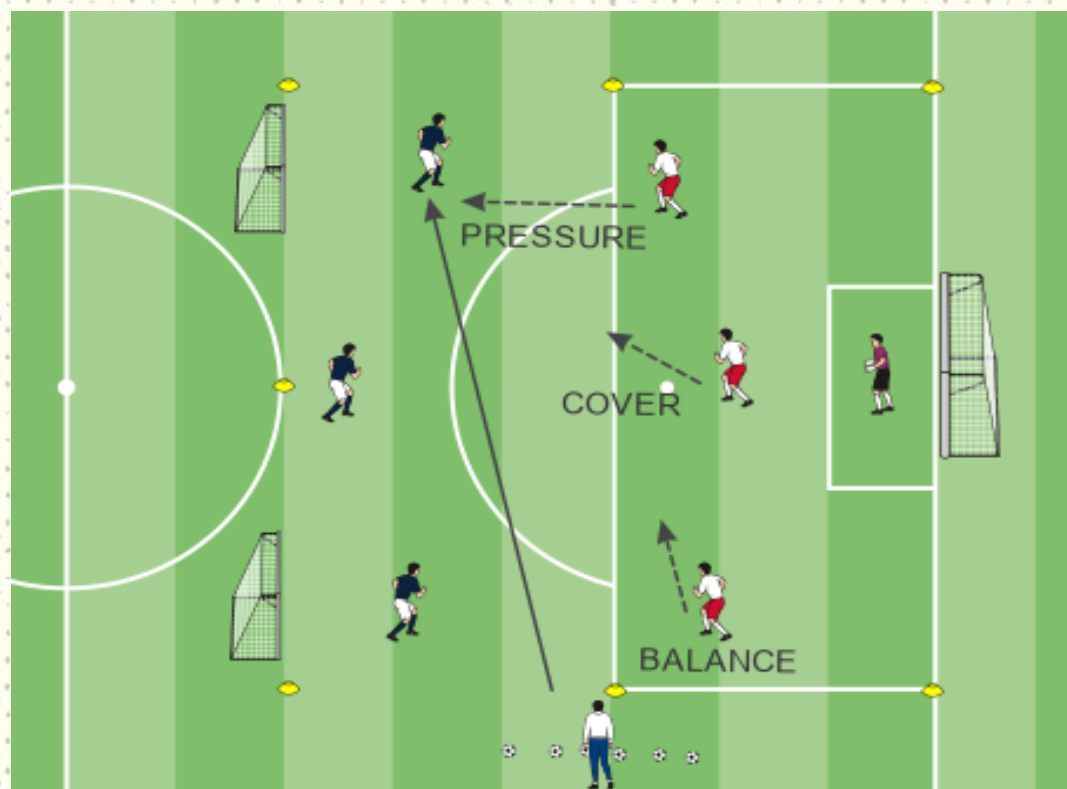
MORE CHALLENGING

Combine fields and play 3v3 / 4v4 four goal game.

Week 4 Defending as a group to regain the ball

PHASE 2 –3v3 / 4v4 Defending | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

40 x 30 yard area
Play 3v3 game with goalkeeper

DESCRIPTION

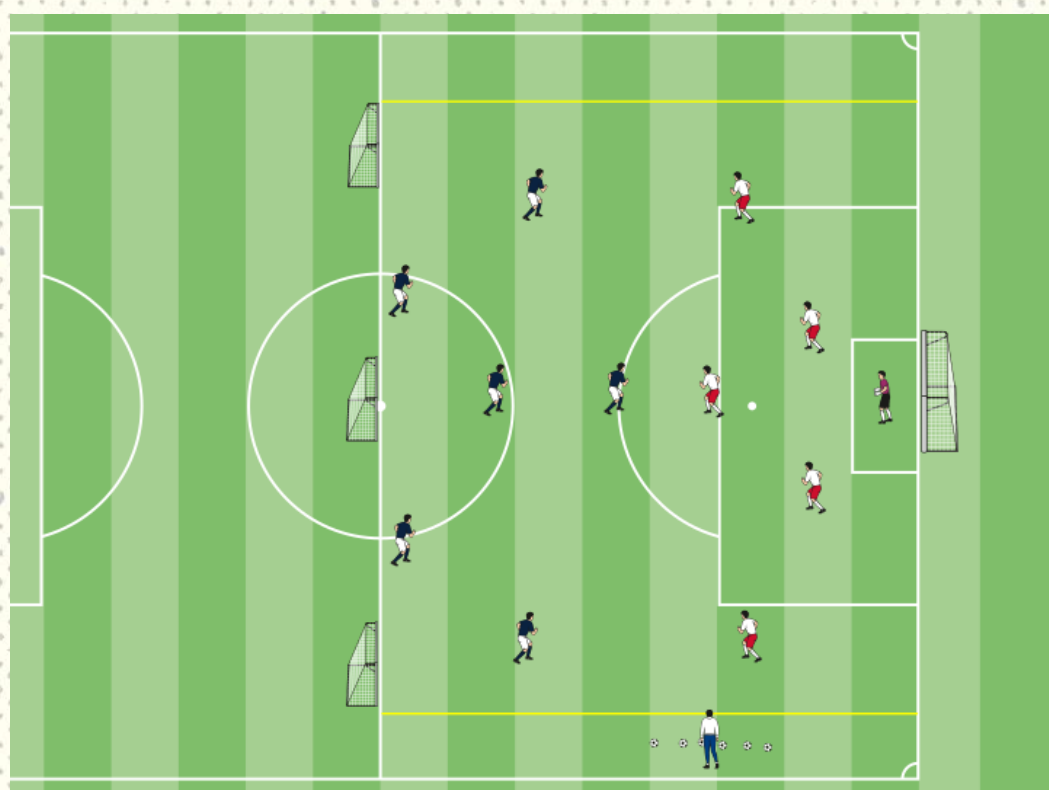
Coach passes balls into blue team who attack goal
Red team counter on mini goals
Red team apply pressure, then cover & balance
If goal is scored or ball goes out, new set of players
Switch Red and Blue team after 4 minutes.

MORE CHALLENGING

Play 4v4, 5v5 (make area larger)

PHASE 3 – Team Defending | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



AREA

Play half field game adjusting the width based on the number of players
3 mini goals (gates) and 1 large goal

DESCRIPTION

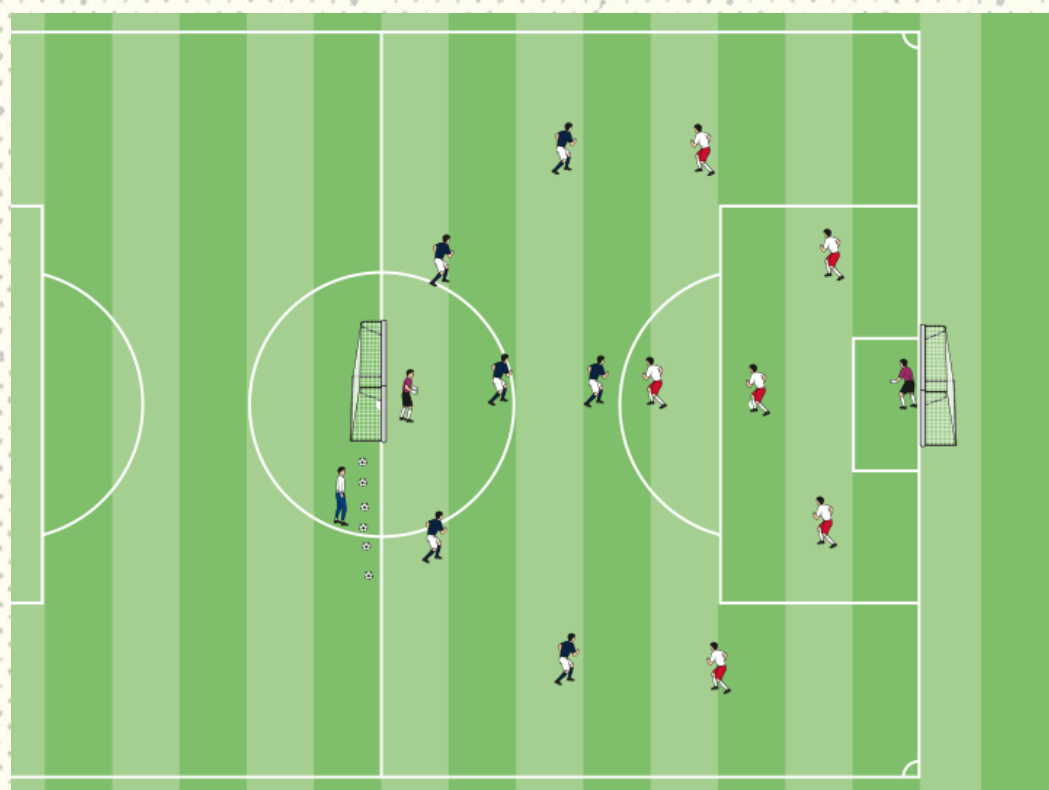
Play 6v5. Ball starts with coach pass to blue (vary entry pass location to work on defending teams' position and press) Blue score on large goal, red counter on one of the three mini goals. Work on defending team pressing the ball, moving together and staying compact to protect goal/s.

MORE CHALLENGING

Play 7v6, 7v7

PHASE 4 –Play | 25 MINS

12 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers.
Regular game rules encouraging players to place pressure on the ball and provide cover and balance to teammate.

SCORING

1 point for scoring in respective goals

Week 5 Passing to Advance the Ball

OBJECTIVE | Learn how to possess, progress and penetrate.

COACHING POINTS

1. Possess when we can't move forward
2. Progress and find gaps between the lines
3. Penetrate when we have runners in behind

GUIDED QUESTIONS

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?


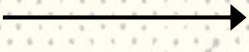
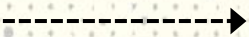
KEY WORDS

Find feet, Relax and be balanced, find the runner

PLAYER ACTIONS

Passing

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Find a teammate; **Block 2:** Pass to feet, Pass to space;
Block 3: Possess, Progress, Penetrate, **Block 4:** Add variations



11 v 11

Train to compete

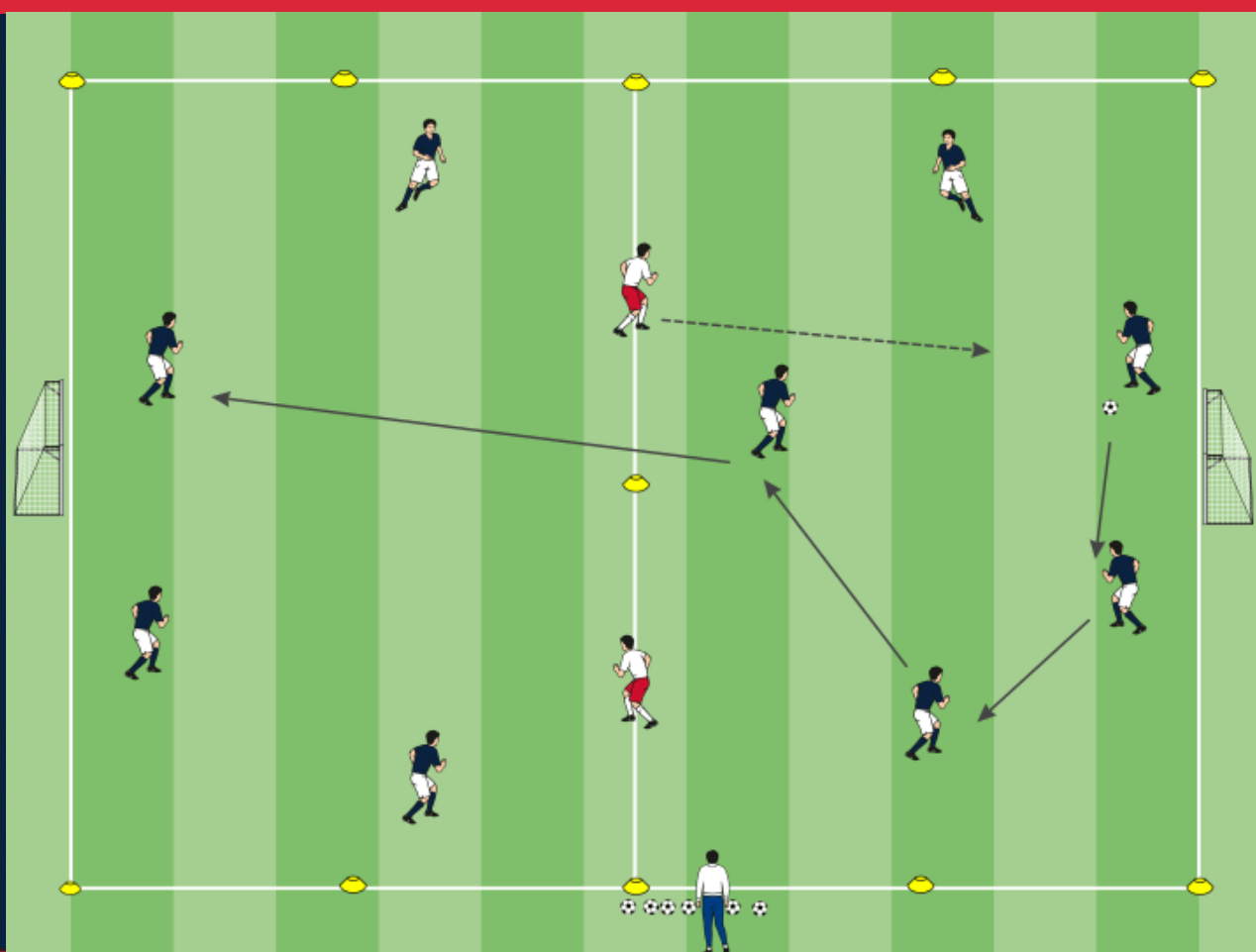
The team and me

Develop of the
 qualities for position
 within the team

Passing
 Block 3

PHASE 1 – Passing & Playing forward | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

Same 30 x 20 yard area.

DESCRIPTION

Blue team plays 5v1 in half field. Make 3-5 passes before playing pass across halfway line to remaining blue players waiting. New red defender presses. If red wins ball they can score on mini goal.

Rotate defenders every 2 minutes.

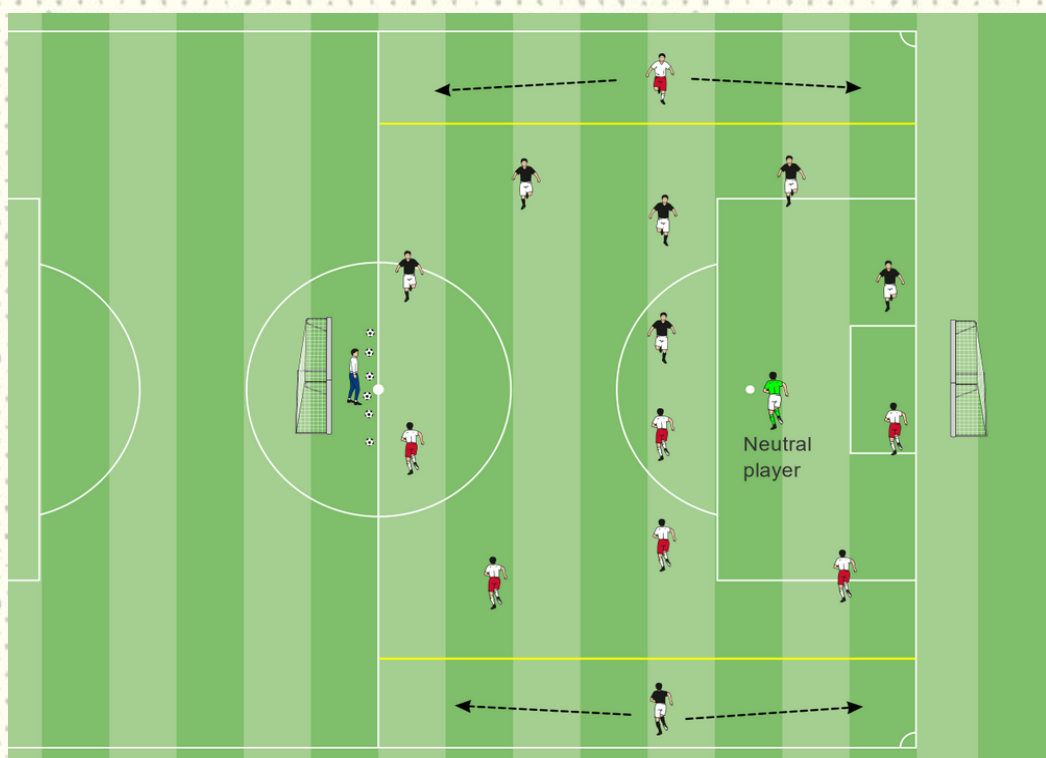
MORE CHALLENGING

5v2, progress to 5v3.

Week 5 Passing to Advance the Ball

PHASE 2 – Passing and Receiving | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



AREA

5v5/7v7 half field game, target players in each 10 yard endzone

DESCRIPTION

Ball starts with pass from coach. Possession game and look to find pass forward to find their target in end zone. Add a neutral player/s to overload team in possession.

SCORING

Find target in advanced zone for a point

MORE CHALLENGING

Player gets 2 points for playing into the target and get ball back before dribbling over line

PHASE 3 – Target Passing Game | 20 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

Large goals on half field with player between 2 counter goals

DESCRIPTION

Play 8v6, adjust based on numbers. Ball starts with pass into the red team goalkeeper (first pass no pressing)

SCORING

1 point for red scoring in mini goal.

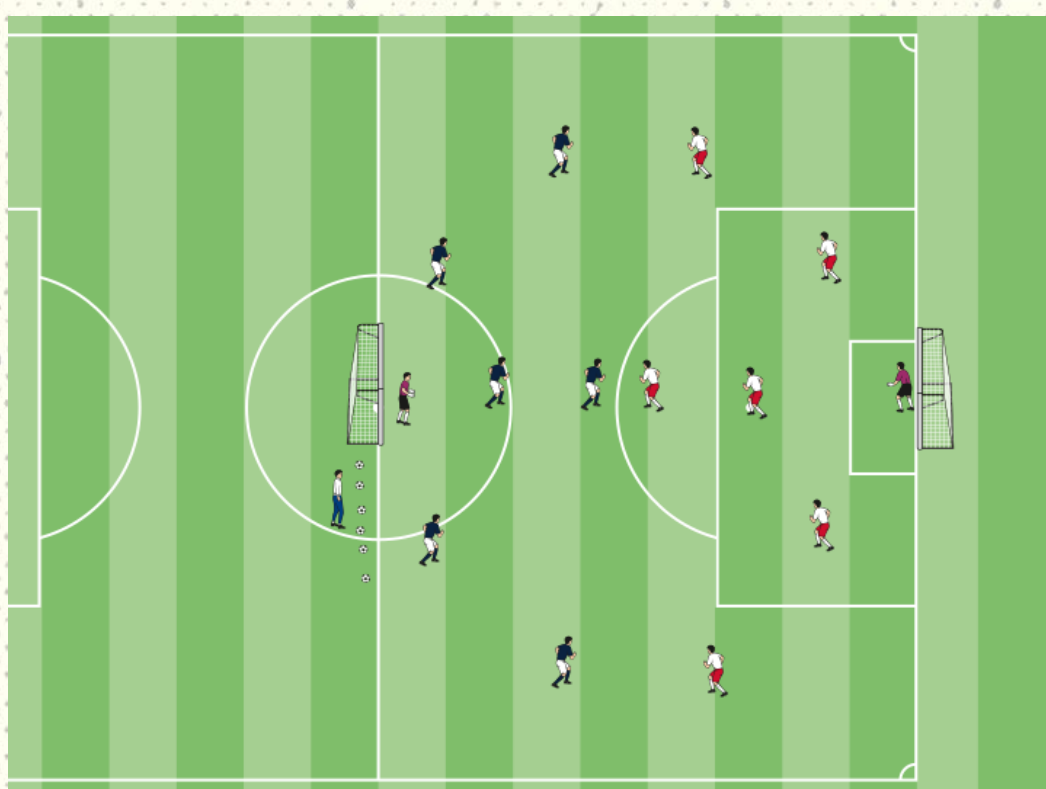
1 point for blue scoring on large goal

MORE CHALLENGING

8v7, 8v8

PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field Game with 2 goals.

DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players scan and look to play forward.

SCORING

1 point for scoring in respective goals

Ages and stages

Social Development

- Start asserting individuality and establishing their own identity which may lead to conflict with authority.
- Unsure about their place in society and are heavily dependent on a peer group/best friend.
- Can experience conflict between the need to be an individual while also fitting in with the group.

Emotional Development

- May exhibit strong mood swings (struggle with impulse control and lack emotional maturity).
- Vulnerable to peer pressure.
- May feel embarrassed if parents are around them in social settings.

Language Development

- Encouraged to speak directly with the coach. (self-advocacy).
- Will ask questions to seek clarity.
- May test boundaries on use of appropriate language.

Cognitive Development

- Begin to be mature enough to take responsibility for their own commitment level.
- Can plan and organize tasks with little to no guidance from adults.
- Have sense of respect for their sport and can begin to make commitments.

Physical Development

- Rapid growth leads to increases in height, weight, and visible changes (increase in muscles mass and body fat).
- May exhibit adolescent awkwardness as a result of rapid changes (injury rates tend to increase during this stage due to physical changes-ankle sprains, tendonitis, patellofemoral pain, pain at tendon insertions-Osgood-Schlatters, and Sever's Disease).



AGE: U10

LEVEL: GRASSROOTS

AREA OF FIELD:

Buildup

GAME PRINCIPLE: PENETRATION

TEACHING TOOLS

PLAYER ACTIONS

WHAT YOU WOULD LIKE THE PLAYERS TO DO BASED ON SESSION TOPIC.

EXAMPLE

“Pass or dribble forward”

TECHNICAL TOOLS

WAYS IN WHICH TO PERFORM OR ENHANCE PLAYER ACTIONS.

COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO PERFORM THE PLAYER ACTIONS. EXAMPLE FOR DRIBBLING “LARGER TOUCHES TO ACCELERATE INTO SPACE”

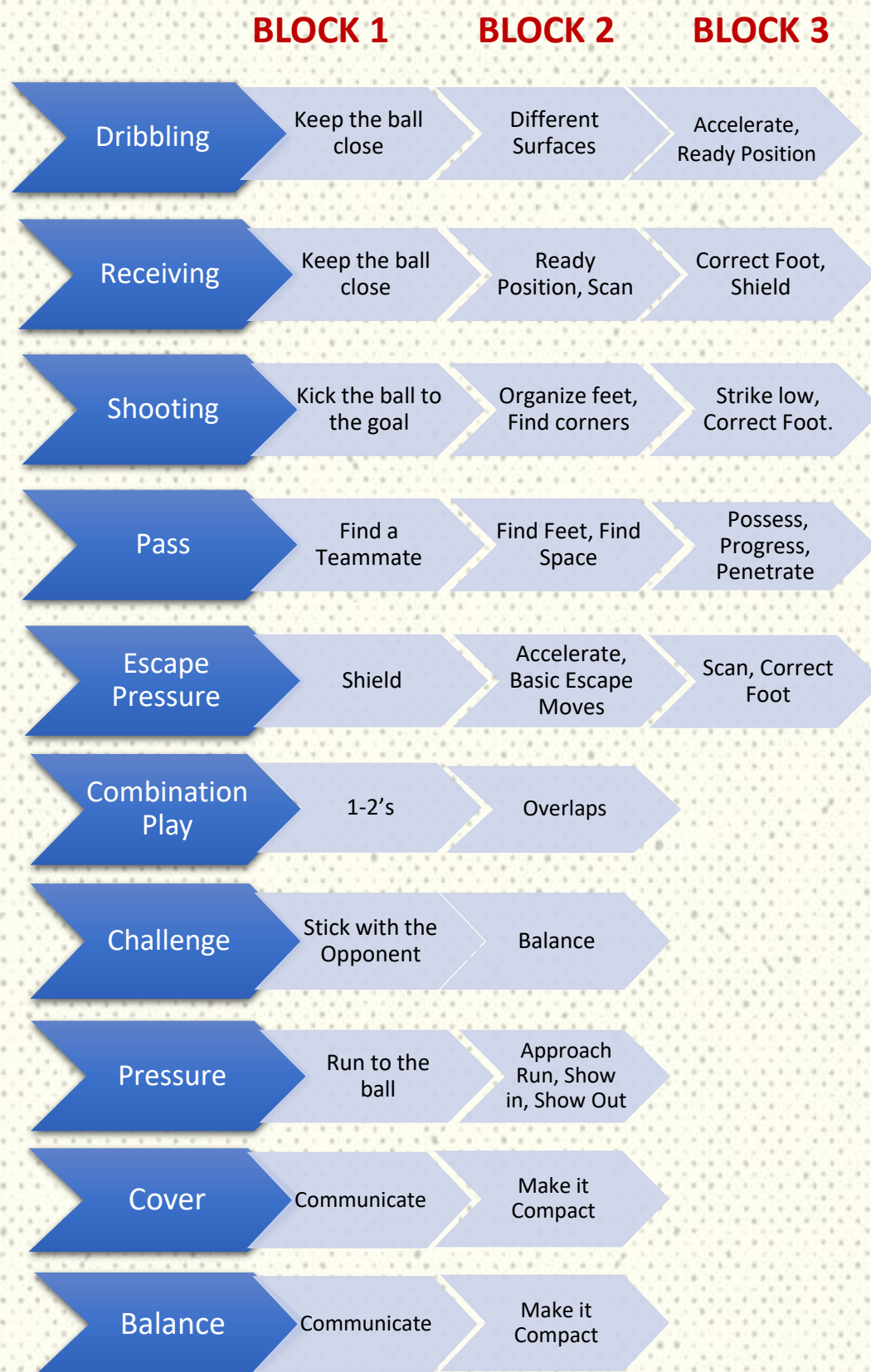
GUIDED QUESTIONS

QUESTIONS SHOULD BE PREMEDITATED TO SEEK UNDERSTANDING FROM THE PLAYERS. THEY MUST BE RELEVANT TO THE SESSION TOPIC AND SIMPLE FOR THIS AGE. EXAMPLE FOR DRIBBLING “HOW DO YOU KNOW WHERE THE OPEN SPACE IS WHEN DRIBBLING?”

PLAYERS NEED TO HAVE FUN! BELOW ARE PLAYERS ACTIONS AND TECHNICAL TOOLS.

TECHNICAL TOOLS

PLAYER ACTIONS



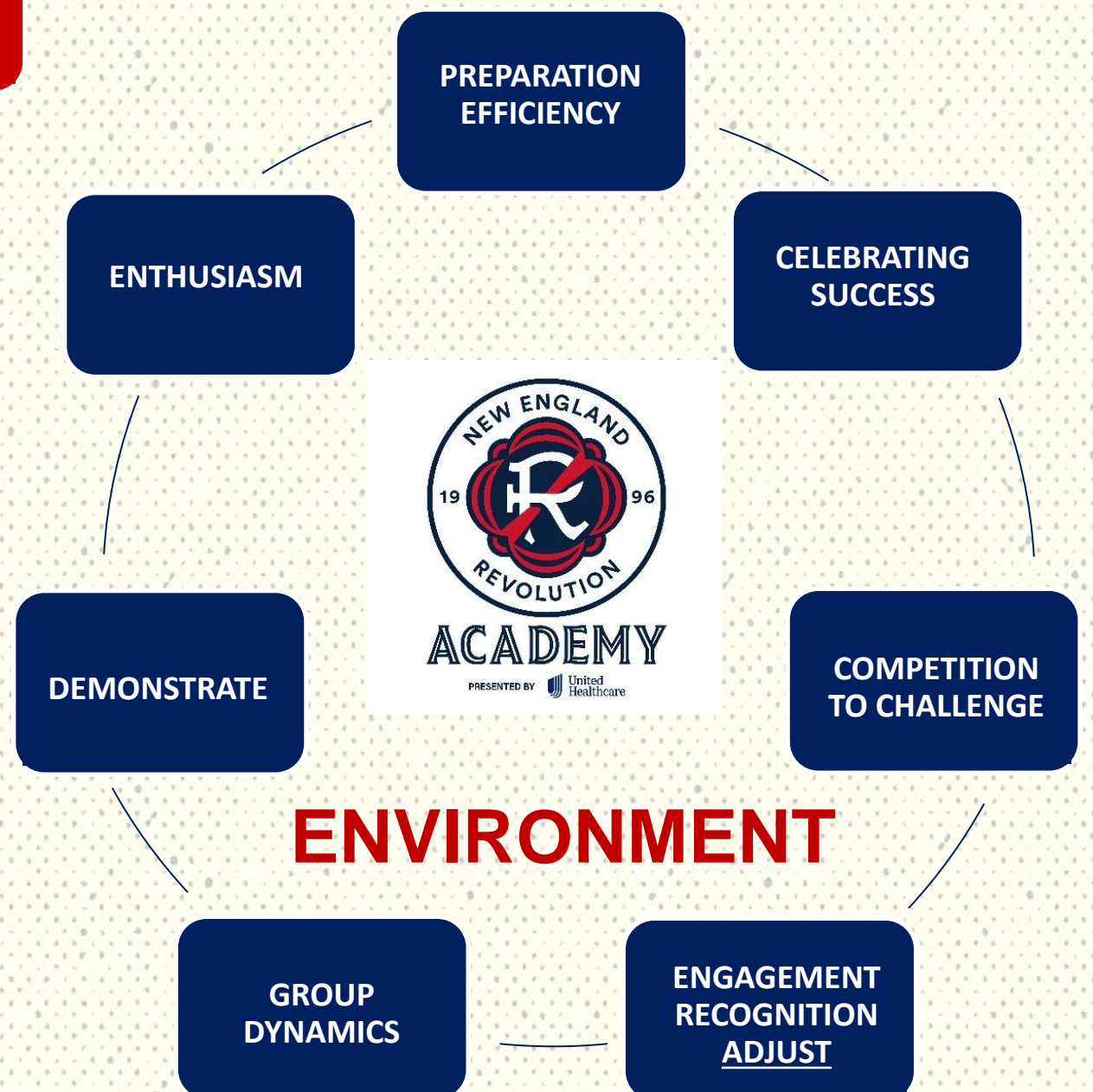
Each team should teach **block 1** before teaching **block 2**. Progress to teach **block 2 (or beyond)** when you feel the *majority* of the team is ready to advance or *individually* should you have high performers within the team.

COACHING



- Learn players names
- Positive reinforcement
- Use small sided games with attack, defense and transition that promotes competition through winning and losing.

- Keep a supply of balls
- DEMONSTRATE!
- Use of freeze moments in games to show larger pictures
- No laps, lines or lectures!





ACADEMY

SESSION STRUCTURE

SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

4v4

PHASE 1

WARM UP

PHASE 2

TECHNICAL
COMPETITION

PHASE 3

TECHNICAL
RELATED GAME

PHASE 4

GAME

OR

PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

PLAY

SMALL-SIDED
GAMES
1v1, 2v2, 3v3, 4v4

PRACTICE

DELIBERATE
PRACTICE GAME-
LIKE ACTIVITIES

PLAY

GAME RELATED
PLAY IN
4v4 TO 7v7