

## Canmore FC Technical Document

**Main Objective;** To allow Bow Valley soccer players to play meaningful, development appropriate soccer in all age categories in an inclusive environment.

**Technical focus:** Maximizing touches, good fundamentals, focus on small sided games. In line with Long Term Player Development, and using the concept of player-first focus. Especially in the younger age categories, players should be encouraged to play all positions in games, there is no such thing as a 10 year old 'defender'. Practices will have a lot of focus on basic skills (with both feet!): dribbling, passing, juggling, first touch and shooting. A lot of the training will be dedicated to small sided games and 1 v 1 battles. Try NOT to have full field games in practice, that's what the competitive games are for. In a 5 v 5 game, the kids will likely have 5x the touches instead of playing a 9 v 9 game. Especially with the missed year due to Covid, we have to have the kids touch the ball as much as possible.

**Tactical focus:** All Canmore FC teams will play fluid, attacking soccer based on a possession based model: Build from the back, shorter passes, creativity and fluidity in the final third. Goalies will be trained in the 'Sweeper Keeper' model, and all players will be able to play multiple positions. Canmore FC players will be encouraged to have excellent stamina, as we will try to win the ball back on the opponents' half by doing a lot of high pressing. The Mantra could be: **Get the ball, Keep the ball, Move the ball, Score!** Models of professional clubs that play this way: Manchester City, Barcelona, Ajax, Bayern Munich, Netherlands National Womens' team.

**Mental focus:** All Canmore FC players will be encouraged to have the awareness of midfielders, no matter what position they play: hard working, strong in transition, aware of the entire field, willingness to put in tackles to win the ball back, take on opponents 1v1 and look for the splitting pass to create offense. This requires a culture of risk-taking for young players: we want them to play the difficult pass, and to be brave to take players on. As coaches, we should create an environment for the players to learn from failures and mistakes. At the highest levels, players with above average awareness, composure and creativity are the ones who stand out.

**Emotional Focus:** All Canmore FC players will need to be coached in a positive manner, with an emphasis on having a lot of fun. Encourage risk taking, encourage being brave, encourage them to try hard things over and over again, REGARDLESS OF RESULT. Up to U-13, the games are seen as live practices where they are encouraged to put the things they learn in practice and academy into a real situation. Coaches should not focus on results, but on how creative the team played. We would rather lose a game 5-2 while having possession and more shots than the opponents, than grind out a 1-0 win by sitting back in our own half and getting lucky with a counter.

Warning to coaches: you may lose some games with big numbers, because you will leave holes by pressing forward. You may get beaten by bad teams that only counter, and you'll win games against teams that are better than you. That is all part of the development piece. Results only start to matter at the U-15 level (Training to Compete). **Remember: players learn the most when they have the ball!**