



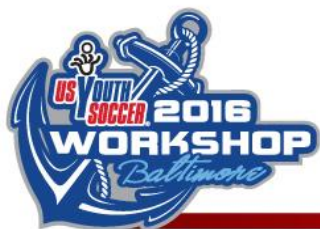
D.C. United Academy Game Project

Nolan Sheldon
Academy Director





TARGET

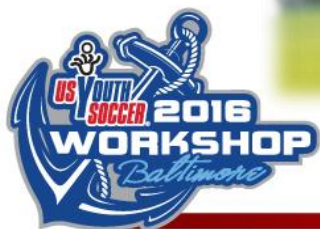




BILL HAMID



ANDY NAJAR





Game Project

- Professional coaches use players to win games, youth coaches accompany & guide players on a journey.





Game Project

GAME PROJECT





Game Project

19-23 YEARS OF AGE

PROFESSIONAL / COLLEGIATE

15-18 YEARS OF AGE

PERFORMANCE

12-14 YEARS OF AGE

DEVELOP A PLAYER'S IDENTITY

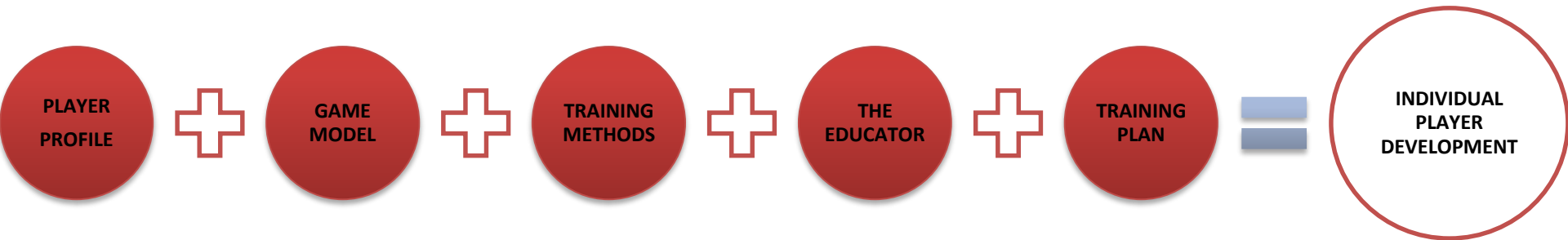
7-11 YEARS OF AGE

DEVELOP A PLAYING FOUNDATION



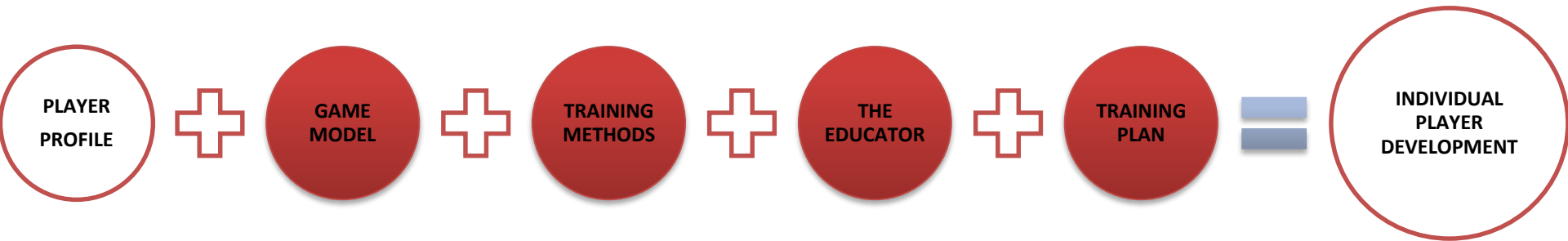


Game Project





Game Project

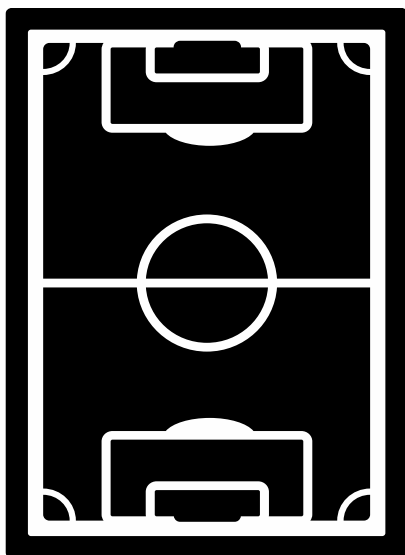




Game Project

10

8



- CREATIVE / “PLAY-MAKER”
- SUPERIOR TECHNICAL ABILITY
- QUALITY PASSER
- COMPOSED UNDER PRESSURE
- INTELLIGENT MOVEMENT OFF THE BALL / PLAYS BETWEEN LINES
- ABILITY TO TURN AND DRIBBLE
- PLAYS WELL IN COMBINATION
- QUICK REACTIONS IN TRANSITION
- RISK-TAKER





Game Project

NATURAL TALENT

IMPACTFUL

HIGH SOCCER IQ

TECHNICAL

COMPETITIVE / WINNER

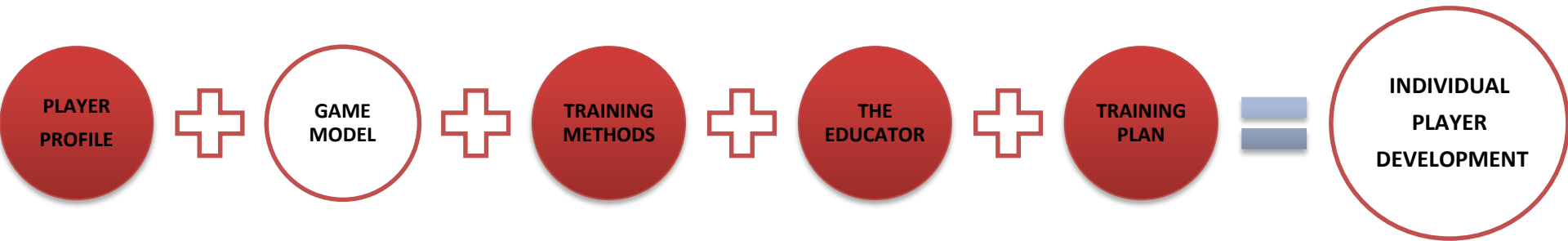
ATHLETIC PROFILE

PASSIONATE



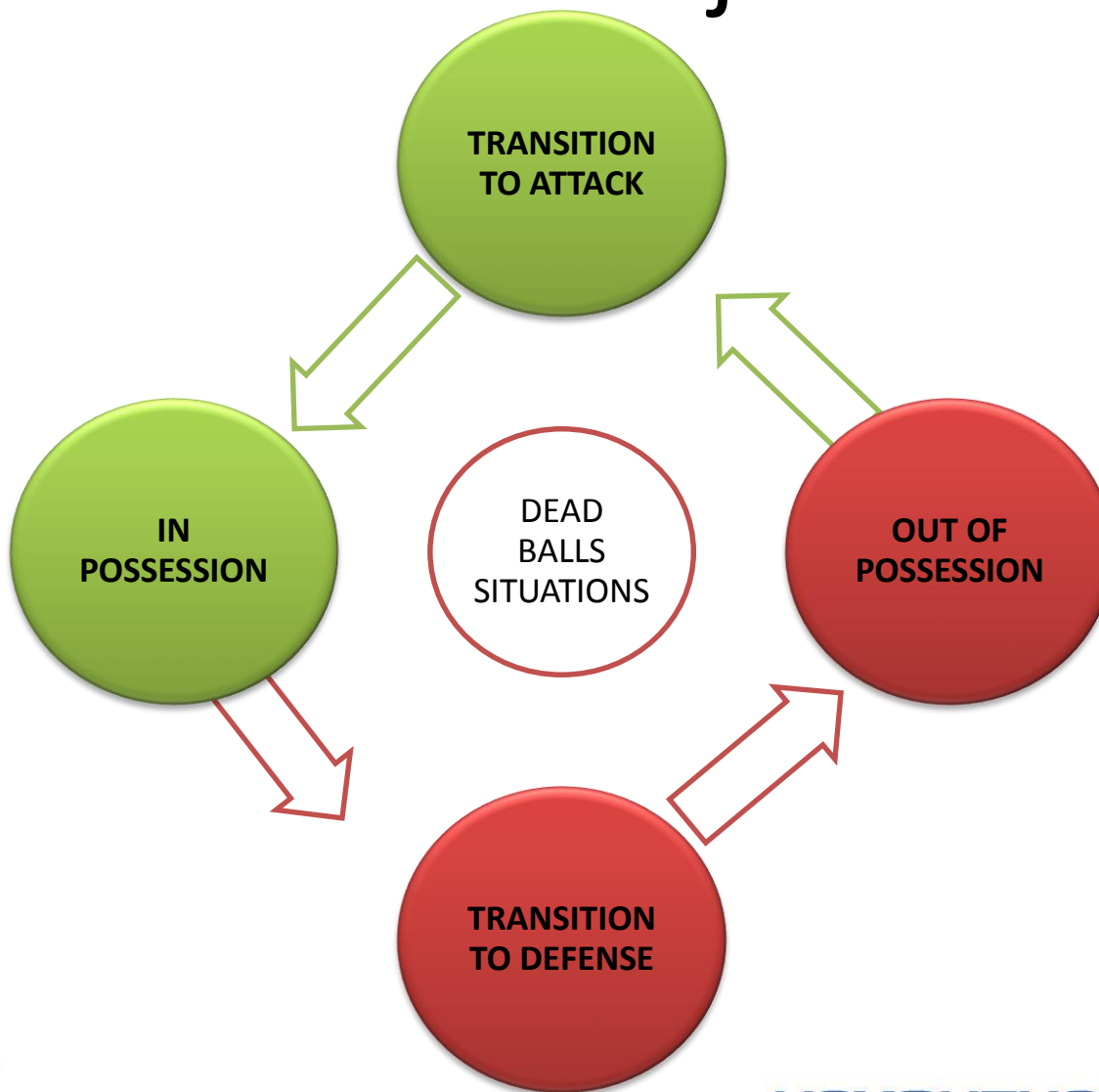


Game Project





Game Project

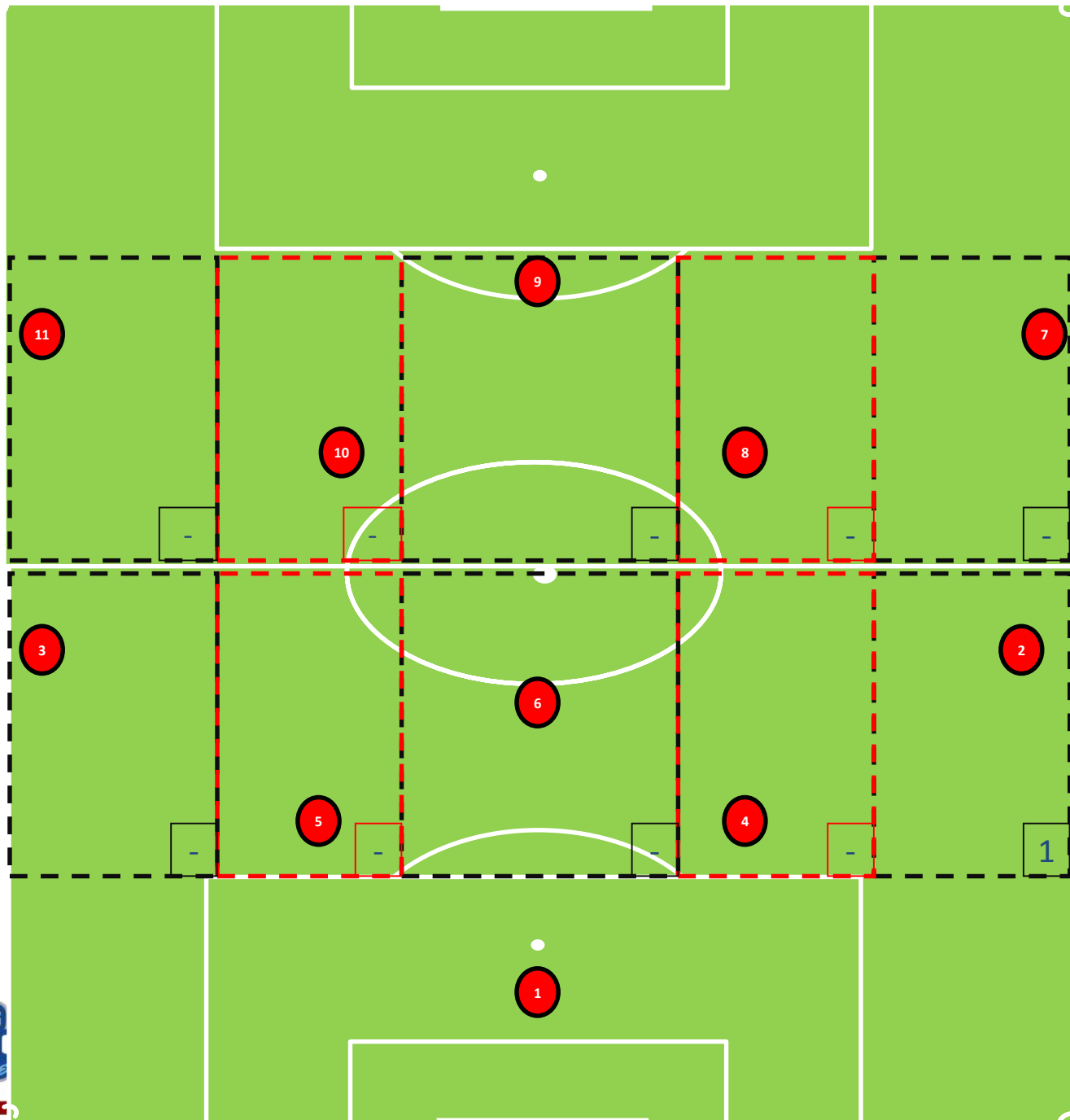




Game Project

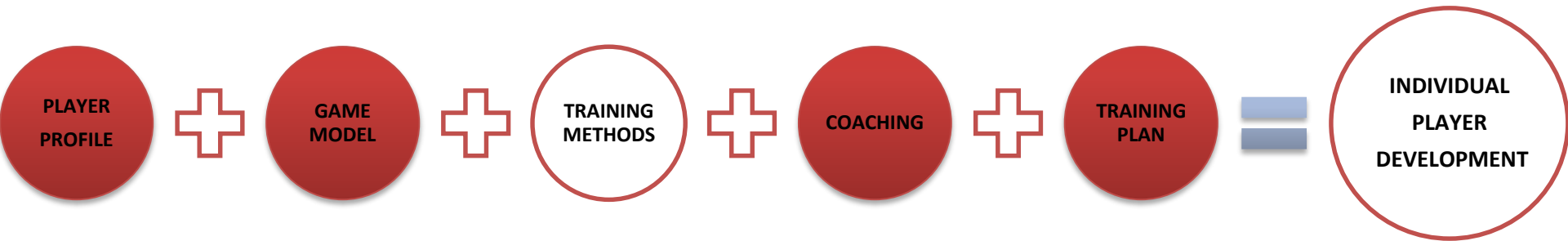
	MOMENT OF TRANSITION	CRITICAL MOMENT	GAME PHASE	GAME PRINCIPLES	
IN POSSESSION	TRANSITION TO ATTACK	1 FAST ATTACK	UNBALANCE THE OPPONENT	<ol style="list-style-type: none"> 1) Switching the point of attack (+ destabilizing pass in behind the defense) 2) Creation of space to penetrate 3) Find a player on the run behind the back four (Pass Behind the defense) 4) Create numerical superiority (combination play) 5) Advance 1 v 1 	
			FINISH	<ol style="list-style-type: none"> 1) Anticipate & adjust to shoot 2) Get Unmarked 3) Change speed to beat opponent (technical + physical speed) 	
		2 SET ATTACK	POSSESSION TO PROGRESS	<ol style="list-style-type: none"> 1) Open Pass (security pass) 2) Creation and use of space (relationship between players) + Open Pass 3) Play in gaps and between lines (get unmarked) + Vertical Pass 4) Creating numerical superiority / combination play (play b/w 2 or 3 players) 	
			UNBALANCE THE OPPONENT	<ol style="list-style-type: none"> 1) Switching the point of attack (+ destabilizing pass in behind the defense) 2) Creating of space to penetrate 3) Find a player on the run behind the back four (Pass Behind the Defense) 4) Create numerical superiority (combination play) 5) Advance 1 v 1 	
	FINISH		<ol style="list-style-type: none"> 1) Anticipate & adjust to shoot 2) Get Unmarked 3) Change speed to beat opponent (technical + physical speed) 		
	ACTIVE MARKING (Prepare to Defend)				
	OUT OF POSSESSION	TRANSITION TO DEFENSE	RECOVERY DEFENSE	DISRUPT OPPONENT'S POSSESSION	<ol style="list-style-type: none"> 1) Slow down opponent and re-organize lines 2) Close Direct Game Channel and organize marking 3) Vertical Balance (Protect the space behind the back four)
			SET DEFENSE	COLLECTIVE DEFENDING	<ol style="list-style-type: none"> 1) Create density and be active in DGC 2) Direct and organize the collective defending based on the timing of the pass 3) Create defensive numerical superiority 4) Vertical Balance (Manage/Protect the space in front / behind the back four)
PROTECT THE GOAL		<ol style="list-style-type: none"> 1) Positioning (relationship ball/goal) 2) Anticipate, adjust yourself to intervene (timing of tackle) 3) Intervene: Fast Attack - Set Attack 			
ACTIVE POSITIONING (Prepare to Attack)					

GAME
MODEL





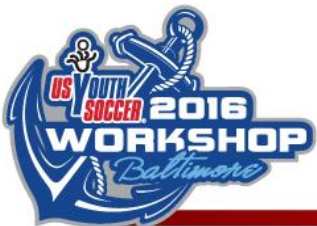
Game Project





Game Project

- “DO YOU KNOW WHAT HIGH-LEVEL SOCCER LOOKS LIKE?”





Game Project



PLAYING IN THE GAPS & BETWEEN THE LINES





Game Project

**DISCOVERY
GAMES**

**TECHNICAL
EXERCISES**

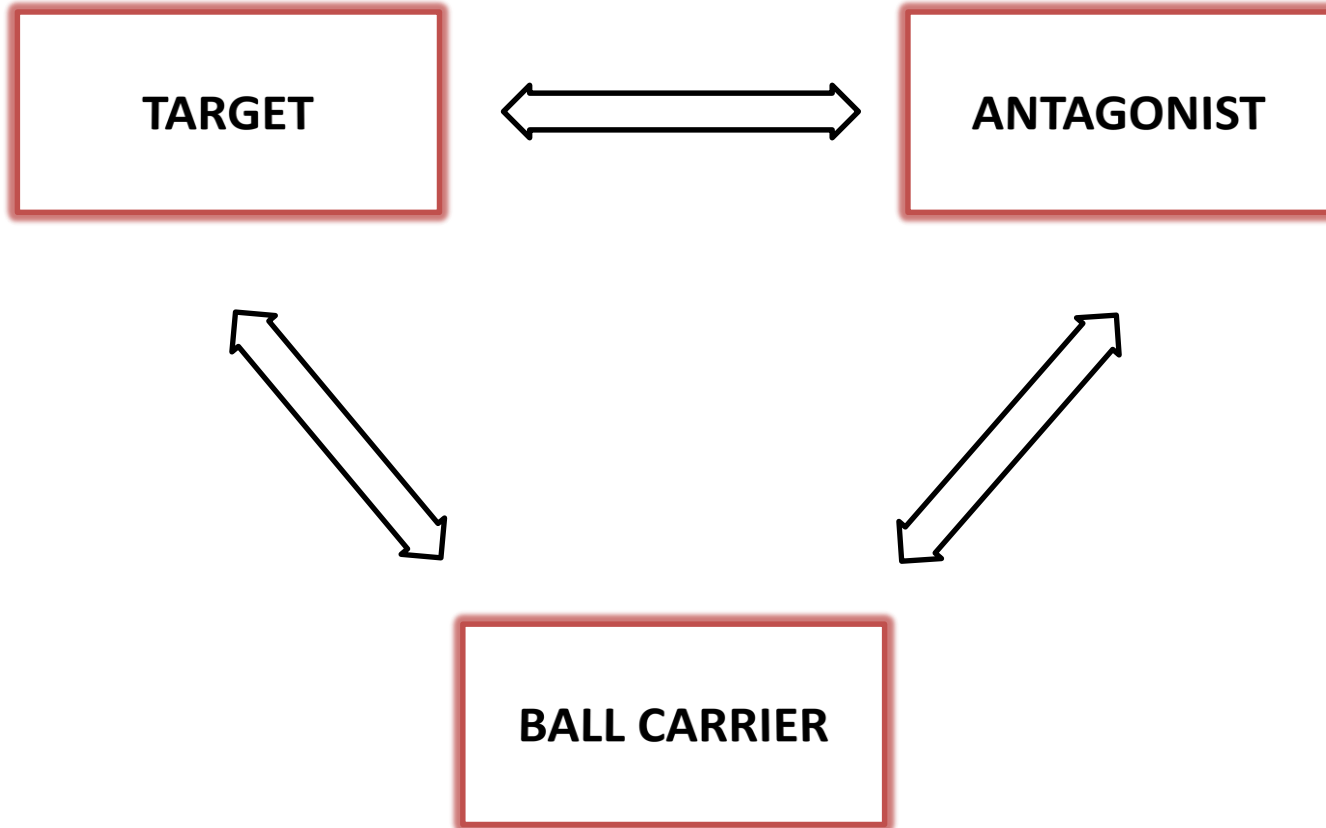
**TACTICAL
SCENARIOS**

**MATCH
SIMULATION**



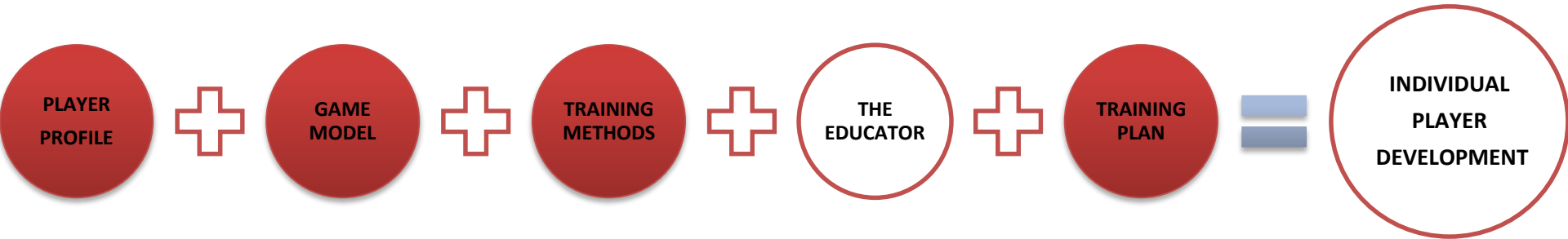


Game Project





Game Project





Game Project

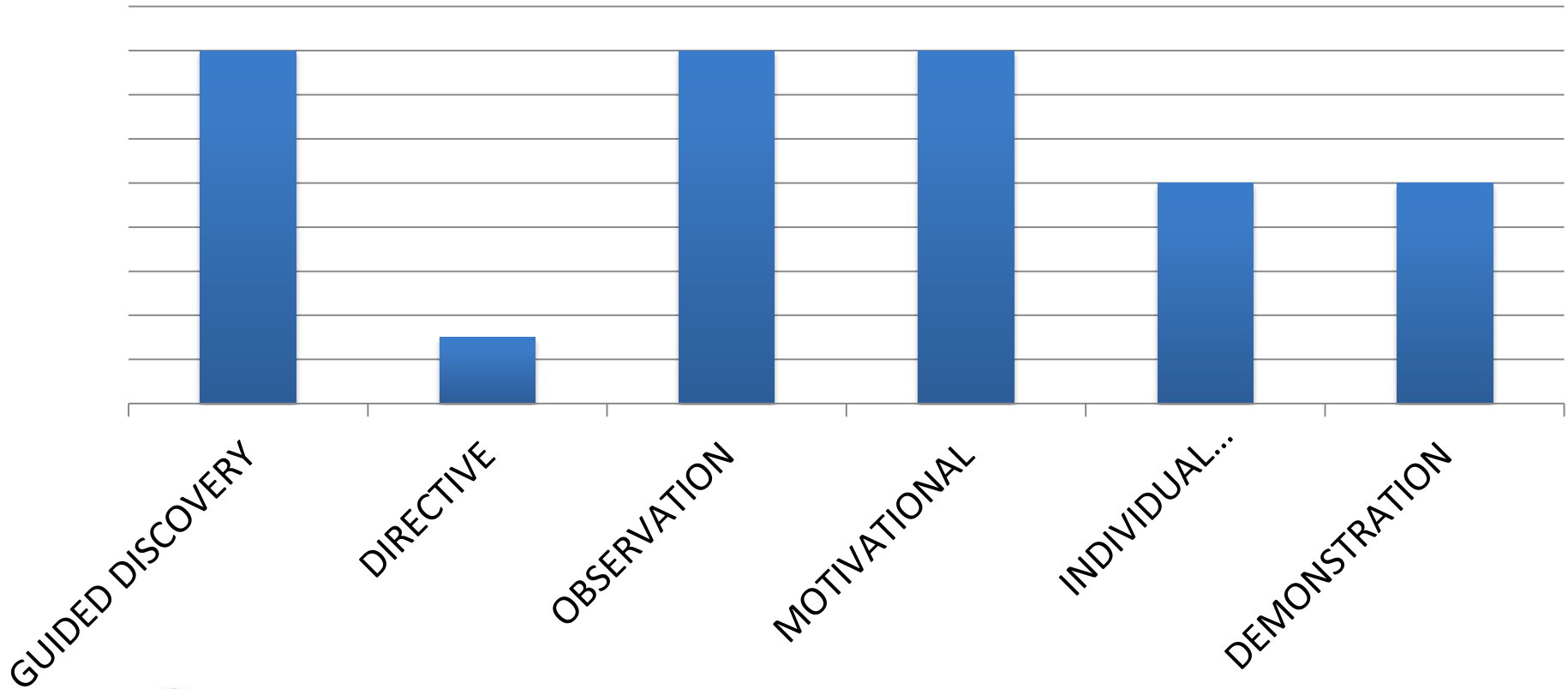
**COACH / PLAYER
RELATIONSHIP**





Game Project

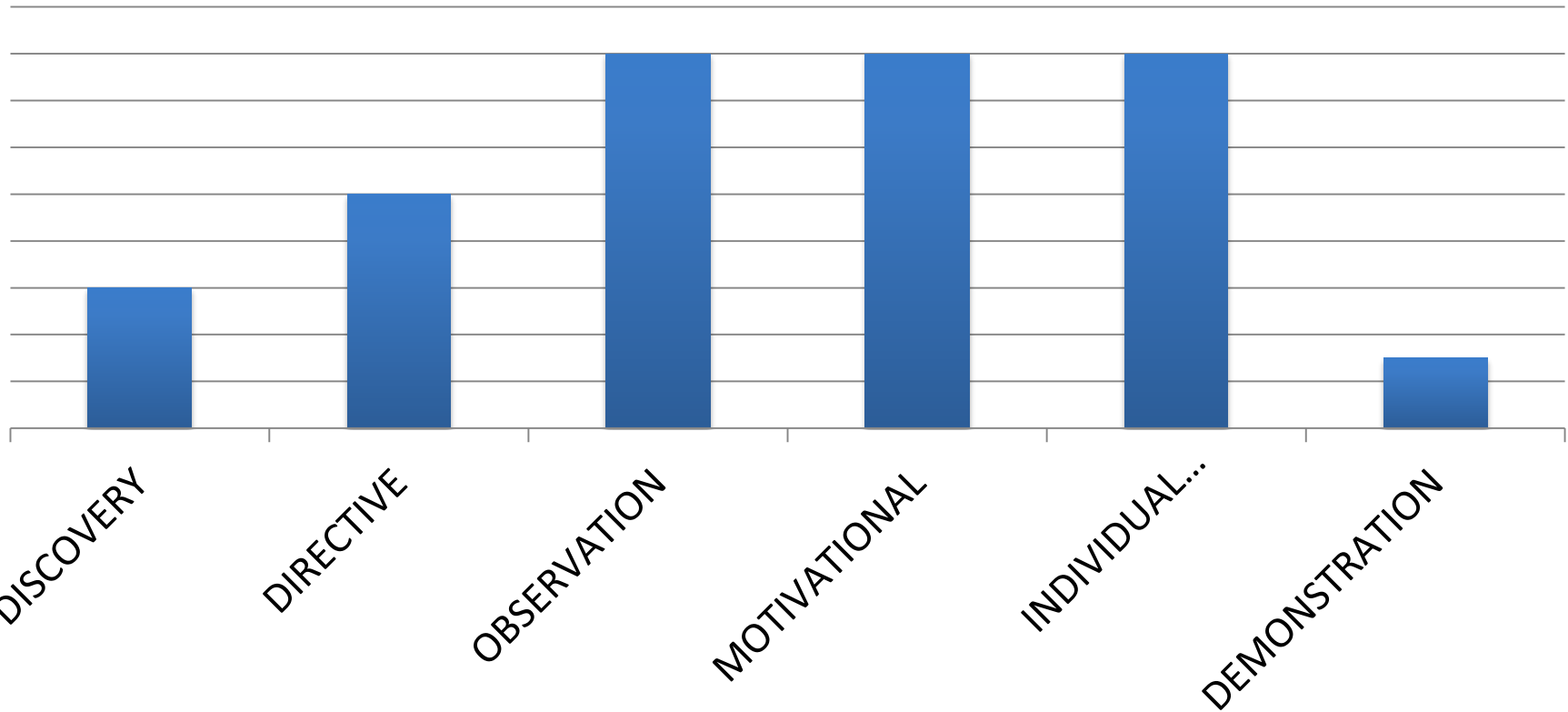
U11 - U14





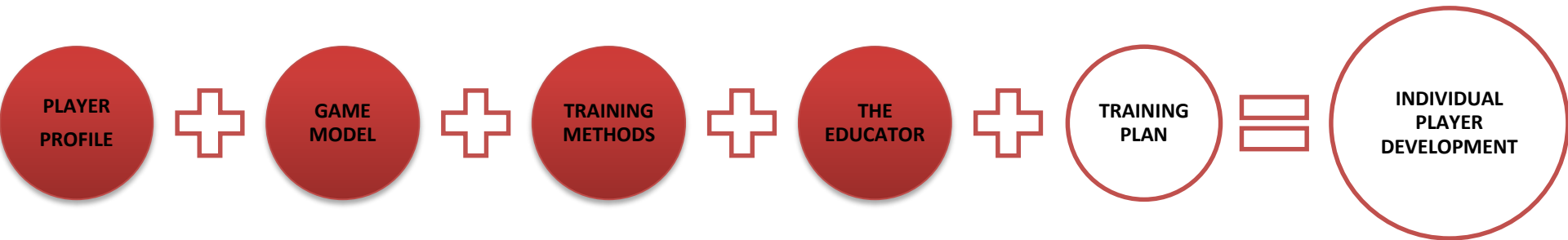
Game Project

U15-U18





Game Project





Game Project

Events Key		Training Commences			Preseason Friendly				U.S. Development Academy Fixture				Peaking Match (i.e., MLS Academy or Rival)				Thanksgiving / Winter Break								
Training Phase		Preseason			In-Season													Transition Phase							
Training Subphase		GPP			SPP													Active Recovery							
Month		Aug	Aug	Aug	Sep	Sep	Sep	Sep	Oct	Oct	Oct	Oct	Oct	Nov	Nov	Nov	Nov	Nov	Dec	Dec	Dec	Dec			
Monday		10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28			
Tuesday		11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29			
Wednesday		12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30			
Thursday		13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31			
Friday		14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25				
Saturday		15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26				
Sunday		16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27				
Macrocycle Number		1			2				3				4			5			OFF						
Loading Paradigm		3:1			3:1				3:1				2:1			2:1			Christmas / New Year Holiday						
Microcycle Number		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	1	2				3	1	2	3
Athletic Development Targets	Primary	Endurance/MC			Strength				Strength				Speed			Speed									
	Secondary	FMS			Mobility				Power				Power			Endurance/MC									
	Tertiary																								
Performance Testing		ANT				Field				Power				Power				ANT							
Opponents	Game 1				A			H	H			H		H	A	A									
	Game 2				A																				
	Game 3																								
Peaking Index		3	3	4	2	2	4	3	1	3	4	5	2	1	4	5	3	3	2						
		Level of Preparedness (%):				1 = 100%				2 = 90%				3 = 70-80%				4 = 60%			5 = ≤50%				

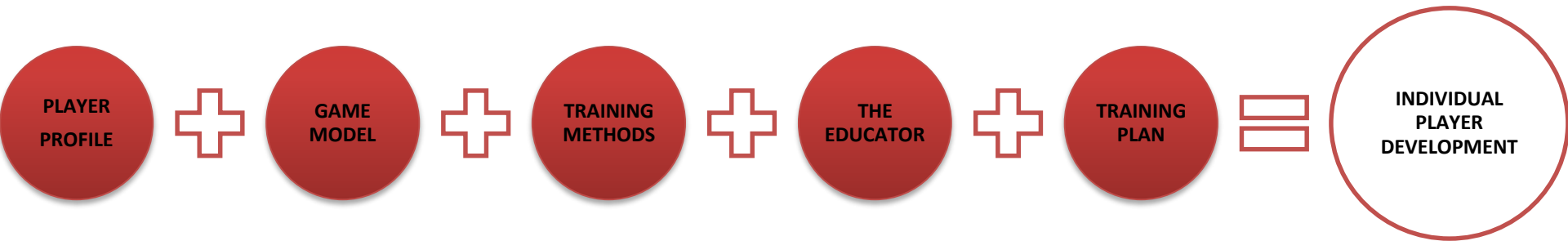


Game Project

D.C. United Academy U-14's	Training Phase		In-Season							
	Training Subphase		Sport Preparation Phase							
	Date		9/21/15	9/22/15	9/23/15	9/24/15	9/25/15	9/26/15	9/27/15	M7
			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	Training Demand								Lehigh Valley Utd	Next Microcycle
	90 - 100% Very high									
	80 - 90% High									
	70 - 80% Medium									
	50 - 70% Low									
	<50% Very low									
0 Recovery		Soccer	Soccer	Rest	Soccer	Rest		Rest		
Volume (min)	A.M.						80		350	
	P.M.	90	90		90					
	Total	90	90	0	90	0	80	0		
Session Targets	Game Phase	Possession to Progress	Possession to Progress		Finish		Match		4 Events	
	Game Principle	Creation and use of use space (relationship between players) and open pass	Play in gaps and between lines (get unmarked) and vertical pass		Change speed to beat opponent		Competition			
	Athletic Development	Mobility	Agility		Speed		Sport-specific Skills			
Notes										



Game Project





Game Project

THANK YOU!

