



# U.S. Women's National Teams Program

## USYS Workshop 2012

# Exciting Times - Video





*“Moving our Game Forward:  
the U.S. Women’s National  
Team Program’s Role in  
Player Development”*

# Overview



## ➤ Description:

- A presentation of the vision and mission of the U.S. Women's Youth National Teams Program, and a discussion of internal and external strategies and messaging to enhance player development of our Youth National Teams.

## ➤ Outline:

- U.S. Soccer Development Focus
- YNT Vision
- Factors Affecting Player Development
- Internal Focus
- Messaging to the Community



# U. S. Soccer Focused on Development



## ➤ Why?

- International game is evolving
- Sophistication and organization of opponents' defenses
- Technical and individual ability to solve pressure
- Generally, the team who can keep the ball will win more
- Historically, bigger, faster, stronger has usually carried the day
- Finding ways to win is not enough, we must develop technical players

## ➤ New YNT Staffing & Integration

- Development Director: Jill Ellis (oversees U14, U15 and U17 YNT)
- Technical Director: April Heinrichs (oversees U18 and U20 YNT)
- 6 New YNT Coaches

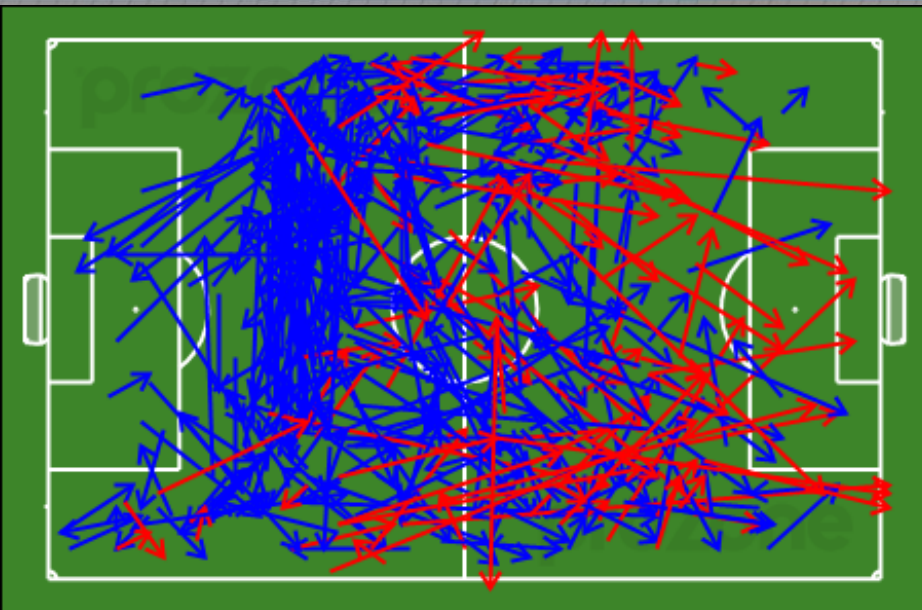
## ➤ Task Force

- Carin Gabarra (Chair) - members represent all components of women's soccer in the U.S.
- Organized to evaluate and recommend improvements to youth soccer programming.

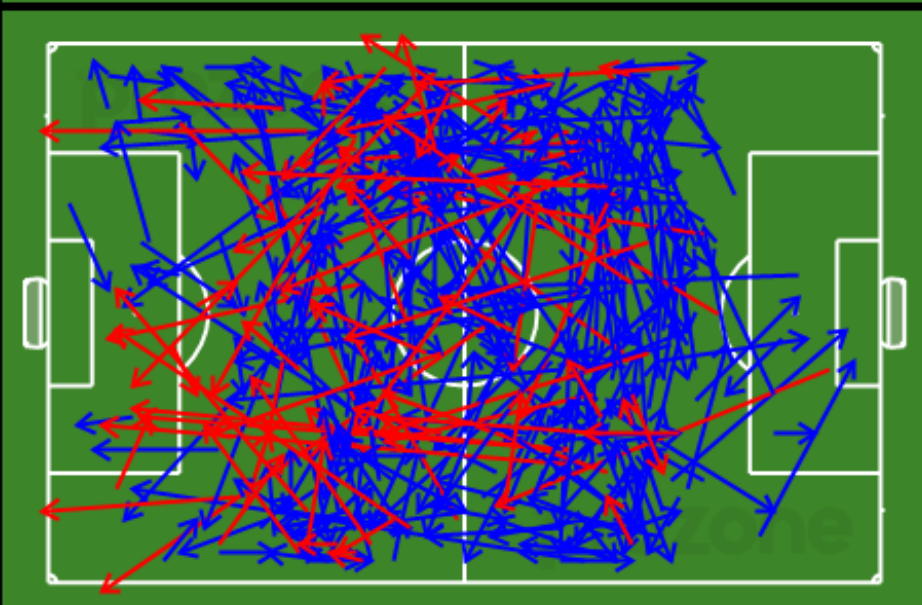
# Modern Women's Soccer



Japan Women	
Japan Women	
Passes	Team
Successful	332
Unsuccessful	86
% Success Rate	79
Total	418
Direction Of Attack	
→	



United States Women	
United States Women	
Passes	Team
Successful	305
Unsuccessful	76
% Success Rate	80
Total	381
Direction Of Attack	
←	



# Modern Players



## Top Five Passers

Japan Women		United States Women		
Player	No.	Player	No.	
6 M.Sakaguchi	62	10 C.Lloyd	58	81%
10 H.Sawa	49	7 S.Boxx	50	88%
8 A.Miyama	48	11 A.Krieger	46	80.4%
4 S.Kumagai	46	3 C.Rampone	44	70.5%
15 A.Sameshima	44	15 M.Rapinoe	39	84.5%

## Passing Direction

Passing Direction	Japan Women		United States Women	
	No.	%	No.	%
Forwards	200	47.8%	152	39.9%
Backwards	79	18.9%	88	23.1%
Sideways	139	33.3%	141	37.0%

# U.S. Women's YNT Program Vision



- To deliver more technically and tactically sophisticated players to the full Women's National Team in an effort to sustain performance success over the next 20 years.
- To prepare more competent and sophisticated coaches capable of developing internationally competitive athletes and teams.
- To develop players and teams to win medals at every Youth WWC.
- To lead, inspire, and unite American coaches, players, administrators, and parents to embrace the development and enhancement of the Women's Game.





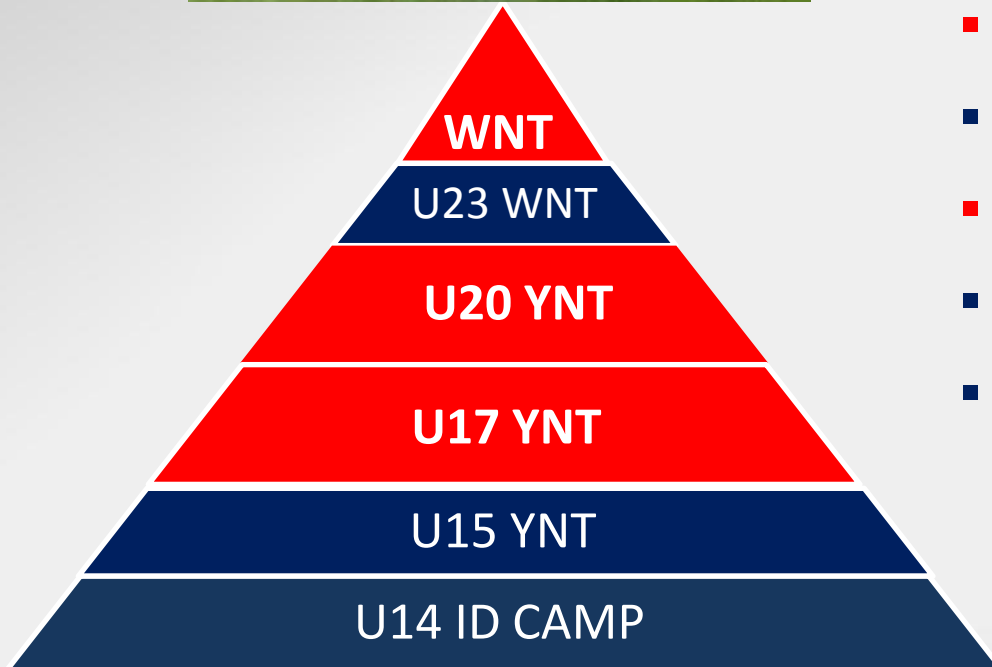
# Historical Perspective



	'91	'95	'96	'99	'00	'02	'03	'04	'06	'07	'08	'10	'11
Senior	1	3	1	1	2	-	3	1	-	3	1	-	2
U19 / U20	-	-	-	-	-	1	-	3	4	-	1	5	-
U17	-	-	-	-	-	-	-	-	-	-	2	DNQ	-

*Of course, we are proud of our history  
and yet, we are more focused on the  
future and how to sustain success  
over the next 20 years*

# National Teams Structure



- **WNT HC Pia Sundhage**
- U23 HC Randy Waldrum
- **U20 HC Steve Swanson**
- U18 HC April Heinrichs
- **U17 HC Albertin Montoya**
- U15 HC Damon Nahas
- U14 HC Jill Ellis

# Factors Influencing Player Development



## ➤ Elite Players

- 100+ games per year
- 2:1 training to game ratio
- Limited challenging opportunities (playing up)
- Winning over Development
- Level of coaching / demonstrations / modeling
- Cost
- Don't watch the game on TV for tactical awareness



# Youth Player Development Internally



## ➤ **Improve what we can control = the YNT Environment:**

- Philosophy, Style, System and Integration
- Establish standards and expectations
- Value and select technical players
- Process of building the Scouting Network
- Staff collaboration & communication
- Integrated and simultaneous camps
- Develop ~300 players annually
- Sports science (EXACT, SPARQ)
- Develop Long Term Plans and Demonstrate a commitment

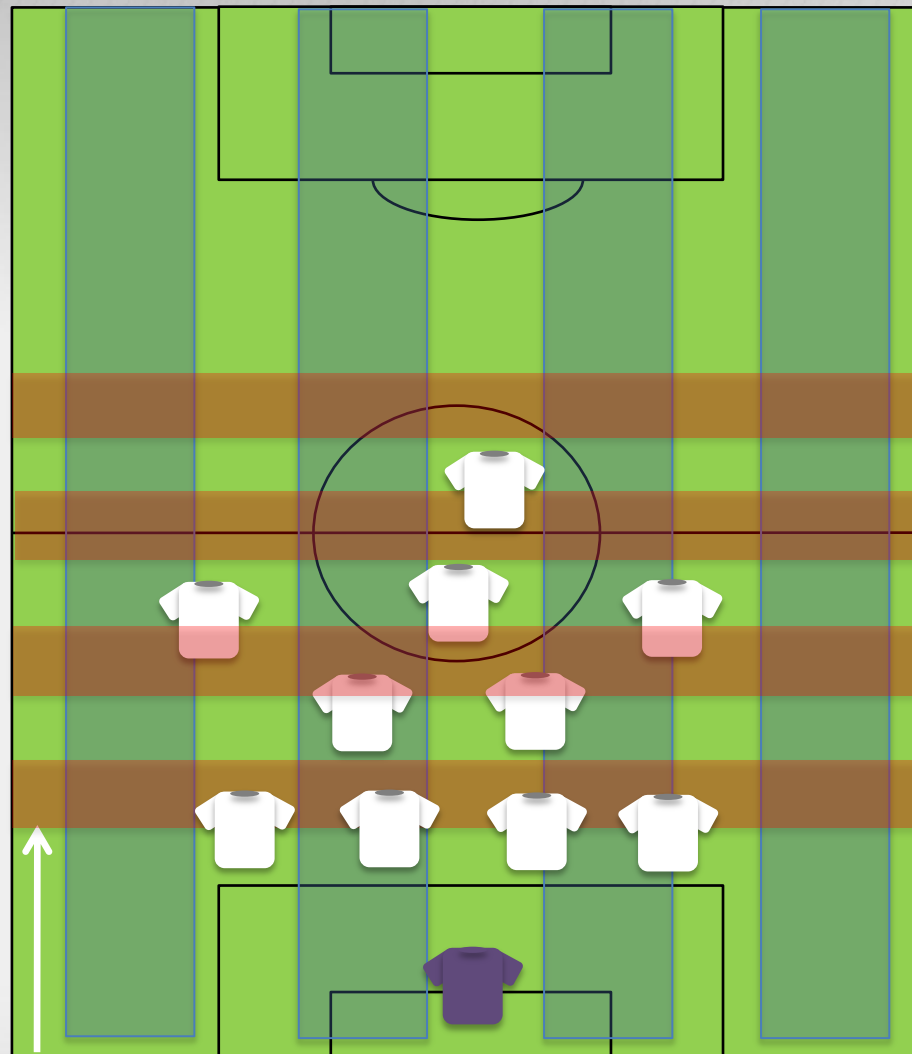


# Style of Play & System - Attacking



## ➤ 4-3-3 or variations (4-2-3-1)

- Building out of the back, through the midfield and into the attacking third with POSSESSION, combination and flank play while exhibiting creativity.
- Players inter-changing of lanes and lines
- Forwards that are diverse in their ability to break down defenses individually and in combination





# Attacking - continued

- Center backs who can set play and wing backs setting play and going forward.
- Midfielders maintaining possession, changing the point of attack, creating final passes and shots on goal.
- Goalkeepers initiating the attack with hands and feet



# Defending Concepts



## ➤ Defending

- Collective pressing in attacking, midfield and defensive thirds
- Established defending to dictate and disrupt the flow of play
- Changing lines of confrontation within the game
- Defending in small groups / lines
- Recovering all over the field
- Every player has great defensive presence and technique



# What your player hears...





# YNT Developmental Targets



## ➤ Technical Development

- Sustained technical work (30-40mins) per session
  - Adding decision-making
  - Mastering the functions of a position

## ➤ Tactical Development

- Position specific training
- Training from part to whole with pressure

## ➤ Positional Needs

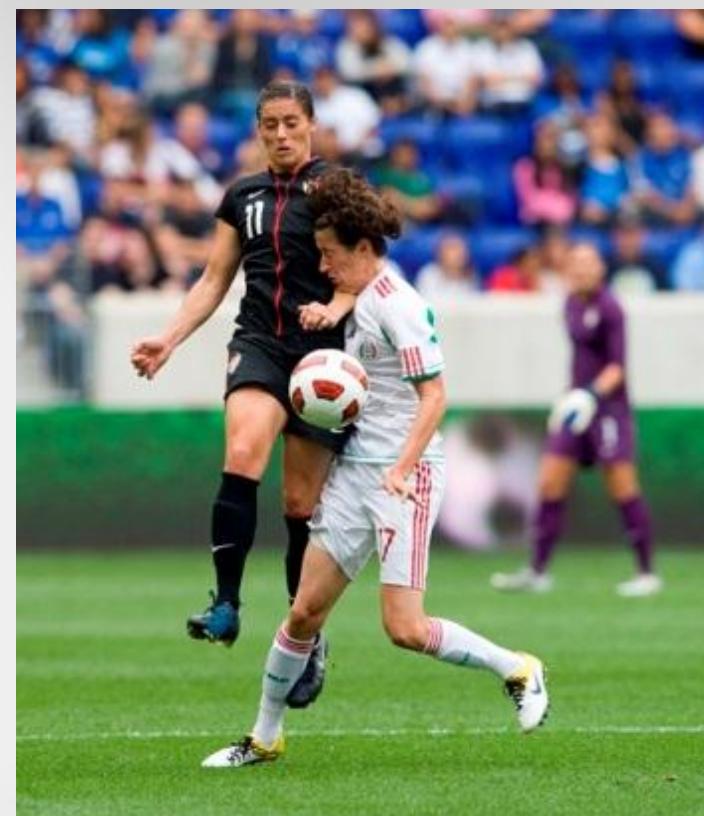
- Outside backs, center backs, goalkeepers, goal-scorers

# Supporting the Vision - Externally

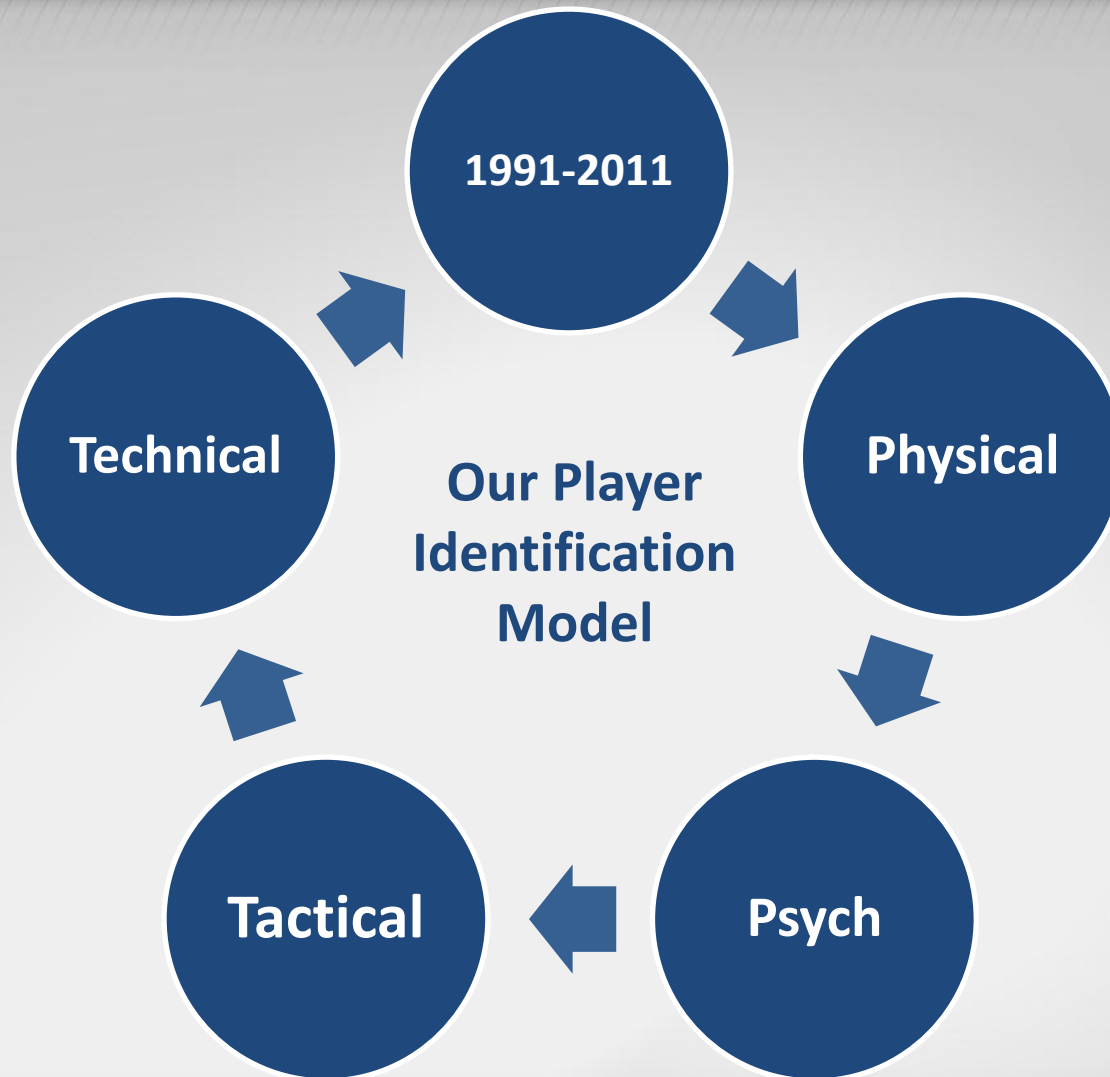


## HOW CAN YOU HELP?

- **Adopt the US YNT Philosophy, Style and System of Play**
- Club Environment - partnership
  - Sustained technical work
    - demonstrate, evaluate, correct
  - Hire a Technical Specialist
  - Position specific training
  - Top coaches with youngest players
- Assist in developing positional needs
  - 2<sup>nd</sup> tier forwards to outside backs
- Coaching Education
  - Personal evolution



# The First 20 Years



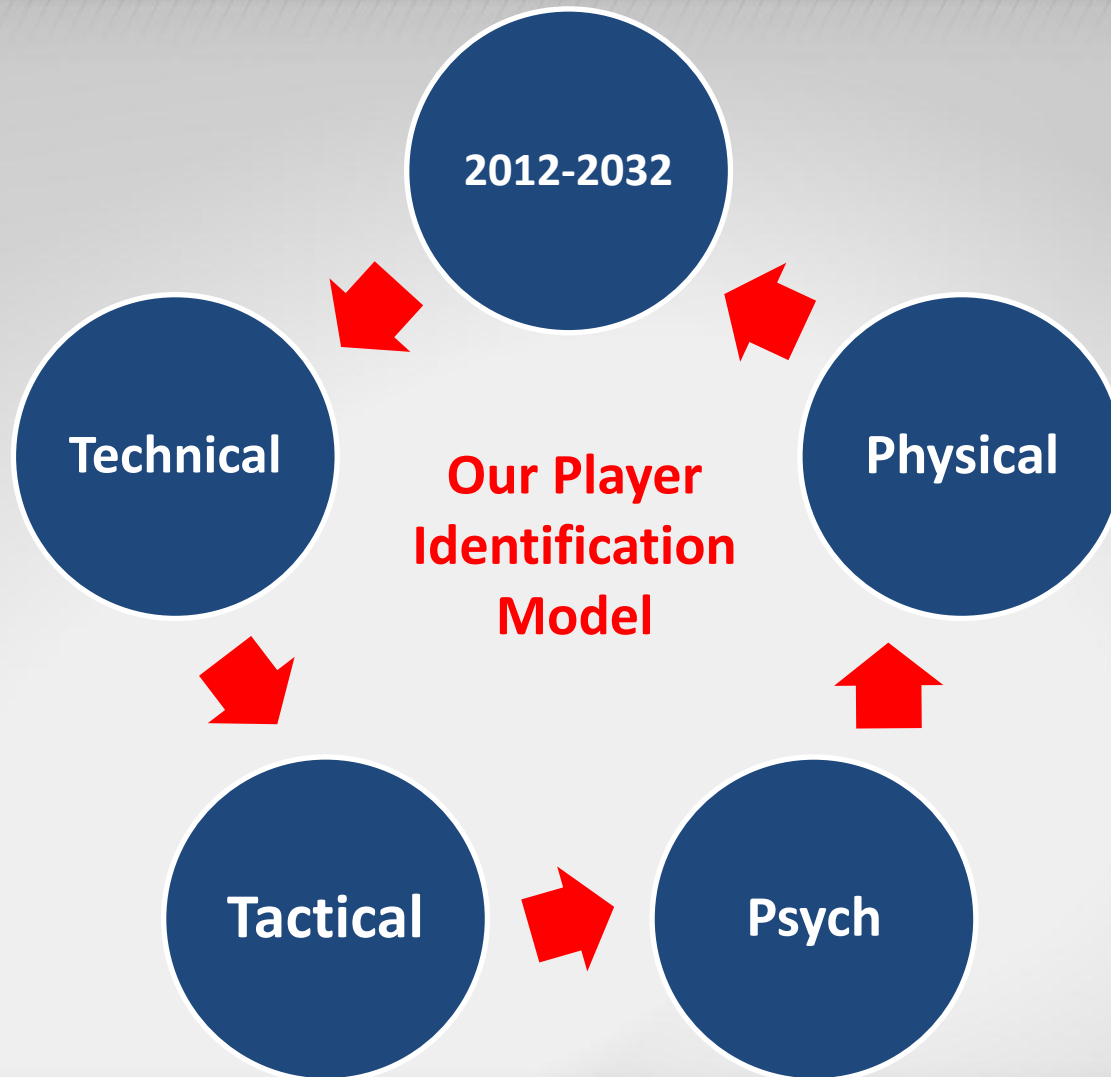
**This model has led to a very successful and yet, dominantly physical and psychological style of play**

# “The Cross & The Header”



*Technique  
executed at  
the highest  
level in the  
most critical  
moment.*

# The Next 20 Years



**This model will assist us in evolving in to a possession oriented style of play as a country so that we can LEAD the world in dynamic soccer**

# Questions?





# U.S. Women's National Teams Program

USYS Workshop 2012



# Youth National Teams

U20 & U18 YNTs  
Annual Plan  
Performance Update  
Goals for 2012





# Together We Can - Video



# Player Pathway / Pyramid



WNT

U23 WNT

U20 YNT

U18 YNT

U17 YNT

U15 YNT

U14 YNT

Grassroots – 2,000,000



# Long Term Planning



- True to the Vision & Mission
- Goals: Physical, Technical, Tactical and Psychological
- Calendar (controllable and non-controllable factors)
- Lessons Learned in 2011 and past experience
- Number of Games and Trainings
- Volume and Intensity
- Implementing:
  - Sport Sciences
  - Video Analysis and Highlights
  - Statistical Analysis
- **Everything ties back in to the Vision & Mission**



## U.S. Women's National Teams Program

U18 YNT Schedule - December 11-18th, 2011

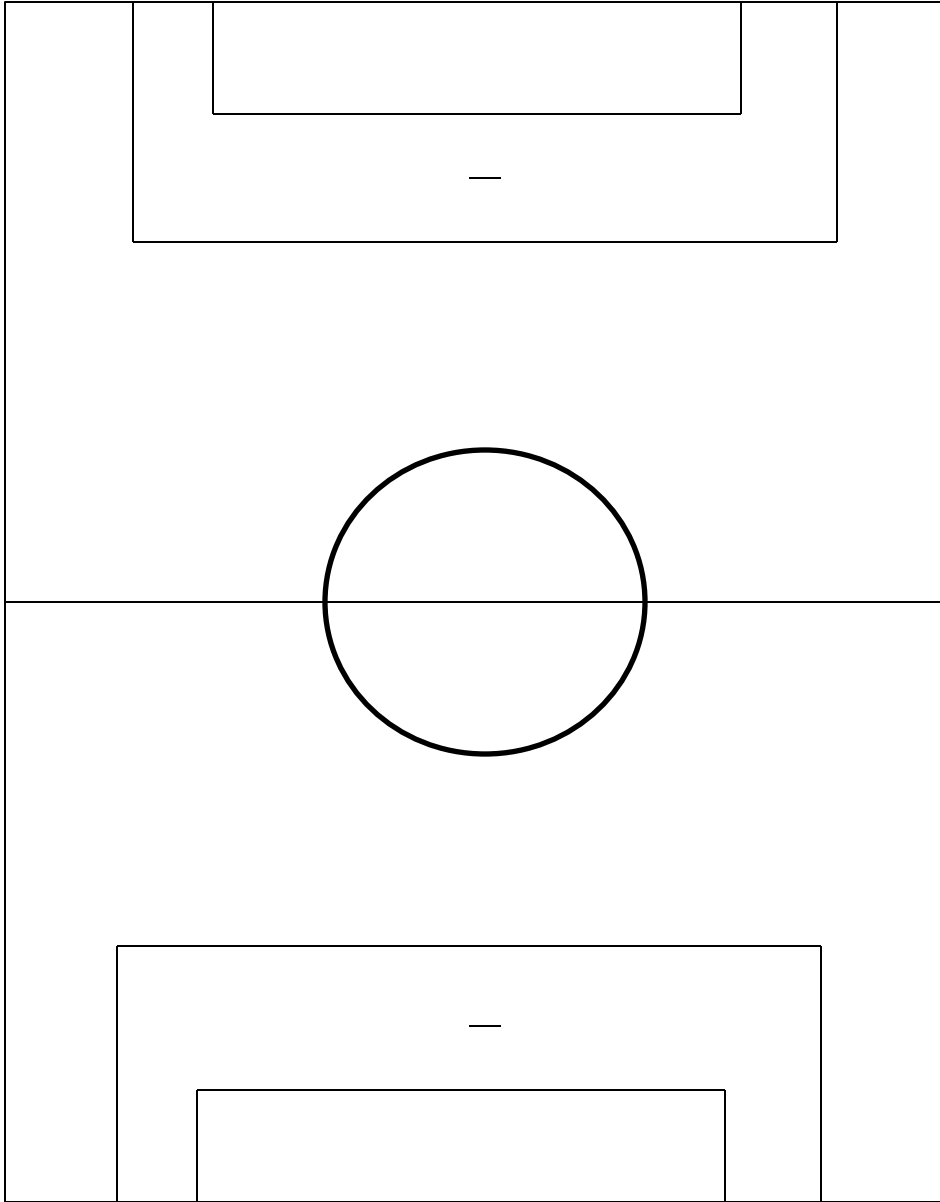
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<u>Sunday, December 11th</u>		Training Topic / Theme of Week	Intensity
TBD	Arrivals in Florida	Possession	Light
1:00PM	Lunch	Dynamic warm up, Possession and Speed of Play	
5:00 PM	Training #1		
6:30 PM	Dinner		
7:00 PM	Meeting	Introductions, Goals, Expectations and Theme of the Week	
<u>Monday, December 12th</u>			
8:00 AM	Breakfast	Building Possession from the back	Hard
9:30 AM	Training #2		
12:00 PM	Lunch		
1-3:00 PM	Study Hall		
3:30 PM	Training #3	Building Possession through the midfield	
6:00 PM	Dinner		
6:30 PM	Meeting		
<u>Tuesday, December 13th</u>			
8:00 AM	Breakfast	Building the attack into the attacking third	Medium
9:30 AM	Training #4		
12:00 PM	Lunch		
1-3:00 PM	Study Hall		
3:30 PM	Training #5	Building the attack through the flank	
6:00 PM	Dinner		
6:30 PM	Meeting		
<u>Wednesday, December 14th</u>			
8:00 AM	Breakfast	Skills and Recovery Session - Skills Ladder and Soccer Tennis	Hard
9:30 AM	Training #6		
12:00 PM	Lunch		
1-3:00 PM	Study Hall		
3:30 PM	Training #7	4v4+2 Possession and 11v11 30 minutes	
6:00 PM	<i>Dinner Out</i>		
<u>Thursday, December 15th</u>			
8:00 AM	Breakfast	Recovery at the beach	M. Light
9:30 AM	Training #8		
12:00 PM	Lunch		
1-3:00 PM	Study Hall		
3:30 PM	Training #9	"Purposeful Play", 3 Goal Game - PERSONALITY & CREATIVITY	
6:00 PM	Dinner		
6:30 PM	Meeting	Analysis Attacking Play during October Game	
<u>Friday, December 16th</u>			
8:00 AM	Breakfast	1v1/2v2, Change the point of attack, 6 goal game "beat the sweeper keeper"	Medium
9:30 AM	Training #10		
12:00 PM	Lunch		
3:30 PM	Training #11		
6:00 PM	Dinner	5v5 Games with field side by side "Mourinho" and 3v2 Swedish Counter	
6:30 PM	Meeting		
		Individual Meetings	
<u>Saturday, December 17th</u>			
8:00 AM	Breakfast	11v0 Full Field Patterns and Organized Chaos	Hard
9:30 AM	Training #12		
12:00 PM	Lunch		
1-3:00 PM	Study Hall		
3:30 PM	<b>Game v U15 D.A, Boys</b>	2-0 U18 YNT	
6:00 PM	Dinner		
6:30 PM	Meeting		
<u>Sunday, December 18th</u>			
TBD	Departures		

**Team:** U20 YNT  
**Date:** January 2012



US Women's National Teams Program  
**Training Goal/Theme:**



**Warm Up:**

**Phase II:**

**Key Points**

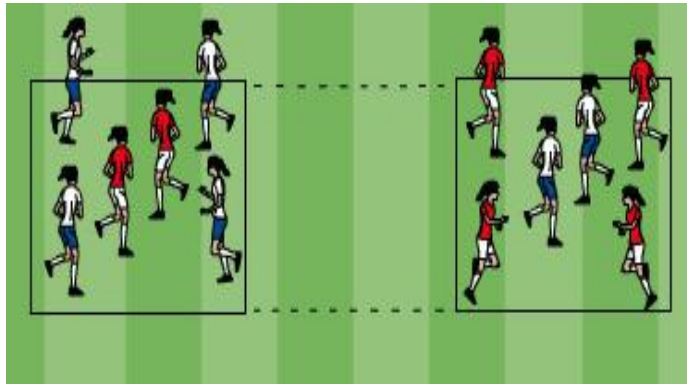
**Phase III:**

**Key Points**

Team: U20 YNT  
Date: July 2011



## US Women's National Teams Program Training Goal/Theme:

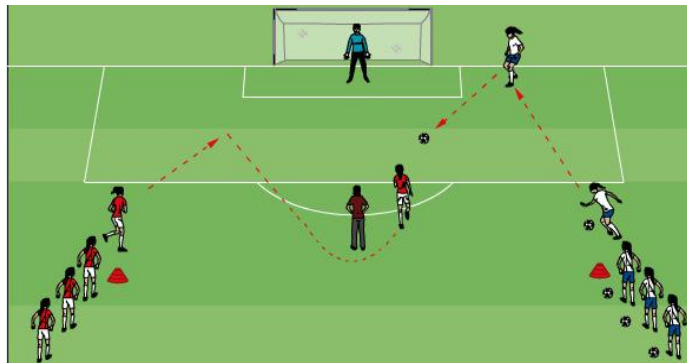


### Warm Up:

Center Circle, 20-40 seconds of work, pairs with 1 ball

Stages:

- 1 jogging + head a held ball.
- 1 jogging + tap ball 2x with instep (ball held shoulder height).
- 1 jogging + tap ball 2x with knee. Ball held shoulder height.
- 1 jogging + pass 2x with inside of foot volley.
- 1 jogging + right hand touch of ball, left foot volley. Repeat 2x

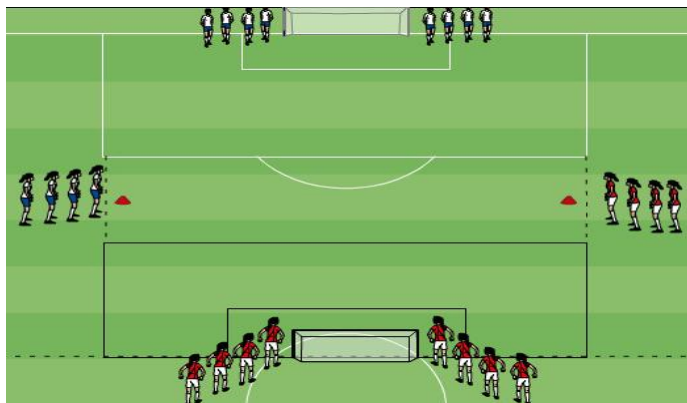


### Phase II:

Pia's Grids

15x20 + 15x20 (with 5-10 yds. between)

- Works with 4v2, 5v2, 6v2 (1 grid has odd # of players. Start here and play one into the other grid).
- Sometimes with 2v2 in middle grid.
- 1 touch to play a teammate into the middle channel for next box



### Phase III: Pia's Finishing

- O's serve X's by dribbling end line.
- X's run around coach at top of the box and finish 1<sup>st</sup> time.
- Teams alternate every ball with serving and finishing.

### Phase IV:

3v2 Counter Attacking, (40x44)

- Attacking team plays ball into high/wide player. She must pass it backwards and then create 3v2 to goal line.
- 2<sup>nd</sup> Once attacking team loses possession 2 of them must transition to defense, allowing 1<sup>st</sup> pass to high/wide player and then live to a 3v2.
- re-start after each ball



# Evaluating Players

## U.S. Women's National Teams Program

### Scouting Form - 2012

*Confidential - Not for Distribution*

Scout Name:	April Heinrichs
Scout Phone #:	312-618-1646
Scout Email:	aheinrichs@ussoccer.org
Date:	12/16/2011

National Rating Scale
#5. National Team
#4. National Pool
#3. Regionally good
#2. Needs improvement
#1. Not able

\*Send completed form for 1992, 93 and '94s to: April Heinrichs at: aheinrichs@ussoccer.org  
 \*Send completed form for 1995s and younger to: Jill Ellis at: jellis@ussoccer.org

#### Qualities We Value in Youth National Team Players

Player Name									
Player Birth Year:	1994	1994	1994	1994	1994	1994	1994		
Player Position:	F	DCM or CB	WB or CB	WB or CB	ACM	F	CB		
<b>#1. Technical</b>									
Passing	5	5	4	4	5	3	4		
Receiving	5	5	4	3	5	4	4		
Dribbling	5	3	4	3	4	5	3		
Finishing	5	4	3	5	5	5	2		
Heading	4	5	3	3	2	2	5		
Two footed	5	5	4	5	5	4	4		
<b>#2. Tactical</b>									
Positional	4	4	5	4	4	4	5		
Situational	4	4	4	4	5	3	4		
Creativity	5	4	4	3	5	4	3		
Curiosity	4	5	5	5	2	3	5		
Soccer Savvy	4	4	5	3	5	3	4		
<b>#3. Psychological</b>									
Coach-ability	5	4	5	5	3	4	4		
Competitiveness	5	5	5	5	3	4	3		
Confidence	4	5	4	3	4	4	3		
Loves to train	5	5	5	5	4	4	4		
Likeability	5	5	5	5	4	5	5		
<b>#4. Physical</b>									
Agility	3	3	4	5	3	3	3		
Agility w/ ball	5	4	3	4	5	4	3		
Speed & Quickness	3	3	4	4	3	4	3		
Fitness	3	3	4	5	2	4	4		
<b>TOTAL Score=</b>	<b>83</b>	<b>78</b>	<b>76</b>	<b>75</b>	<b>78</b>	<b>76</b>	<b>75</b>	<b>0</b>	<b>0</b>
<b>COMMENTS</b>									
Rank in Camp	1	2	3	4	5	6	7	#REF!	#REF!



# The Journey in 2012

- 2011 – 6 camps
- January – 2 week T.C. at USOTC w/ Shanghai
- February – La Manga, Spain (3 Euro Teams)
- March – U20 WWC Qualifying – Panama
- April – 1 week T.C. with U20 Chinese
- May – Heat & Humidity - TBD
- June – Tour to Japan
- July – Heat & Humidity – TBD
- Aug. - Sept. – U20 Women’s World Cup - Japan

**USA vs Germany Pass Completion  
La, Manga Spain  
February 11, 2012**

Name	P1				P2				P3				Game T
	Pass Behind Back 4				Forward Pass in Front of Back 4				Possession Pass - back or square				
	Comp	Atmpts	% Success	% of Passes	Comp	Atmpts	% Success	% of Passes	Comp	Atmpts	% Success	% of Passes	Comp
Amack Stephanie	0	0	#DIV/0!	0%	1	4	25%	44%	5	5	100%	56%	6
Brannon, Olivia	0	0	#DIV/0!	#DIV/0!	0	0	#DIV/0!	#DIV/0!	0	0	#DIV/0!	#DIV/0!	0
Brian, Morgan	0	0	#DIV/0!	0%	8	10	80%	38%	15	16	94%	62%	23
Capelle, Micaela	0	0	#DIV/0!	0%	1	2	50%	40%	3	3	100%	60%	4
Di Bernardo, Van	1	3	33%	15%	4	6	67%	30%	10	11	91%	55%	15
Dunn, Crystal	3	6	50%	13%	12	18	67%	40%	21	21	100%	47%	36
Hayes, Maya	0	0	#DIV/0!	0%	4	5	80%	56%	4	4	100%	44%	8
Horan, Lindsey	1	2	50%	7%	8	10	80%	37%	14	15	93%	56%	23
Johnston, Julie	1	1	100%	4%	9	15	60%	56%	11	11	100%	41%	21
Kallman, Kassey	0	1	0%	2%	18	22	82%	38%	34	35	97%	60%	52
Killion, Sarah	0	2	0%	5%	13	18	72%	42%	23	23	100%	53%	36
Laddish, Amanda	0	0	#DIV/0!	#DIV/0!	0	0	#DIV/0!	#DIV/0!	0	0	#DIV/0!	#DIV/0!	0
Mewis, Samantha	0	0	#DIV/0!	0%	13	15	87%	60%	9	10	90%	40%	22
Ohai, Kealia	0	0	#DIV/0!	0%	0	0	#DIV/0!	0%	1	1	100%	100%	1
Pathman, Mollie	0	2	0%	7%	11	20	55%	67%	6	8	75%	27%	17
Roccaro, Cari	4	8	50%	12%	22	28	79%	42%	31	31	100%	46%	57
Smith, Abby	0	0	#DIV/0!	0%	4	5	80%	25%	15	15	100%	75%	19
Stengel, Katherin	0	0	#DIV/0!	0%	4	7	57%	41%	7	10	70%	59%	11
Ubogagu, Chioma	0	0	#DIV/0!	0%	3	5	60%	29%	10	12	83%	71%	13
<b>TEAM TOTAL</b>	<b>10</b>	<b>25</b>	<b>40%</b>	<b>6%</b>	<b>135</b>	<b>190</b>	<b>71%</b>	<b>43%</b>	<b>219</b>	<b>231</b>	<b>95%</b>	<b>52%</b>	<b>364</b>

**U.S. PASS COMPLETION ANALYSIS**

**GERMANY PASS COMPLETION ANALYSIS**

U.S. PASS COMPLETION ANALYSIS				GERMANY PASS COMPLETION ANALYSIS			
		SUCCESS				SU	
		446	Passes Attempted			302	Passes Attempted
		364	Successful			246	Successful
		82	Unsuccessful			56	Unsuccessful
		82%	Success Rate			81%	Success Rate
% Successful	% of Passes	Number	DIRECTION	% Successful	% of Passes	Number	DIRECTION
40%	6%	10/25	P1: Forward Pass Behind Back 4	22%	7%	5/23	P1: Forward Pass Beh
71%	43%	135/190	P2: Forward Pass in Front of Back 4	78%	51%	120/153	P2: Forward Pass in F
95%	52%	219/231	P3: Possession Pass Sideways or Backwards	96%	42%	121/126	P3: Possession Pass S

# USA v Germany Passing Stats



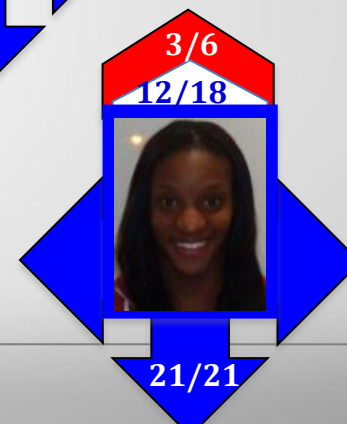
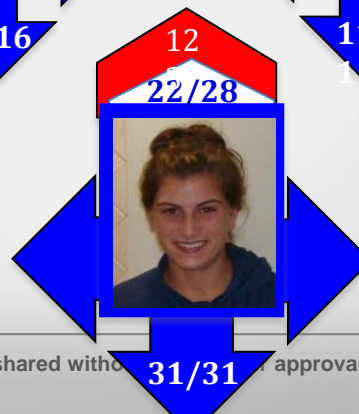
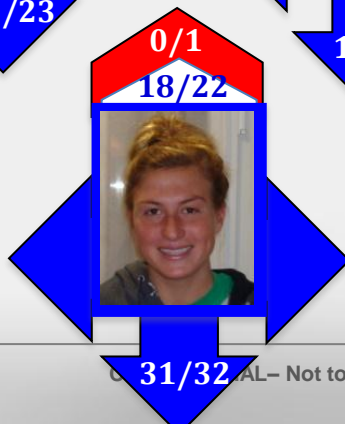
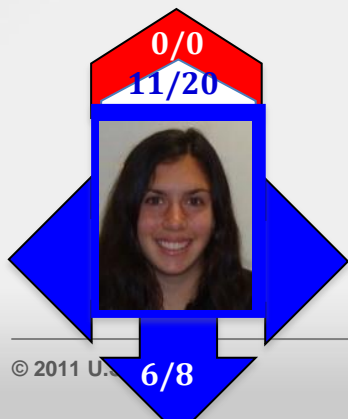
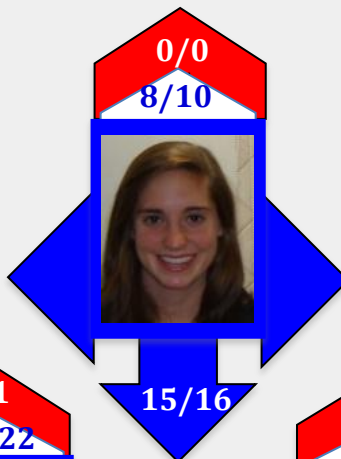
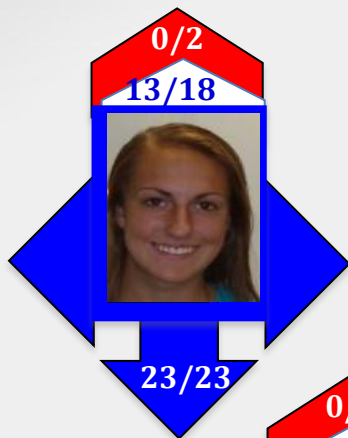
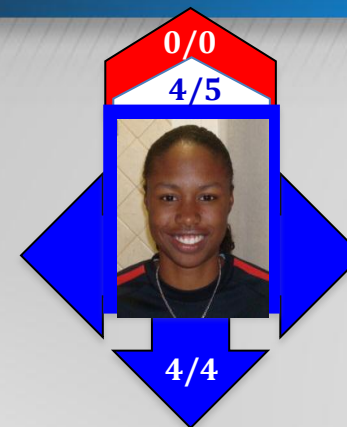
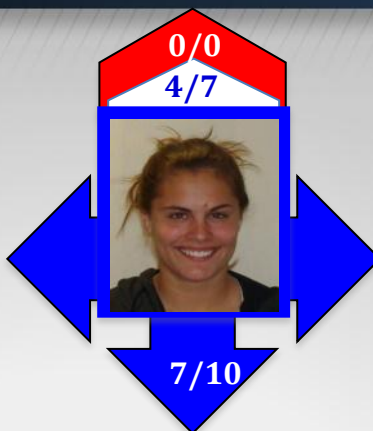
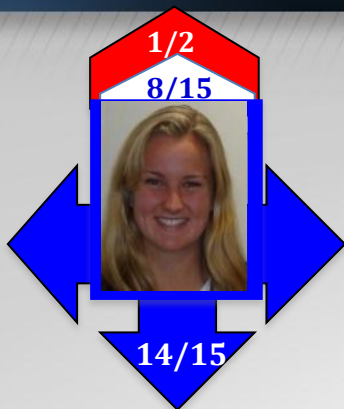
## USA vs Germany Four Nations Cup La Manga, Spain



Total Passes Completed			
364/446	82%	81%	246/302
P1 Passes Completed			
10/25	40%	22%	5/23
P2 Passes Completed			
135/190	71%	78%	120/153
P3 Passes Completed			
219/231	95%	96%	121/126
USA Throw-In Completion			
18/21	86%	70%	16/23
Quality Chances			
	13	5	
Unforced Turnovers			
	5		
Balls Played Behind Opponent's Back 4			
	10	4	
Set Play Goals			
	0	0	
Aerial Battle			
	ATTEMPT: 25	CHALLENGED: 88%	WON: 56%
Crosses			
	ATTEMPT: 4	QC: 1	GOALS: 0

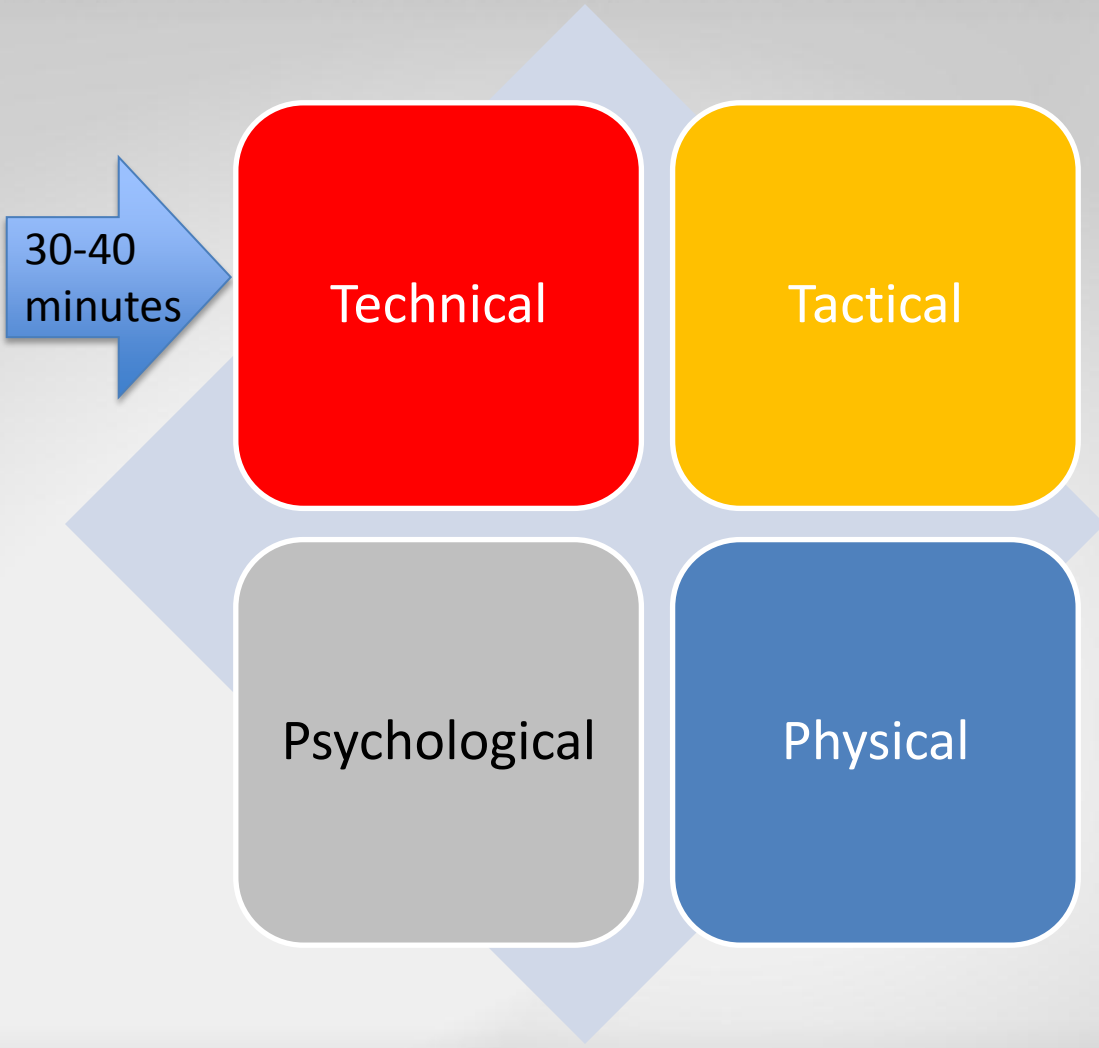


# USA v Germany Passing Stats





# Commitment to Technical Training



# Animation



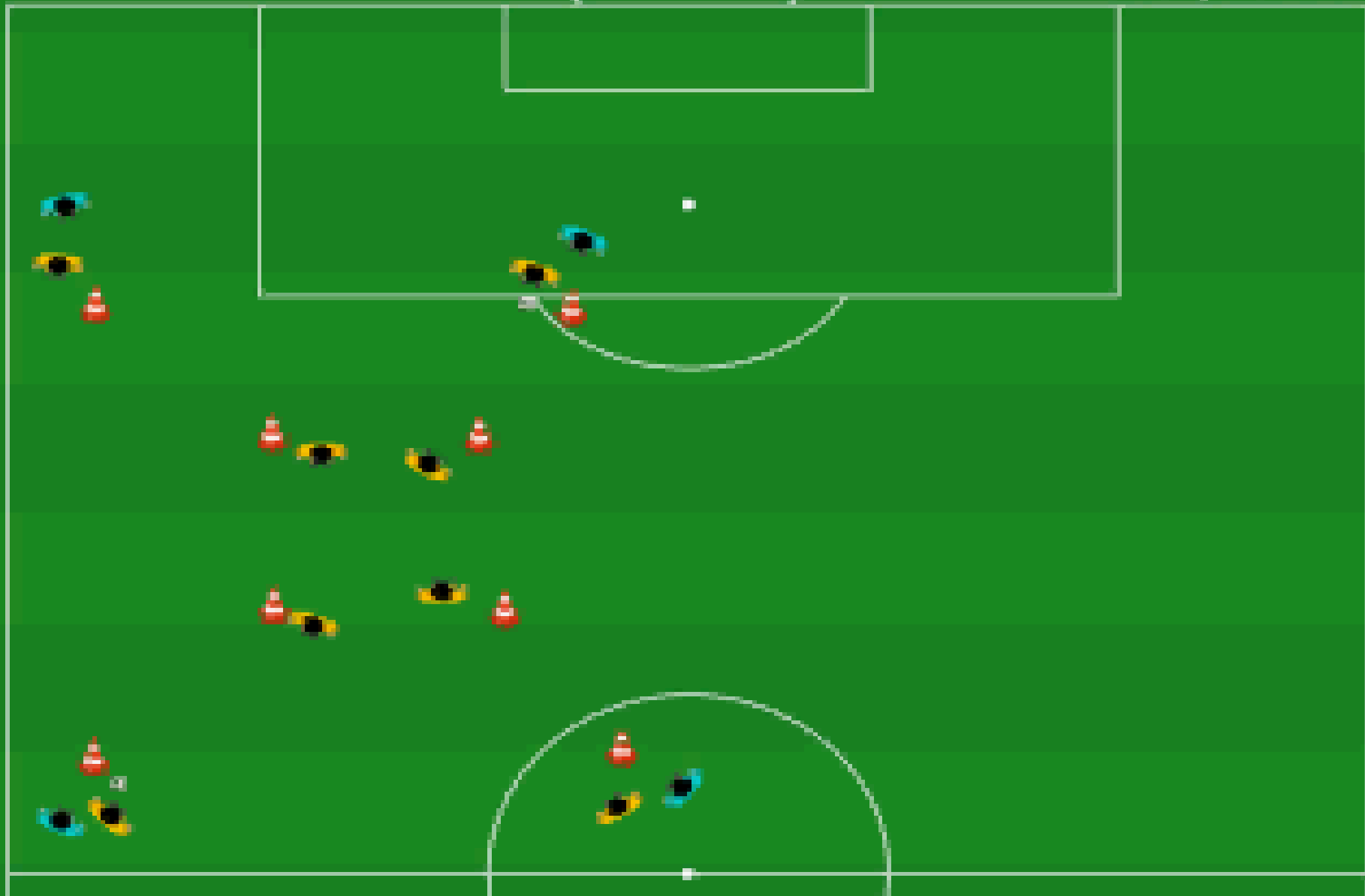
[www.easy-animation.com](http://www.easy-animation.com)



# Animation



[www.easy-animation.com](http://www.easy-animation.com)





# Animation



[www.easy-animation.com](http://www.easy-animation.com)



# Passing Patterns





# Attacking Style of Play & Video

- Fastest Team in the World-Ball Movement and Movement off the Ball
- Emphasis on Skills-Everyone handles ball under pressure!
- Capable of Penetrating any Defense-Through/Behind/Around
- Interchangeable Parts—Mobile/Versatile
- Attacking as a Unit



# Defending Style of Play & Video

- A Team of Ball Winners
- Defense that Communicates!
  - Direct/Guide/Instruct
- Skilled in the Fundamentals:
  - Pressure, Cover, Balance
- Defending as a Unit-1 vs. 11
- Pressing Team-Quick in Transition

# Team Evaluation Form



2012

Team Performance Rating

US U20-WNT

Site	Chula Vista, CA															TOTALS																													
January	5	6		7		8	9		10	11		12		13		14	15	16	17		18	19	15 Days																						
Day	Th	Fri		Sat		Su	Mon	Tue	Wed		Th	Fri		Sat	Su	Mon	Tue	Wed	Th																										
Session	1	2	3	4	5	6	7	8	OFF	9	10	GM	11	12	13	14	15	OFF	16	17	GM	OFF	17Session/2Games/3OFF Days																						
Team Rating	4	4	4	5	5	4	5	4	OFF	5	4	GM	4	5	5	4	4	OFF	5	4	GM	OFF	4.41 Average																						
Theme	Arrivals/Possession, Speed of Play	Sparq Testing		Possession, Mobility, Linking		Pressure, Indv. Def, BTG		Pressure, Cover		Technical, Set Plays		Fitness, 3 Stage Lactate Tes, Technical		Intersquad Scrimmage		OFF		Defending Back to Front		Defending Front to Back		<b>Game</b>		Strength Circuit, Technical		Technical, Att Re-Starts		Penetration, Link, Mobility		Penetration, Combination Play, Support		Penetration, Switch Point		OFF		Pressure, Pressing as a Unit		Penetration, Finishing		<b>Game</b>		Departures			
Intensity	L	H		H		L		H		OFF		M		H		L		H		MH		OFF		M		H		OFF		6H, 1MH, 2M, 3L, 3OFF															
Volume																																													
Recovery																																													

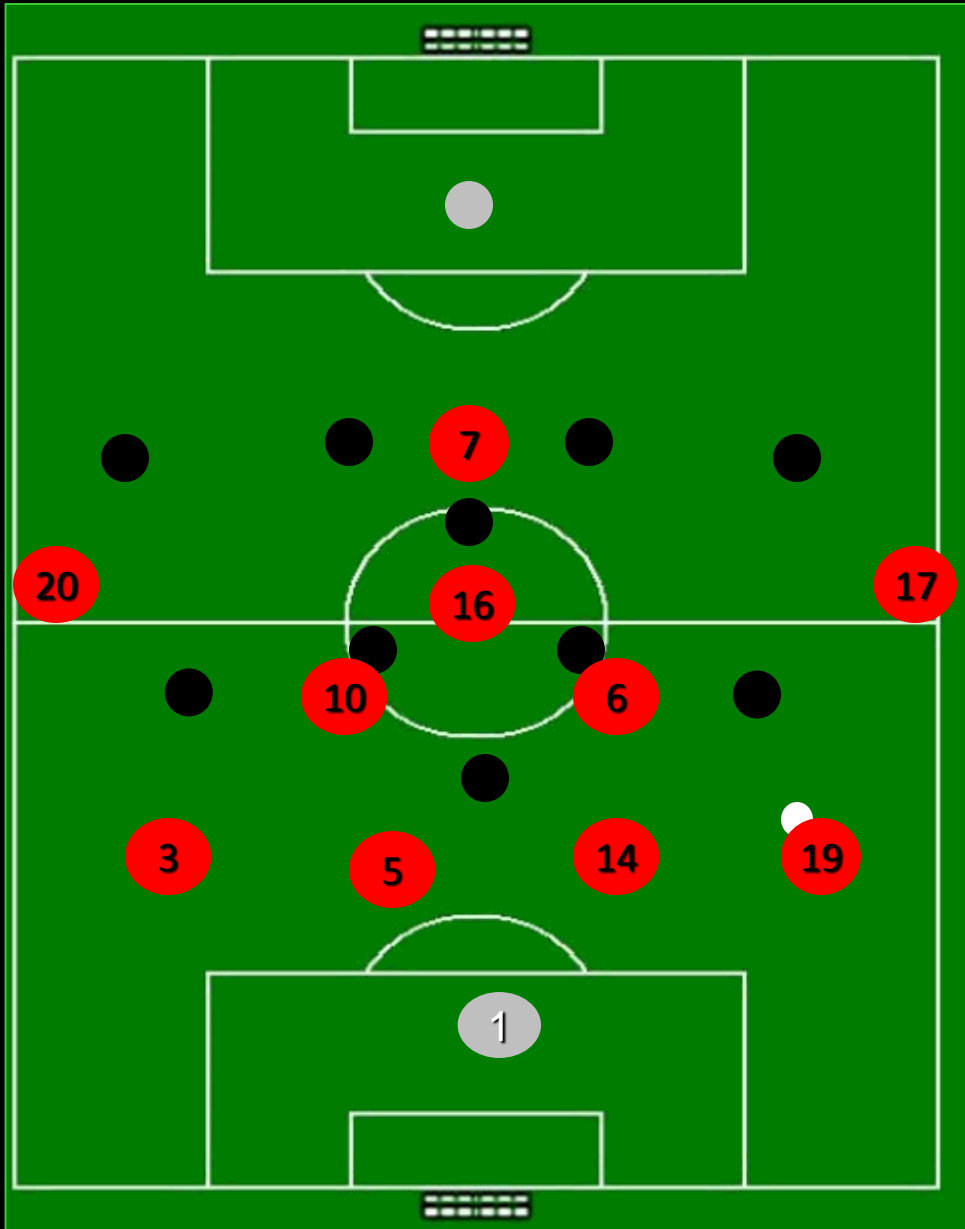
**NOTES:**

# LA Manga Tournament February – 2012



Last Name	Switzerland 2/9/2012	Germany 2/11/2012	Norway 2/13/2012	TOTAL
Amack	0	25	65	90
Brannon	90	0	90	180
Brian	60	45	90	195
Capelle	0	25	20	45
Di Bernardo	30	45	45	120
Dunn	45	90	0	135
Hayes	45	45	17	107
Heaberlin	90	0	90	180
Horan	60	78	45	183
Johnston	45	45	45	135
Kallman	90	90	90	270
Killion	60	90	0	150
Laddish	30	0	45	75
Mewis	45	45	45	135
Ohai	90	12	73	175
Pathman	90	65	90	245
Roccaro	45	90	25	160
Smith	0	90	0	90
Stengel	45	65	45	155
Ubogagu	30	45	70	145

# Germany Attacking Tendencies



- **System: 4-2-3-1**
- **Possession**
- **Combination play**
- **Ball played through #10 and #6**
- **Wing Backs – 1<sup>st</sup> touch = inside**

# Questions?

