

# TECHNICAL PLAN





## PORT MOODY SOCCER CLUB

### **What the club is?**

PMSC is a club located in the tri-cities of the lower mainland. We work hard to foster an environment where enjoyment and love of the game is encouraged at all ages.

The Port Moody Soccer Club provides soccer programs in the Tri-cities district serving the residents of Port Moody, Anmore and Belcarra as well as the other surrounding areas. We are able to offer some of the best training programs designed to help develop children's love of the game regardless of the level of play.

The Port Moody Soccer Club believes that soccer is a fantastic tool to help our players not just develop their soccer skills, but to also learn valuable life lessons that they will carry with them through their personal life. Terrific lessons like; teamwork, pride, loyalty, respect and community form the cornerstone of our club and its programs.

### **What it does?**

PMSC is proud to offer programs for soccer players of all ages, whether your child is 2years old or you are an adult looking to rekindle your love of the game, we have a program to suit your needs. We also offer an adaptive soccer program suited for children with special needs. We are very fortunate to have in-house technical staff to help develop skills for players who are just learning to play and for the elite level players who are looking to enhance their skills.

### **How it does it?**

We are very fortunate to have in-house technical staff to help develop skills for players who are just learning to play and for the elite level players who are looking to enhance their skills. We also have a great group of volunteer coaches and managers who help our teams at every age group.

**Long-term strategic objectives:** Our long-term strategic objectives are to keep our members playing for a lifetime, learning and loving the game. We always aim to have programming and teams so our members can progress through our youth programs to adult programs

### **Guiding principles:**

PMSC is committed to instilling the qualities of ambition, leadership, teamwork, equity, respect, service to others and the pursuit of excellence.

Ambition is the strong drive for success and improvement in everything we do. We will set goals and then set about achieving them. Commitment, discipline, and motivation are important values as well, but ambition is what inspires us to succeed.



## PORT MOODY SOCCER CLUB

Leadership is the guiding, motivating or inspiring of others to improve the performance or the achievement of a common goal. Leadership is being consistent, leading by example, performing under pressure and doing the right things, the right way every day.

Excellence is the gradual result of the continuous effort to learn and improve each day. We will work hard to be outstanding or extremely good at everything we do as a player, coach, team, referee, and club.

Teamwork is the commitment to a common goal or mission. Teams can achieve what individuals cannot. We want our coaches and players to understand that by working enthusiastically and hard toward team goals and team success, they will also reach new heights as an individual.

Equity in its simplest terms means fairness. As a club we will strive to create a community in which equity and inclusion are embedded in all areas of our work and play, enabling all to participate and reach their full potential.

Respect is the ability to see and appreciate the value in ourselves and others. It means showing encouragement to your teammate and applauding their effort even when things are not going well. To be truly successful in soccer – and in life – you must treat all the people around you with courtesy, respect, and empathy.

Service of others is looking for a need and filling it to make positive change on your team, in your club, family or in the community. Leaders know a team, club or group is more important than themselves and they set a good example and lead by doing needed service to the group or team.

### **Coach Development:**

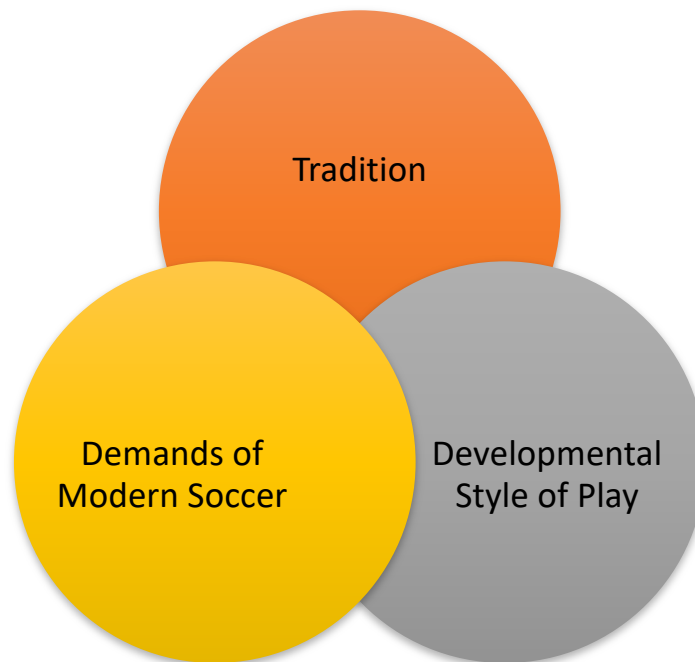
We have an in-house coach development leader who mentors our youngest coaches. He also does monthly coaching clinics for those coaches that are interested in gaining more knowledge or would like new ideas on running sessions. Our volunteer coaches are also given a weekly session plan by the TD. The TD attends training sessions to help the coaches with any questions they have and also do an informal assessment or areas of improvement. Our TD and ED are also in the process of becoming learning facilitators through BC Soccer



PORT MOODY SOCCER CLUB

## PORT MOODY SOCCER CLUB STYLE OF PLAY

Port Moody SC is well known and respected for our passing and indirect style of attack. This style reflects a desire to control the ball and reduce what is left to chance by relying mostly on our own technical / tactical knowledge & ability. This leads to less risk of losing the ball, an increase in the player's confidence, and increase in creativity in decision-making during games.



Such a philosophy of the game is best achieved through progressive possession of the ball. Progressive possession can be defined as **keeping possession with the purpose of creating chances and scoring goals**. Some of the key factors involve – creating space, when to pass forwards vs. backwards, creating triangles and diamonds, and receiving on the half-turn

PMSC Style of Play leads to accelerated development of each individual player by putting them in situations where they must make decisions through keeping possession of the ball. We believe this style of play is best for overall development of the players, which is one of the primary goals of our Port Moody SC.

The Port Moody Game Model is broken into 4 phases



## PORT MOODY SOCCER CLUB

**Attacking Organization:** When the team is in possession

Port Moody SC teams do not rush the game forward; they rarely just kick the ball automatically after intercepting a pass; they don't "skip" lines of play with long balls but rather gradually build their attack from the back.

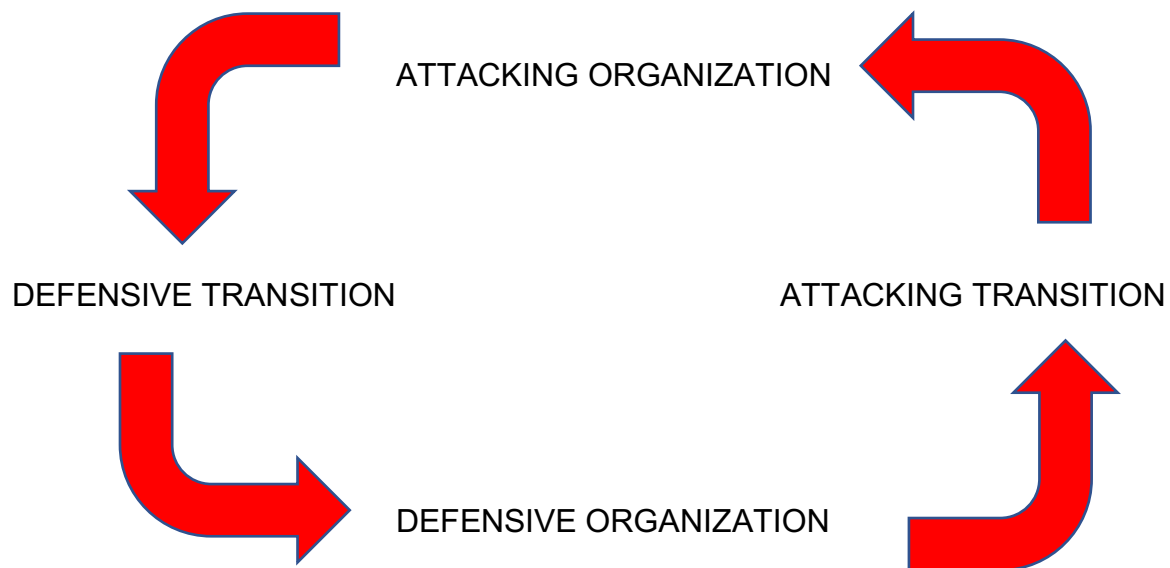
Through progressive possession our teams create favorable situations in which they have numerical advantage in areas from which we can score a goal.

**Defensive Transition:** When the team has just lost possession

**Defensive Organization:** When the team is defending (out of possession)

**Attacking Transition:** When the team has just won possession

### GAME MODEL: Moments of the Game

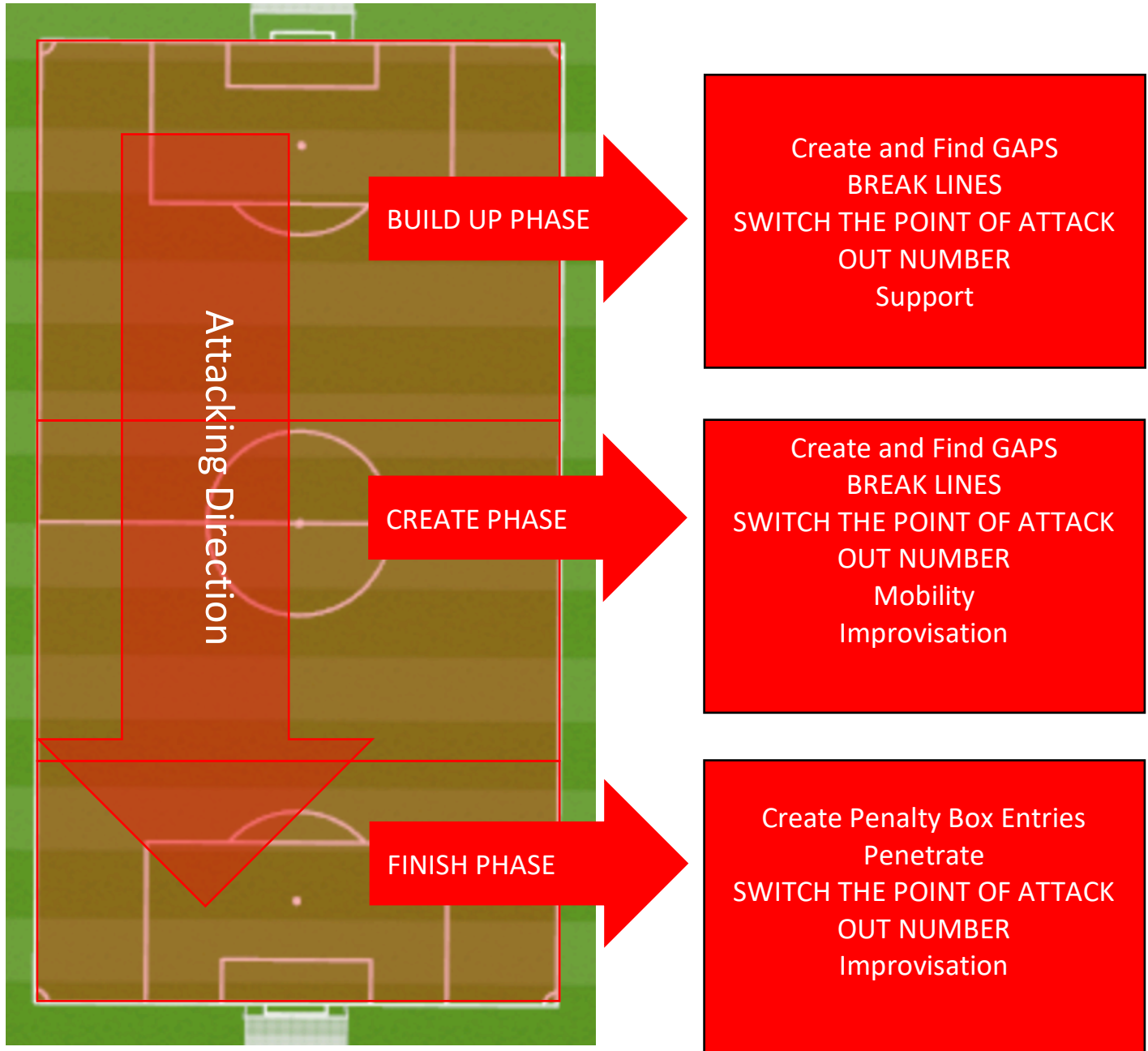




PORT MOODY SOCCER CLUB

Port Moody Soccer Club Field Outlook: U6 to U12

GAME MODEL: ATTACKING ORGANIZATION

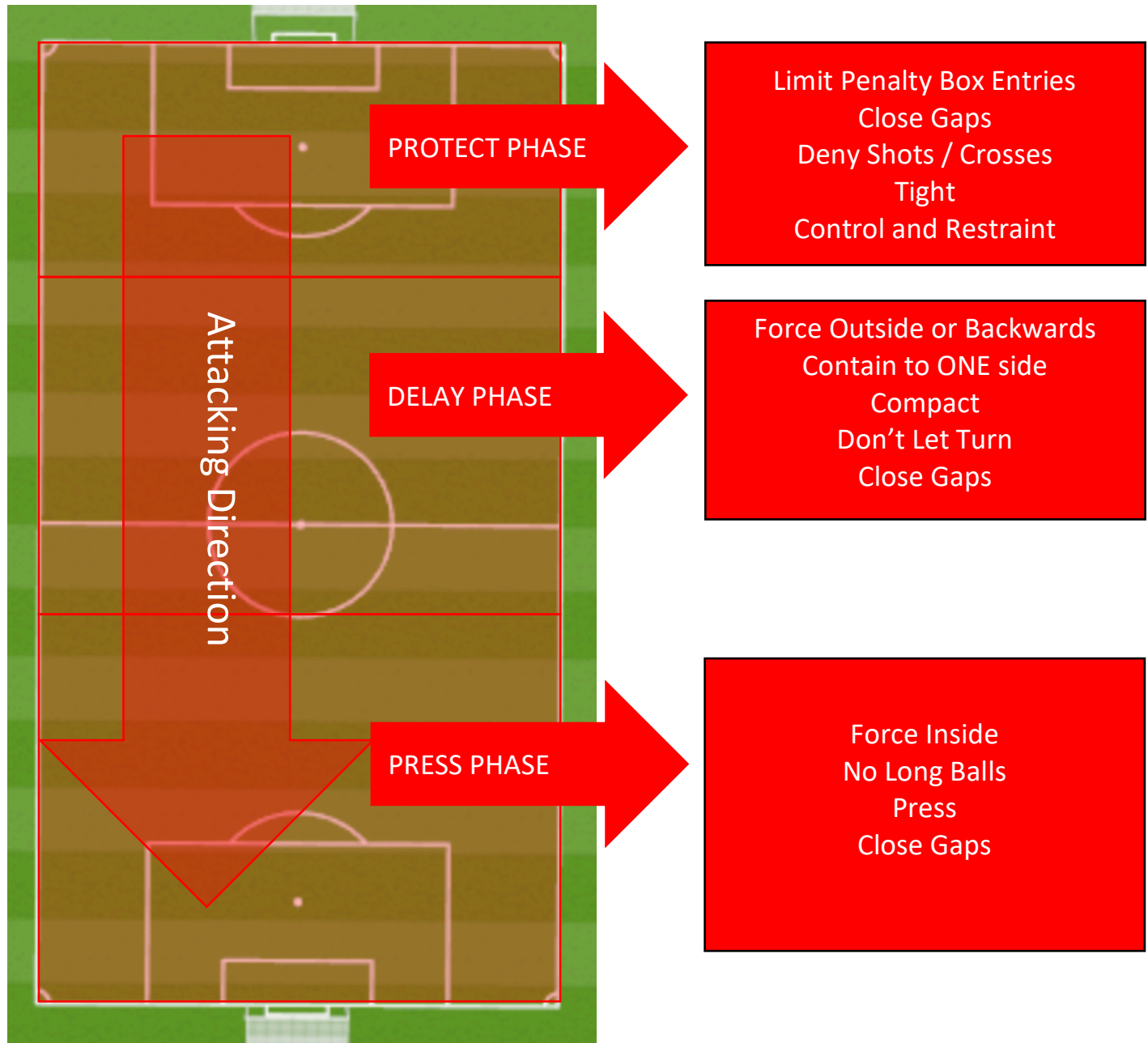




PORT MOODY SOCCER CLUB

Port Moody Soccer Club Field Outlook: U6 to U12

GAME MODEL: DEFENDING ORGANIZATION



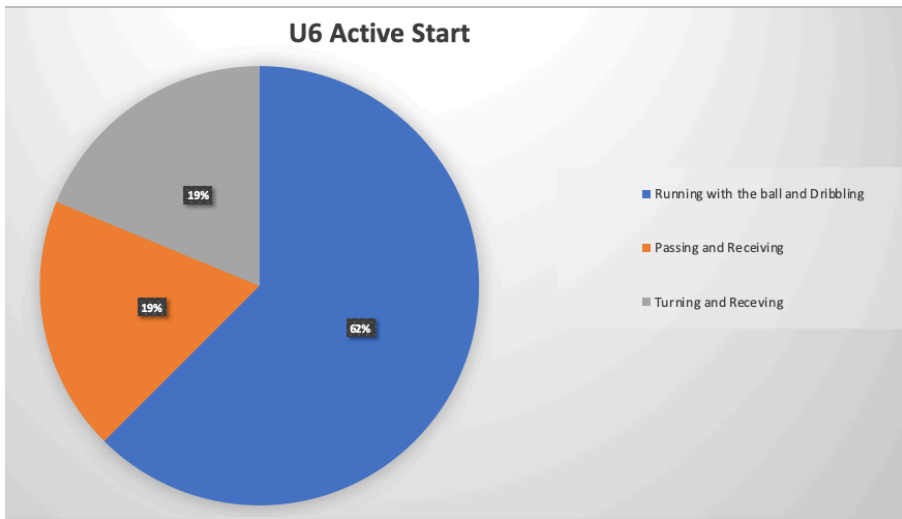


PORT MOODY SOCCER CLUB

Yearly Training Plan – Macro / Micro Cycle

U6 Active Start

Gives the youngest players the opportunity to develop basic movement skills like running, jumping landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement.



Active Start U6												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Dribbling	RWB Dribbling	RWB Dribbling
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Turning and Receiving	Turning and Receiving		
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22	Spring Break	Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit		RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	RWB Dribbling	RWB Dribbling		

The program brings kids together in a FUN and Engaging environment. Players will learn the fundamentals of soccer, such as dribbling, passing and shooting through FUN games and activities, and social interactions with peers

This program runs for 60 minutes, 1 day a week (on Sunday mornings). It takes place on the turf field throughout our Fall/Winter and Spring Seasons.



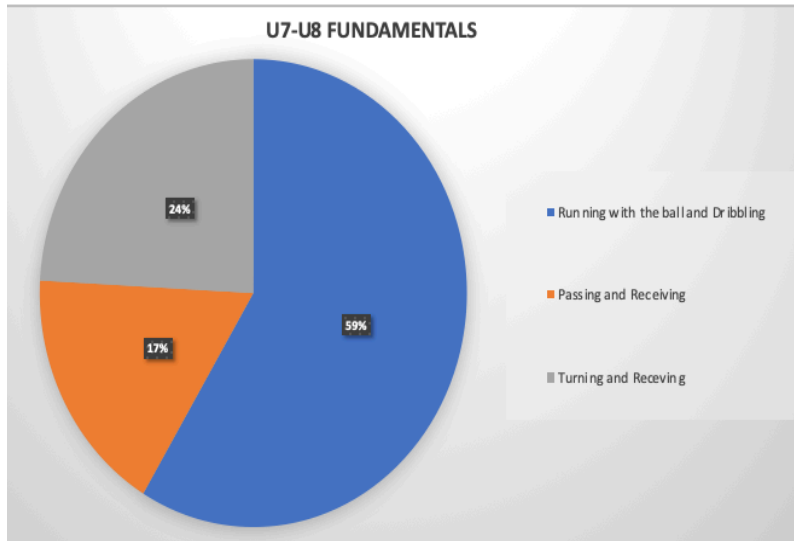


# PORT MOODY SOCCER CLUB

## Yearly Training Plan – Macro / Micro Cycle

### U7 / U8 FUNDamentals

Allows children to develop their movement ABC's (agility, balance, coordination, and speed) and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball.



FUNDAMENTALS U7 and U8												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Drilling	RWB Drilling	RWB Drilling
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Drilling	RWB Drilling	Passing and Receiving	Passing and Receiving	Passing and Receiving	RWB Drilling	RWB Drilling	Turning and Receiving	Turning and Receiving	Turning and Receiving		
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22	Spring Break	Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit		RWB Drilling	RWB Drilling	RWB Drilling	RWB Drilling	RWB Drilling	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Drilling	RWB Drilling	RWB Drilling	Passing and Receiving	Passing and Receiving	Passing and Receiving	RWB Drilling	RWB Drilling	Turning and Receiving	Turning and Receiving		

Engaging and Fun Teams program, with games. We are committed to growing the skills and opportunities of the players, while they play and learn with smiles on their faces. Players and coaches will enjoy a lot of support and teaching from [Director of Grassroots Development](#). This program will give player the opportunity to develop, have fun and make friends while improving soccer skills.

- **Duration of training:** 1 hour
- **Frequency:** 1 time per week + 1 game



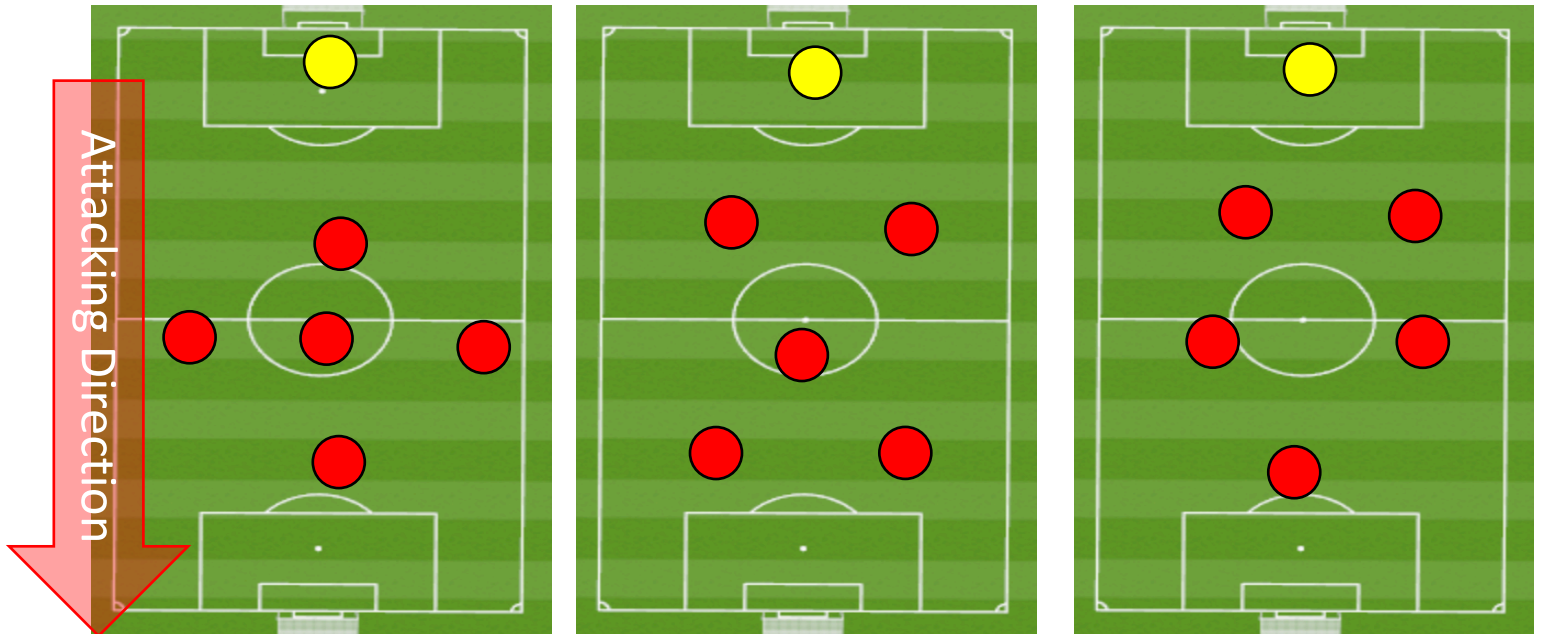
Port Moody Soccer Club: Formations for ATTACKING ORGANIZATION

Under 8: 6 aside

1-1-3-1

1-2-1-2

1-2-2-1



**BUILD UP PHASE**

**DRIBBLING**

- When unopposed and space in front

**PASSING**

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

**SWITCH THE POINT OF ATTACK**

- Play laterally to wide teammates who are away from opponents

**CREATE PHASE**

**DRIBBLING**

- When unopposed and space in front
- Take 1 vs 1 risks when in 1 vs 1 situation (understanding of what this is)
- Create a passing option when you go past opponent to break lines or switch the point of attack

**PASSING**

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

**SWITCH THE POINT OF ATTACK**

- Play laterally to wide teammates who are away from opponents who have opportunities to break line

**FINISHING PHASE**

**DRIBBLING**

- Take 1 vs 1 risks to shoot or be a playmaker (cross, pass)

**PASSING**

- Combination play when have an outnumbered situation (2 vs 1)
- If opposing team is compact and the players on the ball is under pressure can play backwards or across

**SHOOTING**

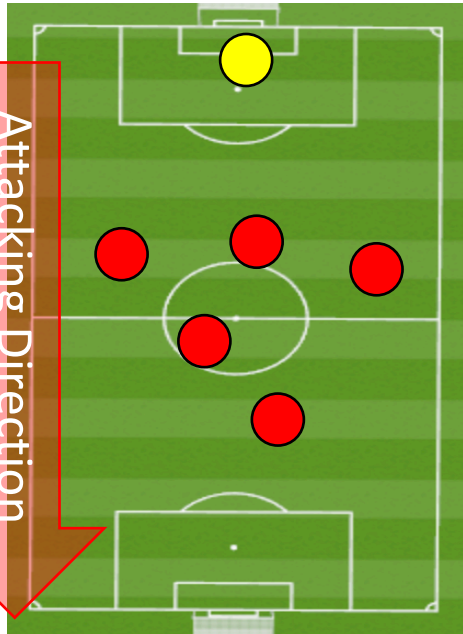
- Take opportunities when presented to the player on the ball



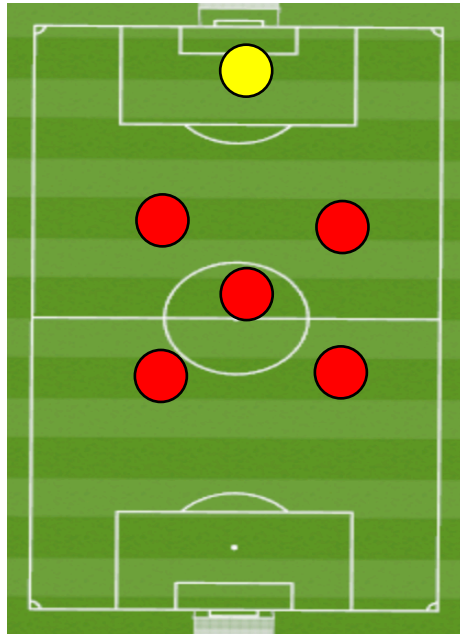
Port Moody Soccer Club: Formations for DEFENDING ORGANIZATION

Under 8: 6 aside

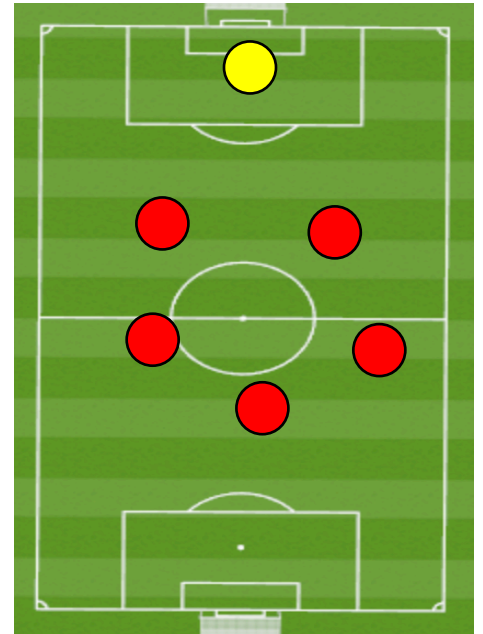
1-3-1-1



1-2-1-2



1-2-3-0



PROTECT PHASE

**Compact**

Eliminate options for opponents to break lines and create penalty box entries

- Forward to defender (front to back)
- Wide players (side to side)

Individual understanding of threats around and on the ball

Eliminate shots on target

- Brave to block shots
- Close space to the player on the ball

DELAY PHASE

**Compact**

- Forward to defender (front to back)
- Wide players (side to side)

**Pressure on the ball**

- Eliminate forward progression

PRESS PHASE

**Win the ball as close to the goal as possible**

**Pressure on the ball**

**Support / cover players are connected on their front foot (around and away from the ball)**

- Take risks to intercept passes

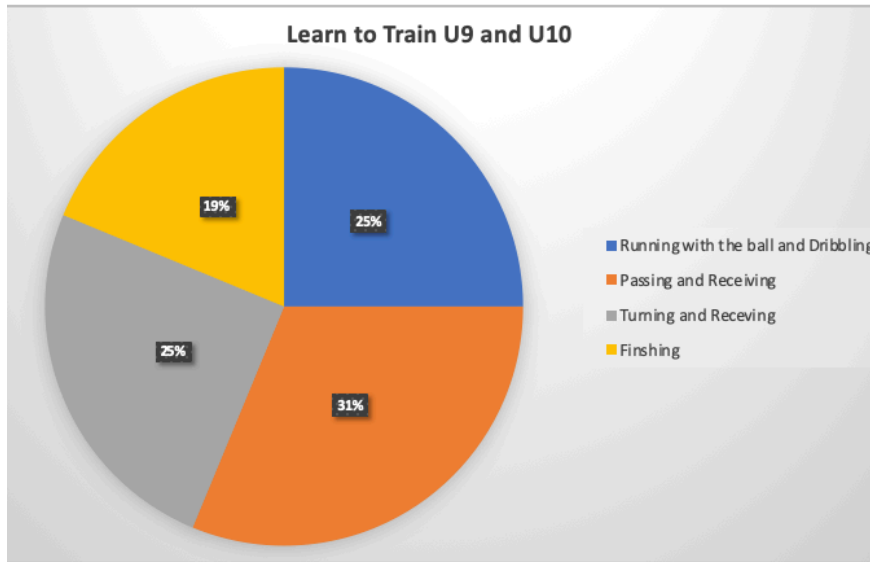


PORT MOODY SOCCER CLUB

Yearly Training Plan – Macro / Micro Cycle

U9 to U10 Learning to Train

The “golden age of learning”, when children become less self-centred and are more able to reflect on their actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basics of principles of play in a fun and challenging environment.



LEARN TO TRAIN U9 and U10												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Dribbling	RWB Dribbling	RWB Dribbling
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Turning and Receiving	Finishing	Finishing		
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22	Spring Break	Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit		RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	Turning and Receiving	Turning and Receiving	Finishing	Finishing	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Finishing	Finishing		

Port Moody SC provides opportunities for players from U8 to U10 to choose to play in the Recreational League (House) or join Development League. Recreational teams train 1 x per week and play the game on the weekend. Development teams practice 2x per week and play a game on the weekend.

Both programs offer the opportunities to continue to develop and learn, and both follow the Long Term Player Development pathway. By providing the players and families a choice and placing players we are looking to allow them the opportunities to play with peers at the appropriate skill level at this particular moment in time. Ensuring player success and touches on the ball increase player enjoyment, improved player experience, growth in confidence level, and in turn the player development. Players



## PORT MOODY SOCCER CLUB

learn the most when having fun and experiencing success, which aligns with Long Term Player Development.

Recreational and Development teams are formed at U8 based on year round player evaluations from Technical Director, Assistant Technical Directors, and technical staff during the U7 season. We believe that development does not occur in a straight line, rather everyone develops at their own pace, and at different time. We believe that year round evaluations of our players give us much better knowledge of their strengths and provides us with more informed decision making, in order to best support individual Long Term Player Development of all players.

Players not selected to the development team will continue to be evaluated throughout the season, as are all our players, and player movement can happen during the season, if staff believes it is the best for that player's development.



## PORT MOODY SOCCER CLUB

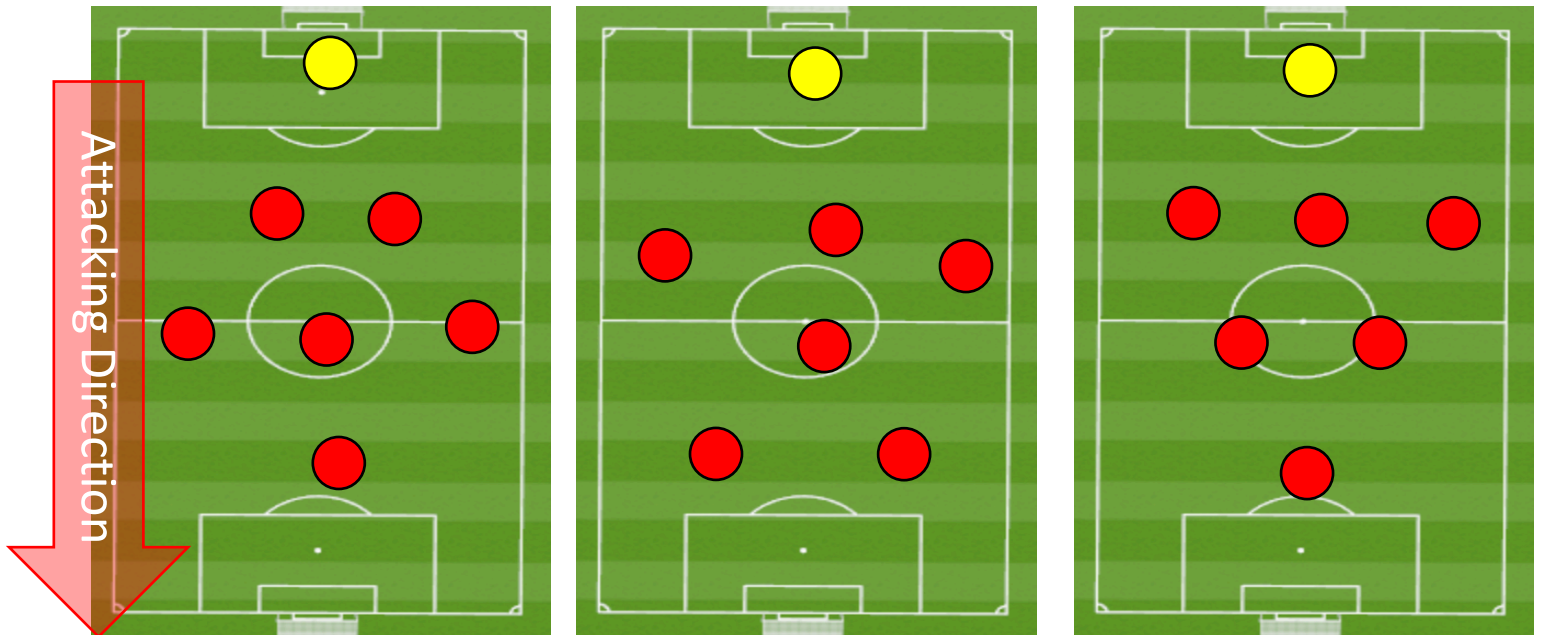
### Port Moody Soccer Club Formations: ATTACKING ORGANIZATION

Under 9 and Under 10: 7 aside

1-2-3-1

1-3-1-2

1-3-2-1



#### BUILD UP PHASE

##### **DRIBBLING**

- When unopposed and space in front

##### **PASSING**

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

##### **SWITCH THE POINT OF ATTACK**

- Play laterally to wide teammates who are away from opponents

#### CREATE PHASE

##### **DRIBBLING**

- When unopposed and space in front
- Take 1 vs 1 risks when in 1 vs 1 situation (understanding of what this is)
- Create a passing option when you go past opponent to break lines or switch the point of attack

##### **PASSING**

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

##### **SWITCH THE POINT OF ATTACK**

- Play laterally to wide teammates who are away from opponents who have opportunities to break line

#### FINISHING PHASE

##### **DRIBBLING**

- Take 1 vs 1 risks to shoot or be a playmaker (cross, pass)

##### **PASSING**

- Combination play when have an outnumbered situation (2 vs 1)
- If opposing team is compact and the players on the ball is under pressure can play backwards or across

##### **SHOOTING**

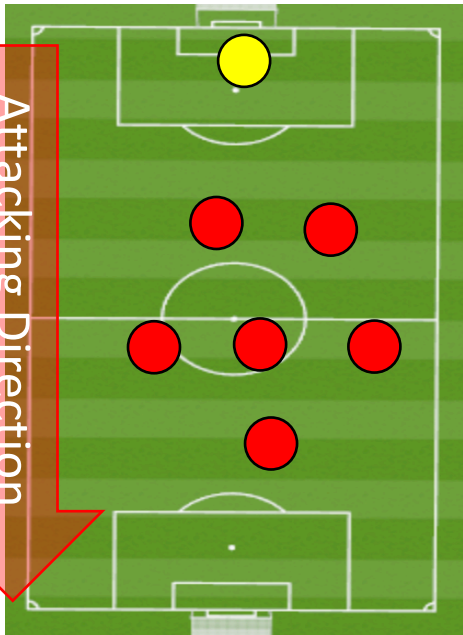
- Take opportunities when presented to the player on the ball



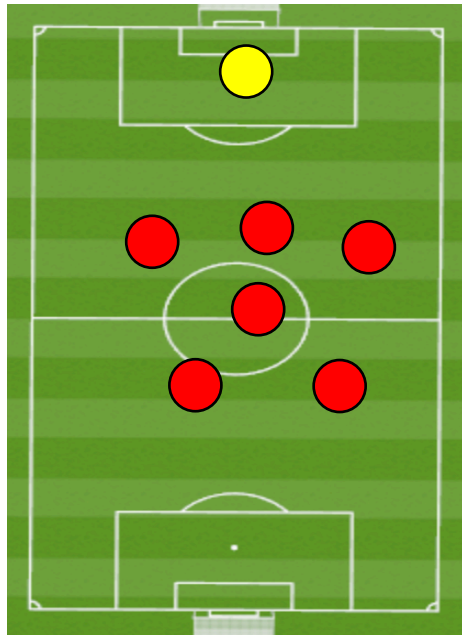
## PORT MOODY SOCCER CLUB

Port Moody Soccer Club Formations: DEFENDING ORGANIZATION  
Under 9 and Under 10: 7 aside

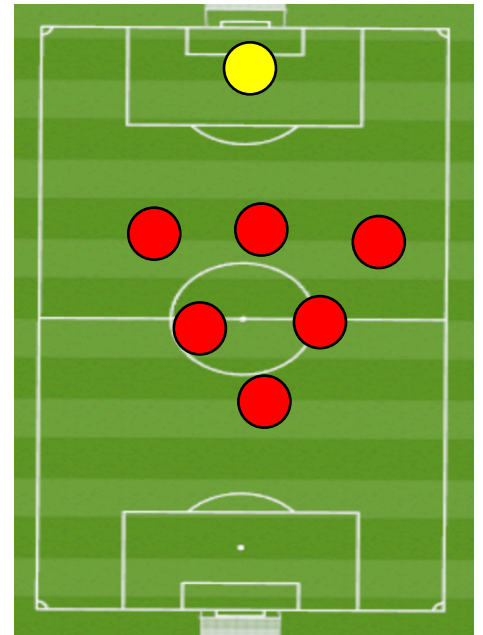
1-2-3-1



1-3-1-2



1-3-2-1



### PROTECT PHASE

#### **Compact**

**Eliminate options for opponents to break lines and create penalty box entries**

- Forward to defender (front to back)
- Wide players (side to side)

**Individual understanding of threats around and on the ball**

**Eliminate shots on target**

- Brave to block shots
- Close space to the player on the ball

### DELAY PHASE

#### **Compact**

- Forward to defender (front to back)
- Wide players (side to side)

**Pressure on the ball**

- Eliminate forward progression

### PRESS PHASE

**Win the ball as close to the goal as possible**

**Pressure on the ball**

**Support / cover players are connected on their front foot (around and away from the ball)**

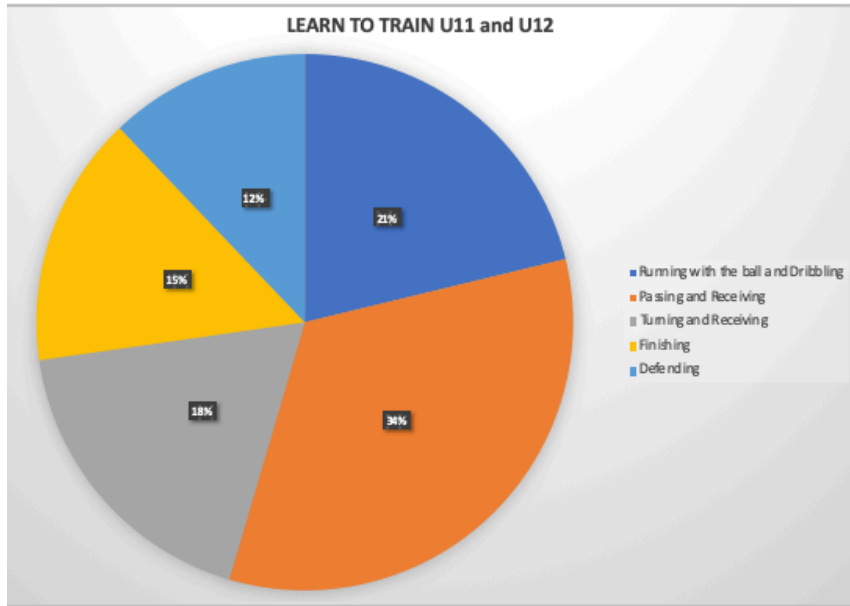
- Take risks to intercept passes



# PORT MOODY SOCCER CLUB

## U11 to U12 Learning to Train

The “golden age of learning”, when children become less self-centred and are more able to reflect on their actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basics of principles of play in a fun and challenging environment.



Learn to Train U11 and U12												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Dribbling	RWB Dribbling	Passing and Receiving
Phase										Create Phase	Finishing Phase	Global
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13		OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		OFF
Habit	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Turning and Receiving	Defending	Defending	Finishing	Finishing		OFF
Phase	Build Up Phase	Build Up Phase	Create Phase	Global	Create Phase	Finishing Phase	Protect Phase	Defence Phase	Finishing Phase	Finishing Phase		OFF
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22		Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		Spring Break
Habit		Finishing	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving		Spring Break
Phase		Finishing Phase	Create Phase	Finishing Phase	Global	Build Up Phase	Build Up Phase	Create Phase	Global	Create Phase		Spring Break
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32		OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		OFF
Habit	Turning and Receiving	Defending	Defending	Finishing	Finishing	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Passing and Receiving		OFF
Phase	Finishing Phase	Protect Phase	Defence Phase	Finishing Phase	Finishing Phase	Finishing Phase	Global	Build Up Phase	Build Up Phase	Create Phase		OFF

Port Moody SC provides opportunities for players in Under 11 and Under 12 age groups to play at their level in order to best support Long Term Player Development. Recreational (Division 3) teams train 1 x per week and play the game on the weekend. Division 1 and 2 teams practice 2x per week and play a game on the weekend..

Both, Recreational Teams and Division 1 & 2 offer the opportunities to continue to develop and learn, and both follow the Long Term Player Development pathway. By





## PORT MOODY SOCCER CLUB

providing the players and families a choice and placing players at their level, we are looking to allow them the opportunities to play with peers at the appropriate level at this particular moment in time. Ensuring player success and touches on the ball increase player enjoyment, improved player experience, growth in confidence level, and in turn the player development. Players learn the most when having fun and experiencing success, which aligns with Long Term Player Development.

Players not selected to the Division 1 and Division 2 teams will continue to be evaluated throughout the season, as are all our players, and player movement can happen during the season, if staff believes it is the best for that player's development.



## PORT MOODY SOCCER CLUB

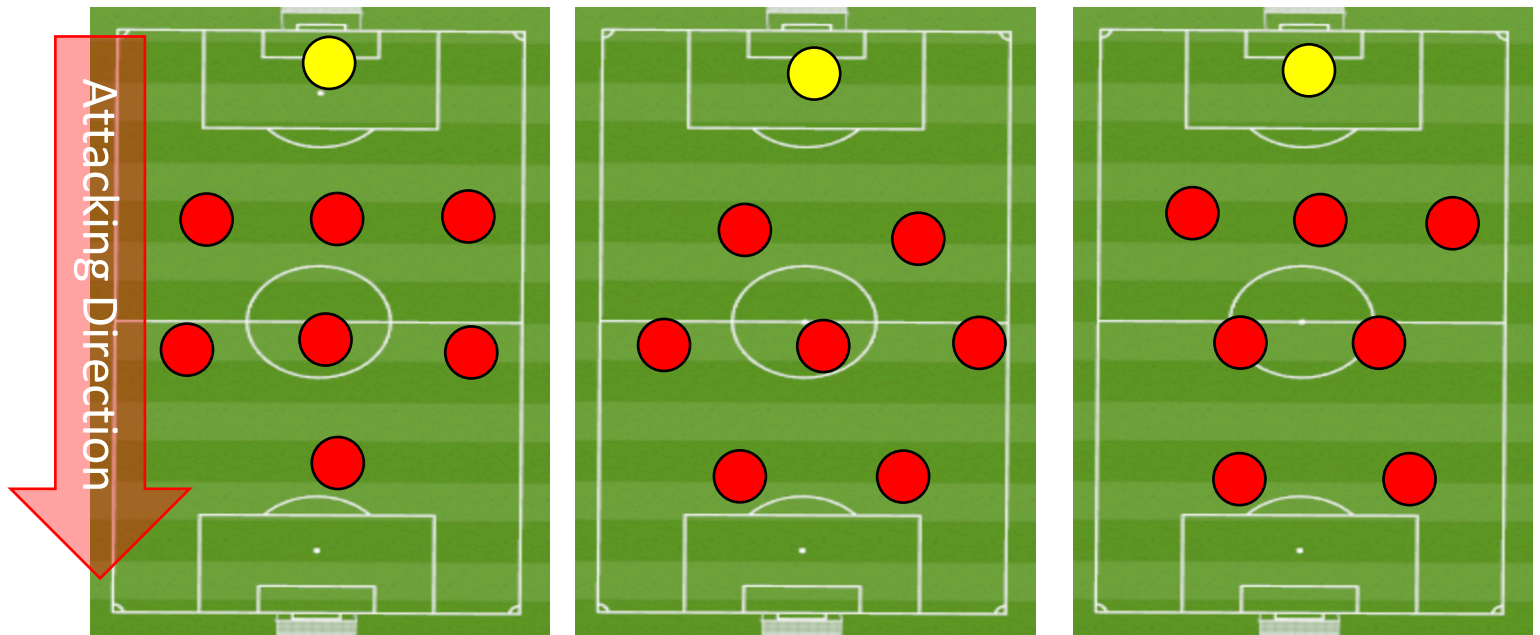
### Port Moody Soccer Club Formations: ATTACKING ORGANIZATION

Under 11 and Under 12: 8 aside

1-3-3-1

1-2-3-2

1-3-2-2



#### BUILD UP PHASE

##### **DRIBBLING**

- When unopposed and space in front

##### **PASSING**

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

##### **SWITCH THE POINT OF ATTACK**

- Play laterally to wide teammates who are away from opponents

#### CREATE PHASE

##### **DRIBBLING**

- When unopposed and space in front
- Take 1 vs 1 risks when in 1 vs 1 situation (understanding of what this is)
- Create a passing option when you go past opponent to break lines or switch the point of attack

##### **PASSING**

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

##### **SWITCH THE POINT OF ATTACK**

- Play laterally to wide teammates who are away from opponents who have opportunities to break line

#### FINISHING PHASE

##### **DRIBBLING**

- Take 1 vs 1 risks to shoot or be a playmaker (cross, pass)

##### **PASSING**

- Combination play when have an outnumbered situation (2 vs 1)
- If opposing team is compact and the players on the ball is under pressure can play backwards or across

##### **SHOOTING**

- Take opportunities when presented to the player on the ball



## PORT MOODY SOCCER CLUB

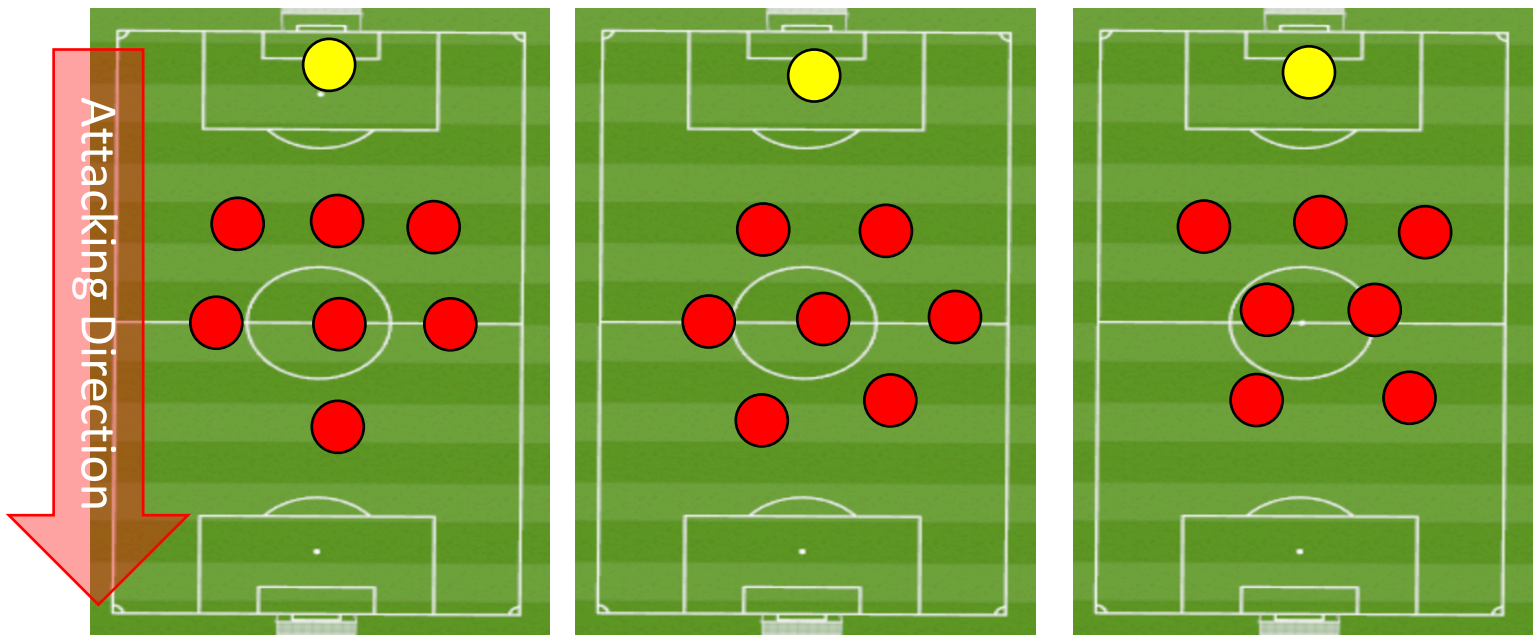
### Port Moody Soccer Club Formations: DEFENDING ORGANIZATION

Under 11 and Under 12: 8 aside

1-3-3-1

1-2-3-2

1-3-2-2



#### PROTECT PHASE

##### **Compact**

**Eliminate options for opponents to break lines and create penalty box entries**

- Forward to defender (front to back)
- Wide players (side to side)

**Individual understanding of threats around and on the ball**

**Eliminate shots on target**

- Brave to block shots
- Close space to the player on the ball

#### DELAY PHASE

##### **Compact**

- Forward to defender (front to back)
- Wide players (side to side)

**Pressure on the ball**

- Eliminate forward progression

#### PRESS PHASE

**Win the ball as close to the goal as possible**

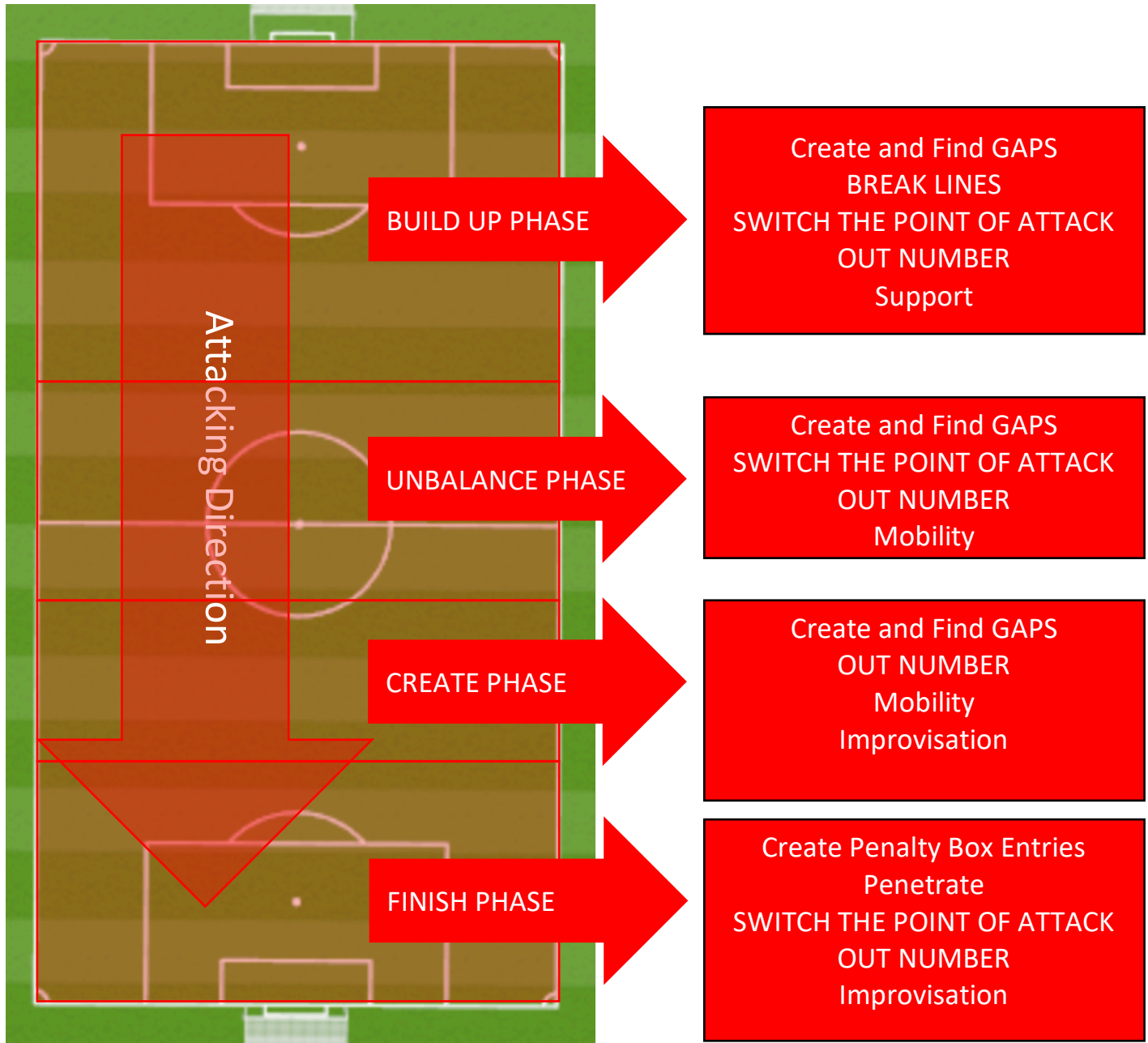
**Pressure on the ball**

**Support / cover players are connected on their front foot (around and away from the ball)**

- Take risks to intercept passes

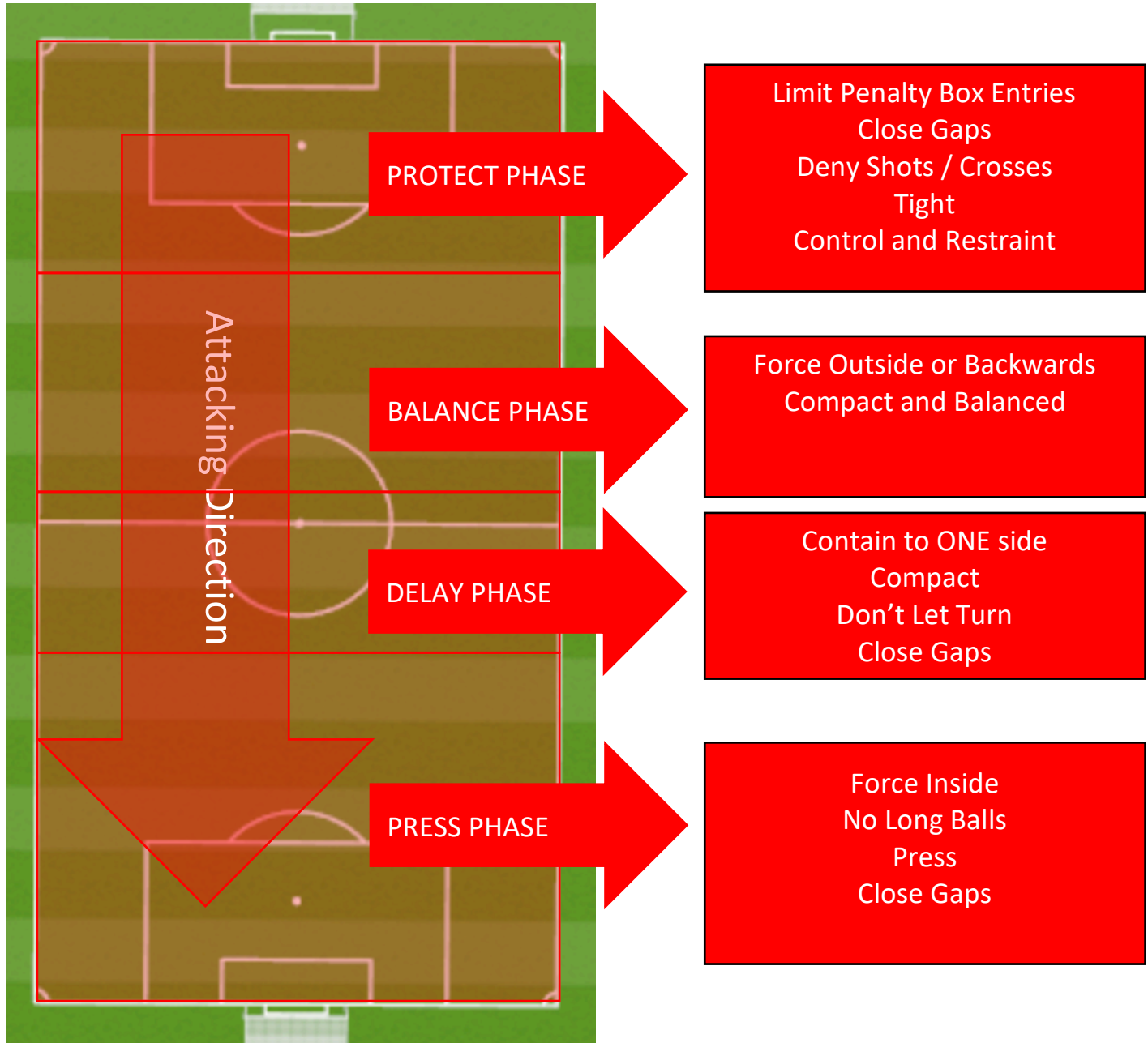


### GAME MODEL: ATTACKING ORGANIZATION





## GAME MODEL: DEFENDING ORGANIZATION

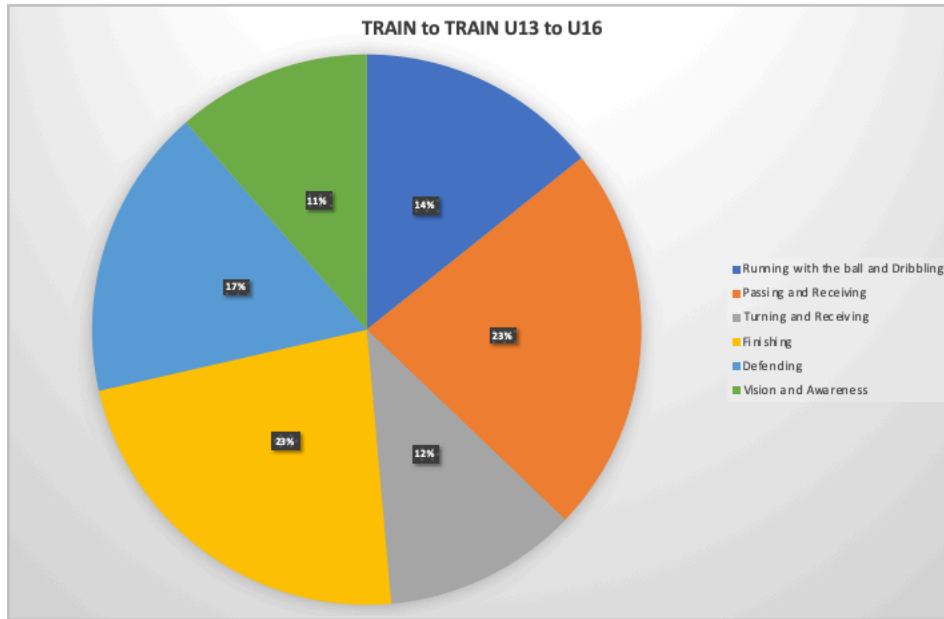




# PORT MOODY SOCCER CLUB

## Training to Train U13 to U16

The onset of adolescent growth spurt for most kids during this stage is an ideal time for endurance training. Players are also introduced to concepts like mental preparation, goal setting and coping with winning and losing while learning more advanced soccer skills including position-specific techniques.



Train to Train U13 to U16												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3	4	5	6
Moment							AO	AO	AO	AO	AO	AO
Habit							RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving
Phase							Create Phase	Unbalance Phase	Build Up Phase	Create Phase	Create Phase	Create / Unbalance Phase
Month	October				November				December			
Training Week	7	8	9	10	11	12	13	14	15	16		OFF
Moment	AO	DT	DT	DT	AO	AO	AO	AO	AO	AO		OFF
Habit	Turning and Receiving	Defending	Defending	Defending	Vision and Awareness	Vision and Awareness	Finishing	Finishing	Finishing	Finishing		OFF
Phase	Finishing Phase	Protect Phase	Deliver Phase	Pressure Phase	Unbalance Phase	Create Phase	Finishing	Create Phase	Finishing Phase	Finishing Phase		OFF
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22		Spring Break
Moment		AO	AO	AO	AO	AO	AO	DO	DT	DO		Spring Break
Habit		RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Defending	Defending	Defending		Spring Break
Phase		Unbalance Phase	Build Up Phase	Create Phase	Create Phase	Create / Unbalance Phase	Finishing Phase	Protect Phase	Deliver Phase	Pressure Phase		Spring Break
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32		OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		OFF
Habit	Vision and Awareness	Vision and Awareness	Finishing	Finishing	Finishing	Finishing	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving		OFF
Phase	Unbalance Phase	Create Phase	Finishing	Create Phase	Finishing Phase	Finishing Phase	Create Phase	Unbalance Phase	Build Up Phase	Create Phase		OFF

Port Moody SC provides opportunities for all players to play at their appropriate level in order to enjoy the sport, have fun, learn new skills, make friends, and grow the confidence. Division 3 teams train 1 x per week and play the game on the weekend. Division 1 and 2 teams practice 2x per week and play a game on the weekend.



## PORT MOODY SOCCER CLUB

Both, Recreational Teams and Metro, Division 1 & 2 offer the opportunities to continue to develop and learn, and both follow the Long Term Player Development pathway. By providing the players and families a choice and placing players at their level, we are looking to allow them the opportunities to play with peers at the appropriate level at this particular moment in time. Ensuring player success and touches on the ball increase player enjoyment, improved player experience, growth in confidence level, and in turn the player development. Players learn the most when having fun and experiencing success, which aligns with Long Term Player Development.

Players not selected to the Metro teams will continue to be evaluated throughout the season, as are all our players, and player movement can happen during the season, if staff believes it is the best for that player's development.

The strength of our club is that we have some very knowledgeable and experienced staff, who know all our players very well and enjoy working with them. We believe in the power of connecting, knowing our players very well, and our technical staff provide year round communication to our players and their families. Staff coaches work with ALL teams (development and recreational).

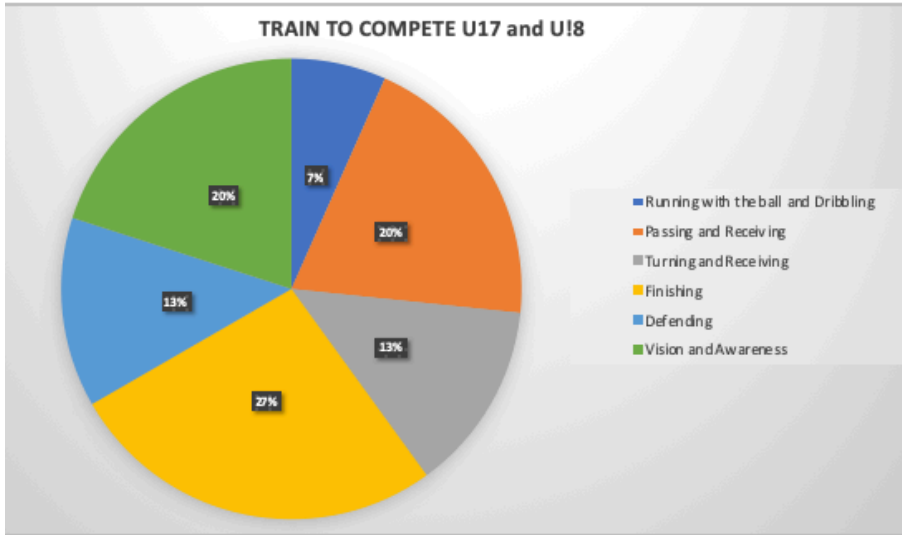


# PORT MOODY SOCCER CLUB

## Yearly Training Plan – Macro / Micro Cycle

Train to compete u17 ad U18

Players are now working to hone their soccer skills under a variety of competitive conditions in 11 v 11 game format that mirrors adult play. Along with the continued refinement of advanced techniques, players work to develop their tactical awareness discipline and mental toughness.



TRAIN TO COMPETE U17 and U18												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3	4	5	6
Moment							AO	AO	AO	AO	AO	AO
Habit							RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving
Phase							Unbalance Phase	Build up phase	Build Up Phase	Create Phase	Create/Unbalance Phase	Finishing Phase
Month	October				November				December			
Training Week	7	8	9	10	11	12	13	14	15	16		OFF
Moment	DO	DO	DT	AO	AO	AO	AO	AO	AO	AO		
Habit	Defending	Defending	Defending	Vision and Awareness	Vision and Awareness	Vision and Awareness	Finishing	Finishing	Finishing	Finishing		
Phase	Protect Phase	Deliv. Phase	Deliv./Balance Phase	Build up Phase	Create Phase	Finishing Phase	Finishing Phase	Create Phase	Finishing Phase	Finishing Phase		
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22		Spring Break
Moment		AO	AO	AO	AO	AO	AO	DO	DO	DT		Spring Break
Habit		RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Defending	Defending	Defending		
Phase		Unbalance Phase	Build up phase	Build Up Phase	Create Phase	Create/Unbalance Phase	Finishing Phase	Protect Phase	Deliv. Phase	Deliv./Balance Phase		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32		OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		OFF
Habit	Vision and Awareness	Vision and Awareness	Vision and Awareness	Finishing	Finishing	Finishing	Finishing	Passing and Receiving	Turning and Receiving	Turning and Receiving		
Phase	Build up Phase	Create Phase	Finishing Phase	Finishing Phase	Create Phase	Finishing Phase	Finishing Phase	Create Phase	Create/Unbalance Phase	Finishing Phase		

Port Moody Soccer Club Formations: ATTACKING ORGANIZATION

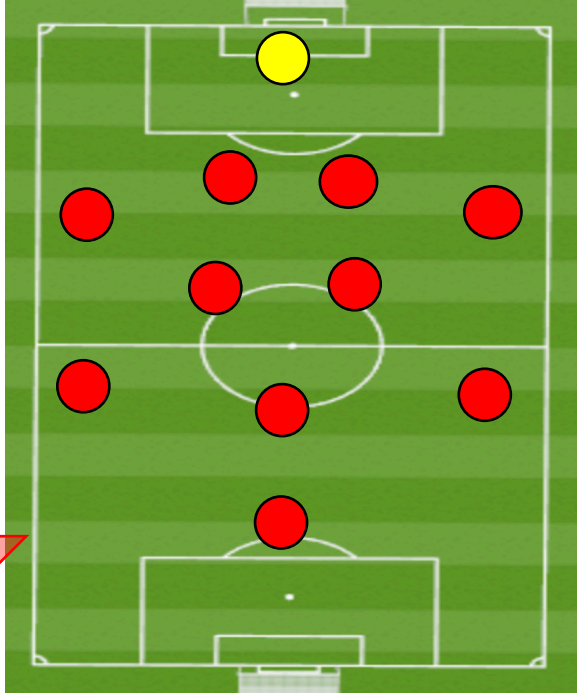




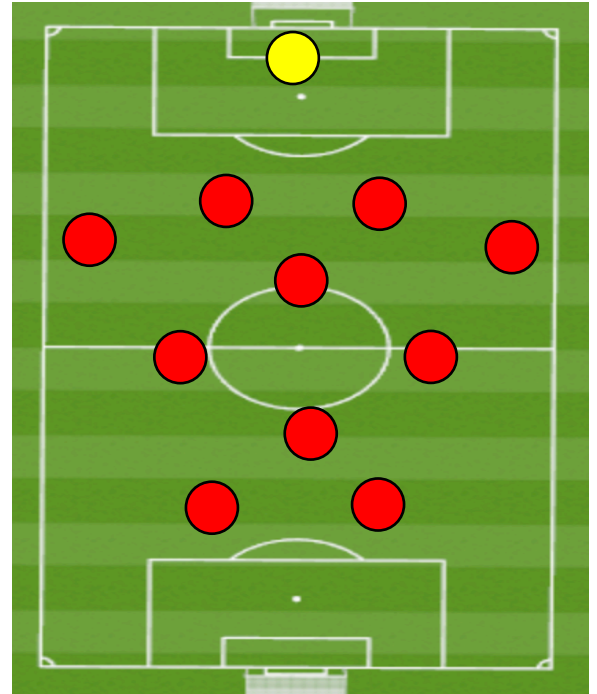
PORT MOODY SOCCER CLUB

Under 13 to 18: 11 aside

1-4-2-3-1



1-4-4-2 Diamond



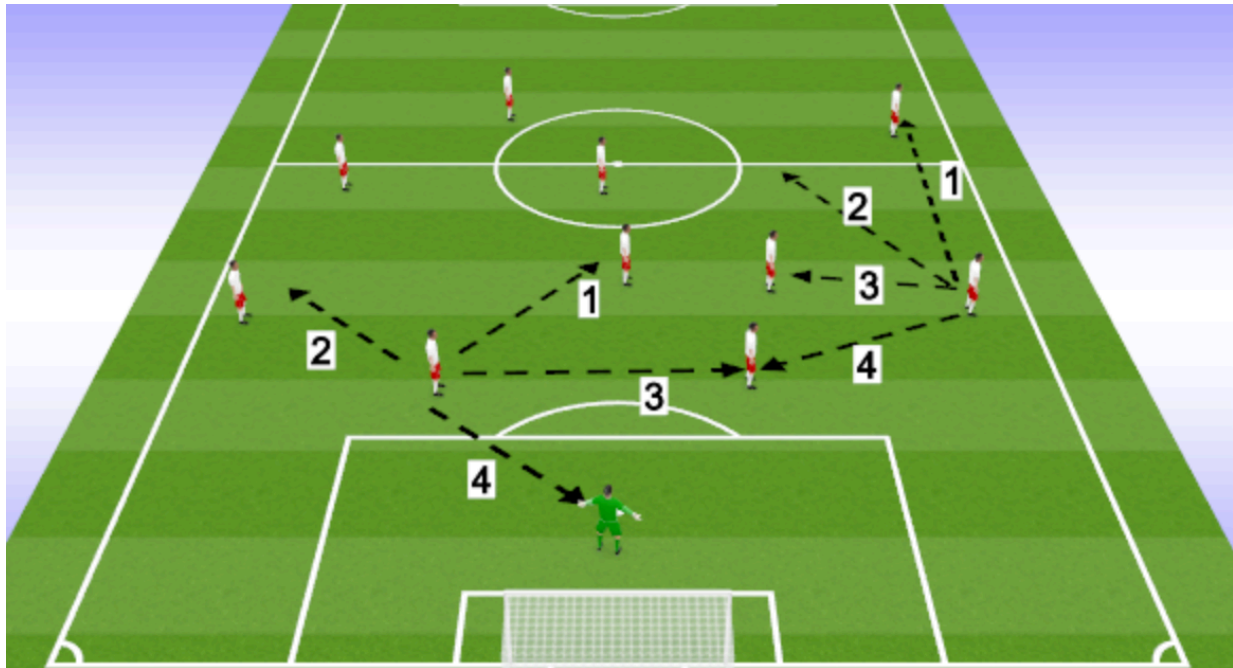


PORT MOODY SOCCER CLUB

ATTACKING ORGANIZATION: BUILD UP PHASE

Create and Find GAPS  
BREAK LINES  
SWITCH THE POINT OF ATTACK  
OUT NUMBER  
Support

WIDE and CENTRAL BUILD UP PHASE CHOICES





PORT MOODY SOCCER CLUB

ATTACKING ORGANIZATION: UNBALANCE PHASE

Create and Find GAPS  
SWITCH THE POINT OF ATTACK  
OUT NUMBER  
Mobility



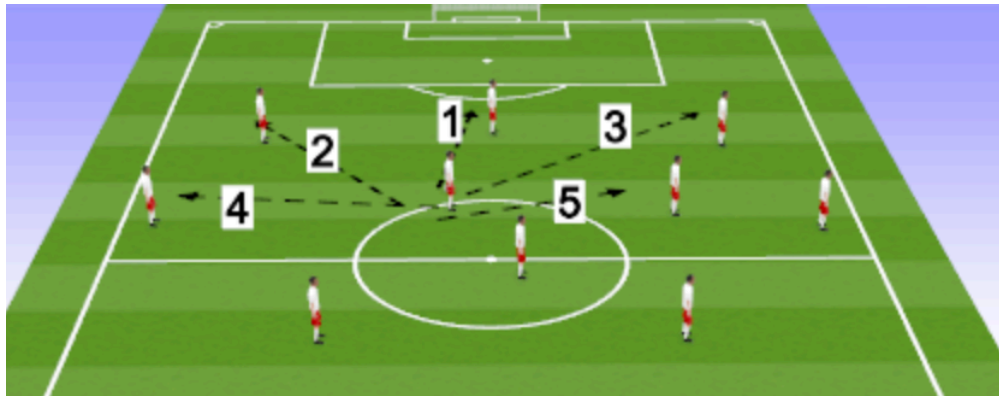


# PORT MOODY SOCCER CLUB

## ATTACKING ORGANIZATION: CREATE PHASE

Create and Find GAPS  
OUT NUMBER  
Mobility  
Improvisation

## CENTRAL ATTACKING ORGANIZATION



## WIDE ATTACKING ORGANIZATION



## SWITCH THE POINT OF ATTACK





ATTACKING ORGANIZATION: FINISH PHASE

Create Penalty Box Entries  
Penetrate  
SWITCH THE POINT OF ATTACK  
OUT NUMBER  
Improvisation

CROSSING ATTACKING ORGANIZATION



3 options to consider when crossing the ball and where to move in the penalty box

1. cut back
2. front post
3. back post

Objectives with finishing in the penalty box

- moving towards the ball (1st to the ball)
- cut across opponent

Crosser

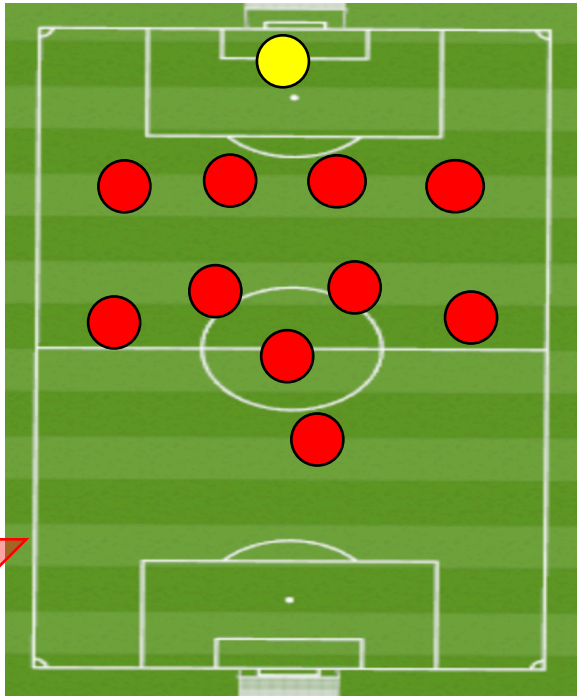
- play early into space between back 4 and goalkeeper for players to run on to.
- find open player



PORT MOODY SOCCER CLUB

Port Moody Soccer Club Formations: DEFENDING ORGANIZATION  
Under 13 to 18: 11 aside

1-4-2-3-1



1-4-4-2 Diamond

