



OAKWOOD SC PLAYER DEVELOPMENT PLAN

“FOSTERING THE RELENTLESS PURSUIT OF EXCELLENCE”

Revised August 16, 2022

PROPERTY OF OAKWOOD SOCCER CLUB

SOCCER
ATTACKING
DEFENDING
TRANSITION

**PERFORMANCE
ENVIRONMENT**
PHYSICAL & MENTAL



OAKWOOD PLAYER

LIFE SKILLS
CHARACTER BUILDING

OAKWOOD HOLISTIC PLAYER DEVELOPMENT MODEL



CLUB PHILOSOPHY OF SOCCER

We demand that our players have the proper tools (skills) to compete, with the aim to enjoy the game more fully.

We attempt to play a constructive attacking style of football at all levels.

Our commitment to defend collectively is contagious and relentless.

In addition, the ability to quickly adapt to each competitive situation is also a key performance indicator

STYLE OF PLAY

Defending: We aim to regain possession quickly by dictating where the opposition can go. If we cannot win the ball back immediately, we will defend zonally, recover and fiercely defend our goal.

In Transition: When we win the ball, we look to play forward quickly with support ahead or with the ball.

Attacking: We aim to play forward and get to goal often. We look to play through our creative playmakers as often as possible with dynamic mobility and combination play. Switching the point of attack will also be used.

In Transition: Collective, immediate chase will occur with vigor to recover the ball. If not, we will recover and balance.

4 PHASES OF THE GAME

WE HAVE THE BALL (ATTACKING)

Take risks in possession
Play forward whenever possible
Manipulate the opponent to open spaces
for creating goal scoring opportunities

WE HAVE JUST WON POSSESSION (TRANSITION TO ATTACK)

Advance the ball as quick as possible
Take risks to create goal scoring chances



WE HAVE JUST LOST POSSESSION (TRANSITION TO DEFENSE)

Everybody Defends
Apply immediate pressure to the ball
carrier

WE DO NOT HAVE THE BALL (DEFENDING)

Everybody Defends
Apply pressure to the ball carrier
Provide cover to deny goal scoring
opportunities



DEFENDING PRINCIPLES

TEAM TACTICAL PRINCIPLES

- With a high line of confrontation prevent forward passes
- Apply pressure on the ball to dictate and make play predictable
- Get compact and stay compact
- Reduce opponent's space to play
- Provide depth for possible long ball
- Recover the ball at anytime

KEY QUALITIES

- Be pro-active & enjoy physical challenges
- Read the moments quickly
- Be responsible & take accountability
- Execute for 90, switched on
- High levels of fitness & stamina
- Team "Buy In"



DEFENDING PRINCIPLES

OFFENSIVE THIRD

- Disrupt buildup
- Take risks to win the ball high up the field

MIDDLE THIRD

- Disrupt build-up & prevent penetration
- Make it compact & keep it compact
- Stay organized & balanced

DEFENSIVE THIRD

- Disrupt build-up & prevent chance creation
- Stay organized & balanced
- Be able to change from zonal marking to man tracking
- Must deny penetration with vigor

KEY QUALITIES

Be pro-active & enjoy physical challenges

Read the moments quickly

Be responsible & take accountability

Execute for 90, switched on

High levels of fitness & stamina

Team "Buy In"

TRANSITION INTO ATTACK PRINCIPLES

FROM DEFENSIVE THIRD

- Quick play forward, dribble or pass
- Keep the ball when you cannot play forward
- Push our defensive line up the field

FROM THE MIDDLE & ATTACKING THIRDS

- Exploit the opponent if unbalanced by playing forward into the box as quickly as possible with passing & running
- Create shots from outside or inside the box with support
- Keep the ball when numbers become unfavorable & look to switch the point of attack

KEY QUALITIES

- Players must anticipate the moments as early as possible
- Take responsibility and accountability for their own actions (no finger pointing due to failed actions)





ATTACKING PRINCIPLES

TEAM TACTICAL PRINCIPLES

- Make the field big with spacing, width & depth
- Mobility to create passing angles & overloads
- Dribbling or forward passing or combination play to penetrate
- If penetration is not possible, switching the point of attack
- Get to goal with box runners for support with finishing

KEY QUALITIES

- Player with a high comfort level on the ball
- Early recognition to find spaces to attack
- Finishing with confidence



ATTACKING PRINCIPLES

DEFENSIVE THIRD & MIDFIELD BUILDUPS

- Make the field big with spacing, width & depth
- Mobility to create passing angles & overloads
- Dribbling or forward passing or combination play to penetrate
- If penetration is not possible, switching the point of attack
- Get to goal with box runners for support with finishing

ATTACKING THIRD CREATION OF CHANCES

- Play early crosses into box if space is available behind
- Penetrating passes or dribbles into box
- Combination play into box
- Runners & support into box for scoring chances
- Recognize outside shooting opportunities

KEY QUALITIES

- High comfort level on the ball
- Early recognition to find spaces to attack
- Finishing ability with confidence



TRANSITION INTO DEFENDING PRINCIPLES

ATTACKING THIRD & MIDFIELD TRANSITION

- Pressure the ball & prevent the opponent from playing forward
- Immediate recovery runs behind the ball
- Delay & force poor passes to recover the ball
- Regain balance as quickly as possible

DEFENSIVE THIRD TRANSITION

- Pressure the ball to prevent goals & chances
- Prevent penetration at all costs
- Delay the opponent to gain numbers back
- Win the ball & play forward pass or clearance up the field

KEY QUALITIES

- Be proactive
- Read the moments quickly
- Be responsible & take accountability
- Execute for 90 minutes, staying switched on
- Team “Buy In”

FORMATIONS

Systems are based on our Principles so different formations are the Coaches Prerogative

U7/8/9/10 7v7 play 1/2/3/1 1/3/2/1 1/2/1/3

- Creates continuity with 9v9 & 11v11 formations

U11/12 9v9 play 1/3/2/3 1/3/4/1 1/2/3/3

- Creates continuity with 11v11 formations

U13/14 11v11 play 1/4/3/3 1/4/2/3/1 1/4/4/2

U15/16 11v11 play 1/4/3/3 1/4/2/3/1 1/4/4/2 1/3/5/2

U17/19 11v11 play 1/4/3/3 1/4/2/3/1 1/4/4/2 1/3/5/2

DOMINANT

GIRLS ACADEMY

Holistic Player Profile

- Growth mindset with ability to change, learn & progress
- Goal setting with buy in for high degree of team spirit
- Self motivated with a positive lifestyle and self control
- Must have ownership of decision making in the game
- Sound technical abilities with strong physical dimensions
- Be an able competitor that can adapt to each setting quickly
- Enjoy the positive pressure of the match



Player Role

Goalkeeper – No. 1

Key Responsibilities:

Defending

- Control and defend the space between you and the central defenders to reduce the chances of penetration
- Have a good starting position.
- Work with fellow defenders to keep the defensive security and structure, both centrally and in wide areas.
- Provide good angles and distances to protect the goal effectively.
- Organize and direct fellow defenders in the team structure and effectively for set pieces
- Use correct handling and diving techniques.
- Collect crosses using the correct action and being decisive.
- Demonstrate bravery in all actions and decisions.
- Shot blocking, handling and diving; Set position & minimizing shooting angles.

Attacking

- Provide good support angles for defenders to help them with possession.
- To operate as a 'sweeper' as the team progresses up the field. Be connected with back of the team.
- Communicate with the team to keep balance when attacking.
- Run to top of box to find best possible distribution
- Receiving skills – both feet.
- Passing skills over all ranges, including from the hands (both feet).
- Throwing & punting as needed.
- Cross taking & distribution with throw and kick
- Be courageous and aggressive

Transition

- Commence attacks with swift and effective distribution; push up the rear of team to support
- Retreat, communicate and re-organize quickly upon loss of possession.



Player Role

Fullbacks – No. 2 & 3

Key Responsibilities:

Defending

- Control and defend the space between you and the central defenders / goalkeeper to deny penetration.
- Work with fellow defenders to keep the defensive security and structure in wide areas.
- Act as the last line of defense in the flank position.
- Prevent crosses by closing down wingers.
- Organize fellow defenders and wide midfielders as necessary. Communicate with direction.
- Organize / direct / assist the winger in his defensive duties.
- Move to a more central position, supporting and covering the central defender when the ball is on the far side.
- Marking, tracking, and back tracking.
- Heading, intercepting, challenging, and tackling
- Supporting and covering.

Attacking

- Provide a wide passing outlet, usually in the defending (receiving from the GK) and midfield areas of the field.
- Progress possession creatively in the flank areas in all phases of the field.
- Create crossing positions, alone or in combination with others.
- Deliver accurate and timely crosses.
- Looks to get forward often, using well-timed overlapping runs.
- Efficient receiving.
- Passing skills over all ranges (variety and with both feet). Clearances into space or to targets.
- Combination play (especially overlaps and wall passes).
- Running with the ball.

Transition

- Make overlapping runs upon turnovers in flank areas when space and ball is near.
- Recovery runs to protect the goal quickly upon loss of possession



Player Role

Central Defenders – No. 4 & 5

Key Responsibilities:

Defending

- Along with the goalkeeper, control and defend the space between you and the other central defender to stop opposition penetration.
- Combine with fellow defenders to maintain the defensive security and structure of the team, especially centrally.
- Communicate with directions to all team members.
- Support and cover fellow central and flank defenders.
- Mark, track and 'control' forwards in dangerous positions.
- Heading for distance and also to deny chance at goal
- Intercepting, challenging and tackling.
- Containing in 1 v 1 situations – pressing, showing, delaying.
- Combine with other defenders in marking and 'passing on' attacking players.
- Mark opponents or space in order to be first to the ball on crosses.

Attacking

- Give a passing outlet for the goalkeeper and other players in defending and midfield areas.
- Retain possession, progressing where possible. Find forward passes, if available.
- Move into midfield areas when appropriate, with or without the ball, to create overload situations.
- Make sure the team has sound defensive structure and balance as the ball goes forward.
- Efficient receiving and passing over all ranges and clearances into channels or to target players.
- Running with the ball and combination play (especially wall passes).

Transition

- Push up the back line to support immediately when the ball is won
- Communicate & re-organize quickly upon loss of possession



Player Role

Central Midfield – No. 6 & 8

Key Responsibilities:

Attacking

- Provide the back players with passing outlets. Find windows of space to play through the opponents lines.
- Move opponents away from areas which back players may run through.
- Retain possession and provide penetrative passes for players moving into goal scoring or goal creating positions.
- Move in to goal scoring positions as much as possible, with the aim of striking at goal from build-up play or through regained possession.
- Work with fellow central midfield player to give sound structure and balance whilst attacking.
- Support forward players on receiving the ball for layoffs and combination play.
- Ball protection and receiving; Quality passing – short & long.
- 360 awareness to be connected to all players, supporting angles.
- Receiving skills – tight touch, clever touches and turning with the ball and pivoting the point of attack.
- Long-range shooting & one touch finishing – arriving in the box (including the head).

Defending

- Support forward players by marking, pressing, intercepting, and challenging for the ball.
- Anticipate the next pass with timely movements.
- Organize and coach players in front and to the side to ensure the lines of the team are compact
- Mark and take control of opposing central midfielder in your zone, and cover and support as necessary.
- When passes are made beyond our midfield, recover, track your man, and replace defenders when necessary.
- Marking, pressing, intercepting, tracking, challenging; Stay on feet without going to ground when defending.

Transition

- Provide forward passes after interceptions to create counterattacks
- Support all counterattacks with early running
- Immediate recovery runs to protect the goal upon loss of possession



Player Role

Wide Forwards – No. 7 & 11

Key Responsibilities:

Attacking

- Provide wide outlets, usually in the middle and attacking thirds.
- Create individual space using dummy and feinting movements (run defenders off) or by rotating with others.
- Create crossing positions, alone or in combination with others.
- Deliver accurate and timely crosses.
- Help with attacking play in central positions, with and without the ball.
- Move in to goal scoring positions when not involved in play (e.g. arriving at the back post for crosses).
- Score goals off the dribble and with box running to find crosses.
- Efficient and varied receiving skills (ground / aerial control).
- Effective passing, including 1 touch and deceptive body movement with and without the ball.
- Dribbling and ball manipulation; be a creative 1 v 1 attacker.
- Running with the ball and combination play, e.g. wall passes, overlaps.
- Crossing the ball with both feet, using 1 touch where necessary (usually on the run).
- Understand the need for and how to create width.
- Scoring with both head and feet.

Defending

- React, recover and act as the first defensive barrier in wide areas; listen to communication from behind.
- Assist other defenders in flank positions.
- Move to a more central and covering position when the ball is on the opposite side.
- Marking, tracking, pressing, showing and covering.
- Supporting and balancing.

Transition

- Find space and run into ahead of the ball at the moment of turnover
- Immediate recovery runs upon loss of possession, cover for overlapping fullbacks as needed



Player Role

Attacking Midfielder – No. 10

Key Responsibilities:

Attacking

- Play in between the midfield and forward players, usually within the central channel.
- Get available / free to receive the ball; Complete mobility
- Create space and scoring chances for others.
- Provide for the forwards and wingers, especially behind the defense.
- Score goals – from distance and within the penalty area.
- Be a forward runner where appropriate.
- Positioning and knowledge of how to find and create space for playmaking.
- 360 degree awareness on and off the ball.
- Tight control and receiving skills.
- Turning and protecting / shielding skills.
- Passing ability – often in 1 touch (disguise).
- Combination player; bring others into the game.
- Pass 'off the run'. And penetrate with quality forward passing.
- Intelligence / awareness/ savvy.
- Attack the penalty area – score with both feet inside and outside the box – 1 touch finishing.

Defending

- Understand and apply pressing. Always have contact with strikers and also listen to players behind.
- Prevent forward passing outlets of the opposition – 'screening'.
- Mark and control the 'holding midfield' player.
- Recover in to a deeper position to assist central midfielders when necessary.

Transition

- Create counter attacks by providing penetrating passes upon recovery of the ball.
- Immediate chase upon loss of possession to re-organize our defensive posture



Player Role

Striker – No. 9

Key Responsibilities:

Attacking

- Operate as the most advanced attacking player, both in front and behind the opposition's defensive lines, usually within the width of the box.
- Assess and move in to goal scoring positions whenever there is a chance of the ball being delivered (e.g. attack crosses at the first or second post with effective timing and speed).
- Score goals and be a threat to opposing defense
- Create goal scoring opportunities for others through movement, support play and accurate distribution.
- Attack the spaces behind and to the side of defenders.
- Be a persistent outlet for defensive and midfield players.
- Retain possession, making sure that attacking play continues with momentum by linking the play.
- Mobility and darting to lose tight marking defenders, especially to exploit space behind defenses.
- Move defenders away from high priority defending positions with mobility into channels.
- Efficient ball receiving and holding skills under pressure; Turning & shielding; Heading to goal as a target
- Effective 1 v 1 play in and around the box.
- Quick and imaginative distribution (with 1 touch where appropriate), including wall passes.
- Goal scoring, using 1 touch on demand. Outside & inside the box finishing power.

Defending

- Understand and apply principles of pressing.
- Delay and contain attacking build-up play.
- Pressing and containing by making the opponent build out predictable.

Transition

- Finding open spaces to receive forward passes on each ball recovery
- Immediate chase upon loss of possession



COMPONENTS OF OUR COACHING PHILOSOPHY

Principles & Methodology

Reality Based

Coaching Moments & Modes of Play



TEACHING PRINCIPLES & METHODOLOGY

RAISING THE BAR

- Create a performance environment that is age appropriate
- Motivationally based through honest and direct contact
- Connect with the players, know them inside and out
- Curriculum that is simple to complex and age appropriate
- High intensity, dynamic and demanding
- Variation, compact with aim to increase speed of play
- Appropriate intervals via sport science



REALITY BASED TRAINING COACHING MOMENTS & MODES OF PLAY

- Directional, Opposition, Positions, Appropriate space
- Guided Discovery & Problem Solving

COACHING MOMENTS OF THE GAME IN THE 4 MODES OF PLAY:

- Attack With Full Possession
- Defending Without Possession
- Transition into Attack
- Transition into Defense

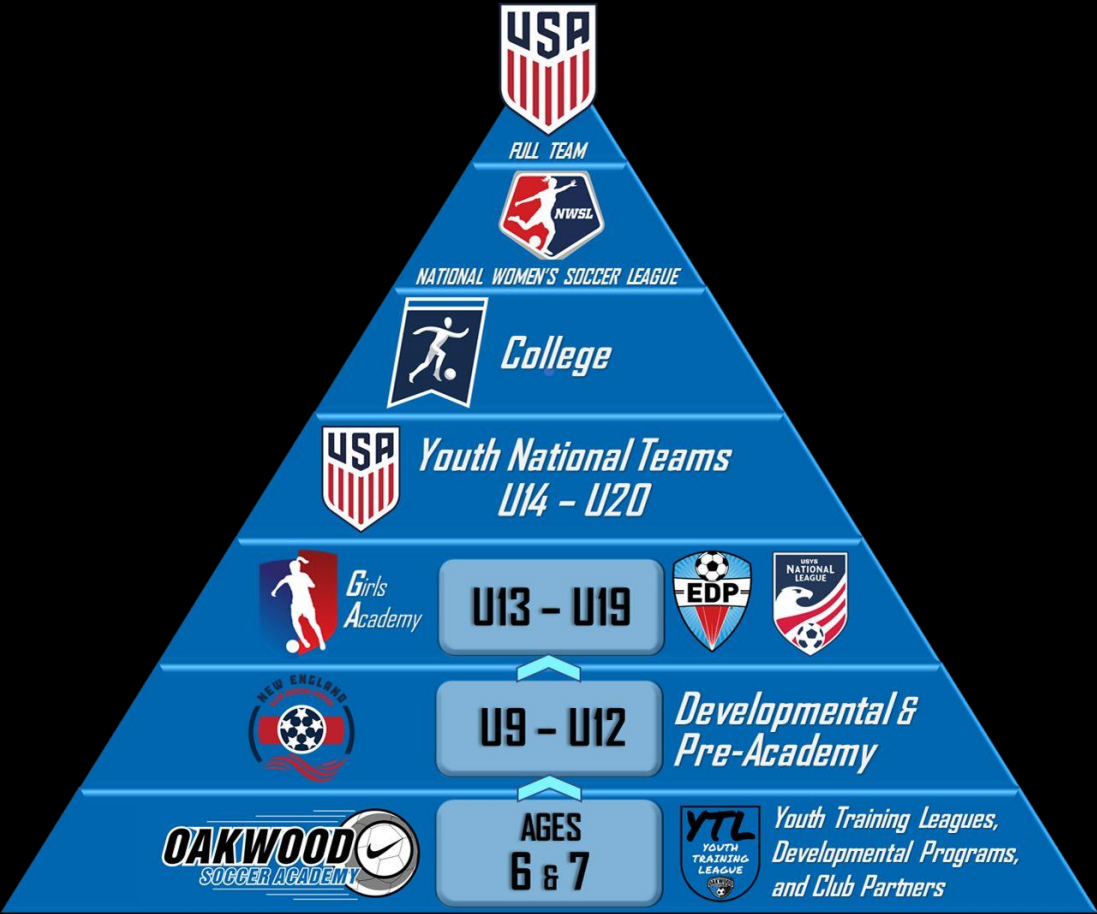


COACHING MOMENTS

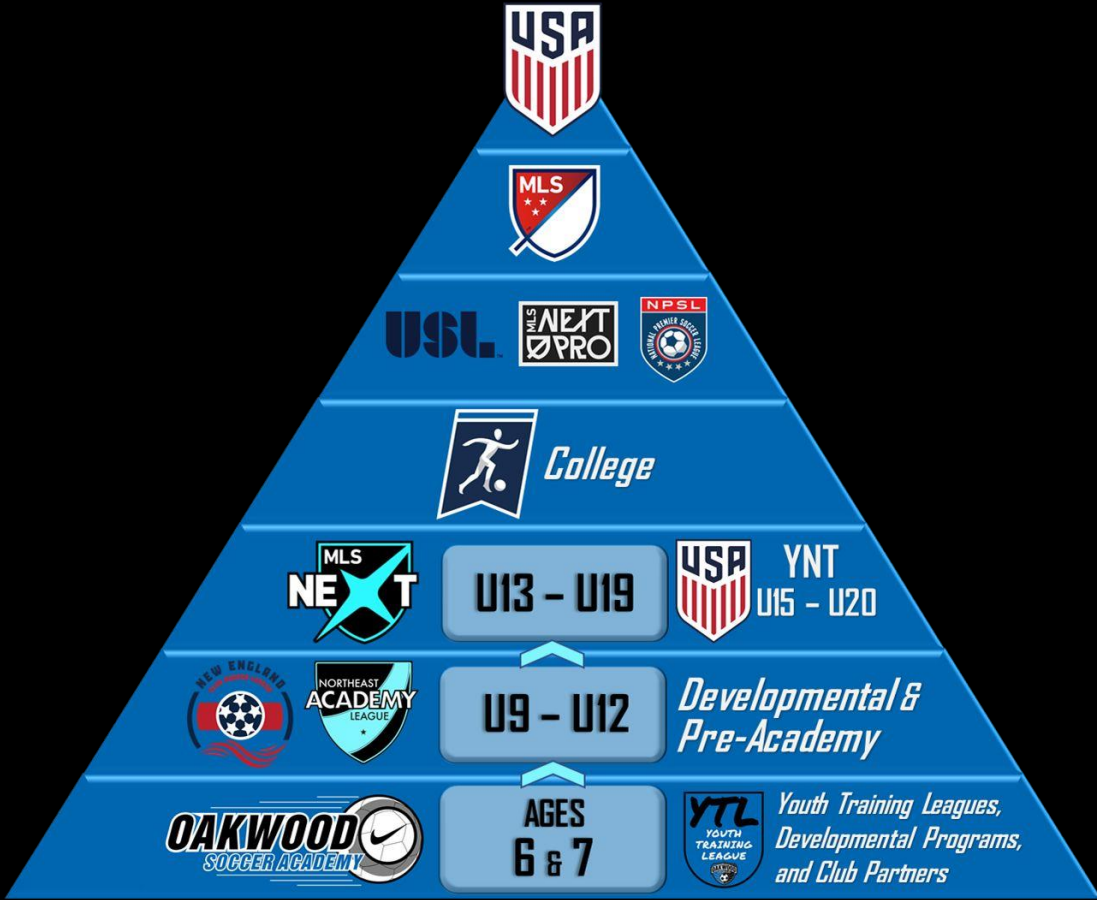




OAKWOOD SC GIRLS & BOYS PLAYER DEVELOPMENT PATHWAYS



GIRL'S PATHWAY



BOY'S PATHWAY



US SOCCER YNT SCOUTING

Ellie Jean heads to u23 US National Camp



The former Oakwood Academy player & u20 World Cup Team starter makes her third appearance with the under 23's. Ellie is also a member of Penn State that won the 2015 NCAA National Championship





USWNT
U18 CALLUP

LOGAN JACOBS



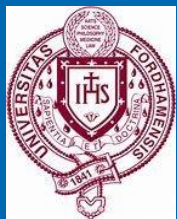
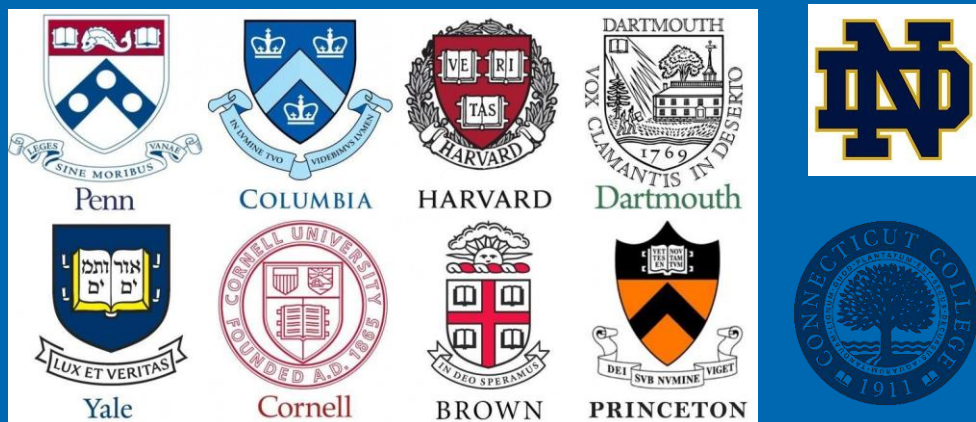
USYNT
U17 CALLUP

JULIA MOTUZICK



USYNT
U16 CALLUP

SHEA BOYLE



COLLEGE PATHWAYS

OAKWOOD SC GRADUATES

STUDENT ATHLETES

THAT COMPETE AT DIVERSE & PRESTIGIOUS COLLEGES

& UNIVERSITIES

DIVISION 1, 2, & 3

2022 COMMITMENTS

MOLLY ANDREWS - QUINNIPAC

MADISON CARROLL - UCONN

SOPHIA HAUSSMANN - UCONN

REIKA ISHIBE - WELLESLEY

LOGAN JACOBS - YALE

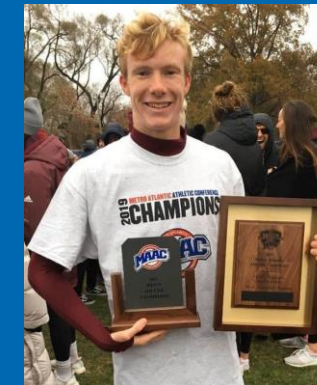
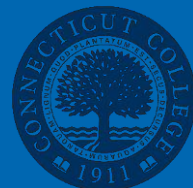
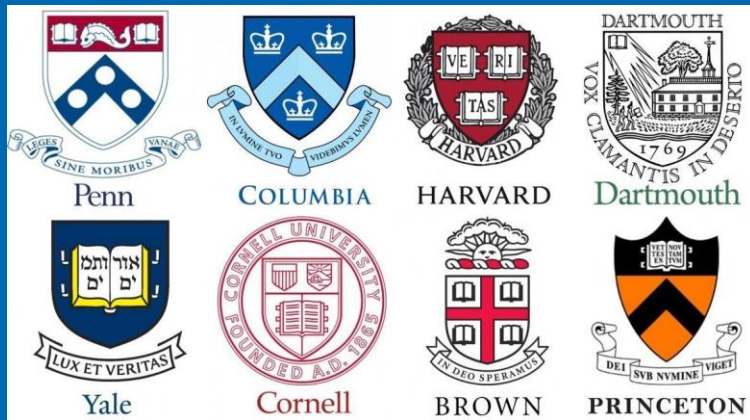
EMMA MALONE - UNC GREENSBORO

KAITLYN MURPHY - FORDHAM

EVA NIEMEYER - FORDHAM

JULIA STERNAT - WHEATON

KILEY YEPES - CCSU



OAKWOOD SC GRADUATES STUDENT ATHLETES THAT COMPETE AT DIVERSE & PRESTIGIOUS COLLEGES & UNIVERSITIES DIVISION 1, 2, & 3 2022 COMMITMENTS

DIEGO ZAFFANELLA - YALE
CHRISTIAN DIONNE - UCONN
AVERY OVERSTREET - BRYANT
WADE STINSON - NKU
PARKER VASIC - NKU
MORGAN LOPES - NKU
IAN MOUNTS - WESTCONN
DRITYLL GASHI - WESTCONN
TYLER DOHERTY - QUINNIPIAC



PRO PATHWAYS

5 NWSL &
INTERNATIONAL
PROFESSIONAL
PLAYERS





13 MLS PROFESSIONAL PLAYERS SINCE 1996

Ben Mines
path to
professional
soccer

OAKWOOD
SOCCER CLUB
2013-2015

Red Bull
NEW YORK
2015-2016

USL
2015-2017

March 11, 2018
MLS First Goal
vs. Portland

U.S. SOCCER
DEVELOPMENT
ACADEMY MEMBER

OAKWOOD
SOCCER CLUB

SIMON
BECHER

u20 Men's National Team Coach

Tab Ramos called up Simon Becher for his second national team camp in four months and first international match in Honduras May 10-20. Simon currently has 49 goals at Oakwood SC.

u20 US Men's National Team call up

USA

NEW ENGLAND
SOCCER JOURNAL

OAKWOOD
SOCCER CLUB

DEVELOPMENT ACADEMY

He hails from Brooklyn, New York. He may be the best player in New England. He's trained with the U-20 national team. And he's headed to Holy Cross.

Oakwood DA Member since 2013

MEET
SIMON

USA

u20 US Men's National Team Member

MLS
SUPER DRAFT
PICK #16 BY





PLAYER DEVELOPMENT AGE LADDER

FUNdamental
Ages 6-7

Intro to
Team Play
Ages 8-10

Learning to
Team Play
Ages 11-12

Learning to
Team Train
Ages 13-15

Training
Team to Compete
Ages 16-17

Training to Win
Ages 18 +



YTL (Youth Training League)



New England Club Soccer League &
Northeast Academy League

MLS Next & Girls Academy & EDP





AGE GROUP PERIODIZATION

	OAKWOOD SC SEGMENT & SEASONAL PLANNING FOR PERIODIZATION IN CONNECTICUT (NEW ENGLAND WEATHER)																					
	GRADUATED TRAINING LOADS ACROSS AGE GROUPS & SEASONS OF PLAY																					
	FALL PRE SEASON				FALL COMPETITION				WINTER/INDOOR				SPRING PRE SEASON				SPRING COMPETITION				SUMMER OFF	
AGE GROUP	DATES	WEEKS	TPW	DATES	WEEKS	TPW	DATES	WEEKS	TPW	DATES	WEEKS	TPW	DATES	WEEKS	TPW	DATES	WEEKS	TPW	DATES	OFF WEEKS		
U7/8	8/27-9/7	1.5	2	9/8-11/15	11	2	11/16-3/30	18	2	3/31- 4/6	1	2	4/7-6/10	12	2	6/15-8/26	10					
U9/10	8/27-9/7	1.5	3	9/8-11/15	11	3	11/16-3/30	18	2	3/31- 4/6	1	3	4/7-6/10	12	3	6/15-8/26	10					
U11/12	8/15-8/31	2	3	9/1-/11/25	12	3	11/30-3/15	14	2	2/26-3/1	1	3	3/1-6/7	13	3	6/11-8/15	8					
U13/14	8/15-8/31	2	4	9/1-/11/25	12	4	11/30-3/15	14	2	2/26-3/1	1	4	3/1-6/7	13	4	6/11-8/15	8					
U15/16	8/10-8/31	3	4	9/1- 12/10	14	4	11/30-2/12	10	2	2/13-3/1	2	4	3/1- 6/30	16	4	6/30-8/9	6					
U17/19	8/10-8/31	3	4	9/1- 12/10	14	4	12/25-2/12	8	2	2/13-3/1	2	4	3/1- 6/30	16	4	6/30-8/9	6					



CYCLES FOR AGE GROUP PERIODIZATION

THREE OR FOUR SESSIONS PER WEEK:

- Two or three fixed to curriculum
- One open to coach (Match Prep for U15 & up)
- Semi-Flex Plan

U7/8	3 WEEKS ATTACKING/ 1 WEEK DEFENDING CYCLES
U9/10	2 WEEKS ATTACKING/ 1 WEEK DEFENDING CYCLES
U11/12	2 WEEKS ATTACKING/ 1 WEEK DEFENDING CYCLES
U13/14	2 DAYS ATTACKING/ 1 DAY DEFENDING PER WEEK
U15/16	2 DAYS ATTACKING/ 1 DAY DEFENDING PER WEEK
U17/19	2 DAYS ATTACKING/ 1 DAY DEFENDING PER WEEK



U7/8 WEEKLY THEMES

WEEKS 1, 2, 3, 5, 6, 7

- Individual Attacking Options
- Use of dribbling, fakes, feints,
- 1v1 attacking skills
- How to pass & receive
- When to pass; Safety vs Risk
- Introduce mobility off the ball

WEEKS 4, 8

- Individual Defending Requirements
- Approach, Body shape, timing of tackling
- Tackle vs delay
- 2nd defender role; cover and support

THEMES ARE REPEATED IN FUTURE 8 WEEKS CYCLES AND
ADJUSTED TO THE MASTERY LEVEL



U9/10 WEEKLY THEMES

WEEKS 1, 2, 4, 5, 7, 8, 10

- Individual Attacking Options
- Use of dribbling, fakes, feints, shielding
- 1 v 1 attacking skills
- How to pass; When to pass
- Safety vs Risk
- Introduce mobility off the ball & combination play
- Shooting inside & instep

WEEKS 3, 6, 9

- Individual Defending 1v1
- Approach & body shape
- Timing of tackling
- Tackle vs delay
- 2nd defender role, cover
- 3rd defender role, balance

THEMES ARE REPEATED BASED ON THE COMPETENCE OF THE FIRST 9 WEEK CYCLE



U11/12 WEEKLY THEMES

WEEK #1

Build up in the
defending half

WEEK #2

Build up in midfield & attacking third

WEEK #3

Disrupting buildup in
in midfield & attacking thirds

WEEK #4

Build up in the attacking third; creating
more combination play

WEEK #5

Penetration & Finishing
Scoring goals from buildups

WEEK #6

Disrupting buildup in
our defending half

WEEK #7

Introduction to switching play

WEEK #8

Transition & Counterattacking

WEEK #9

Transition defending

THEMES ARE REPEATED BASED ON THE COMPETENCE OF THE FIRST 9 WEEK CYCLE



U13/14 WEEKLY THEMES

WEEK #1 MON/TUES

Buildup in the
defending half versus
1 or 2 strikers

WEEK #1 THURS

Disrupting buildup in
our attacking half

WEEK #2 MON/TUES

Building up in the
attacking half

WEEK #2 THURS

Disrupting buildup in
our defending half

WEEK #3 MON/TUES

Breaking lines from
central areas with
combination play

WEEK #3 THURS

Preventing scoring
from central areas
medium block defending

WEEK #4 MON/TUES

Switching the point of attack

WEEK #4 THURS

Keeping balance in
block defending

WEEK #5 MON/TUES

Scoring goals
from wide areas
flank play buildups

WEEK #5 THURS

Preventing goals
from wide areas
flank defending

WEEK #6 MON/TUES

Transition play &
counterattacking options

WEEK #6 THURS

Transition defending

THEMES ARE REPEATED IN WEEKS 7-12 BASED ON THE COMPETENCE OF THE FIRST 6 WEEK CYCLE



U15/16 WEEKLY THEMES

WEEK #1 MON/TUES

Buildup in the
defending half versus
1,2 or 3 strikers

WEEK #1 THURS

Disrupting buildup in
our attacking half

WEEK #2 MON/TUES

Building up in the
attacking half

WEEK #2 THURS

Disrupting buildup in
our defending half

WEEK #3 MON/TUES

Breaking lines from
central areas with
combination play

WEEK #3 THURS

Preventing scoring
from central areas
medium block defending

WEEK #4 MON/TUES

Switching the point of attack

WEEK #4 THURS

Keeping balance in
block defending

WEEK #5 MON/TUES

Scoring goals
from wide areas
flank play buildups

WEEK #5 THURS

Preventing goals
from wide areas
flank defending

WEEK #6 MON/TUES

Transition play &
counterattacking options

WEEK #6 THURS

Transition defending

THEMES ARE REPEATED IN WEEKS 7-12 BASED ON THE COMPETENCE OF THE FIRST 6 WEEK CYCLE



U17/19 WEEKLY THEMES

WEEK #1 MON/TUES

Buildup in the
defending half versus
1,2 or 3 strikers

WEEK #1 THURS

Disrupting buildup in
our attacking half, and
high-pressing options

WEEK #2 MON/TUES

Building up in the
attacking half versus
medium and low blocks

WEEK #2 THURS

Disrupting buildup in
our defending half, and
medium and low block defending

WEEK #3 MON/TUES

Breaking lines & scoring goals
from central areas using
combination play

WEEK #3 THURS

Preventing scoring
from central areas and
medium block defending

WEEK #4 MON/TUES

Switching the point of attack

WEEK #4 THURS

Keeping balance in
defense

Week #5 Mon/Tues

Increased flank play
and scoring goals
from wide areas

Week #5 Thurs

Defending the flanks
& preventing goals

Week #6 Mon/Tues

Transition &
counterattacking

Week #6 Thurs

Transition defending

THEMES ARE REPEATED IN WEEKS 7-12 BASED ON THE COMPETENCE OF THE FIRST 6 WEEK CYCLE



WINTER THEMES FOR INDOOR TRAINING

<u>AGE GROUP</u>	<u>DATES</u>	<u>WEEKS</u>	<u>TPW</u>	<u>Comments</u>	<u>Themes</u>
U7/8	11/16-3/30	18	2	Themes remain the same as fall/spring	n/a
U9/10	11/16-3/30	18	2	Themes remain the same as fall/spring	n/a
U11/12	11/30-3/15	14	2	Adjusted themes based upon indoor space	Ball mastery, 1 v1, 1 v 2, 2 v 1, 3 v 2, 2 v 3, transition play; finishing confidence & competence
U13/14	11/30-3/15	14	2	Adjusted themes based upon indoor space	Ball mastery, 1 v1, 1 v 2, 2 v 1, 3 v 2, 2 v 3, transition play; finishing confidence & competence
U15/16	11/30-2/12	10	2	Adjusted themes based upon indoor space	Speed of play, Zonal defending, counter attacking options; finishing confidence & competence
U17/19	12/25-2/12	8	2	Adjusted themes based upon indoor space	Speed of play, Zonal defending, counter attacking options; finishing confidence & competence



PERFORMANCE & PHYSICAL TRAINING PLAN

U8/9/10

GROSS MOTOR SKILLS, AGILITY, COORDINATION

U11/12/13

REFINED MOTOR SKILLS, AGILITY, COORDINATION,
CORE & BODY WEIGHT RESISTANCE TRAINING

U14/15/16

BODY SHAPE, AGILITY, COORDINATION,
CORE & WEIGHT RESISTANCE TRAINING,
ENDURANCE, MENTAL TRAINING, RECOVERY

U17/19

WEIGHT TRAINING & CORE BUILDING, SPEED TRAINING,
ENDURANCE, MENTAL TRAINING, RECOVERY
SPECIFIC PLANS FOR SUMMER, FALL, WINTER, SPRING



LIFE SKILLS & CHARACTER BUILDING BASED ON CORE VALUES

- **Integrity:** Doing the right thing when no one is looking
- **Respect:** Everyone, including your family, fellow team members, your opponent, and referees
- **Honesty:** Put in the work needed, be accountable for collective actions
- **Discipline:** Be focused and determined to stay on task
- **Belief:** That the sum of the TEAM is much greater than the worth of the INDIVIDUAL
- **Loyalty:** The “Soul” of Oakwood is enjoying your journey and making life long friends.

U8/9/10

HOW TO DRESS & BEHAVE AT TRAINING, LISTENING SKILLS

U11/12/13

PREPARING, RECOGNIZING & ENJOYING THE TRAINING
ENVIRONMENT, FOLLOWING BASIC INSTRUCTION; NUTRITION
INTRODUCTION; INTRODUCTION TRAVELING WITHOUT PARENTS

U14/15/16

CARRYING OUT SPECIFIC TASKS, BEING A GOOD TEAMMATE,
NUTRITION, RECOVERY, TRAVEL & PLAY PRE-REQUISITES;
INTERNATIONAL TRAVEL

U17/19

NUTRITION, RECOVERY, TRAVEL & PLAY
PRE-REQUISITES, CAREER/COLLEGE PLANNING; INTERNATIONAL TRIP;
MENTORING YOUNGER PLAYERS; MEDIA TRAINING



PARENT ROLE IN THE DEVELOPMENT PLAN

- THE PARENTS AT OAKWOOD SC ARE AN IMPORTANT PART OF THE DEV. PLAN
- THEY ARE EXPECTED TO “BUY IN” TO THE OAKWOOD PHILOSOPHY & CULTURE
- SUPPORT THE POSITIVE PATHWAY OF THEIR CHILD
- PARENT EDUCATION IS A CONSTANT THROUGH OUR DEV. PLAN
- CODE OF CONDUCT & COMMITMENT LETTER SIGNED & UPHELD
- **CLUB EVENTS TO FOSTER PARENT RELATIONS INCLUDE:**
- CLUB PHILOSOPHY PRESENTATIONS; COACHES MEET N GREET (FALL);
- GOLF OUTING (FALL), DINNER DANCE (SPRING)

COACHES ARE ENCOURAGED TO KEEP PARENTS UPDATED ON THE DEVELOPMENT OF EACH CHILD

U8/9/10	COMMUNCIATE WEEKLY UPDATES
U11/12/13	COMMUNCIATE WEEKLY/SEASONAL UPDATES
U14/15/16	COMMUNICATE WEEKLY/SEASONAL UPDATES/COLLEGE PROCESS INTRO
U17/19	COMMUNICATE SEASONAL UPDATES & COLLEGE PROCESS MEETING



2022/23 OAKWOOD SOCCER CLUB COMMITMENT LETTER

The Oakwood Soccer Club member policies (read below) must be adhered to by all players & parents for the seasonal year 2022-23 to remain in "Good Standing" (This form must be completed on a yearly basis)

- I will meet my financial obligations on time and provide a credit card number to guarantee the payment schedule below. The Oakwood Soccer Club is a non-profit youth organization, and it is required to pay many fees up front such as: player registrations, league, tournament, and many other necessary operational costs. The financial status of players sustaining a year ending injury will be dealt with on an individual basis.
- U12 & above, players may not participate in any soccer activity (outside of the Oakwood Soccer Club) including club tryouts, training centers, friendly games, tournaments, team training, id camps & MLS RDS without the prior approval of the Oakwood Soccer Club, for the entire seasonal year August 15, 2022 - June 15, 2023. Please communicate, in advance, with your Oakwood coach. If not, this will jeopardize your placement and is considered a very serious breach of commitment.
- For players U11 & below, advance discussion & permission are still required but these cases will be met with greater latitude.
- Club-wide raffle each player must sell a minimum of one raffle book of 20 tickets. Details to follow including incentives for the top sellers.
- Volunteer for min. 2-hour shift at OPI (Memorial Day Weekend).

Parent Code of Conduct:

- Support Oakwood SC and ensuring all players to abide by the Players Code of Conduct and all policies per their respective league (MLSN, GA, EDP, NECSL, NEAL)
- Use appropriate language at all times
- Refrain from coaching my child or other children from the sideline during practices and games.
- Support the Oakwood coach in all areas by providing positive reinforcement and showing respect to the game officials, staff, and facilities.

Each parent must sign and submit this Club Letter of Commitment for the seasonal year to betzi.derella@oakwoodsoccer.com upon receipt and an invoice will be emailed.

PAYMENT OPTIONS:

- ☐ **ONE TIME PAYMENT:** by check = \$100 discount; by Credit Card = \$75 discount upon receipt of commitment letter. This discount does not apply to the YTL Program
- ☐ **PAY BY CHECK:** check needs to be received by each payment due dates below, or credit card will be charged (all accounts need a credit card on file). Please call office (860) 633-3689 ext 110.
- ☐ **AUTOMATIC CREDIT CARD PAYMENT:** when receiving initial invoice, make first payment through the invoice and save credit card information to account. All future payments will be automatically taken as per due dates below scheduled payment dates:

PAYMENT DUE DATES:

#1. 72-hours upon selection/receipt of Letter #2. Aug 1, 2022 #3. Nov 1, 2022 #4. Feb 1, 2023



TEACHING SOCCER & LIFE SKILLS THROUGH THE WORLD'S GAME



Match Versus Feyenoord Netherlands



Oakwood Girls Tour Germany



Oakwood Girls Tour Spain



TRIPS TO ARGENTINA, HOLLAND, GERMANY,
SWEDEN, DENMARK, FRANCE, ENGLAND AND SPAIN

THE “OAKWOOD YEARS”

ARE A VERY SPECIAL TIME FOR OUR
FAMILIES, GROWING “LIFE SKILLS”,
LEARNING THE GAME,
AND CREATING A NEW WAVE OF
PASSION FOR OUR SPORT!

