

WE ARE



BUILDING BETTER PEOPLE THROUGH YOUTH SOCCER

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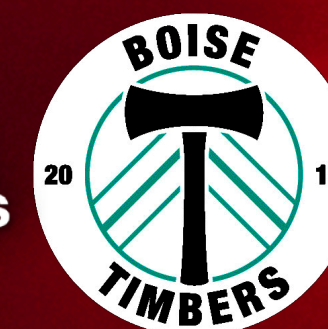


CORE VALUES

GUIDED BY THESE CORE VALUES, DEVELOPED FROM OVER 35 YEARS OF THE STORIES, ACTIONS AND PEOPLE OF OUR COMMUNITY



GAME MODEL



PLAYING PHILOSOPHY

- Attack as a TEAM, Defend as a TEAM
- Insight matters, every position plays an important role in all phases of the game
- Proactive movement as a team ON & OFF the ball
- Every Player Wants & Can Handle the Ball Under Pressure
- We Attack - Creatively Through, Around & Behind
- Team of Competitors & Ball Winners
- Skilled in the Principles of Defending
- Application of the Player Standards
- Ability to Adapt to the Varying Demands of the Game
- Strong Emotional, Mental and Physical Competency



PLAYER STANDARDS

- **Willingness to learning is an expectation, Learning is a habit**
- **Value and Trust the process, not the one time event**
- **BE RARE!**
 - be **R**espectful, be **A**ccountable, be **R**esponsible and be **E**ngaged
- **Be on time, early is on time**
- **BE INVESTED.**
 - Investment is not a financial statement. You get the most out of what you put intentional time to!
- **QUALITY MATTERS.**
 - Quantity will never out values or outweighs Quality in everything you do!
- **Acceptable Communication equals "the 3 C's"**
- **"US BUS".**
 - The badge, the program and the team comes before the individual
- **Cross the White Line Together.**
 - Every time we step over the game/training field line, commitment is to the objective of always getting better.
- **Opportunity Looks A Lot Like Hard Work**
- **It is never personal!**
- **Understand and Value the Competitive Player Equation = "1+1+1=3"**



METHODOLOGY

TRAINING ACTIVITIES

PHYSICAL LITERACY

Exercises to improve mobility, stability, strength and endurance

MECHANIST

Exercises/activities to improve technical proficiency with option of tactical insight/aspects

RONDOS & RONDO BASED ACTIVITIES

Exercises to develop both skill and vision, addressing principles of the game

TRAINING GAMES

Small-sided games to reinforce cognitive development

POSITIONAL PLAY

Exercises to promote tactical understanding

CONDITION to REALITY BASED GAMES

Match based games to reinforce tactical understanding and cognitive development

R.E.S.T. PRACTICES

R = Rules

E = Equipment

S = Space

T = Time



HOW WE TRAIN

AGE SPECIFIC TRAINING | U7 - U8

PILLAR	OBJECTIVE	TRAINING CHARACTERISTICS
TECHNICAL:	<ol style="list-style-type: none"> 1. Ball Manipulation 2. Differentiation of surfaces/textures 	<ul style="list-style-type: none"> • High Ball to Player Ratio • Significant player and ball interaction • Players working in pairs • Small sided games (SSGs) • Basic Physical Movement Development • Spatial awareness development • Skill development reinforced through psychomotor development
INSIGHT: (Tactical)	<ol style="list-style-type: none"> 1. Attacking decision making <ol style="list-style-type: none"> a.) Can I/we score a goal b.) Can I/we get the ball to someone who can score 	
PHYSICAL:	INTRODUCTION and EDUCATION to... <ol style="list-style-type: none"> 1. Bilateral and Unilateral Movement/Literacy 2. Acceleration 3. Change of Direction 4. Run Upright 5. Relative Strength 	
PSYCHOSOCIAL:	<ol style="list-style-type: none"> 1. Confidence with the ball 2. Confidence in the team environment 3. Positive interactions with teammates/staff 	

PRINCIPLES FOR AGE APPROPRIATE DEVELOPMENT : (player should be capable by end of age block)

Ball Manipulation
Attacking decision making
 a.) Can I/we score a goal
 b.) Can I/we get the ball to someone who can score
Control/understanding of athletic movements with and without the ball



HOW WE TRAIN

AGE SPECIFIC TRAINING | U9 - U10

PILLAR	OBJECTIVE	TRAINING CHARACTERISTICS
TECHNICAL:	<ol style="list-style-type: none"> Ball Manipulation Differentiation 	<ul style="list-style-type: none"> Maximize time on the ball and interactions with the ball. Technical application and technical reinforcement Players working in small groups Small sided games Spatial awareness development Skill development reinforced through psychomotor development Learning to be disciplined throughout sessions/games Teaching focus and discipline throughout training/games
INSIGHT: (Tactical)	<ol style="list-style-type: none"> Attacking decision making <ol style="list-style-type: none"> Can I/we score a goal Can I/we get the ball to someone who can score Apply immediate pressure on the ball 	
PHYSICAL:	INTRODUCTION and EDUCATION to... <ol style="list-style-type: none"> Bilateral and Unilateral Movement/Literacy Acceleration Change of Direction Run Upright Relative Strength 	
PSYCHOSOCIAL:	<ol style="list-style-type: none"> Confidence with the ball Confidence in the team environment Positive interactions with teammates/staff 	

PRINCIPLES FOR AGE APPROPRIATE DEVELOPMENT : (player should be capable by end of age block)

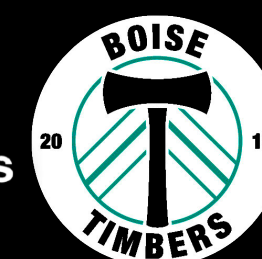
Ball Manipulation

Attacking decision making

a.) Can I/we score a goal

b.) Can I/we get the ball to someone who can score

Control/understanding of athletic movements with and without the ball



HOW WE TRAIN AGE SPECIFIC TRAINING | U11 - U12



PILLAR	OBJECTIVE	TRAINING CHARACTERISTICS
TECHNICAL:	<ol style="list-style-type: none"> 1. Running with the ball 2. 1v1 Moves, Change of Direction Moves 3. Proper ball striking techniques 4. Medium and long distance passing 5. Medium and long distance shooting 6. Learning to receive balls out of the air - juggling becomes an expectation 7. Individual defending techniques and footwork 	<ul style="list-style-type: none"> • Maximize time on the ball and interactions with the ball. • Technical application and technical reinforcement • Players working in small groups • Small sided games • Learning to be disciplined throughout sessions/games • Teaching focus and discipline throughout training/games • Small-sided games to develop basic attacking and defending principles • Condition-based games to develop decision making ability • REST Method to Stretch training sessions to prepare players for elite platforms
INSIGHT: (Tactical)	<ol style="list-style-type: none"> 1. Attacking decision making <ol style="list-style-type: none"> A. Can I/we score a goal B. Can I/we get the ball to someone who can score 2. Maintain/dominate possession 3. Apply immediate pressure on the ball/pressing principles 4. When, how, who 5. Learning the basics of defending principles - pressure, cover, balance 6. Positional roles and responsibilities 	
PHYSICAL:	<p>EDUCATION and ROUTINE PRACTICE to...</p> <ol style="list-style-type: none"> 1. Bilateral and Unilateral Movement/Literacy 2. Acceleration 3. Change of Direction 4. Run Upright 5. Relative Strength 6. General nutrition information becomes an objective 	
PSYCHOSOCIAL:	<ol style="list-style-type: none"> 1. Cooperation with teammates 2. Self-confidence 3. Confidence in group 	

PRINCIPLES FOR AGE APPROPRIATE DEVELOPMENT : (player should be capable by end of age block)

Ball Manipulation
 Differentiation
 Control of athletic movement with and without the ball
 Own the 1v1
 Spatial awareness in relation to ball
 Basic in possession principles

HOW WE TRAIN AGE SPECIFIC TRAINING | U13 - U14



PILLAR	OBJECTIVE	TRAINING CHARACTERISTICS
TECHNICAL:	<ol style="list-style-type: none"> 1. Running with the ball 2. 1v1 Moves, Change of Direction Moves 3. Proper ball striking techniques 4. Multiple/Advanced medium and long distance ball striking 5. Advanced "finishing" techniques 6. Learning to receive balls out of the air w/ differentiation of surfaces 7. Juggling becomes an standard 8. Heading to win/destroy, pass, provide 9. Advanced individual defending techniques and footwork 	<ul style="list-style-type: none"> • Utilize the contrast of smaller spaces for possession and bigger spaces for tactical/ transition practices. • More emphasis places on Team Tactical Principles and painting pictures in bigger spaces. • Addition of body/ core strength. • Endurance/ cardiovascular systems are main fitness training. • Warmups are essential. • Cool-Downs are introduced based on load. • Small-sided to Larger Group games to develop advanced attacking and defending principles, and positional relativity. • Reinforce condition-based games to develop decision making ability • REST Method to Stretch training sessions to prepare players for elite platforms
INSIGHT: (Tactical)	<ol style="list-style-type: none"> 1. Application of individual defending within group & team, collective defending principles 2. Introduction to and application of attacking principles to Entice and Eliminate Opponent, Develop Rhythm/Set Up to Penetrate, Go to Goal, Create & Finish 3. Focus to "finishing" vs shooting 4. Individual starting shape 5. Willingness to proactive run/movement in all 4 phases 6. Recognition to collective actions in Negative and Positive Transition Moments 	
PHYSICAL:	<p>LITERACY to...</p> <ol style="list-style-type: none"> 1. Bilateral and Unilateral Movement/Literacy 2. Acceleration 3. Change of Direction 4. Run Upright 5. Relative Strength 6. General nutrition information becomes an objective 	
PSYCHOSOCIAL:	<ol style="list-style-type: none"> 1. Movement from egocentric to task oriented 2. Extrinsic to Intrinsic thinkers 3. Developing Self Assessment Skills = Resiliency 4. Development of Self Belief/Confidence 	

PRINCIPLES FOR AGE APPROPRIATE DEVELOPMENT : (player should be capable by end of age block)

- Application of breaking lines in attacking actions thru movement with and without the ball
- Intention and recognition to create isolation, overloads and possession priorities in collective attacking principles
- Efficiency within game pressure to perform technical demands/differentiations
- Understanding and willingness to perform individual, group and team defending and transition actions

HOW WE TRAIN

AGE SPECIFIC TRAINING | U15 - U16



PILLAR	OBJECTIVE	TRAINING CHARACTERISTICS
TECHNICAL:	<ol style="list-style-type: none"> Advanced Crossing and Finishing Receiving the ball under pressure Every position heads the ball Strong possession dribbling under full/physical pressure All distance/ranges applicability Refinement of all prior technical objectives with emphasis to performing at game speed/pressure and positional demands 	<ul style="list-style-type: none"> SSG's are now used for warm-up or intro phase of a principle More emphasis placed on Team Tactical Principles and painting pictures in bigger spaces. Maintenance and advancement of body/core strength. Endurance - cardiovascular & muscular systems are main fitness components of training. Warmups are essential. Cool-Downs are expected parts of training planning. Large Group to Team (11v11) based activities/spaces used to develop advanced attacking and defending principles, and positional relativity. REST Method to stretch training sessions to prepare players for elite platforms. Intro to Understanding of Performance aspect conditions should be built into a high % of trainings.
INSIGHT: (Tactical)	<ol style="list-style-type: none"> Performance of skill with intention/decision based on pressure, teammates and team tactics Recognition of defending principles per zone Recognition of attacking principles per zone 	
PHYSICAL:	<p>EFFICIENCY to...</p> <ol style="list-style-type: none"> Bilateral and Unilateral Movement/Literacy Acceleration Change of Direction Run Upright Relative Strength General nutrition information becomes a Performance Factor 	
PSYCHOSOCIAL:	<ol style="list-style-type: none"> Team centric focus first Owning and valuing my role Application of Self Assessment Skills = Resiliency Routine application of Self Belief/Confidence 	

PRINCIPLES FOR AGE APPROPRIATE DEVELOPMENT : (player should be capable by end of age block)

- Application of breaking lines in attacking actions thru movement with and without the ball
- Ability and Intention to create isolation, overloads and possession priorities in collective attacking principles
- Efficiency within game pressure to perform technical demands/differentiations by positional demand
- Understanding and willingness to perform individual, group and team defending and transition actions
- Introduction and Understanding to playing multiple systems

HOW WE TRAIN AGE SPECIFIC TRAINING | U17 - U19

PILLAR	OBJECTIVE	TRAINING CHARACTERISTICS
TECHNICAL:	Polishing toward proficiency in applicable Technical Curriculum Objectives, Principles and Zones	<ul style="list-style-type: none"> • SSG's are now used for warm-up or intro phase of a principle • More emphasis placed on Team Tactical Principles and painting pictures in bigger spaces. • Maintenance and advancement of body/core strength. • Endurance - cardiovascular & muscular systems are main fitness components of training. • Warmups are essential. • Cool-Downs are expected parts of training planning. • Large Group to Team (11v11) based activities/spaces used to develop advanced attacking and defending principles, and positional relativity. • REST Method to stretch training sessions to prepare players for elite platforms. • Intro to Understanding of Performance aspect conditions should be built into a high % of trainings.
INSIGHT: (Tactical)	Polishing toward Proficiency in applicable Curriculum Objectives, Principles and Zones	
PHYSICAL:	PROFICIENCY to... <ol style="list-style-type: none"> 1. Bilateral and Unilateral Movement/Literacy 2. Acceleration 3. Change of Direction 4. Run Upright 5. Relative Strength 6. General nutrition information becomes a Performance Factor 	
PSYCHOSOCIAL:	Ownership of the individual, team and groups development to the game and person as a whole	

PRINCIPLES FOR AGE APPROPRIATE DEVELOPMENT : (player should be capable by end of age block)

Ability to reference, attempt and apply the BTT Game Model



PRINCIPLES OF PLAY

ATTACKING

GENERAL PRINCIPLE	ZONE	OBJECTIVE
<ol style="list-style-type: none"> 1. Unbalance & Disorganize the opponent. 2. Exploit opponent when unbalanced and disorganized. 	<p>PENALTY BOX "Fearless/Creative/Opportunist"</p>	<ol style="list-style-type: none"> 1. Finish Goals 2. Create Goalscoring Opportunities 3. Do what it takes to score! (Slide, Dive, Commit, Toe, Unorthodox doesn't exist, etc.) 4. Body Shape "to goal"
TEAM TACTICAL PRINCIPLES		
<ol style="list-style-type: none"> 1. Continual effort to break opposition "lines" through movement with and without the ball 2. Create isolation situations 3. Create overload/numbers up situations 4. Attacking decision making (individual to group to team) in the order of the following: <ol style="list-style-type: none"> A.) can we score a goal B.) can we get the ball to someone who can score, C.) maintain/dominate possession 5. Move the ball from high pressure to low pressure 6. Make runs behind lines, numbers in the box, variance of runs (near, far, drop). 7. Create combinations & midfield/back penetration/support 8. Utilize space & triangles 9. Push back line up/support the attack & also take preventative action 10. Break lines via through, around and behind passes and movements 	<p>ATTACKING 3RD "Go to Goal"</p>	<ol style="list-style-type: none"> 1. Not a positional thing, it's a principle thing 2. Movement to create close combinations 3. Must attempt isolation & overload breakdowns to break the final line 4. 1v1 is a great situation, OWN IT! 5. Get the ball into the box! 6. proactive movement to create goal scoring opportunities
	<p>MIDDLE 3RD "Develop Rhythm Set Up to Penetrate"</p>	<ol style="list-style-type: none"> 1. Break line with dribble or pass 2. Body Shape "open" = to play forward/penetrate 3. Move ball to unbalance the opponent, to advance into the attacking 3rd
	<p>DEFENSIVE 3RD "Entice and Eliminate Opponent"</p>	<ol style="list-style-type: none"> 1. Safety of ensuring & using a PLUS 1 discipline 2. Initial attacking decision 3. Drawing initial line of pressure via the ball in order to advance the ball 4. Body Shape allows us to perform all of the above



PRINCIPLES OF PLAY

NEGATIVE TRANSITION | ATTACKING TO DEFENDING

GENERAL PRINCIPLE	ZONE	OBJECTIVE
1) Regain Possession 2) Delay opponent 3) Deny Penetrating Action 4) Get organized (compact behind the ball)	ATTACKING 3RD "Disrupt"	1. Prioritize/mentality of, - Can I win the ball? - Can I force a blatant mistake - Can I win the next ball? 2. KEEP THE BALL HERE 3. Disrupt Counter (tactical fouls)
TEAM TACTICAL PRINCIPLES		
1.) Apply immediate pressure on the ball 2.) Willingness/Commit to running/movement 3.) Pressure players make play predictable 4.) Collective actions of the players "off the ball" to deny gaps and win the ball 5.) Maintain horizontal and vertical compactness	MIDDLE 3RD "Delay"	1. Immediate Pressure 2. Delay penetrating actions 3. Establish horizontal and vertical compactness 4. Delay Counter (tactical foul)
	DEFENSIVE 3RD "Deny"	1. Immediate pressure to protect goal and deny chances 2. Deny possession by killing penetrative action 3. Immediate collective movement to block the path to the goal 4. Do what it takes to deny goal-scoring opportunities



PRINCIPLES OF PLAY

DEFENDING

GENERAL PRINCIPLE	ZONE	OBJECTIVE
<ul style="list-style-type: none"> 1.) Win the ball back immediately 2.) Numbers/Compact behind the ball, kill penetrating space 3.) Get organized and balanced 4.) Remain organized and balanced 	<p>ATTACKING 3RD "DISRUPT" "Calculated"</p>	<ul style="list-style-type: none"> 1.) Disrupt 2.) Initial action to dictate group defending principles (press, funnel, lock, line of confrontation) 3.) High pressure moments 4.) Low pressure principles
TEAM TACTICAL PRINCIPLES		
<ul style="list-style-type: none"> 1.) Willingness and aggressive intention to WIN the ball 2.) Dictate the space we want to defend 3.) Pressing Principles - situational/cues of when, how, who 4.) Recovery/Cover 5.) Communication 6.) Numbers up to equal in defense 7.) Recognition of Zonal to Man Marking Accountability 8.) Individual body/positional shape relative to pressure on the ball & opposition movements - Cue's relative to the pressure on ball 9.) Positional lines connectivity to defend together 10.) Assess, anticipate and recognize the defending to attacking action[s] 	<p>MIDDLE 3RD "DISRUPT & DELAY" "Support" "Initiate & Anticipate"</p>	<ul style="list-style-type: none"> 1.) Disrupt & Delay 2.) Recover the ball 3.) Numbers behind the ball 4.) Cover Pressuring teammate 5.) Collectively kill penetrating space
	<p>DEFENSIVE 3RD "DELAY & DENY" "Disciplined"</p>	<ul style="list-style-type: none"> 1.) Delay & Deny 2.) Recover the ball 3.) Numbers behind the ball 4.) Positional Connectivity/Compactness 5.) Collectively kill penetrating space
	<p>PENALTY BOX "DENY" "Fearless" "Always Accountable" "Do what it takes to deny"</p>	<ul style="list-style-type: none"> 1.) Deny scoring chances 2.) BRAVE - shot block/clear/relieve pressure 3.) DOMINATE the 1st & ACCOUNT for 2nd balls 4.) Collectively kill penetrating space, "HOLD A LINE" 5.) Zonal vs Man Marking



PRINCIPLES OF PLAY

POSITIVE TRANSITION | DEFENDING TO ATTACKING

GENERAL PRINCIPLE	ZONE	OBJECTIVE
1) Play forward and exploit gaps 2) Maintain possession if/when the opponent is balanced 3) Immediate attacking mentality	ATTACKING 3RD "PUNISH"	1. Prioritize/mentality of, - Can I score? - Can I find someone who can score? - Can we keep the ball to reload toward the first two objectives? 2. KEEP THE BALL HERE 3. Gain an attacking option; I.E. Set Piece, Corner Kick, to keep opponent in negative transition
TEAM TACTICAL PRINCIPLES		1. Play the ball forward if the counterattack opportunity is present 2. Willingness to add layers joining the attacking 3rd and/or front line 3. Create receiving lines in advance of the ball 4. Maximize space - Spread out - Keep the ball
1.) Priority of getting forward/breaking lines via the pass and/or dribble 2.) Willingness/Commit to running/movement 3.) Keep the ball when we can't play forward and exploit gaps 4.) Collective actions of the players "off the ball" to play forward, exploit gaps and/or keep the ball 5.) Connect the first pass	MIDDLE 3RD "EXPLOIT"	1. Advance the ball forward 2. Establish possession by completing the first pass 3. Create diagonal receiving lines in advance of the ball 4. Maximize space - Spread out - To advance the ball
	DEFENSIVE 3RD "SECURE"	



CURRICULUM EMPHASIS | BY AGE BAND

ATTACKING FOCUS

Red - No to Low Focus

Yellow - Introduction

Green - High Focus

Blue - Proficiency (interactions toward)

GAME FORMAT	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
PRINCIPLES/FORMATION(S)	1-1-2-1	1-2-3-1 1-3-2-1	1-4-3-1 1-4-2-2 1-3-2-3	1-4-3-1 1-4-2-2 1-4-3-3	1-4-3-3	1-4-3-3 1-4-4-2	1-4-3-3 1-4-4-2 1-3-5-2	Team/ Situational Freedom
1. Continual effort to break opposition "lines" through movement with and without the ball	Red	Yellow	Green	Green	Green	Green	Blue	Blue
2. Create isolation situations	Red	Yellow	Yellow	Yellow	Green	Green	Blue	Blue
3. Create overload/numbers up situations	Red	Yellow	Yellow	Yellow	Green	Blue	Blue	Blue
4. Attacking decision making (individual to group to team) in the order of the following:	Green	Green	Green	Green	Blue	Blue	Blue	Blue
A.) can I/we score a goal	Green	Green	Green	Blue	Blue	Blue	Blue	Blue
B.) can I/we get the ball to someone who can score,	Green	Green	Green	Green	Blue	Blue	Blue	Blue
C.) maintain/dominate possession	Yellow	Yellow	Green	Green	Blue	Blue	Blue	Blue
5. Move the ball from high pressure to low pressure	Yellow	Yellow	Green	Green	Green	Blue	Blue	Blue
6. Make runs behind lines, numbers in the box, variance of runs (near, far, drop).	Red	Red	Yellow	Yellow	Yellow	Green	Blue	Blue
7. Create combinations & midfield/back penetration/support	Red	Yellow	Yellow	Yellow	Green	Green	Blue	Blue
8. Utilize space & triangles	Red	Yellow	Yellow	Green	Green	Blue	Blue	Blue
9. Push back line up/support the attack & also take preventative action	Yellow	Yellow	Yellow	Green	Blue	Blue	Blue	Blue
10. Break lines via through, around and behind passes and movements	Red	Yellow	Yellow	Yellow	Green	Green	Blue	Blue



CURRICULUM EMPHASIS | BY AGE BAND

NEGATIVE TRANSITION | ATTACKING TO DEFENDING FOCUS

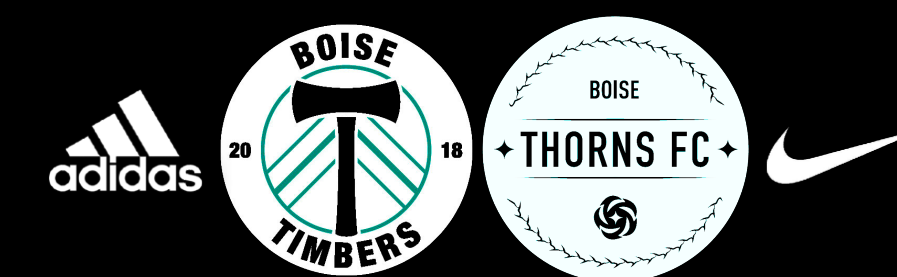
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GAME FORMAT	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
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1.) Apply immediate pressure on the ball	Yellow	Green	Green	Green	Green	Blue	Blue	Blue
2.) Willingness/Commit to running/movement	Green	Green	Green	Green	Blue	Blue	Blue	Blue
3.) Pressure players make play predictable	Red	Yellow	Yellow	Yellow	Green	Green	Blue	Blue
4.) Collective actions of the players "off the ball" to deny gaps and win the ball	Red	Yellow	Yellow	Yellow	Green	Blue	Blue	Blue
5.) Maintain horizontal and vertical compactness	Red	Red	Red	Yellow	Green	Green	Blue	Blue



CURRICULUM EMPHASIS | BY AGE BAND

DEFENDING FOCUS

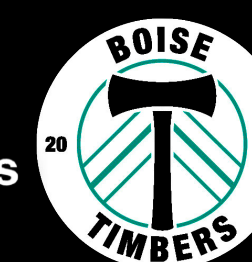
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GAME FORMAT	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
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1.) Willingness and aggressive intention to WIN the ball	Yellow	Yellow	Green	Blue	Blue	Blue	Blue	Blue
2.) Dictate the space we want to defend	Red	Red	Yellow	Green	Green	Blue	Blue	Blue
3.) Pressing Principles - situational/cues of when, how, who	Yellow	Yellow	Green	Green	Green	Blue	Blue	Blue
4.) Recovery/Cover	Red	Yellow	Green	Green	Blue	Blue	Blue	Blue
5.) Communication	Yellow	Yellow	Green	Green	Green	Blue	Blue	Blue
6.) Numbers up to equal in defense	Red	Yellow	Yellow	Green	Green	Blue	Blue	Blue
7.) Recognition of Zonal to Man Marking Accountability	Red	Yellow	Yellow	Yellow	Green	Blue	Blue	Blue
8.) Individual body/positional shape relative to pressure on the ball & opposition movements	Yellow	Yellow	Green	Green	Green	Blue	Blue	Blue
- Cue's relative to the pressure on ball (positional)	Red	Red	Yellow	Yellow	Green	Blue	Blue	Blue
9.) Positional lines connectivity to defend together	Red	Red	Yellow	Green	Green	Blue	Blue	Blue
10.) Assess, anticipate and recognize the defending to attacking action(s)	Red	Red	Yellow	Green	Green	Blue	Blue	Blue



CURRICULUM EMPHASIS | BY AGE BAND

POSITIVE TRANSITION | DEFENDING TO ATTACKING FOCUS

Red - No to Low Focus

Yellow - Introduction

Green - High Focus

Blue - Proficiency (interactions toward)

GAME FORMAT	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
PRINCIPLES/FORMATION(S)	1-1-2-1	1-2-3-1 1-3-2-1	1-4-3-1 1-4-2-2 1-3-2-3	1-4-3-1 1-4-2-2 1-4-3-3 (11v11)	1-4-3-3	1-4-3-3 1-4-4-2	1-4-3-3 1-4-4-2 1-3-5-2	Team/ Situational Freedom
1.) Priority of getting forward/breaking lines via the pass and/or dribble	Red	Yellow	Yellow	Green	Green	Green	Blue	Blue
2.) Willingness/Commit to running/movement	Green	Green	Green	Green	Green	Blue	Blue	Blue
3.) If #1 = NO, can we keep the ball when we can't play forward and exploit gaps	Red	Yellow	Yellow	Green	Green	Green	Blue	Blue
4.) Collective actions of the players "off the ball" to play forward, exploit gaps and/or keep the ball	Red	Yellow	Yellow	Green	Green	Green	Blue	Blue
5.) Connect the first pass	Red	Yellow	Yellow	Green	Green	Blue	Blue	Blue



BTT SYSTEMS OF PLAY

5v5

Age Group U7 - 8

Focus Learning the Ball

Formation 1 - 1 - 2 - 1

7v7

Age Group U9 - 10

Focus Learning to Learn

Formation(s) 1 - 2 - 3 - 1 & 1 - 2 - 3 - 1

9v9

Age Group U11 - 12

Focus Learning to Train

Formations 1-4-3-1 & 1-4-2-2

11v11

Age Group U13 - 14

Focus Train to Play

Formations 1-4-3-3 & 1-4-4-2

11v11

Age Group U15 - 19

Focus Play to Compete

Formations 1-4-3-3, 1-4-4-2 & 1-3-5-2

