

U . S . S O C C E R F E D E R A T I O N



# U.S. Soccer D License Course Building Blocks Part 3 Module Game Understanding

## Learning Objectives: Building Blocks Part 3- Game Understanding



Course Learning Objective #4: To observe the game, recognize formations and all player actions by reviewing:

- U.S. Soccer Grassroots Roadmap

Course Learning Objective #2: To demonstrate an understanding of developmental stages & age characteristics

# Resources Needed



U.S. Soccer Grassroots Roadmap

U.S. Soccer Player Development Framework



**Now that we have defined the framework for determining player's developmental goals and needs, we need a common structure to view the game.**

**The U.S. Soccer Grassroots Roadmap is an observational tool to read and teach the game. It provides structure, helps you in selecting training session goals, and helps you in assessing players' behaviors.**



PLAYER EXPERIENCES THAT MEET PLAYER NEEDS RESULT IN PLAYER DEVELOPMENT.

# Starting Point- The Four Moments



# Attacking Grassroots Roadmap



## ATTACKING

<b>WHERE</b> Where is it happening on the field?	<b>WHY/GOAL</b> Why do players attack? What are the goals?	<b>HOW</b> How are players going to accomplish the goals?	<b>WHAT/PLAYER ACTIONS</b> What can players do to achieve the How and the Why?	<b>WHO/QUALITIES</b> Who are these players? What qualities do they need to execute the actions?			
Own half build up	Move the ball forward	<ul style="list-style-type: none"> <li>Find openings</li> <li>Create openings</li> </ul>	<ul style="list-style-type: none"> <li>Shoot</li> <li>Pass or dribble forward</li> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> <li>Create a 2v1 or 1v1</li> <li>Change the point of attack</li> <li>Change the pace/rhythm</li> <li>Switch positions</li> </ul>	<ol style="list-style-type: none"> <li>Read and understand the game and make decisions</li> <li>Take initiative, be pro-active</li> <li>Demonstrate focus</li> <li>Execute with optimal technical abilities</li> <li>Execute with optimal physical abilities</li> <li>Take responsibility and accountability for their own development and performance</li> </ol>			
Opponents half build up	Create Chances						
Close to the goal	Score goals						

# Training Session Goals - Attacking



Improve scoring goals (3)

Improve building up in opponent's half in order to create chances (2)

Improve building up from own half in order to move the ball to the opponent's half (1)



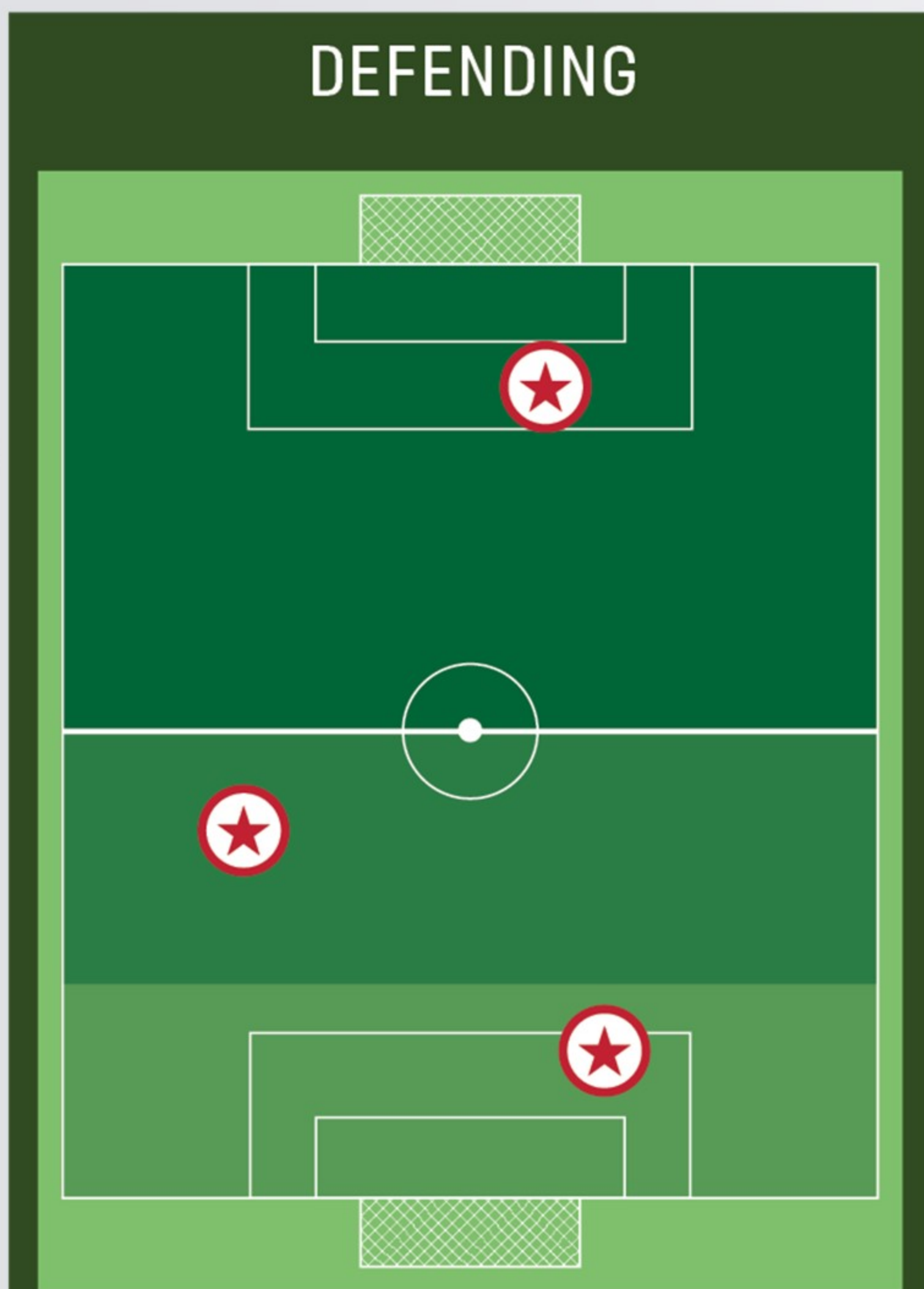
# Defending Grassroots Roadmap



## DEFENDING

<b>WHERE</b> Where is it happening on the field?	<b>WHY/GOAL</b> Why do players defend? What are the goals?	<b>HOW</b> How are players going to accomplish the goals?	<b>WHAT/PLAYER ACTIONS</b> What can players do to achieve the How and the Why?	<b>WHO/QUALITIES</b> Who are these players? What qualities do they need to execute the actions?
Opponents half prevent the build up	<ul style="list-style-type: none"> <li>Prevent the opponent from moving the ball forward</li> <li>Regain the ball</li> </ul>	<ul style="list-style-type: none"> <li>Close the openings (to the goal)</li> <li>Keep the openings (to the goal) closed</li> </ul>	<ul style="list-style-type: none"> <li>Protect the goal</li> <li>Steal the ball</li> <li>Make it compact</li> <li>Keep it compact</li> <li>Pressure, cover, balance</li> <li>Outnumber the opponent</li> <li>Stay involved</li> <li>Mark the player/mark the area</li> </ul>	<ol style="list-style-type: none"> <li>Read and understand the game and make decisions</li> <li>Take initiative, be pro-active</li> <li>Demonstrate focus</li> <li>Execute with optimal technical abilities</li> <li>Execute with optimal physical abilities</li> <li>Take responsibility and accountability for their own development and performance</li> </ol>
Own half prevent the build up	<ul style="list-style-type: none"> <li>Prevent the opponent from moving the ball forward</li> <li>Regain the ball</li> </ul>			
Close to the goal	<ul style="list-style-type: none"> <li>Prevent scoring goals</li> <li>Deny chances</li> </ul>			

# Training Session Goals - Defending



Improve preventing the opponent from building up in their own half (1)

Improve preventing the opponent from building up and creating chances in our half (2)

Improve preventing the opponent from scoring (3)

# What/Player Actions 4v4, 7v7, 9v9, 11v11- Cumulative Learning



	4 v 4	7 v 7	9 v 9	11 v 11
	U-6, U-7, U-8	U-9, U-10	U-11, U-12	U-13+
<b>ATTACKING</b>	U-6 <ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> </ul> U7/U8 <ul style="list-style-type: none"> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> <li>• Change the pace/rhythm</li> <li>• Switch positions</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> <li>• Change the pace/rhythm</li> <li>• Switch positions</li> </ul>
<b>A&gt;D</b>	<b>DEFEND AS QUICKLY AS POSSIBLE</b>			
<b>DEFENDING</b>	U-6 <ul style="list-style-type: none"> <li>• Protect the goal</li> <li>• Steal the ball</li> </ul> U-7/U-8 <ul style="list-style-type: none"> <li>• Make it compact</li> <li>• Keep it compact</li> </ul>	<ul style="list-style-type: none"> <li>• Protect the goal</li> <li>• Steal the ball</li> <li>• Make it compact</li> <li>• Keep it compact</li> <li>• Pressure, cover, balance</li> <li>• Outnumber the opponent</li> </ul>	<ul style="list-style-type: none"> <li>• Protect the goal</li> <li>• Steal the ball</li> <li>• Make it compact</li> <li>• Keep it compact</li> <li>• Pressure, cover, balance</li> <li>• Outnumber the opponent</li> <li>• Stay involved</li> <li>• Mark the player/mark the area</li> </ul>	<ul style="list-style-type: none"> <li>• Protect the goal</li> <li>• Steal the ball</li> <li>• Make it compact</li> <li>• Keep it compact</li> <li>• Pressure, cover, balance</li> <li>• Outnumber the opponent</li> <li>• Stay involved</li> <li>• Mark the player/mark the area</li> </ul>
<b>D&gt;A</b>	<b>ATTACK AS QUICKLY AS POSSIBLE</b>			

# Key Qualities of a Grassroots Player



## 1. READ AND UNDERSTAND THE GAME AND MAKE DECISIONS

- applies knowledge of the cues
- reads and analyzes situations regarding attacking/defending/transition
- understands where and when to move themselves and the ball
- aligns own actions with other players and positions

## 2. TAKE INITIATIVE, BE PROACTIVE

- creates opportunities instead of reacting
- confronts situations
- challenges opponents

## 3. DEMONSTRATE FOCUS

- plays to win
- demonstrates bravery
- deals with adversity
- remains calm and composed

## 4. EXECUTE WITH OPTIMAL TECHNICAL ABILITIES

- shows comfort with the ball
- is technically proficient to be effective
- is proficient in 1v1 situations to create or to regain the ball

## 5. EXECUTE WITH OPTIMAL PHYSICAL ABILITIES

- demonstrates physical awareness (what their bodies can do)
- is coordinated in their movement

## 6. TAKE RESPONSIBILITY AND ACCOUNTABILITY FOR OWN DEVELOPMENT AND PERFORMANCE

- is involved and engaged throughout every game/training session
- delivers on agreements and promises
- is adaptable and flexible in dealing with (unexpected) challenges and problems
- articulates own learning needs
- evaluates and reflects on own performance



# Let's take a look at the cumulative learning concept for the Player Action “Pass or Dribble Forward.”

How do the development stages change throughout each game model in the frame of Developmental Stages? Think **Cognitive**, **Motor** and **Psychosocial Development**.



# U6 Attacking Player Action (4v4)- PASS OR DRIBBLE FORWARD

**4 v 4**

**U-6, U-7, U-8**

**ATTACKING**

U-6

- Shoot
- Pass or dribble forward

U7/U8

- Spread out
- Create passing options
- Support the attack

**A>D**

**DEFEND AS QUICKLY AS POSSIBLE**

**DEFENDING**

U-6

- Protect the goal
- Steal the ball

U-7/U-8

- Make it compact
- Keep it compact

**D>A**

**ATTACK AS QUICKLY AS POSSIBLE**

**PASS OR DRIBBLE FORWARD**





# U6 Attacking Player Action (4v4)- PASS OR DRIBBLE FORWARD

**4 v 4**

**U-6, U-7, U-8**

**ATTACKING**

U-6

- Shoot
- Pass or dribble forward

U7/U8

- Spread out
- Create passing options
- Support the attack

**A>D**

**DEFEND AS QUICKLY AS POSSIBLE**

**DEFENDING**

U-6

- Protect the goal
- Steal the ball

U-7/U-8

- Make it compact
- Keep it compact

**D>A**

**ATTACK AS QUICKLY AS POSSIBLE**





# 7v7 Attacking Player Action-PASS OR DRIBBLE FORWARD

**4v4**

**U-6, U-7, U-8**

- U-6
- Shoot
  - Pass or dribble forward

- U7/U8
- Spread out
  - Create passing options
  - Support the attack

**7v7**

**U-9, U-10**

- Shoot
- **Pass or dribble forward**
- Spread out
- Create passing options
- Support the attack
- Create a 2v1 or 1v1
- Change the point of attack

**ATTACKING**

**A>D DEFEND AS QUICKLY AS POSSIBLE**

**DEFENDING**

- U-6
- Protect the goal
  - Steal the ball
- U-7/U-8
- Make it compact
  - Keep it compact
- Protect the goal
  - Steal the ball
  - Make it compact
  - Keep it compact
  - Pressure, cover, balance
  - Outnumber the opponent

**D>A ATTACK AS QUICKLY AS POSSIBLE**

## PASS OR DRIBBLE FORWARD







# 7v7 Attacking Player Action- PASS OR DRIBBLE FORWARD

**4v4**

**U-6, U-7, U-8**

- ATTACKING**
- U-6
- Shoot
  - Pass or dribble forward
- U7/U8
- Spread out
  - Create passing options
  - Support the attack

**7v7**

**U-9, U-10**

- Shoot
- **Pass or dribble forward**
- Spread out
- Create passing options
- Support the attack
- Create a 2v1 or 1v1
- Change the point of attack

**A>D**

**DEFEND AS QUICKLY AS POSSIBLE**

**DEFENDING**

- U-6
- Protect the goal
  - Steal the ball
- U-7/U-8
- Make it compact
  - Keep it compact
- Protect the goal
  - Steal the ball
  - Make it compact
  - Keep it compact
  - Pressure, cover, balance
  - Outnumber the opponent

**D>A**

**ATTACK AS QUICKLY AS POSSIBLE**

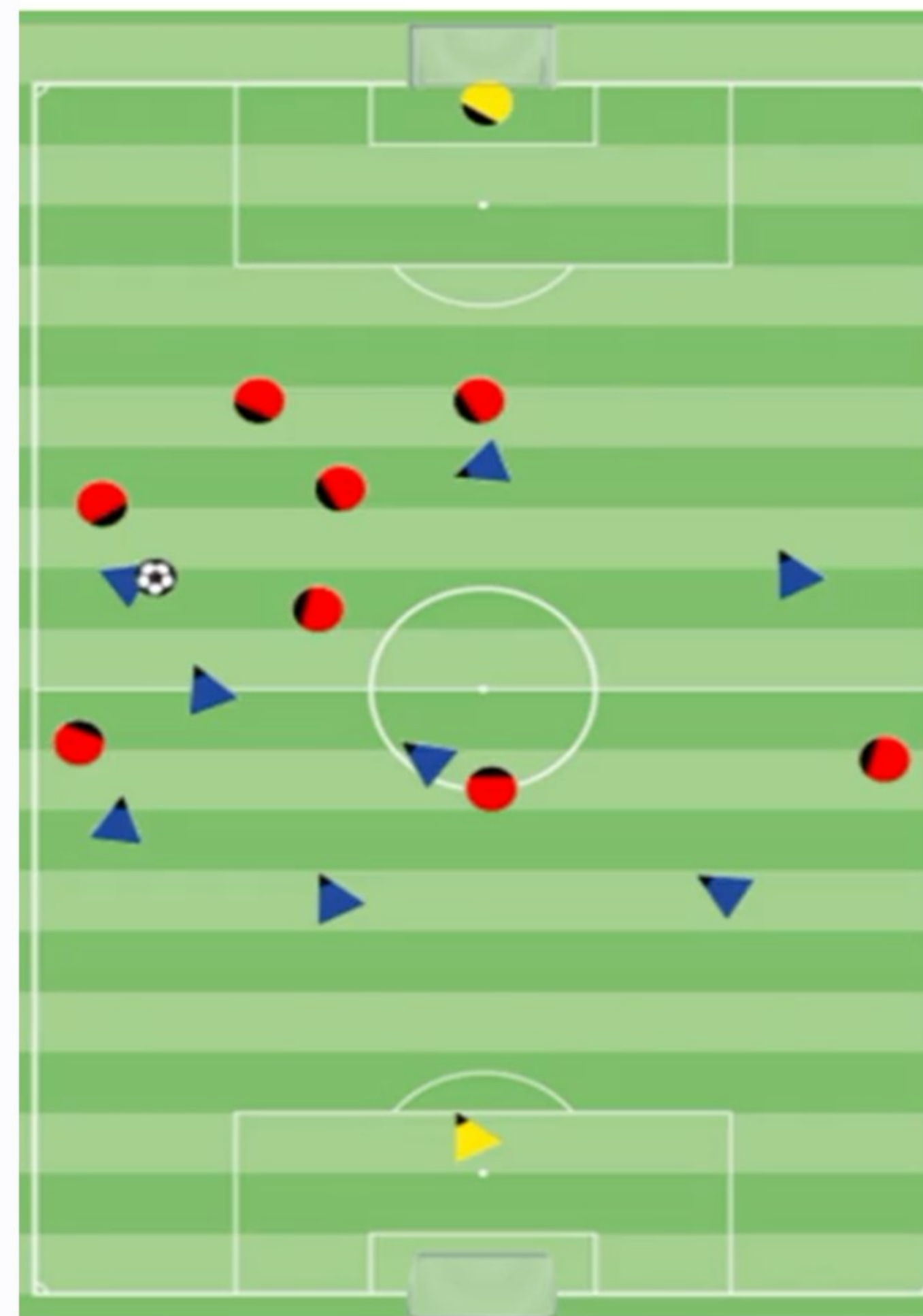


# 9v9 Attacking Player Action- PASS OR DRIBBLE FORWARD



	4v4	7v7	9v9
	U-6, U-7, U-8	U-9, U-10	U-11, U-12
<b>ATTACKING</b>	U-6 <ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> </ul> U7/U8 <ul style="list-style-type: none"> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> <li>• Change the pace/rhythm</li> <li>• Switch positions</li> </ul>
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<b>D&gt;A</b>	<b>ATTACK AS QUICKLY AS POSSIBLE</b>		

## PASS OR DRIBBLE FORWARD



# 9v9 Attacking Player Action- PASS OR DRIBBLE FORWARD



	<b>9 v 9</b>
	<b>U-11, U-12</b>
<b>ATTACKING</b>	<ul style="list-style-type: none"><li>• Shoot</li><li>• Pass or dribble forward</li><li>• Spread out</li><li>• Create passing options</li><li>• Support the attack</li><li>• Create a 2v1 or 1v1</li><li>• Change the point of attack</li><li>• Change the pace/rhythm</li><li>• Switch positions</li></ul>
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<b>D&gt;A</b>	<b>ATTACK AS QUICKLY AS POSSIBLE</b>

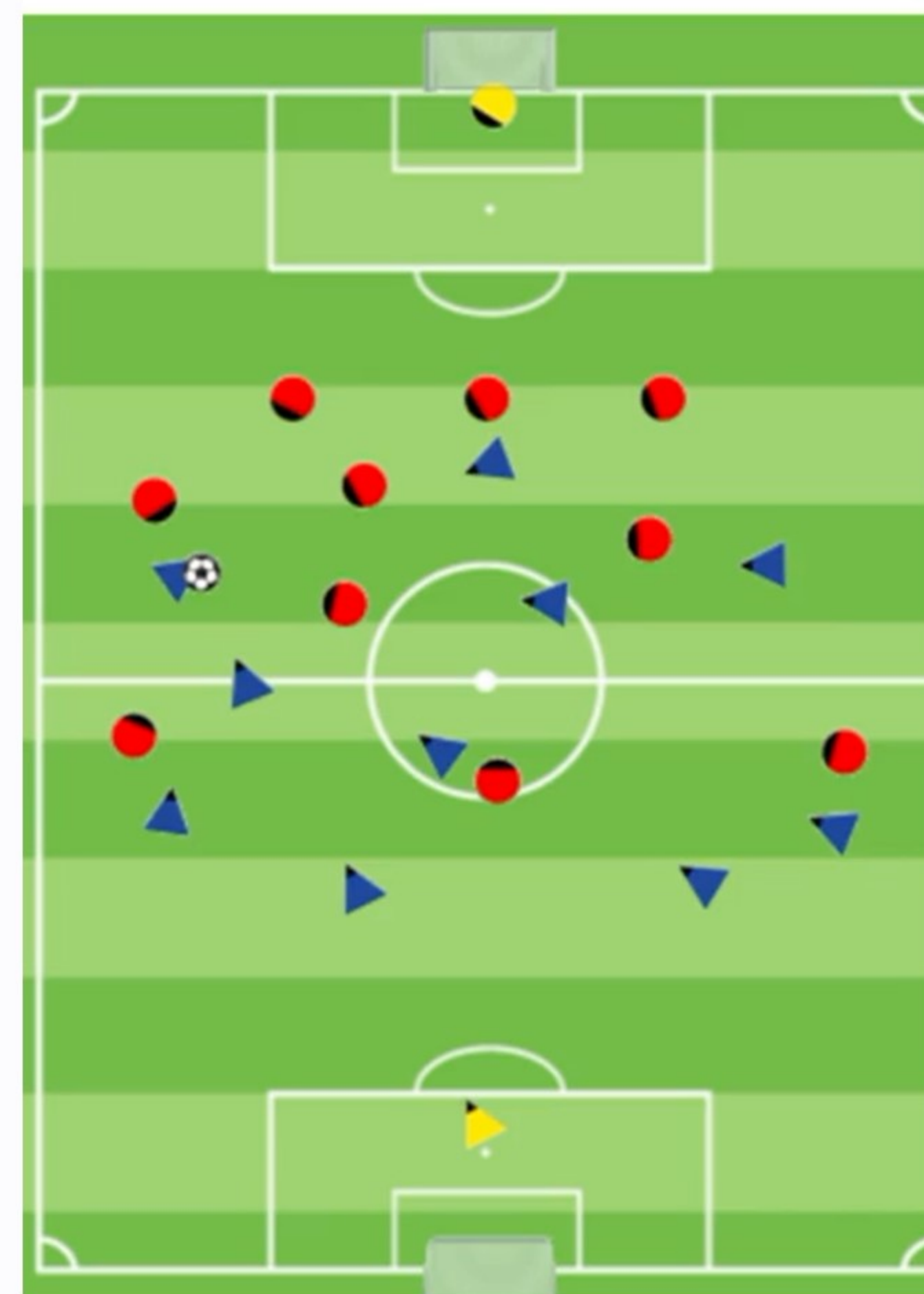


# 11v11 Attacking Player Action- PASS OR DRIBBLE FORWARD



	4 v 4	7 v 7	9 v 9	11 v 11
	U-6, U-7, U-8	U-9, U-10	U-11, U-12	U-13+
<b>ATTACKING</b>	<p>U-6</p> <ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> </ul> <p>U7/U8</p> <ul style="list-style-type: none"> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward</li> <li>• Spread out</li> <li>• Create passing options</li> <li>• Support the attack</li> <li>• Create a 2v1 or 1v1</li> <li>• Change the point of attack</li> <li>• Change the pace/rhythm</li> <li>• Switch positions</li> </ul>	
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## PASS OR DRIBBLE FORWARD





# 11v11 Attacking Player Action- PASS OR DRIBBLE FORWARD

	9 v 9	11 v 11
	U-11, U-12	U-13+
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How did the development stages change throughout each game model in the frame of **Cognitive, Motor** and **Psychosocial Development?**

# Key Qualities of a Grassroots Player



1. READ AND UNDERSTAND THE GAME AND MAKE DECISIONS
2. TAKE INITIATIVE, BE PROACTIVE
3. DEMONSTRATE FOCUS
4. EXECUTE WITH OPTIMAL TECHNICAL ABILITIES
5. EXECUTE WITH OPTIMAL PHYSICAL ABILITIES
6. TAKE RESPONSIBILITY AND ACCOUNTABILITY FOR OWN DEVELOPMENT AND PERFORMANCE

How do the development stages influence the key qualities of a player throughout each game model?

(Think **Cognitive, Motor** and **Psychosocial Development.**)

Learning Activity- what does “demonstrate focus” look like for players in each of the four game models?



PLAYER EXPERIENCES THAT MEET PLAYER NEEDS RESULT IN PLAYER DEVELOPMENT.





## NEXT:

- Answer the module questions.
  - How did the development stages change throughout each game model in the frame of **Cognitive, Motor** and **Psychosocial Development**?
  - What does “demonstrate focus” look like for players in each of the four game models?

## Building Blocks Part 2 & 3 Interaction

- Understanding the developmental stages & age characteristics using the U.S. Soccer Player Development Framework
- Game Understanding using the Grassroots Roadmap

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