

THE PENN LEGACY WAY

Common Principles for all teams

Some basic observations

- ▣ We must always remember that we are a player-centric club. Results and trophies are secondary to player development.
- ▣ Our training sessions must be based in technical proficiency exercises and game related activities, i.e., develop ball mastery and recognition of events that happen in the game.
- ▣ Our goal should be to improve every player in our care by 10% each season.
- ▣ Focus on technical skills, comfort with the ball, game insight/awareness, attack-minded style of play.
- ▣ If we create the right environment then we will maximize the learning process.

Style of play/formations

Starting in fall 2016, all u9 and u10 teams will learn how to play **1-3-2-1** formation. (7v7)

All u11 and u12 teams will learn the **1-3-2-3** formation. (9v9)

All u13, u14, u15 and u16 teams will play the **1-4-3-3** formation. (11v11)

U17 and older teams will be encouraged to try different formations (within reason) to best prepare players for collegiate play.

Common characteristics of all Penn Legacy teams.....

- ▣ Build up play from the back.
- ▣ Attack-minded all over the field.
- ▣ Movement off the ball, form angles and triangles.
- ▣ Quick free-kicks, no lumping the ball into the box.
- ▣ Try to win the ball back quickly.
- ▣ Players who are comfortable on the ball, and who are not afraid to make mistakes.
- ▣ Creative players.
- ▣ Teams that have a plan, a way of playing, that are confident in how they approach the game.
- ▣ Players who take the initiative in every situation, both with the ball and without.

Some common principles

- ▣ Equal mins of play for all players u9-u12
- ▣ 50% playing time for all players on all teams*
- ▣ No player starts on the bench 2 games in a row
- ▣ No substitutions to influence results in u9-12
- ▣ All players play all positions in u9-u12
- ▣ No set-pieces in training**
- ▣ No player ever runs laps, ever
- ▣ 2 coaching points per game – maximum
- ▣ 1 coaching point per player per game

*this does not mean that all players play *only* 50%, it means that no player should play less than 50% (depending on such things as attendance and overall attitude etc).

**no set piece training in isolation. They can certainly be addressed during the normal run of play in practice games.

The end game?

- ▣ That there is such a thing as a “*Penn Legacy player*”, someone who is comfortable and confident on the ball with both feet; who has a great attitude to both training and games; who works with the ball at home; who has a great work ethic, a keen sense of sportsmanship and fair play, and who prides themselves on being a great teammate.
- ▣ Keywords: respectful, tough, confident, humble, anticipation, speed, positive, unafraid.

The end game?

- ▣ That there is such a thing as a “*Penn Legacy team*”, one that works together to achieve their best; whose players are committed to the cause and to each other; that know what their gameplan is and are confident in trying to execute it; that are going to play the game fairly, and look to attack and take the initiative in every situation in every game.
- ▣ Keywords: relentless, quick, smart, determined, focused, positive, gracious.

The end game?

- ▣ That there is such a thing as a “*Penn Legacy coach*”, one who educates and helps every player in their care; who understands that the game is all about the player, nothing else; who creates a “safe-to-fail” environment, and who promotes hard work, creativity, fairness, and attacking soccer.
- ▣ Keywords: consistent, punctual, honest, teacher, helper, role-model.

The 4 moments of the game

