



# TEAM PROFILE



# CONTENTS

- 1 INTRODUCTION**
  - A. Purpose
  - B. Technical Resources
- 2 TEAM PROFILE**
  - A. Overview
  - B. The People
  - C. The Team
- 5 COACHING TIPS | THE PEOPLE**
  - A. Character
  - B. Self-Belief
  - C. Emotions
  - D. Connections
- 6 COACHING TIPS | THE TEAM**
  - A. Attacking
  - B. Defending

## INTRODUCTION

### A. PURPOSE

BC Soccer's aim is to promote soccer environments that are inclusive, safe, enjoyable and meet the needs of player development for all participants. To achieve this BC Soccer's Technical Resources, provide an example of good practice that BC Organizations can fully integrate into their programming or use as a guideline to assist in the on-going development of their own documentation and program delivery. These documents are composed of (but not limited to) a Curriculum, Coach Profile, Player Profile and a Team Profile.

**This document focuses on the Team Profile for U14 to U18.**

### B. TECHNICAL RESOURCES

The Technical Resources indicated below detail how they fit together and where they support players and coaches. They highlight that the Curriculum and Coach Profile can be used for all ages, whereby the Player Profile is encouraged to be used at U10 to U18 and the Team Profile encouraged to be used for U14 to U18.



**Curriculum**

*U6 to U18*



**Coach Profile**

*U6 to U18*



**Player Profile**

*U10 to U18*



**Team Profile**

*U14 to U18*



A brief overview of the BC Soccer Technical Resources is described below.

#### Curriculum

The Curriculum provides an age-appropriate developmental framework for the season-long training environment and can be paired with the Player and Team Profile. It identifies the attacking and defending actions for individual players as well as the team. Throughout the season within sessions, players should be experiencing these actions to aid their overall technical and tactical development.

Included within the curriculum are examples of session topics, plans and detailed explanations to support coaches with implementation.

#### Coach Profile

The Coach Profile is composed of the coach as an individual first as well as what coaches should focus on throughout the season to create a safe, positive and fun environment. These two combined provides the Coach Profile and is paired with the session themes of the curriculum which guides coaches in developing players as well as identifying the players strengths and their areas for improvement.

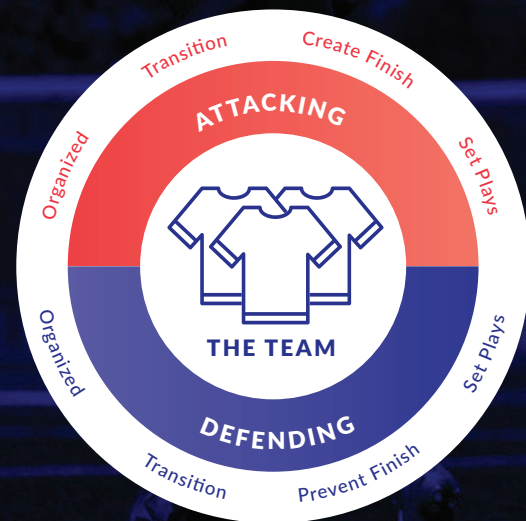
#### Player Profile

The Player Profile refers to the Player as an individual person as well as the Player, which includes the individual players attacking and defending actions related to the game of soccer. These two combined provides the Player Profile and is paired with the session themes of the curriculum, this guides coaches in developing players as well as identifying the player's strengths and their areas for improvement.

# TEAM PROFILE

## A. OVERVIEW

The Team Profile provides an age-appropriate developmental framework for the season long game environment and is paired with the Curriculum. It identifies the attacking and defending actions for individual players as well as the team. Throughout the season within games, players should be experiencing these actions to aid their overall technical and tactical development. The below graphics provide an overview of the Team Profile.



## B. THE PEOPLE

The information below provides the definition for the people as well as the individual attributes for the people within this profile.

The Team is a collective of people and how they manage themselves, their performance and interactions with their teammates is related to the technical, tactical and physical components of the game.

- Character** The team's mental and moral qualities as a collective of people.
- Self-Belief** The team's ability to recognize their identity and self-worth as it relates to them as a collective of people as well as their performance
- Emotions** The team's ability to manage their emotion and mood during the varying situations presented in sessions and games.
- Connection** The team's ability to form relationships with their teammates and how they work as a collective of people

## C. THE TEAM

The information below provides the definition for the team and the team attacking and defending actions related to the game of soccer.

The attributes of the team and how they implement an action that takes place on the field and how that action is completed depending if they are with or without the ball when attacking or defending.

### ATTACKING

- Organized** When a team has controlled possession of the ball and attempts to progress towards the opponent's goal to create a finishing opportunity.
- Transition** When a team has just regained possession of the ball and attempts to progress towards the opponent's goal to create a finishing opportunity.
- Create Finish** When a team has possession of the ball and is within distance of the opponent's goal to create and score a goal.
- Set Plays** When a team has possession of the ball from a restart, including goal kicks, free kicks, throw in's, corner kicks and penalties.

### DEFENDING

- Organized** When a team attempts to prevent the opponent from progressing to the team's goal.
- Transition** When a team attempts to prevent the opponent from progressing to the team's goal when they have lost possession of the ball.
- Prevent Finish** When a team attempts to prevent the opponent from creating and finishing goal scoring opportunities.
- Set Plays** When a team attempts to prevent the opponent from scoring goals or keeping possession from a restart, including goal kicks, free kicks, throw in's, corner kicks and penalties



## COACHING TIPS | THE PEOPLE



### A. CHARACTER

The team's mental and moral qualities as a collective of people.

- Recognize that everyone can lead by example to create an enjoyable and competitive team experience
- Take responsibility for all technical, tactical, and physical aspects with your role and position in the team
- Remember playing a team game requires a commitment to not only yourself but to your teammates as well

### B. SELF-BELIEF

The team's ability to recognize their identity and self-worth as it relates to them as a collective of people as well as their performance.

- Recognize what the teams strengths are and continue to replicate these as much as possible as well as reflect on areas the team can improve on
- Celebrate a teammates success whether that be a successful pass, dribble and/or challenge for the ball
- Always support your teammate if they make a mistake by giving them encouragement rather than criticism.

### C. EMOTIONS

The team's ability to manage their emotion and mood during the varying situations presented in sessions and games.

- Things may not always go to plan, for example a call that you may disagree with, be adaptive and focus on what you and your team can control
- At times things may become frustrating, for example the game isn't going the team's way, regroup and approach the game in a positive manner with your teammates
- Soccer can be a release from the tension of life, try to enjoy the game and the experience with your teammates

### D. CONNECTION

The team's ability to form relationships with their teammates and how they work as a collective of people.

- Respect your teammate and acknowledge that everyone contributes to the team performance in a variety of ways
- Celebrate goals as a team to reinforce it is a team game and everyone has a part to play
- Be considerate when interacting with other teammates before, during and after all team related activity

## COACHING TIPS | THE TEAM



### A. ATTACKING

The Coaching Tips have been formulated to support coaches in developing players to implement the individual and unit attacking actions which when combined become a team action.

#### ORGANIZED

- Encourage players to position themselves vertically and horizontally in relation to the ball. Typically, this can be achieved with players starting in positions that make the most of the space available to them, stretching their opponent high and wide
- Players will have to continually move their opponent as an individual, in a partnership as well as a unit to provide passing support to their teammate with the ball. Taking into consideration angles, distance and pressure from the opponent.
- The player on the ball has the decision to progress individually or find an available teammate. Encourage players to play forward when they can, to play sideways if they can't to find a new route of attack or backwards to maintain possession and restart the attack. Exploit the opponent by getting the ball in behind or in between or around their team shape



#### CREATE FINISH

- When around the penalty box encourage players to shoot, if they feel they have space and time to do so. They may need to consider the technique of shot, whether that be a driven shot to beat the goalkeeper with power or a placed shot to beat the goalkeeper with accuracy.
- If the team have advanced into the penalty box, typically there will be less time and space and the area will be congested. Encourage players to take a first time shot or quick and controlled touches to protect the ball and maneuver away from an opponent to strike the ball on goal
- In wide areas encourage players to get in behind the opposition, to the byline and cut the ball back or deliver crosses for well-timed runs from the attackers and midfielders, to the near, central or far post areas



#### TRANSITION

Set players up according to the attacking coaching tips. If and when a player loses possession of the ball, encourage that player and the closest players to press the opponent on the ball to delay and prevent the attack

- Identify players that will need to mark a player or space to cover for team-mates that were advancing during the attack
- Encourage the advanced players to make recovery runs that are back inside the ball, if possible, and as a general rule back towards their own goal protecting the central areas, especially in your defensive half of the field



#### SET PLAYS

- Whether it be from a goal-kick, free-kick or throw-in in your defending third, emphasize to the player on the ball to keep possession and the supporting players to offer a forward, sideways or backwards passing option
- Challenge the players to organize themselves quickly by taking quick set plays in order to play higher up the field of play or by switching the play to exploit space on the other side of the field
- Around the goal, emphasize the need for players to shoot directly if it is a direct free-kick or to be creative and work with their teammates to work a shot on goal or to change the angle of the attack, such as a more favourable crossing angle

## COACHING TIPS | THE TEAM



### B. DEFENDING

The Coaching Tips have been formulated to support coaches in developing players to implement the individual defending actions which combined become a team action. For more information please see below.

#### ORGANIZED

- Determine if the closest player to the opponent with the ball needs to apply pressure to attempt to win the ball or prevent the ball progressing or drop and delay to protect space. This may be determined by the location of the field and the team directive provided to the players
- Determine where the nearest supporting players need to be positioned in relation to the pressing player to provide cover and where the team is hoping to force the opponent to play next
- Determine where the rest of the team needs to be, relative to the pressure on the ball and cover around the ball. For example, good pressure and cover on and around the ball then less depth required



#### PREVENT FINISH

- Encourage players to be able to defend 1v1 as well as tackle, block and challenge for any ball in and around the penalty area to prevent your opponent from shooting
- Encourage the players/team to try and force the opponent back or into wide areas and away from your goal to minimize shooting opportunities
- In wide areas challenge players to block and prevent crosses into your penalty area. In cases where you are unable to prevent the cross, encourage your defenders to be on the goal-side and ball-side of their direct opponent



#### TRANSITION

- Set players up according to the defending coaching tips. If and when a player wins back possession, encourage the player to either progress forward with speed or find an advancing teammate
- Encourage players off the ball to identify space higher up the field of play in both wide and central locations. Have them focus on exploiting the opponent's gaps where their advancing players are now out of position to defend
- If a quick attack is not an option, for example the opponents may apply pressure as soon as they lose the ball. Then encourage players to secure possession by moving the ball away from the opposition pressure and regroup to a build up phase



#### SET PLAYS

- Whether it be from a corner kick, free-kick or throw-in, when in your defending third, emphasize to the players the need to prevent the opponent from keeping possession of the ball and organize accordingly
- Challenge the players to organize themselves quickly and be aware of your opponent taking quick free kicks, in order to exploit space elsewhere on the field
- Around the goal, emphasize the need for players to block shots as well as man mark on the ball-side and goal-side of opponents, or zonal mark in areas where the opponent may look to play the ball to



250-3410 Lougheed Highway  
Vancouver, BC, V5M 2A4

PHONE 604.299.6401 FAX 604.299.9610  
EMAIL [info@bcsoccer.net](mailto:info@bcsoccer.net)

