



THE **PLACER** WAY

A GUIDE FOR PARENTS AND PLAYERS

#PLACERPROUD



WWW.PLACERUNITED.COM

WHO WE ARE

PLACER UNITED is a nonprofit, community-based soccer club with a focus on player development.

Founded in 1982 as the competitive program for the Placer Youth Soccer League, the club has grown from five teams and eighty players to forty-eight competitive level teams and approximately seven hundred players.

Placer United has been recognized not only locally, but also regionally and nationally as a club that has met the rigorous U.S. Soccer standards as well as US Club's Players First standards that include offering a comprehensive Club Development, Coaching Development, Player Development,

Parent Engagement & Education and Player Health & Safety programs from Grassroots to Elite levels.

Placer United is currently ranked the # 3 Club in Northern California and #1 Club in the Sacramento area by the National Premier League (NPL) in college placement. Over the last six years, we have placed an average of 27 players each year in college soccer programs. Our 2018 graduating class was our biggest achievement to date with forty players entering the college soccer world.

Along with college soccer, we have also had several players represent our club at US National and professional team levels.

“THIS PLAYERS FIRST CLUB HAS DEMONSTRATED A COMMITMENT TO CREATING THE KIND OF INFRASTRUCTURE AND CULTURE NECESSARY TO PROVIDE THE BEST OVERALL ENVIRONMENT FOR PLAYERS” – US Club Soccer



WHAT WE OFFER



GRASSROOTS

The Placer United Grassroots Program gives children in our community the opportunity to be involved in a sport, provide them with the best possible learning environment, and teach teamwork and sportsmanship. This is the best option for young players because it parallels with the U.S. Soccer training program which emphasizes player development and fun over winning. Our Halloween costume day is a major highlight of our program.



GOALKEEPING

The Placer United Goalkeeping Program is a year-long age specific program for players ages 10-18, designed to develop key aspects of the game needed in order to be a successful goalkeeper. The Goalkeeper Program is led by former Al Ain FC goalkeeper game analysis coach who brings his experience with one of the largest and most successful soccer Clubs in the UAE to Placer United with a customized goalkeeper program.

COMPETITIVE

Placer United's competitive soccer program provides opportunities for all players to develop in the most challenging and competitive soccer environment possible. The technical, tactical, physical, and mental development of players are focal points of our club curriculum. All our teams compete at age and skill appropriate levels which allows for the proper development of all our players.

OTHER

Due to recent changes in the soccer landscape, all our players will now have the opportunity to tryout for additional programs such as USYS Olympic Development Program, Nor Cal Premier Leagues Players Development Program (by recommendation) and US Club ID2 program (by recommendation). Our High School age players are now able to participate in any and all High School sports programs. Every player regardless of age or ability can attend any and all College ID Camps

WHAT WE BELIEVE

MISSION STATEMENT

Placer United will develop, educate and inspire all our participants to become lifelong supporters of the game by creating the best possible club environment and player development program.

CORE VALUES AND PRINCIPLES

We are **ACCOUNTABLE** to players, parents, coaches and governing bodies.

We will be **EDUCATED** and **CONSISTENT** in our teaching methods.

We are **DEDICATED** to player development.

We expect **DISCIPLINE** and **RESPECT** on and off the field.

We will be **HONEST** and **ETHICAL** in all decisions and always uphold the **INTEGRITY** of the game.

We **INSPIRE** everyone to become lifelong supporters of the game.

SOCCKER PHILOSOPHY

When in possession we will look to score goals by dominating our opponent with quick purposeful ball and player movements throughout the thirds of the field.

When out of possession we believe in collective organized defending to disrupt the opponent in order to deny goal scoring opportunities and regain possession.



#PLACERPROUD

HOW WE COACH

We believe in developing all players to their fullest potential by creating learning environments that allow players to problem solve with guidance through game like situations.

We believe that creating a winning mentality is a crucial part of developing players to be all they can be.

We believe we should never stop learning, strive to be more educated and work to improve our everyday environments.





We Believe Better Coaches = Better Environments = Better Players.

COACHES	CONTENT	METHODOLOGY
<p>Having the best educated coaches to inspire, teach and develop our players is a key component of our soccer club.</p> <p>Our coaching staff includes more USSF recognized licenses than any other club in the Sacramento Region:</p> <ul style="list-style-type: none"> • 5 USSF A • 5 USSF B • 3 USSF C • 1 AFA B • 1 USSF Grassroots DOC • 1 USSF Grassroots Instructor • 1 Educational Instructor <p>We expect all our staff to be</p> <ul style="list-style-type: none"> • Knowledgeable • Dynamic • Patient • Committed • Honest • Dedicated • Professional 	<p>The science behind what we do is a curriculum that consists of:</p> <ul style="list-style-type: none"> • A four-stage player development plan • A defined style of play • Age specific technical road maps • Age specific game principles • Team and player tasks related to the 4 moments of the game and the 3 areas of the field <p>Each training session is designed and linked to our curriculum and age specific road maps.</p>	<p>We believe in a balanced approach that employs both direct and guided discovery methods:</p> <ul style="list-style-type: none"> • Direct method of teaching attempts to teach by providing the players with much of the solutions to the soccer problems. • The coach takes the information from the game and interprets it for the players. • Guided method of teaching attempts to teach by using the game as the forum for asking the players questions to draw out their own thoughts about what is happening in the game. • The Game provides the material, the coach allows room for mistakes and the lessons that can be learned through trial and error. This can be described as a “player-centered” approach.

HOW WE PLAY

Age Group Objectives and Team Shape

We believe that having defined age group objectives and consistent team formations that relate to each other throughout all the different age groups, will create a recognizable soccer brand.

GRASSROOTS	U8-U10	U11-U12	U13-U19
			
FORMAT: 4V4, 5V5	FORMAT: 7V7	FORMAT: 9V9	FORMAT: 11V11
SHAPE: 1-2-1	SHAPE: 1-2-3-1 \ 1-3-2-1	SHAPE: 1-3-2-3	SHAPE: 1-4-3-3
<ul style="list-style-type: none"> • Have fun • Develop motor skills • Develop technique • Basic positional awareness • Build soccer fans 	<ul style="list-style-type: none"> • Have fun • Develop technique/skill • Basic positional awareness • Basic attacking/defending principles • Introduce Club style of play 	<ul style="list-style-type: none"> • Have fun • Develop technique/skill • Perform skills in games • Decision making in and out of possession • Additional attacking/defending principles • Define roles and expectations related to Club style of play 	<ul style="list-style-type: none"> • Have fun • Learn to compete • Master technique & skill in games • Improve decision making in games • Advanced attacking/defending game principles • Group and individual tactics related to Club style of play

HOW TEAM SHAPE LINKS TO STYLE OF PLAY

- | | | | |
|---|--|--|---|
| <ul style="list-style-type: none"> • Foundation for balanced team shape and creating multiple triangles • Provides natural width, depth, length • Encourages 1v1 attacking and defending | <ul style="list-style-type: none"> • 1-3-2-1 designed to promote forward runs & 1v1 situations • 1-2-3-1 Designed to develop passing & movement off the ball • Promotes playing out of the back | <ul style="list-style-type: none"> • This shape makes the field as big as possible to create multiple attacking options • Promotes possession & playing through the thirds of the field • Provides framework for basic defense organization | <ul style="list-style-type: none"> • Maintains consistency in creating multiple triangles • Ability to create overloads while maintaining balanced defensive shape • Allows for pressing opponents high up the field |
|---|--|--|---|

HOW WE PLAY

Having a Club style of play helps define us on the field.

At Placer United our players learn our style using the four moments and game principles at both trainings and games. Each moment has a set of principles, team tasks and player actions to help achieve our style.

ATTACKING WE HAVE THE BALL UNDER CONTROL

When we have the ball we believe in "Possession with a Purpose" and an offensive style of soccer based on progressively advancing through the thirds of the field using quick passing and player movement. Playing out from the back using the goalkeeper and defenders is the foundation of this progressive possession-based playing style.

ATTACKING TEAM TACTICAL PRINCIPLES

1. **Spread Out** (create width, length, & depth with our team shape)
2. **Create Triangles** (move on different horizontal and vertical lines to create passing options)
3. **Create Overloads** (movement of players to create numerical advantages)
4. **Exploit Overloads** (circulate ball to areas of field with numerical advantage)
5. **Create Gaps** (move the ball to move and stretch the opponent)
6. **Play Through Gaps** (break lines of pressure by passing through opponent)
7. **Creativity** (1v1/2v1 situation in attacking areas)
8. **Attack with Defense in Mind** (shape to deny space if we lose the ball)

TRANSITION DEFENDING TO ATTACKING WE JUST WON THE BALL

When we win the ball back we focus on making a quick decision to either counter attack (when opponent is unbalanced and we have good numbers in attack), or to secure possession to build an attack (when opponent has good team shape and we don't have good numbers in attack)

D>A TEAM TACTICAL PRINCIPLES (D | C | B | A)

Decision>Counter or Build>then Attack

COUNTER ATTACK (opponent is unbalanced and we have good numbers in attack)

1. **Forward Runs** (movement of players to create overloads)
2. **Forward Passes** (play forward quickly before opponent reorganizes)
3. **Quick support play** (quick combinations between attackers to create goal scoring opportunities)

BUILD - SECURE POSSESSION (opponent has good team shape and we don't have good numbers in attack)

1. **Find an Outlet** (pass to a teammate with time and space)
2. **Spread Out** (expand team shape with width length and depth)
3. **Build** comfortable possession and move to attacking phase

TRANSITION ATTACKING TO DEFENDING WE JUST LOST THE BALL

When we lose possession we expect our teams to quickly transition to high pressure defense and attempt to win the ball back within 6 seconds. If the ball cannot be won back immediately we focus on getting compact and staying compact to deny penetration

A>D TEAM TACTICAL PRINCIPLES (A | B | C | D)

1. **Aggressive** (immediate pressure on the ball from closest players)
2. **Balance** (good supporting positions from secondary players)
3. **Compact** (side to side and front to back)
4. **Deny** (forward penetration and deny opponent switching ball)

DEFENDING OPPONENT HAS THE BALL IN CONTROL

When the opponent has the ball we try to deny them space and time through intelligent and collective pressing. We work together to attempt to make the opponent play predictable, disrupt the build up, regain possession.

DEFENDING TEAM TACTICAL PRINCIPALS

1. **Get Compact** (side to side and front to back)
2. **Stay Compact** (discipline to keep good team shape)
3. **Funnel Opponent** (into predetermined areas)
4. **Jump** on passes played into funnel (try to win ball)
5. **Pressure** the ball with the closest player
6. **Cover** each other (smaller distances to support 1st defender at an angle)
7. **Balance** (provide depth of support to react to longer passes)
8. **Look** to intercept sideways passes
9. **Step up** when a negative (backwards) ball is played
10. **Always** have 1 more defender than opponent in our own half

POSITION PROFILES



6 HOLDING MIDFIELDER

Specific Qualities

- Excellent receiving skills under pressure
- 360 degree vision
- Excellent decision making ability
- Range of passing over varying distances

Attacking Individual Tasks

- Drop in between 4 / 5 to receive ball
- Position "square" of 2 / 3 when they have ball
- Play 1 touch under pressure
- Break lines with passes or change point of attack by switching play
- Support underneath 8 / 10

Defending Individual Tasks

- Screen passes directly into 9
- Position in between 9 / 10 when defenders have ball
- Read and intercept passes played between lines
- Responsible for tracking opponent 10

9 STRIKER

Specific Qualities

- Good shooting and finishing ability
- Strong 1v1 attacking skills
- Creativity
- Can hold ball under pressure

Attacking Individual Tasks

- Score goals
- Make varied runs in behind defense
- Combine with #7 / 11 / 10 / 8 to create chances

Defending Individual Tasks

- Responsible for tracking opponents 4 / 5
- Set line of confrontation
- Cut field in half, deny switch from 4 / 5
- Track 4 / 5 when they move into midfield



11 / 7 WINGERS

Specific Qualities

- Strong 1v1 attacking skills
- Creativity
- High athletic ability to get up and down the field at pace
- Good crossing and shooting ability

Attacking Individual Tasks

- Position on different vertical line than 2 / 3
- Combine with 2 / 3 to create and exploit 2v1 in wide areas
- Combine with 9 / 10 / 8 in final third
- Beat opponent 1v1 and deliver crosses into box

Defending Individual Tasks

- Responsible for tracking opponents 2 / 3
- Defend from front to make play predictable
- Anticipate pass into 2 / 3 and press to disrupt / regain ball
- Track opponent 2 / 3 when they make forward runs

8 / 10 ATTACKING MIDFIELDERS

Specific Qualities

- Confident receiving under pressure
- 360 degree vision
- Excellent decision making in / out of possession
- Play key passes to create chances

Attacking Individual Tasks

- Find space between opponent lines to receive passes through gaps
- Combine with 9 / 11 / 7 when ball goes forward
- Form triangles with 2 / 3 and 7 / 11
- Form top of diamond between 5 / 3 / 6 or 4 / 2 / 6 when 4 / 5 has ball

Defending Individual Tasks

- Anticipate disrupt / intercept passes into opponent 8 / 6
- Responsible for tracking opponent 6 / 8
- Recover goalside in transition to defend
- Come back to defend set pieces

2 / 3 OUTSIDE DEFENDERS

Specific Qualities

- Excellent in 1v1 duels
- Athletic, quick, good stamina
- Can receive in space and with pressure
- Good passing and crossing ability

Attacking Individual Tasks

- Start high and wide to receive from 1 / 4 / 5
- Support 7 / 11 and create 2v1s
- Deliver crosses into the box
- Hold position when other 2 / 3 attacks

Defending Individual Tasks

- Primarily responsible for opponent 7 / 11
- Disrupt/win passes played into 7 / 11
- See the ball and the opponent
- Cover 4 / 5 when ball is on opposite side

1 GOALKEEPER

Specific Qualities

- Good distribution with hand/feet
- Quick reactions
- Shot stopping and handling
- Excellent communication skills
- Brave

Attacking Individual Tasks

- Begin attacks as first attacker
- Provide support for back-passes
- Switch the point of attack
- Recognize counter attack opportunities

Defending Individual Tasks

- Communicate defending principles
- Intercept passes played behind defense
- Save shots, deflect crosses, stop goals
- Organize team defending set pieces

4 / 5 CENTRAL DEFENDERS

Specific Qualities

- Strong in 1v1 ground and aerial duels
- Physically strong, quick and brave
- Read game, anticipate opponent actions
- Play short/long passes with both feet
- Leadership and communication skills

Attacking Individual Tasks

- Split to receive ball from goalkeeper
- Physically strong and brave
- Provide depth to receive negative passes
- Play back to goalkeeper when facing own goal under pressure
- Break opponent first line of pressure with pass or dribble

Defending Individual Tasks

- Organize defense, when to drop, hold, slide, step or push out
- Read and intercept passes
- Responsible for tracking opponent 9
- Body position to see the ball and opponent

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