



TRAINING THE RISE SC WAY

RECREATIONAL CURRICULUM SNAPSHOT

by Vedad Hadzajlic - Rise SC Technical Director

PROMOTING YOUTH SOCCER AND FOSTERING A LOVE FOR THE GAME

Rise SC's principle mission is the promotion of youth soccer. We strive to instill a love for the game and to foster an environment where each player can participate according to his or her interest and ability.

GUIDING OUR PLAYERS TO BE WELL-ROUNDED AND RESPONSIBLE

Rise SC looks to parents and players to help create a structured, positive and fun environment where children can learn responsibility, teamwork, discipline and other life skills.

We believe that both players and parents must display good character and appropriate behavior on and off the field.

Rise SC cares about our families, players, coaching staff, supporters and community. Together, we can create a fun, safe and enriching environment where our children will thrive and make lifelong friends.

RISE RECREATIONAL

The Rise SC Recreational program ("Rise Rec") — the largest in Houston — introduces our youngest players to the beautiful game. Rise Rec is, at heart, a community-based program, with teams formed from numerous geographic locations, including: West University, Bellaire, Meyerland, Sugar Land, First Colony, Missouri City, Sienna Plantation and Pearland.

The Rise Rec Program focuses on individual skill development, building confidence in players, and maximizing creativity by allowing players to learn the game gradually in a fun, engaging environment.

Rise Rec teams are coached by volunteer parent-coaches that we refer to as Team Managers. However, our Team Managers will be guided and mentored by the Rise SC Professional Coaching Staff on how to teach basic soccer fundamentals to players. This will ensure a positive experience for Team Managers and players alike.

RISE RECREATIONAL PLAYER ENVIRONMENT

Ours is an environment conducive to learning and development. A place where soccer players of all levels can maximize their potential. A PLACE WHERE EVERYBODY WANTS TO BE! We demand that people be the best they can be every single day. We demand that they add value above and beyond their set responsibilities, therefore, every individual MUST see a clear pathway of progression and development.

- Safe and secure facilities of the highest quality
- Geographically sensible, community driven
- Warm and welcoming atmosphere
- Volunteer parent coaches
- Well-maintained kit and equipment
- Clearly structured program of work

OUR GOALS

- Provide a developmentally appropriate soccer environment
- Make Rise SC an outstanding learning environment for young athletes and volunteers
- Embrace and involve the talents of all players
- That players are encouraged to make their own decisions and express their individual creativity

RISE RECREATIONAL PLAYER FUNDAMENTALS

- A desire to compete to the best of their abilities
- Strive to maintain poise and technique under pressure
- Build your fundamental skills seasonally
- Positive decision-making with the ball
- Develop a confident first touch on the ball
- Progress to control the ball at a variety of speeds and heights

While all of our players will play to the best of their abilities, for us to succeed as a club, there is one key trait, which must never be underestimated: our players must at all times display respect for themselves, their colleagues and staff, their opponents and for all associated with their club. Without respect, we have nothing.

We know we can achieve these goals only through the combined efforts of our parents, players, and volunteers.



TRAINING THE RISE SC WAY

RISE REC PROGRAMMING

Rise Rec programming is consistent with our philosophy to provide soccer for every player regardless of their level of play. We are very much committed to our families and communities. Keeping young athletes near their homes by providing minimal geographical challenges is a priority for us.

SPECIAL RECREATIONAL PROGRAMS

Friday UpRISE Night (FUN) for birth years 2014 (U4) & 2013 (U5)

Rise SC is excited to introduce Friday UpRISE Nights which emphasize fundamental skills session for our youngest players! Instead of the weekly-practice-plus-game format, this is a curriculum-based, developmental program. During these once weekly, hour-long sessions, the emphasis is on fun and age-appropriate skills development. A Rise SC staff coach will be on hand to help coordinate activities with the assistance of parent volunteers.

Rise Plus for birth years 2012 (U6) – 2007 (U7)

Rise Plus is a supplementary program within Rise Recreational that provides players the opportunity to receive elite level training. Rise Plus elite training is designed to improve individual technical skills. This head start program helps further prepare players for their eventual transition into the Rise competitive program.

This is a fee-based program that provides an additional training led by members of Rise SC coaching staff. The Rise Plus program falls outside of the players normal team practices and games. Rise Plus sessions will be held on Friday evenings in August and September.

Rise Futures All-star program for birth years 2011 (U7) through 2008 (U10)

Rise Futures is a new all-star program within Rise Rec for boys and girls. Rise Futures players are selected to geographically-based all-star teams by the Rise coaching staff from among all registered Rise Rec players based on all available information including player evaluations, camps, training and games.

Friendship Cup (Recreational) - October 7-8, Birth Years 2011 (U7) - 2004 (U14)

The 36th annual Friendship Cup will be hosted by Rise SC at Community Park over the weekend for U8 to U19 boys and girls recreational teams. The Friendship Cup is a full blown event exclusively for recreational teams. The tournament offers friendly competition in a family oriented, fun atmosphere, on fields of the highest quality. Rise Rec teams from all our campuses will participate. We will also have recreational teams from around the greater Houston area, and we welcome recreational team from everywhere to play in this fantastic event. The Friendship Cup is open to boys' and girls' rec teams, school teams and church league teams. The Friendship Cup is second to none!

BIRTH YEAR	BALL SIZE	WEEKLY PRACTICE(S)	GAME FORMAT	GOALKEEPER
2014 (U4) - 2013 (U5), Coed	3	Friday UpRIse Night (FUN)	Skill Sessions	N/A
2012 (U6) - 2011 (U7), Teams	3	2	4 v 4	No
2010 (U8), Teams	3	2	4 v 4	No
2009 (U9) - 2008 (U10), players, U10 Teams	4	2	7 v 7	Yes
2007 (U11) - 2006 (U12), players U12 Teams	4	2	9 v 9	Yes
2005 (U13) - 2004 (U14), players U14 Teams	5	2	11 v 11	Yes
2003 (U15) - 1999 (U19), teams	5	2	11 v 11	Yes



TRAINING THE RISE SC WAY

RISE SC TRAINING GUIDELINES FOR TEAM MANAGERS

RISE RECREATIONAL PROGRAM - PHASE 1: 2014 (U4) - 2010 (U8)

SYSTEM OF PLAY: 2014 (U4) - 2013 (U5), players will have skills sessions

2012 (U6), 2011 (U7) and 2010 (U8), 1-2-1 for 4 vs. 4 play without Goalkeepers

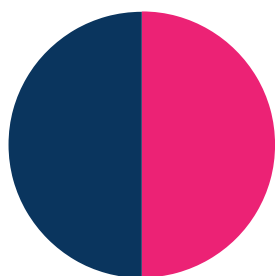
REQUIREMENTS

- Free play
- Learn the basic principles of the game
- Have fun, be active

TEAM MANAGER GUIDELINES

- Small groups and constant player movement
- Engage the players and ask them to move and play
- Teach and implement basic movement
- Encourage players to be creative and take risks
- Challenge the players by using different balls (tennis ball, skills ball, etc.)
- Ask the players questions, make them think

SESSION FOCUS BREAKDOWN



50% Small-sided games, free play
50% Introduce technique through the game

COACHING POINTS

- Make sure players are having fun playing the game
- Players should learn by playing
- Encourage players to master the basics
- Give simple instructions
- Do not pressure players

RISE RECREATIONAL PROGRAM - PHASE 2: 2010 (U8) AND 2009 (U9)

SYSTEM OF PLAY: 2009 (U9) and 2008 (U10): 1-3-1-2 for 7 vs. 7

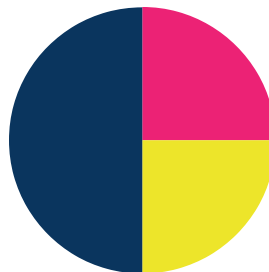
REQUIREMENTS

- Free play
- Learn the basic principles of the game – simple movement paths
- Basic passing routes
- Help players master their individual technique
- Players should constantly be expanding their understanding of the game

COACH GUIDELINES

- Small groups and constant player movement
- Engage the players and ask them to move and play
- Teach and implement basic movement
- Encourage players to be creative and take risks
- Challenge the players by using different balls (tennis ball, skills ball, etc.)
- Ask the players questions, make them think
- Teach street soccer, small-sided, small fields, and ask players to be creative
- Ask players to try to use both feet
- Do not pressure players

SESSION FOCUS BREAKDOWN



50% Small-sided games, free play
25% Introduce and reinforce technique through the game
25% Ball manipulation

COACHING POINTS

- Make sure players are having fun playing the game
- Players should learn by playing
- Encourage players to master the basics
- Give simple instructions
- Motivate players to try their best
- Do not pressure players or give them ultimatums
- Be a role model for the players. Talk to them about fair play and respect



TRAINING THE RISE SC WAY

RISE RECREATIONAL PROGRAM - PHASE 3: 2007 (U11) - 1999 (U19)

SYSTEM OF PLAY: (U11-U12): 1-3-2-3 for 9 vs. 9

(U13-U19): 1-4-3-3 for 11 vs. 11

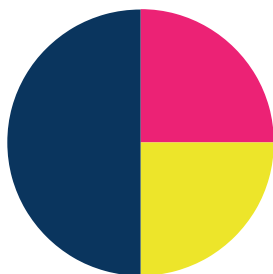
REQUIREMENTS

- Understanding their basic formation and positional responsibilities
- Fluid player movements and interchanging of positions
- Basic passing patterns
- Help players continue to master their individual technique
- Players should constantly be expanding their understanding of the game
- Individual tactics, attacking and defending principles
- Encourage the 1 vs. 1 game
- Small Sided games
- Possession games

COACH GUIDELINES

- Small groups, constant player movement and restricted space
- Engage the players and ask them to move and play
- Teach and implement player movement
- Encourage players to be creative and take risks
- Ask the players questions, make them think
- Teach street soccer, small-sided, small fields, and ask players to be creative
- Ask players to try to use both feet
- Do not pressure players

SESSION FOCUS BREAKDOWN



50% Small-sided games, free play

25% Introduce and reinforce technique through the game

25% Ball manipulation

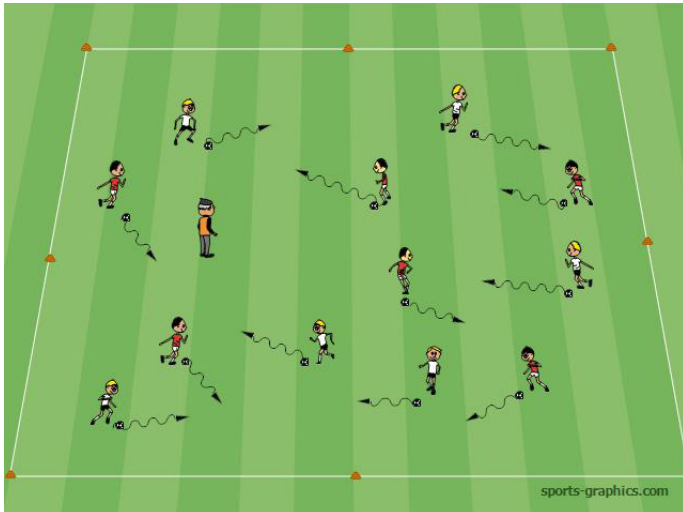
COACHING POINTS

- Make sure players are having fun playing the game
- Players should learn by playing
- Encourage players to master the basics
- Give simple instructions
- Motivate players to try their best
- Do not pressure players or give them ultimatums
- Reinforce technical proficiency through games
- Pay attention to good performances and offer encouragement
- Be a role model for the players. Talk to them about fair play and respect



U6 - U8

1. WARM UP



ORGANIZATION

(Physical Environment / Equipment / Players)

- BODY PARTS; 15x15; each kid have a ball; kids are dribbling the ball around and coach is calling the body part with which kids needs to stop a ball; (foot, knee, toe, shoulder, back, etc)

COACHING TIPS

- coordination, body awareness

Intensity:

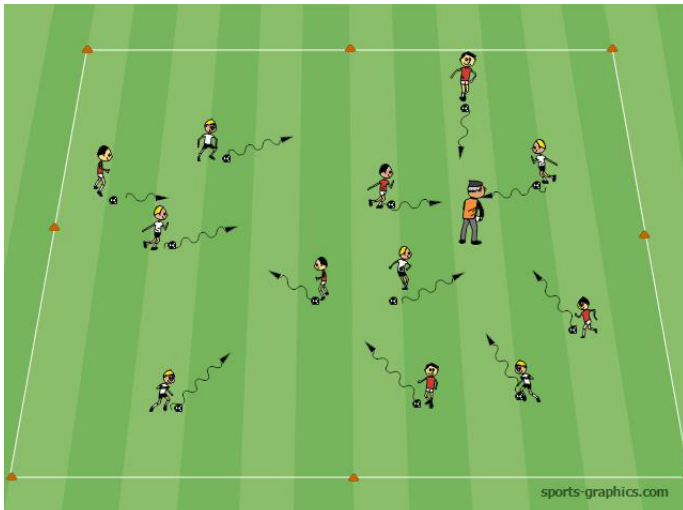
Activity Time:

Recovery Time:

Duration: 10 min

Intervals:

2. PROGRESSION



ORGANIZATION

(Physical Environment / Equipment / Players)

- HIT THE COACH; 15x15; each kid have a ball; kids are dribbling the ball around and trying to hit the coach with the ball. When they manage it they get a point.
- PROGRESSION; coach is calling with which part of foot kid will dribble the ball
- kids are trying to kick each other with the ball

COACHING TIPS

- passing, shooting, dribbling
- Challenge the kids with "I bet you can't hit me" and when they do, pretend it hurts and limp or scream or make funny sounds

Intensity:

Activity Time:

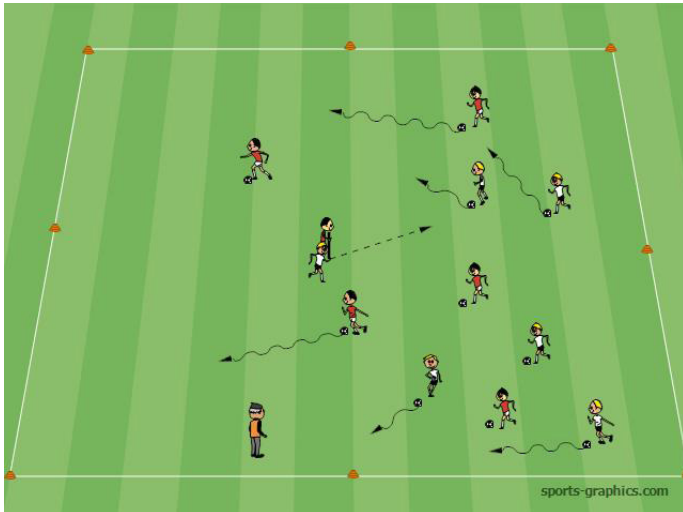
Recovery Time:

Duration: 10 min

Intervals:

U6 - U8

3. PROGRESSION



Intensity:

Recovery Time:

Intervals:

Activity Time:

Duration: 10 min

ORGANIZATION

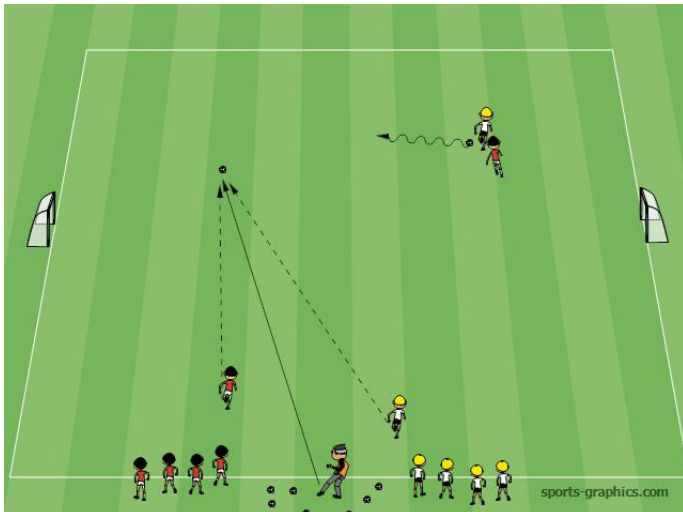
(Physical Environment / Equipment / Players)

- FISHERMAN; 15x15; All players are dribbling a soccer ball with the exception of at least 2 players.
- The 2 players hold hands or lock arms to create a fisherman net.
- They work together to tag the dribbling players who then become a part of the fisherman's net.
- The net must try to stay connected and not break into little parts.
- Play first without the balls, then with the balls.

COACHING TIPS

- space awareness
- change of pace
- change of direction
- decision making
- how to get away from the fisherman

4. PROGRESSION



Intensity:

Recovery Time:

Intervals:

Activity Time:

Duration: 10 min

ORGANIZATION

(Physical Environment / Equipment / Players)

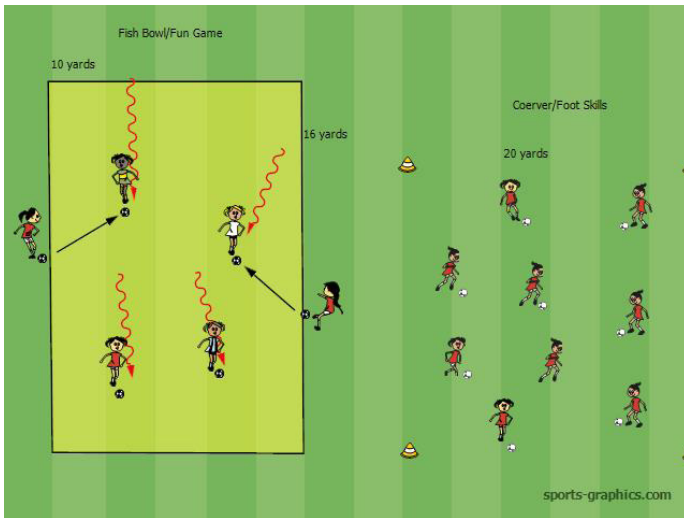
- GET "Outta" THERE; 15x15
- The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a grid with two small goals on each end line.
- The coach serves a ball into the grid and the players try to gain possession and score on their opponent.
- If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta here".

COACHING TIPS

- Encourage players to use skills during the game to go around the defender and score.
- Scissors, Pullbacks, Cuts (Inside hook/outside hook)

U9 - U10

1. WARM UP



Intensity: MED

Recovery Time: 1 min

Intervals: 4

Activity Time: 2 min

Duration: 25 min

ORGANIZATION

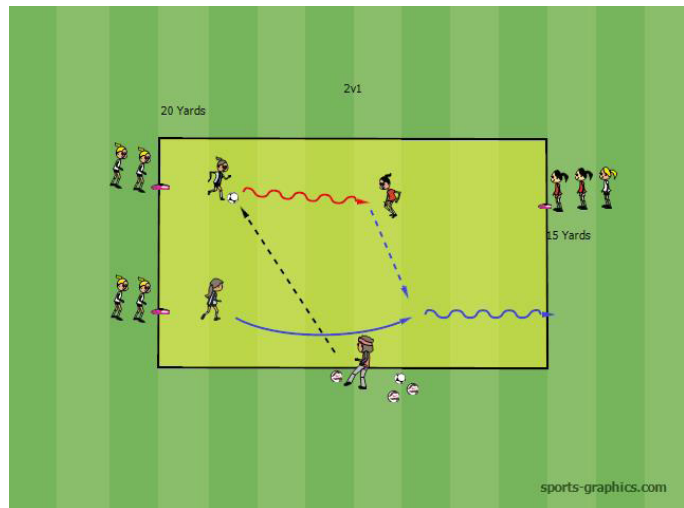
(Physical Environment / Equipment / Players)

- We start the training with the fun game
- Fish Bowl--After the game kids work on their ball mastery cover/foot-skills.
- FISH BOWL: Two outside players are trying to hit the balls of the player's going across the grid.
- When the dribblers ball is hit, he/she joins the players who are trying to hit the balls.
- The player whose ball was hit becomes a shooter.
- The more balls available simply help to make the exercise more competitive.

COACHING TIPS

- Demonstrate speed dribbling.

2. SMALL-SIDED ACTIVITY



Intensity: HIGH

Recovery Time: 1 min

Intervals: 3

Activity Time: 44 min

Duration: 15 min

ORGANIZATION

(Physical Environment / Equipment / Players)

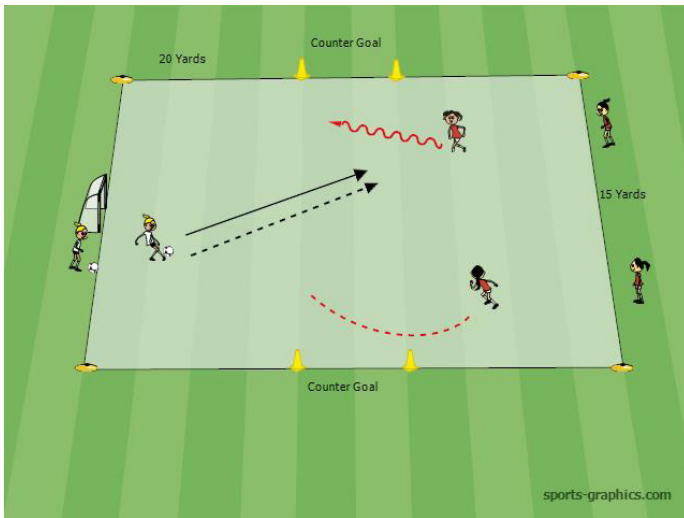
- 20x15 yards grid.
- Players are merely placed outside the grid in accordance to the number of players to be used in the exercise.
- The coach servers a ball
- 2 Attackers play against 1 defender and are trying to dribble the ball over the goal line.

COACHING TIPS

- Please emphasize the role of the second attacker

U9 - U10

3. PROGRESSION



Intensity: HIGH

Recovery Time: 1 min

Intervals: 3

Activity Time: 4 min

Duration: 15 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Make two 20x15 yards grids as shown on the diagram with mini goals at one end and two small counter attack cone goals one on each side.
- The attackers are about 20 yards from the goal.
- The defender serves a ball to one of the attackers and then defends the goal.
- Attackers pass and dribble to score a goal.

COACHING TIPS

- Very little coaching.
- Let them discover possibilities.

4. GAME



Intensity: MED

Recovery Time: 5 min

Intervals: 1

Activity Time: 20 min

Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Play 2v2+N or 3v3+N on 4 mini goals.
- Each team defends two mini goals and attacks the other two.
- Please make sure that dimensions of your fields are not too small.
- In the graphic the dimensions for 3v3+N are 25x25 but I think you should make it bigger. 30x25. I think they are ok if you are doing 2v2+N.
- No restrictions. Let them play and enjoy.

COACHING TIPS

- Techniques of dribbling. Principals of the attack.

U11 - U12

1. WARM UP



Intensity: LOW

Recovery Time: 1 min

Intervals: 4

Activity Time: 1 min

Duration: 8 min

ORGANIZATION

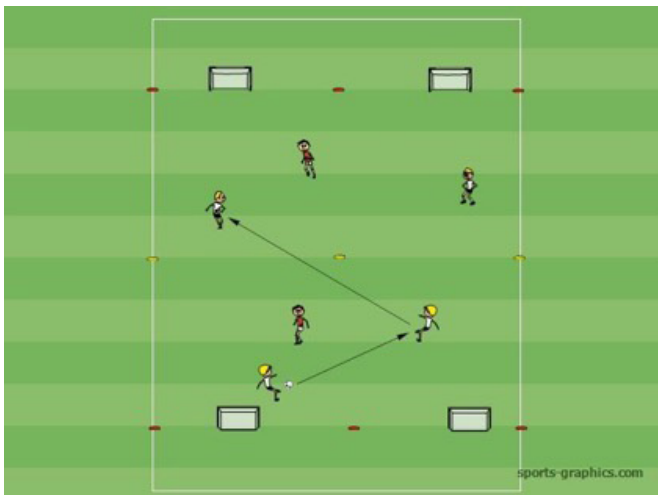
(Physical Environment / Equipment / Players)

- Players are in pairs and share one ball.
- Each pair make a triangle of cones. Triangles should be about 2 yards apart.
- The player with the ball passes the ball through the triangle.
- The player receiving the ball tries to redirect the ball around the cone and then pass the ball back through.
- A) See how many times they can pass the ball through without hitting a cone.
- B) See which pair can make most passes through the triangle without touching the cone.

COACHING TIPS

- Redirect the ball with inside of the foot.
- See if they can do it with the outside.
- First touch sets up their next touch.

2. SMALL SIDED ACTIVITY



Intensity: MED

Recovery Time: 1 min

Intervals: 4

Activity Time: 2 min

Duration: 12 min

ORGANIZATION

(Physical Environment / Equipment / Players)

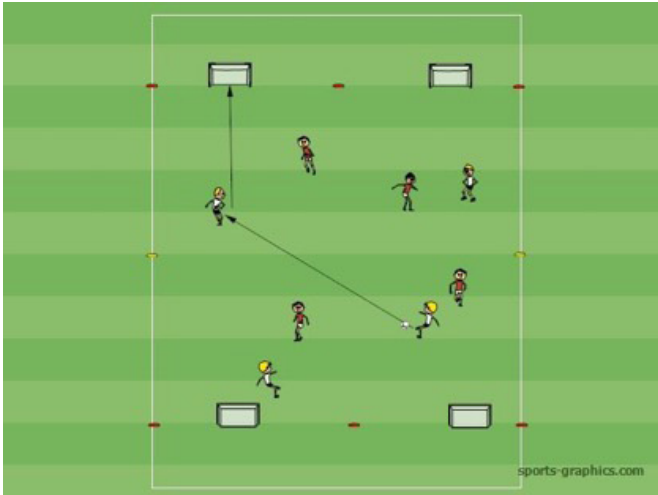
- Field is 30 x 20 yards wide. Divide the field in half.
- Two players from attacking team each go to a half.
- They stay in that half.
- The object is to receive the ball from the pair in the back half and score in one of the two goals.
- One player from defending team also goes into a half. They stay in that half. If they win the ball they try to score in one of the two side goals.
- Rotate players after each round!

COACHING TIPS

- Focus on how they redirect the ball.
- What part of the foot do they use to redirect the ball?
- Can they take it somewhere new?

U11 - U12

3. EXPANDED ACTIVITY



Intensity: MED/HIGH
Recovery Time: 2 min
Intervals: 4

Activity Time: 2 min
Duration: 12 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Play 3v3/4v4
- Each team attacks two goals and defend the other two.

COACHING TIPS

- What part of the foot do you use to redirect the ball?
- Where should you redirect the ball if the opponent is coming at you? (away from pressure)

4. GAME



Intensity: HIGH
Recovery Time: 1 min
Intervals: 3

Activity Time: 3 min
Duration: 12 min

ORGANIZATION

(Physical Environment / Equipment / Players)

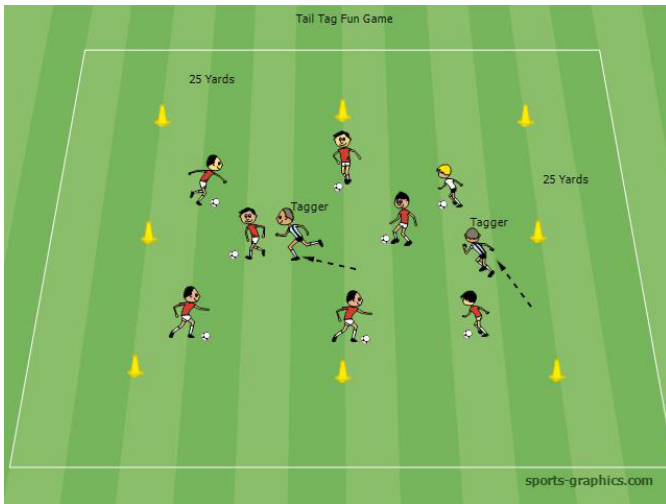
- Play small sided game to goal.

COACHING TIPS

- Play and enjoy!!

U11 - U12

1. WARM-UP



Intensity: HIGH

Recovery Time: 1 min

Intervals: 5

Activity Time: 2 min

Duration: 25 min

ORGANIZATION

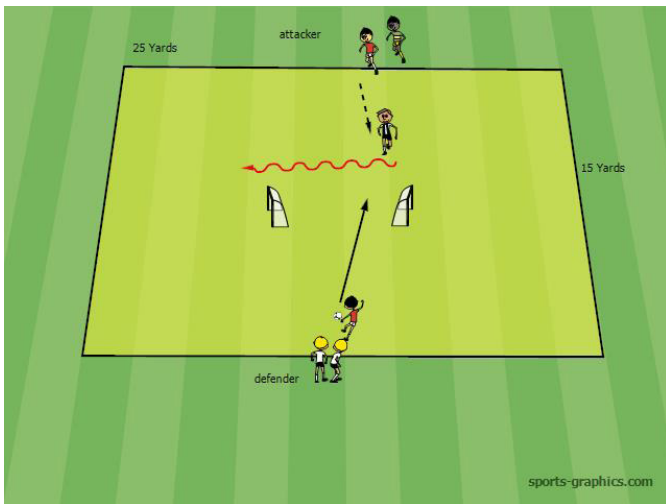
(Physical Environment / Equipment / Players)

- 25x25 yards grid.
- Start the game without balls until the players get familiarized with it then add balls.
- All players have a ball and shirts tucked in shorts and have a vest hanging out of the back of their shorts.
- The player who gets the most trails from teammates wins.
- After the fun games do foot skills as usual.

COACHING TIPS

- Keep the ball close to your feet when dribbling.
- Dribble the ball properly.

2. SMALL-SIDED ACTIVITY



Intensity: HIGH

Recovery Time: 1 min

Intervals: 3

Activity Time: 4 min

Duration: 15 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Set up 2 grids 25x15 yards.
- Two mini goals facing away from players shown.
- Two teams of 3-4 players.
- The defending player start the activity by passing the ball into one of the attacking players. The attacking player has the option to score in either goal.
- If the defender wins the ball they must try to score in one of the two goals.

VARIATIONS

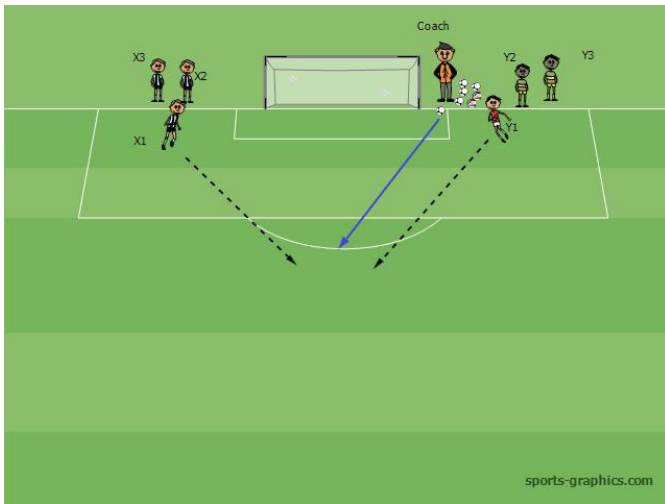
- Attacker starts with the ball.
- Attacker has the time limit to score.

COACHING TIPS

- Keep the ball close to your feet.
- Dribble the ball properly.
- Change direction quickly.
- Head up when dribbling.

U11 - U12

III. EXPANDED ACTIVITY



Intensity: HIGH

Recovery Time: 1 min

Intervals: 4

Activity Time: 3 min

Duration: 15 min

ORGANIZATION

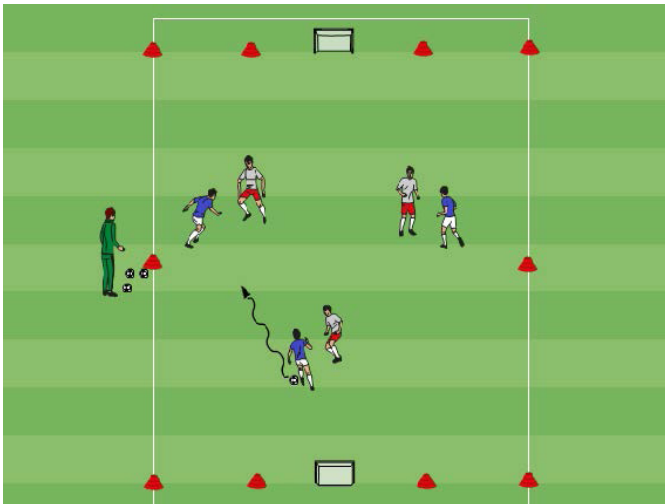
(Physical Environment / Equipment / Players)

- Two teams are formed each on different sides of the goal, behind the goal line.
- Each team has a player designated #1, #2, #3, etc.
- The coach is also on the goal line with all the balls.
- The coach calls out a number and serves out a ball 15-20 yards out from the goal line.
- That pair competes for the ball and the one who gets the ball tries to score and the other defends.
- Next call out two numbers for 2v2 then call out three numbers for 3v3.

COACHING TIPS

- Same as above.

4. GAME



Intensity: HIGH

Recovery Time:

Intervals:

Activity Time: 20 min

Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

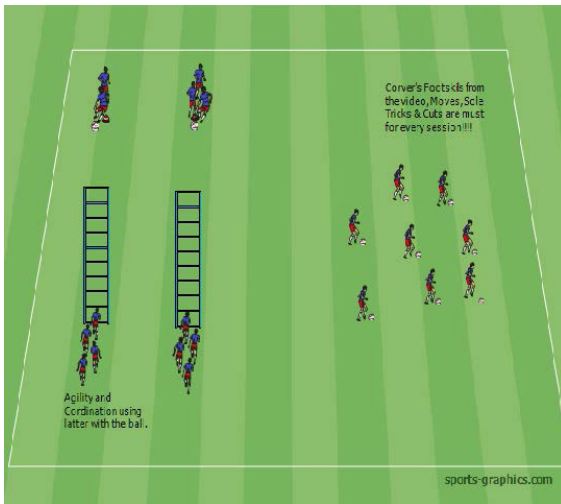
- Play 3v3 SSG in 30x25 grid.
- Make two fields.

COACHING TIPS

- Same as above.

U13 - U19

1. WARM UP



Intensity: MED

Recovery Time: 1 min

Intervals: 2

Activity Time: 9 min

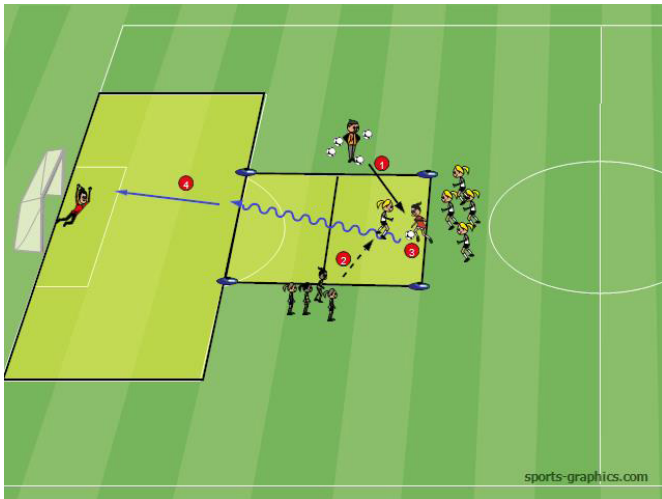
Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- After the Footskills please have the players go 5--8 min through speed and agility using the latter.

2. SMALL SIDED ACTIVITY



Intensity: HIGH

Recovery Time: 1 min

Intervals: 3

Activity Time: 4 min

Duration: 15 min

ORGANIZATION

(Physical Environment / Equipment / Players)

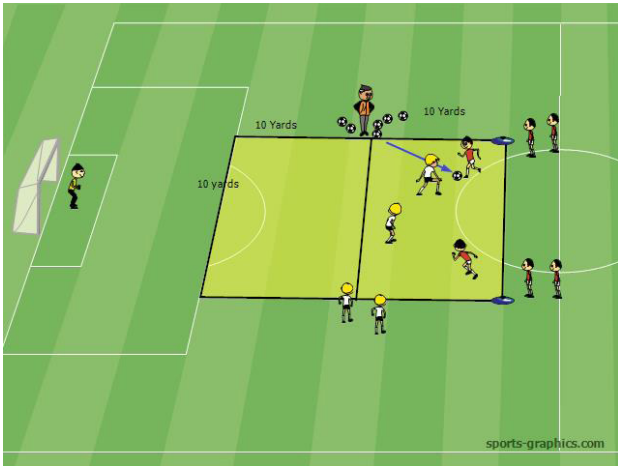
- Penalty Area with a goal and GK + 2 10x10 areas.
- Coach plays the ball to the attacker (red) who attempts to get past defender in 1v1 for attempt at goal.
- Defender attempts to stop the attacker
- Once ball is dead, next two players and swap roles.
- Progression 1: Attacker receives the ball with his back to the defender and goal.
- Defender attempts to prevent the attacker from turning and producing an attempt at goal.

COACHING TIPS

- Defensive Principals of the 1st defend: Pressure, Position, Patience, Physical.
- Close attacker down as the ball travels.
- Controlled approach.
- Show attacker on the weak foot.
- Body shape.

U13 - U19

3. EXPANDED ACTIVITY



Intensity: HIGH

Recovery Time: 1 min

Intervals: 3

Activity Time: 4 min

Duration: 15 min

ORGANIZATION

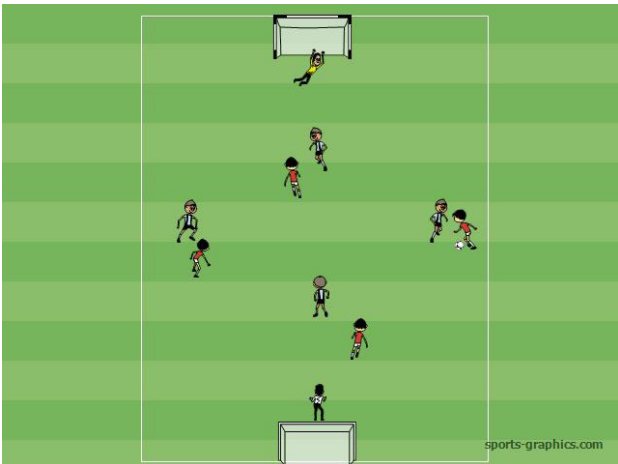
(Physical Environment / Equipment / Players)

- Same as in the previous exercise.
- We are playing 2v2.

COACHING TIPS

- Take position from the 1st defender.
- See the player and see the ball.
- Shape: pressure and cover.

4. GAME



Intensity: HIGH

Recovery Time: 5 min

Intervals: 2

Activity Time: 10 min

Duration: 25 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- In 50x40yards grid play
- 4v4 + GK.

COACHING TIPS

- Nearest defender to the ball presses.
- Covering Defender take the position from the first defender and ensures they can see ball and other attacker.
- Communication between defenders and GK.
- Ensure defensive shape offers pressure on the ball, cover of pressing defenders.