

WE ARE  **KINGS
HAMMER**

Our mission is to positively impact the development of youth in our community by providing soccer and educational opportunities to young players of all ages and playing abilities and to create a lifelong passion for the sport of soccer.

We will play an active role in the leadership, development and personal growth of our players and staff by being an active member of our community through service, partnerships and programs.

Our ultimate goal as a club is to encourage, inspire and empower each player and coach to be able to reach the highest level possible within the game and their lives, while helping develop leaders and individuals who will inspire others to do the same.

MISSION STATEMENT

CORE VALUES

All club leadership, coaching staff and players will be guided by these Core Values:

1

RESPECT

Treat each person with dignity and courtesy.

2

LEADERSHIP

Empower yourself and others to enjoy success on & off the pitch.

3

INTEGRITY

Do the right thing.
Follow the Golden Rule.

4

PASSION

Energize, engage, and inspire yourself and others.

5

CREATIVITY

Think outside the box with innovation and imagination.

GAME MODEL

PLAYING PHILOSOPHY

We want to dominate the game.

Our first look with the ball is forward.

We attack spaces in between the lines and wide to play purposely toward our opponents goal.

Our game is characterized by rhythm, creativity, fun, and by players aggressively taking the initiative.

We build triangles and diamonds to create combination play, maintain possession, and go forward.

We are always determined and strive to be rewarded for our effort.

When defending we are compact and work as a team until it's "we against the ball."

We excel at reading the game and identifying critical moments of transition.

We always help and support each other in the spirit of team and fair play.

We understand every player has an important role to play.

We focus on the game in front of us; there is no failure other than the failure to not attack the next challenge.

PLAYER STANDARDS

1. We train like we play.
2. Be prepared and ready to actively engage during every session.
3. Work on self-improvement and contribute to the improvement of teammates.
4. Weekly self-training based on IDP and periodization.
5. Always arrive to game and training with correct gear. No gum or jewelry. Shin guards and socks up.
6. Every player has a ball. Ball is pumped up before every practice.
7. All players are expected to be at all training and games. Communicate if otherwise.
8. Dynamic warm-up starts when training starts.
9. Sweep the shed. Leave practice/game facilities in better condition than when we arrived.
10. Lombardi time! Be early, if you arrive on time you are considered to be "late".

KHSC SYSTEMS OF PLAY

5v5

Age Group U7-8
Focus Learning the Ball
Formation 1-1-2-1

7v7

Age Group U9-10
Focus Learning to Learn
Formation 1-2-3-1

9v9

Age Group U11-12
Focus Learning to Learn
Formation 1-4-3-1

11v11

Age Group U13-14
Focus Learning to Succeed
Formation 1-4-3-3

11v11

Age Group U15-19
Focus Learning to Win
Formation 1-4-3-3

HOW WE TRAIN

AGE SPECIFIC TRAINING | U7-U8

Pillar	Objective	Training Characteristics
Technical:	<ol style="list-style-type: none"> 1. Improve basic individual technique. 2. Individual and collective basic soccer techniques. 	<ul style="list-style-type: none"> •Maximize time with the ball, and time to experiment. •Individual and collective games are important for players to experiment with the ball. •Collective games (rondo/SSGs) are essential for the player to start interacting with teammates. •Tactical moments broken down to simple spatial awareness. •Basic motor skills to be combined with ball control. •Motivation and Self Confidence is paramount during this development period.
Tactical:	<ol style="list-style-type: none"> 1. Take up good positions during games (SSG/Matches). 2. Balance in relation to the ball and teammates (U8). 	
Physical:	<ol style="list-style-type: none"> 1. Develop speed coordination and basic motor skills with and without the ball. 	
Psychosocial:	<ol style="list-style-type: none"> 1. Feel comfortable and confident with the ball. 2. Interact with teammates during the training session. 	

Principles for Age Band Appropriate Development: (Player should be capable by end of age band)

1. Start and stop movements with the ball at speed/Improvement of change of direction with ball.
2. Self Positional Awareness – Connected to play (Moving forward when attacking, recovery when defending) & Occupying original position once an action has finished.
3. Basic quick movements with and without the ball.

HOW WE TRAIN

AGE SPECIFIC TRAINING | U9-U10

Pillar	Objective	Training Characteristics
Technical:	<ol style="list-style-type: none"> 1. Improve Individual and collective basic soccer techniques. 2. Focus on accuracy of individual techniques. 	<ul style="list-style-type: none"> •Maximize contact with the ball through individual practices, with less touches during collective practices. •Reinforcement of good technique is essential for development during this period. •Structure of session to be similar in setup to older players, to provide foundation on how to train. •Motivation, Respect & Discipline are paramount to instill.
Tactical:	<ol style="list-style-type: none"> 1. Creating space to receive and keep possession. 2. Application of basic principles (basic TTP's – U10). 	
Physical:	<ol style="list-style-type: none"> 1. Develop speed coordination and balance with and without the ball. 	
Psychosocial:	<ol style="list-style-type: none"> 1. Interact positively and feel confident within the group. 	

Principles for Age Band Appropriate Development: (Player should be capable by end of age band)

1. Skilled in 1v1 situations (U10 - efficiency in 1v1s).
2. Balance in relation to ball (Height/Width/Depth).
3. Knowledge & Application of basic attacking principles.
4. Basic coordinated movements with and without the ball (U10 – Movements at speed).

HOW WE TRAIN

AGE SPECIFIC TRAINING | U11-U12

Pillar	Objective	Training Characteristics
Technical:	<ol style="list-style-type: none"> 1. Accuracy and speed in individual and collective techniques. 2. Focus on quality of passing and receiving technique & ball control in game like situations. 	<ul style="list-style-type: none"> •Use of collective practices (SSGs, Rondos) to develop basic attacking and defensive principles. •Challenge to problem solve basic and dynamic tactical scenarios. •Sessions should be designed to teach young players how to begin to train at a high level (Respect & Self Discipline).
Tactical:	<ol style="list-style-type: none"> 1. Improve attacking principles and basic defending principles. 2. Develop attacking/defending principles (U12) and combination play. 	
Physical:	<ol style="list-style-type: none"> 1. Compete to increase speed, agility, coordination and balance in competitive games. 	
Psychosocial:	<ol style="list-style-type: none"> 1. Cooperate with teammates in collective tasks 2. Increase collective self-confidence. 	

Principles for Age Band Appropriate Development: (Player should be capable by end of age band)

1. Application of technique at speed in game situations.
2. Application of attacking/Defending principles in opposed collective practices and games.
3. Agility, coordination and speed movements with and without the ball & in simple practices.

HOW WE TRAIN

AGE SPECIFIC TRAINING | U13-U14

Pillar	Objective	Training Characteristics
Technical:	1. Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces.	<ul style="list-style-type: none"> •Utilize the contrast of smaller spaces for possession and bigger spaces for tactical/transition practices. •More emphasis placed on TTPs and painting pictures in bigger spaces. •Addition of strength and endurance to fitness training. Health and safety is paramount during this stage due to puberty. Warmups & Cool-Downs are essential. •Respect & Discipline as it pertains to the coach is paramount, along with fostering commitment.
Tactical:	<ol style="list-style-type: none"> 1. Improve attacking coordinated movements and zonal defending (Combined units Def/MF, FW/MF etc.). 2. Efficiency in application of attacking principles to create (Playing out of the back, possession, combination play and finishing). 	
Physical:	1. General development of endurance, speed and strength.	
Psychosocial:	<ol style="list-style-type: none"> 1. Commitment to the team and focus in training. 2. Competition in individual and team situations. 	

Principles for Age Band Appropriate Development: (Player should be capable by end of age band)

1. Passing the ball at speed in reduced and larger spaces (Range of passing).
2. Combination play and communication with teammates.
3. Combine endurance and speed during matches.

HOW WE TRAIN

AGE SPECIFIC TRAINING | U15-U16

Pillar	Objective	Training Characteristics
Technical:	<ol style="list-style-type: none"> 1. Focus on speed of passing and receiving technique & ball control in small and big spaces. 2. Development of possession of the ball at speed. 	<ul style="list-style-type: none"> •Use of small spaces to develop technique and big spaces to develop tactical concepts. •Tactical training and SSGs are an essential part of training. •TTP(s) should be at the base of all collective tasks. •Technical training focuses on speed and accuracy with a further importance on position specific training. •Players expected to show commitment to the team, concentration in training, and compete during matches.
Tactical:	<ol style="list-style-type: none"> 1. Application of TTPs at speed. 2. Develop transition of the ball at speed and quick organization for defending (Transitional moments). 	
Physical:	<ol style="list-style-type: none"> 1. Development of aerobic power, directional speed and explosive strength. 	
Psychosocial:	<ol style="list-style-type: none"> 1. Commitment to the team. 2. Commitment to teammates to accomplish specific tasks. 	

Principles for Age Band Appropriate Development: (Player should be capable by end of age band)

1. Coordination of tactical principles and movements with teammates at speed.
2. Show good fitness in demanding aerobic power practices and during matches.

HOW WE TRAIN

AGE SPECIFIC TRAINING | U17-U19

Pillar	Objective	Training Characteristics
Technical:	1. Focus on perception and quick execution of passing, ball control and finishing at speed in match like conditions.	<ul style="list-style-type: none"> • Combination of units to incorporate all four phases of the game tactically. • Tactical training and SSGs are an essential part of training. • TTP(s) should be at the base of all collective tasks. • Technical training focuses on speed and accuracy with a further importance on position specific training. • Players expected to show commitment to the team, concentration in training, and compete during matches.
Tactical:	1. Improvement of all phases of game, with further importance placed on transitional moments. 2. Positional attacking in the final third and detailed pressing.	
Physical:	1. Improvement of high-level aerobic power, specific speed and repetitive explosive strength.	
Psychosocial:	1. Maintaining concentration throughout training sessions and games. 2. An increase of self control and concentration.	

Principles for Age Band Appropriate Development: (Player should be capable by end of age band)

1. Passing, receiving to turn and finishing at speed under pressure.
2. Coordination with teammates in quick transition and pressing when possession is lost.
3. Good technique under pressure in fatigue.

PRINCIPLES OF PLAY

ATTACKING

General Principle	Zone	Objective:
<ol style="list-style-type: none"> 1. Unbalance and disorganized the opponent. 2. Exploit opponent when unbalanced and disorganized. 	<p>Penalty Box "Brave/Smart/Calculated"</p>	<ol style="list-style-type: none"> 1. Score Goals. 2. Do what it takes to score (Slide, dive, etc). 3. Anticipate 1st and 2nd balls.
<p>Team Tactical Principles</p> <ol style="list-style-type: none"> 1. Create 1v1s, 2v1s/overloads. 2. Pass or dribble forward when possible or keep the ball. 3. Push defensive line up/support the attack and take preventative action. 4. Utilize space and create triangles. 5. Create diagonal passing lines. 6. Move ball from high pressure to low pressure. 7. Look to play behind, around, and/or through to break lines. 8. Make runs behind lines, get numbers into the box, vary types of runs (near, far, cutback). 9. Create combinations and midfield rotations. 	<p>Attacking 3rd "Go to Goal"</p>	<ol style="list-style-type: none"> 1. Get the ball into the box. 2. Take risks to create scoring chances. 3. Anticipate rather than react.
	<p>Middle 3rd "Penetrate"</p>	<ol style="list-style-type: none"> 1. Body shape open to play forward. 2. Combine and rotate to exploit opponents. 3. Break lines with dribble or pass.
	<p>Defensive 3rd "Build out"</p>	<ol style="list-style-type: none"> 1. Dribble or pass forward to break lines. 2. Plus 1 in the build out. 3. Speed of play.

PRINCIPLES OF PLAY

NEGATIVE TRANSITION | ATTACKING TO DEFENDING

General Principles 1.Quick Reaction and transition to defend. 2.Get organized and balanced.	Zone:	Objective:
Team Tactical Principles 1.Apply Pressure on the ball immediately after losing it, using players closest to the situation. 2.Make Play Predictable. 3.Get organized and balanced as quickly as possible. 4. Make it compact. (Horizontal & Vertical). 5.Delay the opponent’s attack and deny space behind when outnumbered.	Attacking Third “Press”	1.Immediate pressure to regain possession (Numbers up or even). 2.Immediate pressure to delay counter (Numbers Down). 3.Deny Passing or Dribbling penetration.
	Middle Third “Deny”	1.Immediate pressure to regain possession (Numbers up or even). 2.Immediate pressure to delay Counter (Numbers Down). 3.Deny Passing or Dribbling penetration. 4.Get Numbers behind Ball (Organized and Recovered).
	Defensive Third “Protect”	1.Immediate pressure to protect goal and deny chances. 2.Deny Passing or dribbling penetration. 3.Get numbers behind ball and force away from danger areas.

PRINCIPLES OF PLAY

DEFENDING

General Principle	Zone	Objective:
<p>1. Recover the ball ASAP.</p> <p>2. Force Inaccurate passes.</p> <p>3. Get organised and balanced.</p> <p>4. Remain organised and balanced.</p> <p>Team Tactical Principles</p> <p>1. Make it compact.</p> <p>2. Keep it compact.</p> <p>3. Pressure the ball.</p> <p>4. Always press in the identified situation.</p> <p>5. Outnumber the opponents.</p> <p>6. Provide cover and delay the opponents attack. when outnumbered.</p> <p>7. When necessary switch from zonal marking to man marking.</p> <p>8. Stay in defensive zone when the opponent changes position.</p> <p>9. Anticipate the long ball played behind the defensive line.</p> <p>10. The defensive lines moves as a collective unit.</p> <p>11. Take anticipative attacking action.</p>	<p>Attacking 3rd "Calculated"</p>	<p>1. High pressure to force mistake.</p> <p>2. Low pressure, make play predictable and wait for low percentage pass to initiate press, intercept.</p>
	<p>Middle 3rd "Organized"</p>	<p>1. Recover the ball.</p> <p>2. Set traps.</p> <p>3. No passes in between lines.</p>
	<p>Defensive 3rd "Disciplined"</p>	<p>1. Recover the ball.</p> <p>2. Set traps.</p> <p>3. No passes in between lines.</p> <p>4. Deny scoring chances.</p>
	<p>Penalty Box "Brave/Smart/Selfless"? "No excuses" "Do what it takes"</p>	<p>1. Deny scoring chances.</p> <p>2. Be BRAVE. Block Shots/Clear ball.</p> <p>3. Disrupt opponents.</p> <p>4. Anticipate/attack 1st and 2nd balls.</p>

PRINCIPLES OF PLAY

POSITIVE TRANSITION | DEFENDING TO ATTACKING

Pillars 1. Quick transition to attacking. 2. Exploit opponent when unbalanced and disorganized.	Zone	Objectives
Team Tactical Principals 1. Pass or dribble forward. 2. Create Passing Lines. 3. Push defensive line up/support the attack and take preventative actions. 4. Keep the ball when you cannot play forward.	Attacking 3rd "Go to Goal"	1. Go to goal. 2. Be Productive. Look for a goal scoring chance, service into box, or win a corner/set piece. 3. Keep the ball, recycle the ball to look for the next goal scoring opportunity. 4. Take proactive defensive measures. Push defensive line up. 5. Eliminate transition by all means necessary.
	Middle 3rd "Penetrate"	1. Play forward if the counterattack opportunity is present. 2. Create receiving lines in advance of the ball. 3. Make Penetrating runs forward to unbalance the defense. 4. Push the defensive line up to shrink the space and take preventative defensive measures. 5. Keep the ball and spread out.
	Defensive 3rd "Build out"	1. Establish possession by completing first pass. 2. Create length, width, depth and provide mobility. 3. Create diagonal receiving lines in advance of the ball.

CURRICULUM EMPHASIS BY AGE BAND

ATTACKING FOCUS

Red - No Focus
 Yellow - Low Focus (Introduction)
 Green - High Focus

GAME	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
Principles/Formation	1-1-2-1	1-2-3-1	1-4-3-1	1-4-3-1 1-3-2-3	1-4-3-3	1-4-3-3	1-4-3-3 1-4-4-2	1-4-3-3 1-4-4-2 1-3-4-3
1. Create 1v1s, 2v1s and overloads.	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green
2. Pass or dribble forward when possible or hold the ball.	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green
3. Push defensive line up/support the attack and take preventative action.	Red	Red	Yellow	Yellow	Green	Green	Green	Green
4. Utilize space and create triangles.	Red	Red	Yellow	Green	Green	Green	Green	Green
5. Create diagonal passing lines.	Red	Red	Yellow	Green	Green	Green	Green	Green
6. Move ball from high pressure to low pressure.	Red	Red	Yellow	Green	Green	Green	Green	Green
7. Look to play behind, around, and/or through. Break lines.	Red	Red	Yellow	Green	Green	Green	Green	Green
8. Make runs behind lines, get numbers into the box, vary types of runs (near, far, cutback).	Red	Red	Yellow	Green	Green	Green	Green	Green
9. Create combinations and midfield rotations.	Red	Red	Red	Red	Yellow	Green	Green	Green

CURRICULUM EMPHASIS BY AGE BAND

NEGATIVE TRANSITION

Red - No Focus
 Yellow - Low Focus (Introduction)
 Green - High Focus

Age Group	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
Principles/Formation	1-1-2-1	1-2-3-1	1-4-3-1	1-4-3-1 1-3-2-3	1-4-3-3	1-4-3-3	1-4-3-3 1-4-4-2	1-4-3-3 1-4-4-2 1-3-4-3
1. Apply Pressure on the ball immediately after losing it, using players closest to the situation.	Yellow	Yellow	Green	Green	Green	Green	Green	Green
2. Make Play Predictable.	Red	Yellow	Green	Green	Green	Green	Green	Green
3. Get organized and balanced as quickly as possible .	Red	Red	Yellow	Yellow	Green	Green	Green	Green
4. Make it compact (Horizontal & Vertical).	Red	Red	Yellow	Yellow	Green	Green	Green	Green
5. Delay the opponent's attack and deny space behind when outnumbered.	Red	Red	Red	Yellow	Yellow	Green	Green	Green

CURRICULUM EMPHASIS BY AGE BAND

DEFENDING FOCUS

Red - No Focus
 Yellow - Low Focus (Introduction)
 Green - High Focus

Age Group	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
Principles/Formation	1-1-2-1	1-2-3-1	1-4-3-1	1-4-3-1 1-3-2-3	1-4-3-3	1-4-3-3	1-4-3-3 1-4-4-2	1-4-3-3 1-4-4-2
1. Pressure the player with the ball.	Yellow	Yellow	Green	Green	Green	Green	Green	Green
2. Make it compact.	Yellow	Yellow	Green	Green	Green	Green	Green	Green
3. Keep it compact.	Red	Red	Yellow	Green	Green	Green	Green	Green
4. Always press in the identified situation.	Red	Red	Red	Yellow	Green	Green	Green	Green
5. Outnumber the opponents.	Red	Red	Red	Yellow	Green	Green	Green	Green
6. Provide cover and delay the opponents attack when outnumbered.	Red	Red	Red	Yellow	Green	Green	Green	Green
7. When necessary switch from zonal marking to man marking.	Red	Red	Red	Red	Yellow	Yellow	Green	Green
8. Stay in defensive zone when the opponent changes position.	Red	Red	Red	Red	Yellow	Yellow	Green	Green
9. Anticipate the long ball played behind the defensive line.	Red	Red	Red	Yellow	Yellow	Green	Green	Green
10. The defensive lines moves as a collective unit.	Red	Red	Red	Red	Yellow	Green	Green	Green
11. Take anticipative attacking action.	Red	Red	Red	Red	Red	Yellow	Green	Green

CURRICULUM EMPHASIS BY AGE BAND

POSITIVE TRANSITION

Red - No Focus
 Yellow - Low Focus (Introduction)
 Green - High Focus

Age Group	U7-U8	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
Principles/Formation	1-1-2-1	1-2-3-1	1-4-3-1	1-4-3-1 1-3-2-3	1-4-3-3	1-4-3-3	1-4-3-3 1-4-4-2	1-4-3-3 1-4-4-2 1-3-4-3
1. Pass or dribble forward.	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green
2. Create passing lines	Red	Red	Yellow	Green	Green	Green	Green	Green
3. Push defensive line up/support the attack and take preventative action.	Red	Red	Yellow	Yellow	Green	Green	Green	Green
4. Keep the ball when you cannot play forward.	Red	Red	Yellow	Yellow	Green	Green	Green	Green

METHODOLOGY

PLAYER CENTRIC MODEL



METHODOLOGY

EDUCATIONAL BLUEPRINT

1. PLAYER EXPECTATIONS

- A. Cognition - Perceive - Conceive - Deceive - Decide - Execute - Assess
- B. Competence - Manage Oneself - Manage the Space - Manage the Ball
- C. Character - Respect - Leadership - Integrity - Passion - Creativity

2. READING THE GAME

- A. Concentration Focus - Specific Motor Ability - Emotional Management - Intermittent Effort

3. TASK AND RESOURCE BASED LEARNING

- A. Open Environment/High Degree of Uncertainty - Temporal - Spatial - Factual

4. PEDAGOGY

- A. Self-Discovery
- B. Directive/Situational
- C. Execution (Opposed/Unopposed)

METHODOLOGY

TRAINING ACTIVITIES

1. RONDOS

Exercises to develop both skill and vision

2. MOVEMENT

Exercises to improve mobility, stability, strength, and endurance

3. POSITIONAL PLAY

Exercises to promote tactical understanding

4. TRAINING GAMES

Small-sided matches to reinforce cognitive development

5. REALITY BASED GAMES

Match based games to reinforce tactical understanding and cognitive development