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Coaching Topic
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Candidate Guide

PLAYING BY THE NUMBERS





D License Topics-Attacking

Topic: Improve your team's ability to build up from the defensive half

Who?

Players: 1, 2, 3, 4, 5, 6, 8 Primarily
7, 9, 10, 11 indirectly

Based on a 1-4-3-3
system

Where?

- Flank channels of defensive half
- Middle channels of defensive half
- Entire defending third to 10 yards beyond midfield.

When?

- Goalkeeper distribution to backs
- Opponent compactness preventing penetration to midfielders or forwards
- Opponent drops to a "later" defensive posture.
- Numerical superiority in the defensive half of the field
- Upon winning the ball back in the defensive half of the field.

Why?

- To penetrate from the defensive half into the attacking half under control
- To eliminate the opponents front (forward) line
- To gain territorial advantage in the middle third of the field
- To safely keep possession when an opponent is pressing in your defending half.

What?

- Runs to create supporting angles
- Visual cues of when to run into space vs when to run to support
- Width/expansion of the outside backs (#2, #3) and/or #11, #7
- Midfielders (#6, #8, or #10) connecting with the back line when in possession.
- Mobility of midfielders (#6, #8, #10) and backs (#2, #3)
- Depth provided by lines in front and behind the ball
- Penetrating passes efficiently whenever possible (playing beyond one of the opponents line)
- Rhythm of play established when in possession.

How?

- Goalkeeper's technical distribution to backs/midfielders
- Accuracy in passing the ball to the correct foot.
- Weight of pass when in the defensive half of the field
- Body shape upon receiving the ball (vision)
- Types of passes required: Push, Driven on ground, driven in air
- Ability to receive and turn all in one motion
- Taking "half a touch" when in the middle channel of the defensive half
- Penetrating ball played to midfielders (#6, #8, #10) when possible
- Ability to run with the ball. This is usually performed by #2 and/or #3.
- Combination play from #2 or #3 with either #6 or #8 to get beyond opponents forward line.

Topic: Improve your team's ability to create scoring chances from wide positions

Who?

Players: 7, 11, 9, 10, 2, or 3 Primarily
6, 8 Indirectly

Based on a 1-4-3-3
system

Where?

- Flank channels of attacking half
- Middle channels of attacking half
- Entire penalty box
- Middle third into wide channels of attacking third.

When?

- Opponents are compact in their defending third of the field making it difficult to penetrate centrally.
- After changing the point of attack
- Numerical superiority in flank areas of attacking third
- Player with the ball in the flank area recognizes numerical superiority in the penalty area
- After creating numerical superiority in flank areas when in the attacking third

Why?

- Opponents are compact centrally in their defending half of the field
- Opponents have numerical superiority in their defending half and/or third of the field
- To pull the opposition from being compact centrally in the defending half/third of the field
- Opponents goalkeeper has difficulty with aerial serves
- Attacking team (#7 or #11) has technical superiority against opponents #2 or #3
- Attacking team's ability to score is superior to opponents #4 or #5

What?

- Establishing width in attacking half of the field early when in possession
- Combination play (overlaps, wall passes, double passes, three player combinations) in flank areas of attacking third of the field
- Individual abilities to beat an opponent. #7 dribbling past opponents #2
- Support angles around the ball in the flank areas
- Visual recognition when to create a scoring chance from a wide area vs a central area
- "Framing the goal"

How?

- Technique of making an aerial serve
- Types of aerial serves: driven, bent, on ground
- Runs in the box ("leave late but arrive on time)
- Visual cues when to make runs in the box
- Surface selection of the foot that strikes the ball (inside or instep?)
- Heading to score
- Heading to pass
- Volleying techniques

Topic: Improve your team's ability to create build up using the wide players

Who?

Players: 7, 11, 2, or 3 Primarily
10, 9, 6, 8 Indirectly

Based on a 1-4-3-3
system

Where?

- Flank channels of attacking half
- Flank channels of defending half
- Middle third into wide channels of attacking third
- Middle channel into wide channels of defending half

When?

- Opponents are compact making it difficult to penetrate centrally.
- Numerical superiority in flank areas is present.
- During the build up phase in either the attacking or defending half of the field.

Why?

- Opponents are compact centrally making it difficult to penetrate.
- To create numerical superiority in the defending or attacking half.
- To relieve pressure when playing in the middle channels of the field.
- Use of width can pull defenses to create more mobility for the team.
- Establish a rhythm of play

What?

- Establishing width when in possession
- Combination play (overlaps, wall passes, double passes, three player combinations) in flank areas of attacking third of the field
- Individual abilities to beat an opponent. #7 dribbling past opponents #2
- Individual abilities to run with the ball in the flank areas (#2, #3, #7, #11)
- Support angles around the ball in the flank areas
- Visual cue of when to "go around" the opponent is favorable.
- Rhythm of play to help pull opposition to create mobility for the team.
- Speed when playing across the back and through the middle channels.

How?

- Techniques of passing: push, driven, bent
- Technique of making an aerial serve
- Technique of re-directing aerial and ground balls.
- Body shape prior to receiving a pass.
- Techniques of dribbling: running with the ball and turning

Topic: Improve your team's ability to create build up through the midfield

Who?

Players: 4, 5, 6, 8, 9, 10 Primarily
7, 11, 2, 3 Indirectly

Based on a 1-4-3-3
system

Where?

- End of defending third through middle third into the attacking third.
- Middle channels of attacking half
- Middle channels of defending half
- Wide channels of attacking and defending half

When?

- In build up phase in defending third of the field
- Numerical superiority in middle channel of middle third is present.
- Transition stage in middle third.

Why?

- To achieve effective penetration into the attacking third efficiently.
- To assist in creating goal scoring chances.
- To maximize play-maker abilities (#10)
- To improve starting positions to help stay compact as a team when in the build up phase.

What?

- Mobility of the midfield players (#10, #8, #6)
- Penetrating passes when possible to #10 or #9
- Combination play (#6, #8, #10, #9)
- Support angles around the ball in the middle channels to create combination play
- Depth created by #4 and #5
- Visual cue of when to "go through" the opponent is favorable.
- Rhythm of play to help pull opposition to create mobility for the team.
- Speed when playing through the middle channels.
- Taking a "half-touch" when in the middle channel of the middle third.
- Accuracy of passing from #4, #5, #6, #8, #10
- Shape of midfielders #6, #8, #10

How?

- Techniques of passing: push, driven, bent, disguise
- Technique of re-directing aerial and ground balls.
- Re-directing and turning the ball in one motion
- Body shape prior to receiving a pass.
- Techniques of dribbling: running with the ball and turning

Topic: Improve your team's ability to create scoring chances from central positions

Who? Players: 9, 10, 6 or 8, Primarily 11, 7, 5, 4, 3, 2 Indirectly	Based on a 1-4-3-3 system
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Where? <ul style="list-style-type: none">• End of middle third into the attacking third.• Width of penalty box area• Middle channel of attacking half
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When? <ul style="list-style-type: none">• In build up phase in middle and attacking third of the field• Numerical superiority from the middle third into the opponents penalty box is present.• Transition stage from middle and attacking third.• Superiority of #9 and #10 are evident.

Why? <ul style="list-style-type: none">• To achieve effective penetration into the penalty box.• To creating goal scoring chances with the ultimate outcome of scoring.• To maximize play-maker abilities (#10)• To maximize #9 play-maker and scoring abilities.

What? <ul style="list-style-type: none">• Penetrating passes when possible #9• Combination play in and around the penalty area• Support angles around the ball to create combination play• Mobility of #10 and #9 to run beyond opponents defending unit• Mobility of #9 to run into open spaces and channels• Mobility of #9 to make checking runs• Ability of #9 to turn and strike• Ability of #9 to utilize a one-touch pass to lay a ball back for a teammate.• Ability of #10 to run with the ball at opponents defending unit to create opportunities centrally.• Timing of runs from #9 and #10 when #7 or #11 are in possession.
How? <ul style="list-style-type: none">• Early surface selection to score• Technique of finishing: instep drive, bent ball around opponent and goalkeeper, inside of foot.• Technique of one-touch passes to lay a ball back for a teammate• Technique of passing: push, one-touch flicks, one-touch layoffs, disguise (outside of foot)• Re-directing and turning the ball in one motion• Body shape prior to receiving a pass.• Techniques of dribbling: running with the ball, turning, and creating space



D License Topics-Defending

Topic: Improve your team's ability to recover the ball in the defensive half

Who?

Players: 1, 2, 3, 4, 5, 6, 8, 10 directly
7, 9, 11 indirectly

**Based on a 1-4-3-3
system**

Where?

- Flank channels of defensive half
- Middle channels of defensive half
- Entire defending half of the field

When?

- Opponent enters in the defensive half of the field.
- Opponent has numerical superiority in the defensive half of the field.
- Opponent is isolated in flank areas of defensive half of the field.

Why?

- To win the ball back deep in your own defensive half with the purposes of countering.
- To deny penetration into the final third and vital areas.
- To deny opponents the ability to create and finish goal scoring chances.

What?

- Pressure vs. delay
- Speed of approach
- Predictability
- Cover, Balance, and compactness.
- Correct distance and angles of covering, balancing players.
- Cutting out passes (Screening)
- Awareness and understanding of vital space for the opposition.
- Recovering to gain numerical advantage.
- Marking vs covering space

How?

- Pressure on the ball enough so the opponent can't penetrate.
- Body shape and positioning when pressuring the ball
- Speed and angle of approach of player applying pressure.
- Body shape of covering and balancing defenders.
- Positioning of players in the line and goalkeeper.
- Tracking
- Techniques of heading and redirecting aerial balls.

Topic: Improve your team's ability to recover the ball in the attacking half

Who? Players: 7, 11, 9, 10, 8, 6 Primarily 1, 4, 5, 2, and 3 Indirectly	Based on a 1-4-3-3 system
Where? <ul style="list-style-type: none">• Attacking half of the field (Opponents defending half)• Flank areas of attacking half of the field• Central channels of attacking half of the field	
When? <ul style="list-style-type: none">• Opponent in possession of the ball has their back to the field.• Numerical superiority in the opponents defensive half.• Opponent displays a "bad" touch upon receiving the ball in the attacking half• Opponents play a slow pass in the attacking half which allows the line to apply pressure.	
Why? <ul style="list-style-type: none">• Winning the ball back sooner rather than later.• Score indicates pressuring higher up the field in order to create scoring opportunities.• Opponents skill level is inferior.• Attacking team (#7, #9, #11) has numerical superiority against opponents.	
What? <ul style="list-style-type: none">• Line of confrontation established as a "pressing line" to work from• View of the ball as the front line players drop into a deeper line of confrontation• Positioning and start positions for the forward line (#7, #9, #11)• Movement of defending players as the ball the travels• Midfield (#10, #8, #6) support from behind to help close attacking support players• Proper marking in the back line and control of the space behind the defense if the opponent chooses to play long	
How? <ul style="list-style-type: none">• Pressure on the ball enough so the opponent can't penetrate.• Pressure on the ball so the opponents can not turn when back is to the field.• Body shape and positioning when pressuring the ball• Speed and angle of approach of player applying pressure.• Body shape of covering and balancing defenders.• Positioning of players in the line and goalkeeper.• Tracking• Techniques of tackling (block, and poke)• Techniques of heading and redirecting aerial serves.	

Topic: Improve your team's ability to defend against the counter attack

Who?

Players: 7, 9, 11, 10, 8, 6, 4, 5, Primarily
1, 2, 3 Indirectly

Based on a 1-4-3-3
system

Where?

- Central channels of both attacking and defending half.
- Flank areas of both attacking and defending half.
- Wherever the ball is lost and the opponent can quickly counter.

When?

- When ball is turned over to the opponent.
- As quick as possible (within 3-5 seconds)
- When moving forward towards opponent's goal.
- During in the build up phase in either the attacking or defending half of the field.

Why?

- To prevent opponents to quickly play forward towards your goal.
- To keep opponents under duress.
- To keep from getting stretched defensively.

What?

- Immediate pressure.
- Compactness
- Squeezing the ball into "pockets" in order to win the ball back quickly.
- Keeping team shape when in attack in order not to be countered.

How?

- Pressure on the ball enough so the opponent can't penetrate.
- Movement as a unit, not individuals. (commitment)
- Pressure on the ball so the opponents can not turn when back is to the field.
- Body shape and positioning when pressuring the ball
- Speed and angle of approach of player applying pressure.
- Body shape of covering and balancing defenders.
- Positioning of players in the line and goalkeeper.
- Tracking and turning
- Techniques of tackling (poke and block)
- Techniques of heading and redirecting aerial serves.
- Ability to cut out passes

Topic: Improve your team's ability to defend against wide attacking play

Who? Players: 1, 2, 3, 4, 5, 6 Primarily 7, 8, 10, 11, Indirectly	Based on a 1-4-3-3 system
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Where? <ul style="list-style-type: none">• Primarily wide channels of defending half.• Central channels of defending half• In and around the penalty box area of defending half.

When? <ul style="list-style-type: none">• Opponent attacks wide areas of defending half.• Ball enters wide areas of defending half via pass from central area.• After lose of possession in defending half to opponent in wide area.

Why? <ul style="list-style-type: none">• To prevent opponent from serving crosses into the penalty box.• To prevent opponent from going "around" your block of players in order to create a scoring opportunity.• Your team defends deeper rather than later which allows the opponents wide areas exposed as they will attempt to serve crosses in an attempt to get "behind" your line of defense.

What? <ul style="list-style-type: none">• 1v1 Defending abilities of #2, and #3 players.• Man-Man marking and tracking abilities of #4, #5, #6, and #8 players.• Ability for the GK (#1) to cut out crosses and organize the defense.• Ability to "influence" a cross by getting in its path while individually defending.• Calculate ball speed, flight, and spin quickly.• Defending against an overlapping run by opponents in wide areas.
How? <ul style="list-style-type: none">• Techniques of individual defending: pressure (force inside or outside)• Techniques of re-directing aerial balls.• Techniques of heading balls to clear.• Techniques of tackling (block, poke, and slide)• Technical ability of the goalkeeper handling crosses.

Topic: Improve your team's ability to defend zonally

Who? Players: 1, 2, 3, 4, 5, Primarily 6, 7, 8, 9, 10, 11 Indirectly	Based on a 1-4-3-3 system
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Where? <ul style="list-style-type: none">• Central channels of both attacking and defending half.• Flank areas of both attacking and defending half.• Wherever the ball is lost and the opponent can quickly counter.
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When? <ul style="list-style-type: none">• Opponent is building up in either attacking or defending half.• Ball is in wide areas of defending half near midfield.• Ball is above the penalty box you are defending.

Why? <ul style="list-style-type: none">• To maintain a balanced defensive shape.• To maintain being compact vertically and horizontally.• To improve starting positions when winning the ball back.• To control space in front and behind.
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What? <ul style="list-style-type: none">• All principles of defending (pressure, cover, balance, compactness, control and restraint)• Restricting space by stepping up as a unit.• Relationship with line or block ahead or behind.• Quick acceleration and deceleration.• Ability of #4 and #5 to read and anticipate opponents actions.• Being able to defend "feints" and directional changes.• Ability of #2 and #3 to squeeze space horizontally and vertically.• Ability of #1 to read and anticipate opponents actions and stepping up to close space behind the back line.• Spacing between and in each line in order to control the opponent.• When to play zonally vs. man-man. How? <ul style="list-style-type: none">• Techniques of individual defending: pressure (force inside or outside)• Techniques of tackling (block, poke, and slide-last resort)• Techniques of individual defending and preventing the turn.• Techniques of re-directing aerial balls.• Techniques of heading balls to clear.• Technical ability of the goalkeeper to handle shots, balls on the ground, and crosses.
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