

Player Development Philosophy



To create a player-centric environment, our number one priority is focused on what is best for each individual player in regards to their overall, Long-Term Development. NSC will focus on growing and developing, not just their individual soccer abilities, but views the opportunity of using the game as a platform to develop young people as our ultimate responsibility.

4v4 Standards

Player Development Philosophy

Players are in the “Discovery Phase” from ages 5-8 years old. Understanding this is vital to how we approach the development of our young players and people. This is often their first experience with a ball, a coach, an organized team and thus their first opportunity to begin to understand the very basic concepts of the game and playing with teammates. As a result, Safety and FUN are our TOP Priorities!

Training Directives & Initiatives

- Coaches expected to have completed the US Soccer Grassroots 4v4 Course.
- Players will have a ball at their feet a heavy majority of the time.
- Play/Rest time should be no less than 50/50 for every player.
- Introduce basic soccer actions of running with the ball, using both feet and using all surfaces of the foot to control and manipulate the ball in different directions.
- Focus is on creating **fun** environments with **little** instruction; encouraging players to be creative and try new things in a positive atmosphere allowing for them to develop at their own pace.
- Through continuous praise of one’s effort, commitment to learn and willingness to make a mistake; Coaches will intentionally seek opportunities to speak with players about developing a growth mindset so that our young people begin to see a challenge as a learning opportunity.

7v7 Standards & 9v9 Standards

Player Development Philosophy

Players are in the “Romance Phase” from ages 9-13 years old. Our coaches will learn to understand each player’s individual relationship with the game during this phase to help them develop a passion for the game and love of the sport. Placing players in a fun, yet challenging environment that encourages creativity, technique, fundamental skills and celebrates the process of learning are the Top Priorities of our coaching staff.

Training Directives & Initiatives

- Coaches expected to have completed the respective US Soccer Grassroots 7v7/9v9 Course.
- Players will build on technical skills developed at the 4v4 level and progress their way through our age appropriate ball mastery matrix and player development matrix.
- Players will have a ball at feet, between 1-3 teammates, a high majority of the time.
- Play/Rest time should be approximately 70/30.

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- Positional expertise slowly incorporated but players should continue to rotate to learn basic roles for all positions on the field.
- Tactical concepts slowly introduced through session topics & focused coaching points (finding/creating space, passing combinations, speed of play, switching the point of attack & defending in 1's and 2's) according to our tactical development matrix.
- Focus will remain heavily on technical development and "coaching the individuals" will become vitally important. Discussion on team tactics will account for less than 10% of team conversations.
- As we demonstrate new tricks, tips, and moves to our players we understand that it is okay to put different restrictions on players with superior technique.
- Coaches will use every opportunity to continue to develop the growth mindset by explaining that the timetable of development is different for everyone and that skill alone has ZERO indication on future success.

11v11 Standards

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Players are now entering the "Commitment Phase" from ages 13-18 years old. Setting high expectations and demands from day one will allow for a positive environment of accountability for our players and coaches. Our coaches will understand each player's relationship with the game and will use that to shift focus towards how each individual plays a vital role in the team. Consistently placing players in competitive environments will provide opportunities to both expose and build character in our young people. Focusing on the long-term preparation for high school and life beyond sports is our Top Priority!

Training Directives & Initiatives

- Coaches are expected to have completed the US Soccer Grassroots 11v11 Course.
- Training becomes more tactical in nature, discussing relationships between players (positions) and how they need to work together to be successful.
- Technical focus still vitally important, becoming more advanced and sharp.
- At least ¼ of every session is spent with a ball between 2-4 players.
- Positional expertise becomes a focus for individual development and growth.
- Play/Rest time for training should be no less than 75/25.
- Playing time now becomes a product of multiple factors including, but not limited to; Commitment/Investment to team, work rate, respect towards coach, team, officials and opponents, body language and the willingness to listen to coaching points.

**We understand the issue of fair playing time is very subjective. Our coaches will be responsible and communicate how sacrificing short term happiness (more playing time) creates one of our biggest opportunities to build character and teach important life lessons for kids at this age. Lessons that include how hard work can lead to high achievement, how to be resilient in the face of "unfair" situations and how the process towards winning is way more important than the winning itself. Coaches will be responsible in making it a priority to take time to discuss any issue the players or parents wish to address with them.

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