

PLAYERS MANUAL



WHERE CHAMPIONS TRAIN



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DOUG MILLER SOCCER

Mission Statement

Doug Miller Soccer will provide a world class environment for your son or daughter designed to produce the next generation of quality soccer players. Our philosophy mimics what U.S. Soccer is looking for by providing a 3 to 1 training ratio to games. The foundation of our program is ***Desire, Determination, Dedication, Respect, and Integrity***. It is upon these principles that we build well-rounded high level players. While every parent desires the best for their child, only DMS can provide the environment for optimal success on the field. With a highly-skilled coaching staff, we strive to give the most opportunity for advancement of each player. With the most advanced indoor & outdoor training facility, DMS offers what clubs cannot and we take great pride in what we offer to our players and families. We are more than a soccer program - but an organization that teaches values and truly invests in your experience. We are a soccer stronghold.

Understanding the 4 pillars of soccer

As you progress through Doug Miller Soccer, we want each player to understand the 4 pillars of the game. The first pillar and one of the most important is **Technical**. The technical capacity is being able to dominate the ball dribbling, passing, receiving, heading, and shooting. We train to make all of our player's proficient in these techniques. The second pillar, **Physical**, is making sure that each player is physically fit to play the game the way it is supposed to be played. Whether it is endurance, strength, speed, or agility, the game demands that each player be physically fit. Each position on the field has different demands and our players are expected to meet the physical demands to play all positions. The third pillar, **Tactical**, is understanding the playing system in which your team, club will implement. At each age level there are different systems based on the number of players on the field. It is the responsibility of the player to understand the roles and responsibilities of all positions, in the system they play. Being an ever-learning student of the game is essential as it keeps you from simply becoming a fan. The fourth and final pillar is the most difficult and what will separate you from everyone else, **Mental**. The mental capacity of the game is what will give you the edge over your opponents if you can harness the belief and ability to see yourself being successful. The adversity in which you will go through during a full season will be like a roller coaster. As a player, you must embrace both the successes and failures. If you can see yourself being successful then it can happen, but if you cannot it will be very difficult. Within DMS we will help you achieve your soccer and life goals but again you, the player, must drink from the waters of success.



Training Preparation

If you are looking to become the very best player, you must prepare yourself each day by training hard. We have two scheduled training sessions per week that affords you an environment to become a better player. You must drink the “water” (information) your coaching staff gives you and then implement into your training session. Our expectation is you will be prepared to give your very best each session. You will be wearing the proper DMS gear with your shirts tucked in and look the part of a young professional. You are also required to bring a soccer ball that is pumped and ready to be used in training.

The keys to being a successful soccer player are:

1. **Desire**- to be the very best
2. **Determination**- work harder than everyone else
3. **Dedication**- never quit on yourself or teammates
4. **Respect**- yourself, teammates and opponents
5. **Integrity**- Honesty

Match Preparation

We expect our players to be match-fit and prepared for every competition. We will never take an opponent lightly or be fearful of any opponent, but respect them as we respect ourselves. Our coaching staff will focus their attention to provide 3 key factors for each opponent.

Strengths of the team (example: personnel)

System of play (example: 4-4-2, 3-5-2)

Opponent's weaknesses (example: slower defender, flat in the back).

This information will help our team prepare during training both tactically and mentally for each opponent. We will be mindful of playing to our strengths, as well as preparing for each opponent.

Being a Good Teammate

We will treat all our teammates with respect and integrity regardless of where they are from. We will encourage our teammates to “speak life” into them, and be excited for their successes. We will put the team's needs in front of our own. We will hold our teammates to the highest standards of integrity. Our team leaders will lead by example as this earns the respect of your teammates. We will unite for a common goal!



Representing DMS

Our players and families will be a role model for WNY by encouraging and playing the game with passion & integrity, while having great sportsmanship towards our opponents. We will respect ourselves, our family, and our community with honor and dignity. We will be leaders in the community that other clubs and teams will look up too.

Parent Expectations:

1. You will be positive and supportive to all participants.
2. You will be on time for all games and practices.
3. If you will be late or miss a team function, you will email/text coach prior to the start of the event.
4. You will not coach your child during games and practices. That is the coach's job and responsibility.
5. There is to be no interaction or comments from the parents on the sideline to any official at any game. The coach is the only one that should be discussing calls with the official(s). Constant chatter from the sideline is not only inappropriate, but negatively affects our game, and our club as well. If you are not able to respect this new rule you will be asked to leave. All comments are to be only positive reinforcement to the players on their play.
6. Understand that the main focus at DMS is about the *training*. Playing time will be given to every player, but will not always be equal. Every minute of playing time must be earned by the player.

Travel Expectations

1. No player should go anywhere alone or leave the hotel without the permission of the Coach and/or their Parents
2. We are guests of the hotel. All hotel rules are to be followed.
3. Players must be punctual and strictly follow all curfews.
4. Any problems should be communicated to the coach immediately.
5. Prepare to be at the field, ready to go, **45 minutes prior to any game**, unless instructed differently.
6. Please remember that you are representing DMS, in addition to yourself.
7. Use of alcohol is strictly prohibited at all fields



Doug Miller Soccer's Roles and Expectations by Position

Goalkeeper

Defensively:

- Organize players in front of goal; especially on restarts
- Verbal communication
- Play as a deep sweeper - ball over top and through ball
- Proper angle play / positioning for shots
- Quality shot stopping
- Positioning for crosses
- Proper handling of crosses
- Vision
- Transition

Offensively:

- Support defenders for back pass
- Distribution: when, where, how (initiate counter when "on")
- Verbal communication
- Transition
- Vision

Central Defender

Defensively:

- Play even with, behind and in front of backline
- Organize team defensively with communication
- Establish and control last line of defense and rate of retreat
- Offside considerations and proper timing
- Marking oppositions forwards
- Stepping the team up
- Deny through balls / intercept passes
- Skillful in the air and the tackle
- Provide cover for other backs
- Pressuring the ball and blocking shots

Offensively:

- Initiate the counter-attack with penetrating passes
- Support the play from behind
- Squeeze the team from behind
- Dictate change of field / rhythm of play
- Makes 1-2 penetrating runs per half with and without the ball



Outside Back

Defensively:

- Mark forwards / wide midfielders; when to deny the pass, contain, tackle
- Mark ball side and goal side and look to deny pass
- Recover toward near post
- Understand zone / man-to-man combination defending
- Execute offside trap appropriately
- Skillful in air and tackle
- Proper decisions on when to attack the ball
- Provide cover for midfielders and center backs
- Provide balance when ball is weak side (squeeze centrally)
- Deny services and shots

Offensively:

- Proper decisions on distribution (weigh safety vs. risk)
- Establish width/ provide early outlet after ball is won
- Overlapping runs
- Squeeze from behind (maintain compactness)
- Support players with ball (especially center backs & wingers)
- Provide quality service

Defensive Midfielder

Defensively:

- Organize midfielders and forwards / communication
- Provide cover for pressuring midfielders
- Cover dangerous space in front of center backs
- Provide balance in midfield
- Mark opponent's attacking central midfielder
- Play zonally; slide laterally across the field
- Pressure the ball, slow down the attack, prevent counter
- Double team (when and where appropriate)
- Be a ball-winner in the air and the tackle
- Anticipate / intercept passes / win 2nd balls

Offensively:

- Provide support from behind and square
- Dictate rhythm of game
- Change point of attack
- Keep possession
- Hit deep penetrating passes when "on"
- Finish from distance with long range shots



Wide Midfielder

Defensively:

- Defend the entire flank
- Proper recovery runs (toward near post)
- Understand zone / man-to-man combination defending
- Provide cover around ball
- Provide balance when ball is weak side (cover back post-space)
- “roll up” onto opposing wing back in pressing situations
- Track players to goal (goal side / ball side)
- Contain and delay counters
- Strong in air and tackle
- Win 1 v 1 duels
- Deny service

Offensively:

- Ability to run the entire flank
- Establish width in attack
- Create space for teammates
- Penetrate with dribble and combination play
- Overlapping runs
- Support central midfielders, forwards, and backs
- Provide quality service
- Ability to get “around the corner”
- Ability to cut inside the midfield line and back line
- Ability to finish

Attacking Midfielder

Defensively:

- Play zonally; slide laterally across field
- Provide cover for forwards
- Deny central passing lines
- Deny change of field through midfield
- Pressure ball
- Win ball in tackle / air / off interception
- Chase back to double team with defensive central midfielder
- Track opponents defensive central midfielder
- Step and help forwards “press” when appropriate

Offensively:

- Play in advanced areas / close support of forwards
- Make runs in advance of forwards
- Penetrate defense on dribble / with combination play
- Provide through-balls to forwards
- Dribble penetrate & have vision to slip ball thru central wide



Look for 2nd balls laid back from forwards
Win knockdowns / 2nd balls
Find ball immediately upon gained possession and initiate counter
Provide immediate outlet to backs in transition
Finish

Forward

Defensively:

Transition to defense immediately
Integral part of team defense; initial point of pressure
Make play predictable; steer opponents
Discipline to be quality defender 1 v 1 (not diving in or fouling)
Ability to apply immediate high pressure
Discipline to meet opposition's backs when necessary

Offensively:

Show/check for ball (high work rate / mobility)
Know when to hold ball vs. lay ball off
Ability to beat player 1 v 1 and with combination play
Ability to create space for self and teammates
Synchronized movement with other forward
Ability to create chances for self and others
Finish high percentage of chances
Quality runs in penalty box
Stretch opponent; depth and width
Diagonal and bent runs into space and for through balls
Constantly attempt to get behind defense (without being offside)
Discipline to maintain & regain on-side position



DMS

Offensive Corner Kick # 1



Runners 1-5 star together near top of the box and together to disguise who is making which run. The player #7 who is not shown is the kick taker.

1: Near Post Space: beats the guy cutting out short service, flicks on those short services; looks to turn and frame when ball goes over his head

2: Space in front of GK: slashes in front of GK and /or their zonal player center of the 6; GK never boxes a ball that is low and whipped because this guy slashes in front; deep or out-swinging service he looks to turn and screen GK

3: Back Post Space: bends outside of back post away from ball, stays disciplined to not be in tight taking away 3 run; should be heading the ball from just outside far post; if short or away from goal, frames the far post

4: Top of 6, between PK Spot and Back post: this is our target on the service; if ball not to him, looks for knock downs by moving towards ball and in front of defenders

5: Deep Space: stays deep for any over hit balls; can arrive late

6: starts top of "D" / top of PK box; moves towards the PK spot as ball about to be headed; looks to put knockdowns or missed clearances back in the box

8,9: Front passive defenders: help deal with their countering forwards; near side of them can check to corner of box to change service angle or draw out opposing defender; Main job is to prevent counters by putting clearances back into the box

10: Back passive defender: makes sure no one gets in behind us; often a fast quality defender; any ball near him on a clearance from opponent should be played back into the box, high and wide to allow our players to recover, or simply way out of bounds (again to allow our player to recovery).



DMS Offensive Corner Kick # 2



1-5: all are on the goal line. As the ball is served they step off the goal line 2-3 yards and in front of defenders and try to redirect the service into the goal. 5 comes around from back post to near post. Should be your best player in the air.

6: starts top of the "D"; moves towards the PK spot as the ball is about to be headed, looks to put knockdowns or missed clearances back on frame

7 (Kick Taker): Server should be trying to shoot the ball into the net with a driven in-swing

8,9: Front passive defenders: Help deal with their countering forwards; near side of them can check to corner of box to change service angle or draw out opposing defender, Main job is to prevent counters by putting clearances back in the box

10: Back passive defender: Makes sure no one gets in behind us; often a fast quality defender; any ball near him on a clearance from opponent should be played back into the box, high and wide to allow our players to recover, or simply way out of bounds (again to allow out players to recover)

DMS Offensive Corner Kick # 3



2-5: all are on the goal line beyond the far post. The ball is played short 2 vs 1 and the runners don't move into that 2v1 happens. Once they execute the 2v1 then 2-5 make their appropriate runs making sure the TIMING is correct. **8:** then makes a backdoor run for the service over the top.

6: starts top of the "D"; moves towards the PK spot as the ball is about to be headed, looks to put knockdowns or missed clearances back on frame

1-7 (Kick Taker): Play a short corner executing the short corner. 7 plays to 1 and then overlaps to serve the ball into box. It should be a in swinger so make sure we have a left footer and right footer on ball

9: Front passive defenders: Help deal with their countering forwards; near side of them can check to corner of box to change service angle or draw out opposing defender, Main job is to prevent counters by putting clearances back in the box

10: Back passive defender: Makes sure no one gets in behind us; often a fast quality defender; any ball near him on a clearance from opponent should be played back into the box, high and wide to allow our players to recover, or simply way out of bounds (again to allow out players to recover)

DMS

Offensive Restart # 1



1-2-3 over the ball. First option is to bend ball to back post with runner crashing. **2** goes over ball first and attacks the outside of wall. **3** goes over ball to the middle of field and **1** bends ball on frame.

4-5 start in front of wall and after **2-3** run over ball than they bend their runs to frame the goal and look for rebounds.

6-7-8 crash the goal but must be aware of timing of the runs of **2 & 3**.

9-10 are in good passive defensive shape to prevent counter attacks. After the shot is taken, **9-10** are responsible for looking to stop quick throws/ passes that would allow a counter to start.

DMS Offensive Restart # 2



1-2-3 over the ball. **2** makes his run over the ball to the outside of wall **3** follow and makes run to inside of field demanding ball. **1** plays the ball to the outside of wall to player **2** who then can cross the ball across the frame of goal to players **4-8**. Timing of the runs are the most important part of selling this.

4-5 start in front of wall and after **2-3** run over ball than they bend their runs to frame the goal and look for rebounds.

6-7-8 crash the goal but must be aware of timing of the runs of **2 & 3**.

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DMS Defending Corner Kicks



1 must line up 10 -12 yards away from ball making it difficult for a low service to near post and also denying short corner. **2** must be on near post for the in swinger. **3-6** will line up on the 6 yard box. These will be your better players in the air. Make sure players understand that they never go back but always attack in front. Communication is huge part of the success of defending corners. **7-9** will be marking players touch tight to an attacker. **10** if needed can come back to defend but can also stay high to keep defenders back.

