

Wakefield Soccer Association

DOC Introduction

Michael Caine

Who is Michael Caine?

- Born in Wolverhampton ,UK
- First started Playing Soccer Age 6.
- Married to Nicole Caine
- Two small boys – Noah and Jack.
- Lived in USA – Derry NH for 8 years.
- Favourite Soccer team – Wolverhampton Wanderers
- Favourite player – Zinedine Zidane.
- Favourite TV Show – Only Fools and horses.

Playing Experience

- Played for Local team Bilbrook Juniors from the age of 6
- Represented Stoke City FC Youth Program (premier ship club) for 3 years
- Captained the State of Staffordshire for 5 years.
- Reached National Schools final for England , Scotland and Wales
- Represented Clubs in international competitions in Spain and Sweden
- Played varsity soccer for 3 years.

Why am I suited to for the DOC position for WSA

- Over 20 years of experience
- Coached in various countries and states
- Coached all ages from 18 months – over 21s
- Directed Soccer Summer programs
- Directed Winter Programs
- Assistant DOC for Acton and Boxborough Youth Soccer & Strikers United for 4 years
- Won Various Leagues cups and tournaments – including Blue Division of Maple and Also Andre Cup
- US B License Holder
- FA goalkeeper License
- FA coaching License 1 & 2
- Coached various clubs and programs such as ODP, Strikers united and NH Phantoms
- Assistant coach for Lexington high school.

My Philosophy

- Focus on Technique from a young age
- Progression with age, more tactical, technical and small sided games as players age and advance
- Players should be knowledgeable about the sport
- Challenge players physically and mentally
- Always positive
- Possession based

How My Philosophy will affect the club

- Confident individuals
- Improved ability on the ball
- Positive reinforcement - understand that they can make mistakes.
- SAQ – all players will become quicker and stronger and help to improve footwork.

Technical v Tactical

- Technical skills are learnt at an early age 3+
- Essential skills
- Needs repetition 5,000 per skill
- Difficult to change once taught
- Tactics can be taught at an older age
- Tactics constantly change
- Can be focused

Technical V Tactical Breakdown

- U5 - U6 Technical 95% Tactical 5%
- U7 – U8 Technical 95% Tactical 5%
- U9 – U10 Technical 90% Tactical 10%
- U11 – U12 Technical 85% Tactical 15%
- U13 – U14 Technical 70% Tactical 30%

Aim of the curriculum

- The Aim of the curriculum is to develop soccer players who are well rounded individuals.
- Technically Sound
- Have Knowledge and understanding of the game – Rules and positioning
- Positive and creative
- Improve Speed, Agility and Quickness (SAQ)
- Aggressive and competitive

Curriculum

- Each age group will have their own specific topics.
- Topics split into 3 groups. Follow plan, follow topic or open.
- Topics in **Blue**, you must use the DOC session plan.
- Topics in **Green**, you must use either DOC session plan, or coaches own session plan
- Younger ages will have more topics which will require you to follow plan of the DOC

Session Requirements

- All session will have SAQ section.
- All warm ups will start with a Headers and volley
- SAQ is aimed at improving players ability in speed agility and quickness i.e. how fast players can run, quick feet and jumping
- Headers and volley techniques will save time and help gain confidence

Curriculum example

u10

Module 1 Ball Mastery

1. Ball Familiarity
2. Soccer fitness with the ball
3. Running with the ball
4. Ball Control
5. Dribbling 1v1
6. SSG

Module 2 Passing and Receiving

1. Passing Technique inside of foot
2. Passing Technique Driven
3. Combinations
4. Penetrating Defense
5. Playing out of defense
6. SSG

Module 3 Defending

1. 1v1 defending
2. 2v1 defending
3. defending as a group
4. SSG

Module 4 Attacking

1. Technique of shooting with lace
2. Finishing Crosses
3. Attacking with Numbers
4. SSG

Curriculum Breakdown

4 modules



Why 4 modules

- Focus on a specific topic should be more than 1 session (professional clubs have 9/10 weeks on 1 topic)
- Healthy dose of essential skills
- Combinations of groups skills i.e. different passes
- Better understanding of techniques