



Cambridge Football Club – 10 S's for Soccer Success

Synergy – At any one moment, in any given situation each player knows what they have to do, and knows what the other players will be doing to achieve TEAM success.

Strategy – What is the team's Structure and Shape? How will it deal with dead ball opportunities and threats? i.e. detailed for throw-ins, corners, free kicks, goal kicks.

Structure – The team formation based on SWOT of players on hand and the opposition, and the weather conditions, this determines if and how shape and space decisions will work.

Shape – For the 4 phases of the game (affected by wing play and middle play):

1. Defence (back foot) – panic mode, long ball, avoidance, marking, goalkeeper role, likely errors/fouls, offside, communication and commitment are key.
2. Defence (front foot) – containment mode, midfield, wide versus middle, attackers roles, minimum errors/fouls, offside, dress rehearsals at training, being organised is key.
3. Attack (preparation) – possession, building, space, movement, timing, minimum errors, best execution options, triangles and confidence are key.
4. Attack (execution) – creating and taking chances, numbers game, dress rehearsals at training, being drilled and dangerous are key.

Space – Create outlet space for team mates, close outlet space for opposition. Keep long balls to minimum unless changing shape of game or holes presented up front by opposition and forwards.

Support – No one player in any position should ever be stranded, someone is always on hand to pass the ball to.

Skill – Ball control for each position, no need to be great at everything – just what you are asked to do, reading the game, understanding shape, space and support. Remember some players will never change, build on strengths/avoid threats.

Speed – Know when to go and not go, basic fitness, 90 min game, need speed at back and upfront more than in middle.

Stamina – Know when to go and not go, basic fitness, 90 min game, diet, running game, need stamina in middle more than at back or upfront.

Safety – To keep a squad playing all season, play safe, learn how to tackle, trap, kick and head the ball properly, avoid clumsy challenges, pull out if in doubt – you're needed next week.