



Our Vision for Union Sacramento Football Club;

Union FC is a club that develops intelligent and creative football players and plays a constructive, insightful, style of football. We (Union FC) play a possession, attacking based football giving our players the opportunity to problem solve using the various amounts of technical, tactical, creative, and physical skills.

We aim to be a model program for youth football and be recognized for a high level of football competency, cognition, and character, which will enable our players to achieve at the next level in life as well of football, be it Collegiate, Professional, or US National level.

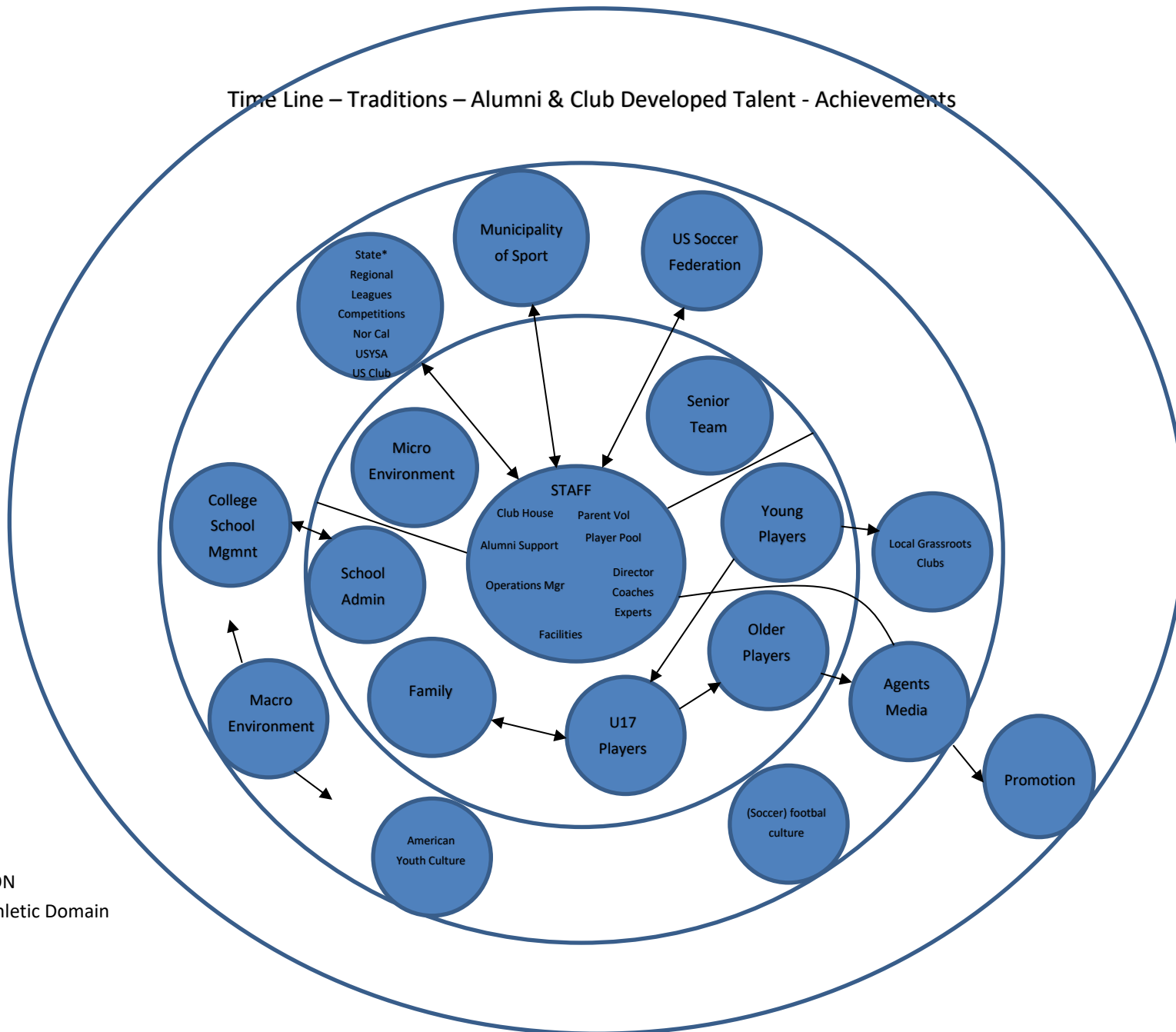
Brandon Cavitt

Director of Coaching



A "Players" World

Time Line – Traditions – Alumni & Club Developed Talent - Achievements

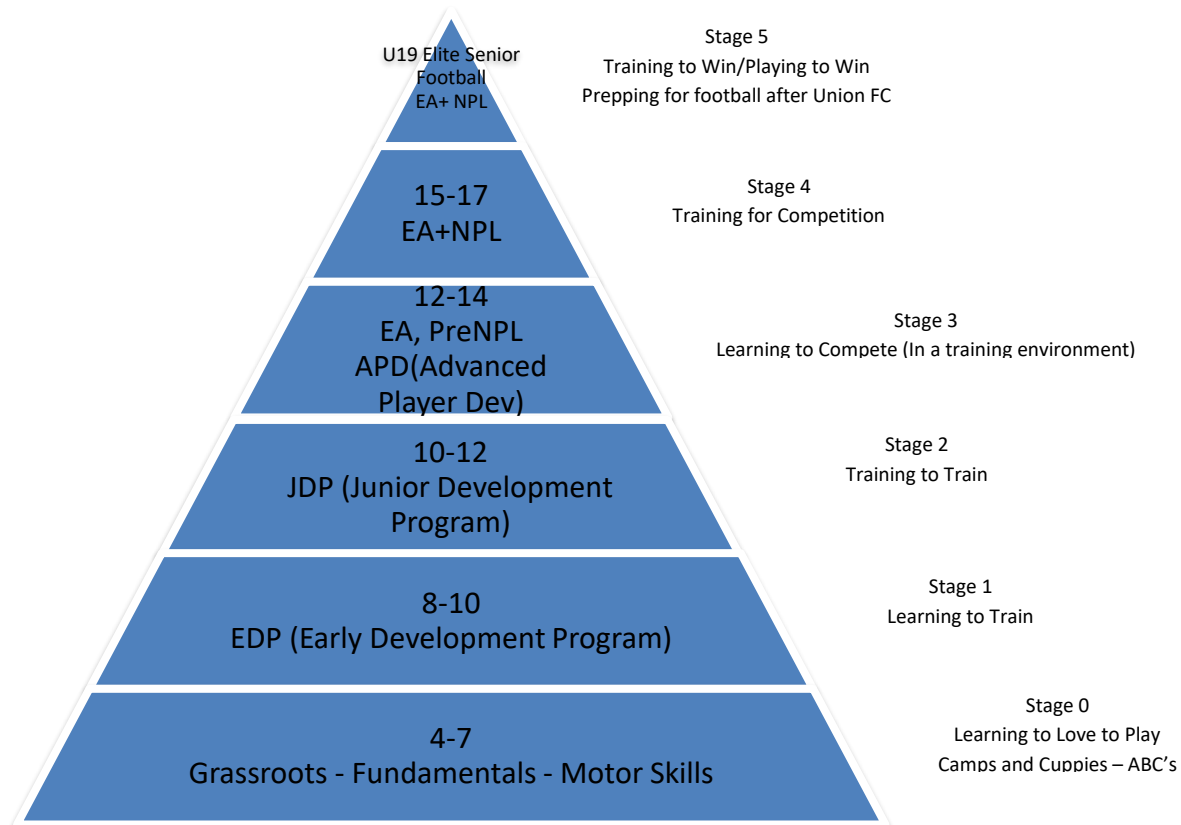


NON
Athletic Domain

Athletic Domain



Our Union FC LTPD Plan





Union FC
Talent Pathway



- Full National Team
- Professional Football
- College – PDL – Semi Pro
- Senior Elite to Adult
- Youth National Camps - Teams
- External Ave. ODP – PDP – ID2
- High School Age NPL+ NPL-Development
- Intermediate Elite NPI/PreNPL/APD
- EDP-JDP – Youth Development Rec-Comp
- Youth Grassroots – Camps - Cuppies



Age	Building Block Phase	What – Why - How
4 to 7 1v0 1+1 to 1v1 3v3 4v4	Fun – Play – Motor Skills Me and the Ball ABC's Camps - Cuppies – ABC's	What: Fundamentals – fun based. Motor skills training. Inspire growth and love of playing Why: Aid in Development and Love for Playing How: Fast moving, a Kid with a Ball Fun Activities and Events
8 to10 1v1+1 to 4v4 5v5 7v7 9v9	“EDP” Early Develop. Program Technique and movement on and off the Ball The game Near Me Diamond to Double Diamond	What: Technical Work, Motor Skill Refinement. Art of Dribbling – Making a 1v1 Player Why: Developing the use of Prior Learned. Activity and Ability How: Introducing opposed training conditions and exploring the game and decision making Short Passing Games
10 to 12 7v7 to 9v9	“JDP” Jr Develop. Program Individual Tactics + Game Group Tactics The Game Near Me To Far from Me Double Diamond	What: Technique to Skill Development. Working with small groups, mirroring the game, working on groups of players, working together – attacking – defending Why: teaching comfort in and out numbered situations How: use of even and unbalanced number of players to teach group concepts, short – med- long passing games
12 to 14 9v9 to 11v11	Intermediate Elite Training APD/Pre-NPL/NPL Far Away Passing Game Go to the Ball, Ball comes to Me Use of Shapes	What: Multiple groups working together. Linking lines of play using cooperation. Points of Attack. Developing the whole team Why: Player transitioning from 9v9 to 11v11. The Adult game with Standards of play and framework. How: Use Team Tactics from 7v7 to 11v11 scenarios that connect the 3 lines (Backs – Mids – Fwds)
15 to 17 11v11	Training to Compete High School Ages NPL+ APD More team focused Additional Physical and Mental Prep	Perfecting Football Training and Playing through High Demands Character Development The Refining of Personality Technical Refinement Tactical Perfection Academic Achievement
18 + 19 11v11	Competing to Win NPL+ College Placement Senior Elite Football	Perfection in football Preparing for Life After Youth football Real Expectations and Demands Final stage of Youth Development Proficiency in the tactical understanding



Stages of Talent Development for Union Sacramento FC

“Starts with an Idea, leads to a concept, grounded by a Vision, made into a plan, set into structure working with a curriculum to get results, analyzed for duplication in successes while learning from failure with a continuance in the quest for excellence” Union FC

6 Stages in Talent Development;

Stage 0: Early Learning, (mostly for young talent playing outside Union FC, primarily from Rec. Clubs ages 4 thru 7) Grassroots program

Stage 1: Learning to Train ages 8 to 10

Stage 2: Training to train ages 10 to 12

Stage 3: Learning to Compete ages 12 to 14

Stage 4: Training for Competition ages 15 to 17

Stage 5: Competing or Playing to Win ages 17 to 19



Description of the Stages

Stage 0; Early Learning (ages 4 to 7)

“Me and a ball “

This is our Grassroots program referred to as “Camps and Cuppies”

In the development of talent in its most basic form we will focus on control. Control the body, Control the ball, Control of the space, and in the final stages Control of the Mind.

In this stage (Stage 0) we focus on the Body and the Ball or A kid and a Ball. We will offer a variety of activities and events to create a love for playing while introducing a football, thus, A Kid and a Ball concept.

Here we will emphasize Body control, Motor skills, a joy of playing with a ball while introducing “Fundamentals”, Fun in Motion, all within a Football environment.

Stage 1: Learning to Train (ages 8 to 10)

“The Game near me”

Training habits are a key to success farther down the road, so we need to emphasize good training habits while having fun, what they learn young they learn for life. Changing training habits later on becomes a challenge and poor training habits will lead to failure at the highest levels.

In this Stage we continue in our quest to control the body and the ball while introducing control of the space you’re

in. With a lack of controls young talent becomes a victim of perceived pressure. Perception of pressure is the difference between playing under control or panic.

Training Sessions are 75 to 90 minutes long, all player focused, while discovering a love of the game.

- ⚽ Football Fundamentals / Ball control, mastering the ball
- ⚽ Motor skills / (A B C's) agility-balance-coordination
- ⚽ Discovery of space, spacial awareness
- ⚽ The art of dribbling
- ⚽ The making of a 1v1 player
- ⚽ Individual tactics (1v1/1v1+1) /
- ⚽ problem solving



Warm ups are done with and without the ball, focused on the body, the ball, and space while in motion.

Most of the main activities will emphasize problem solving with and without the ball. Working with a 1v0, continuing thru 1v1, 1v1+1, all the way to 3v3 and 4v4 small games going end lines or small goals.

Each session will end in Free play to small goals.

Stage 2: Training to Train (ages 10 to 12)

“The game near me to the game far from me”

Sessions are 75 to 90 minutes long, using a continuance of the lessons from Stage 1, along with learned or accumulated abilities; we focus on the mastery of the ball, the control of the body, the command of spaces, while creating a foundation for team work and a making of team mates.

Warm ups are filled with refinements in ball work and motor skills in a variety of scenarios.

Main activities are focused around the mastery of the ball (comfort) and the solving of problems individually along with the help from team mates. Learning new activities and creating a foundation to build from in the training environment as they progress thru the year(s). Each of the main activities ends in small games to end lines or small goals.

Different variations of guiding, passing, dribbling, allow each activities' progression to continue to higher levels of competence, leading to better technical ability and creative combination play.

Examples of games in training;

1v1, 1v1+1, 2v2, 2v2+1, 3v3, 3v3+1, 4v4, 4v4+2

Training games are played to end lines and or small goals, and the use of multidirectional play will be introduced in this stage of talent development.

Each session ends in games going to goals, small or large.

Stage 3; Learning to Compete (ages 12 to 14)

“Far away passing game, along with going to the ball and the ball coming to me”

With the changes in landscape within our football environment we now have a demand for result based play and consequences of our play. Pre-NPL at the U12 and U13 ages will create a demand for better more effective training plans. The results of our U10 and U11 training will be critical in our success.



Training sessions are 90 minutes long with a main focus on ball mastery, combination play, pressure (Offensive - Defensive), early stages of transitional play, and now that a foundation has been laid in the earlier stages of work, new tactical concepts are introduced. Team training along team shapes can now be emphasized along with the continuance in talent (player) development.

- ⚽ Principles of Attacking such as possession, penetration, providing support, movement of the ball, movement off the ball, height-depth-width and creativity, getting numbers up.
- ⚽ Principles of Defending such as pressure, cover, balance, support, compactness, winning the ball, closing down space, picking the correct angles, delay, and playing in numbers down scenarios.

Warm ups will be in games and activities introducing pressure, time-space-and opposition. Opposed play is key to competency and cognitive development. We will use 3v1's and 4v1's to start the sessions and build from there. ABC's, dual resistance activities, High Intensity Intervals, and at times even technical refinement activities could be used.

Main activities, including Techno-Tactic and problem solving along with combination play, supporting play, while adding complexity over time. These activities and exercises should end in going to end lines and or goals, both small and full size. Introduction and emphasizing shapes and numbers to the training routine

continues on at this stage. The use of Neutrals in various training games may be common place, whether it is an attacking or defending topic. Playing or building from the back is worked on along with changing of points of attack to help them learn how to use space while separating from opponents.

Each session end with Free play going to goal.

Stage 4: Training for Competition (ages 15 to 17)

“Short, medium, and long passing game”

These are our High School age group with many demands, Academic-Athletic-Social. We will work on college recruitment and placement complimented by club football.

Training sessions are 90 minutes long; some of the main areas of training are developing tactical concepts of the game, continuing building on all prior stages of talent development. We now start a gradual expansion into the more complex.

An understanding of systems of play, style of play, focusing on shapes, numbers, roles and responsibilities. The 1-4-3-3, 1-4-4-2, and some variation on those tactics are refined. Players will be taught attacking shapes, defending shapes, along with transitional responsibilities while emphasizing on a possession-based style of football.

Attacking topics may include;



Height, Depth, and Width, off the ball movement, Ball movement and pattern play, attacking variations; down the flank, exposing the weak side, outside to middle, crossing-finishing, combining to goal, counter attacking, breaking lines, to name a few.

Defending topics may include;

Playing with support, communication and group organization, defending going forward, drop and delay, understanding the defending diagonal, weak side defending triangle, how to force play, defending shapes, zonal defending, team pressing, line of confrontation, challenge the ball, support the challenge, marking nearest player, marking valuable space, tracking runs.

Stage 5: Competing or Playing to Win (ages 17 to 19)

The final stage of youth talent development. A demand for perfection of play. Maximizing talent performance, readying for life after youth football. An emphasis on performance and intensity, to go with more physical demands. Here we will seek out top competition at major events;

- ⚽ The ability to improve within the game.
- ⚽ More player driven.
- ⚽ Refinement of all football skills.
- ⚽ Stress the consistency for player performance.
- ⚽ Development of tactical refinement and understanding
- ⚽ Understanding the adaptations to strategies and adjustments within the game.
- ⚽ Learning how to win, knowing how to win, and playing to win.

- ⚽ Understanding set pieces and their variations both offensively and defensively
- ⚽ Building and maintaining physical fitness, power and strength to maximize performance
- ⚽ Well-developed and refined mental preparation and routine.



