3FOUR3
Soccer Development without the Bullshit
What a nice frame you've got!!
WELCOME TO THE OFFICIAL WEBSITE

Message to All

In 2011, Orange Soccer Club unified its youth soccer program within the City of Orange, CA by merging its interests with Orange Junior Soccer Club and Orange County Premier. OSC believes this incorporation of soccer programs enables the operations to be streamlined, and club affairs to be advertised with one voice within the community. Many of the values that its members maintained for approximately 40 years have been incorporated within OJSCOOP operations.
Philosophy

Activities

Execution

Coaching
A practical & successful framework for possession-based development in the American soccer environment.
Didn't happen overnight
- Wanted to play a “possession game”
- Failure
- Excuses
- Rookie
Experience?

Experience in X

Expertise in X

X ≠ soccer
A practical & successful framework for possession-based development in the American soccer environment.
Experience

[Image showing a chart with columns for Boys and Girls, and rows for Premier, Gold, Silver Elite, Silver, and Bronze, with years 9 to 19 represented. The chart displays the number of participants in each category for each year.]
Imagine this Environment ...

OC Premier SOCCER CLUB
EST. 1964.
ORANGE, CALIFORNIA

Home Page  Club Message  Tournaments  Contact

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How Can we Help?

- Framework! (the skeleton)
- Reducing the trial & error cycle.
Here We Go!
This talk of 'philosophy' is not mumbo-jumbo!

Why a “philosophy”?

Provides a map, a vision.

[where are you going?]

This is your guiding light to every decision you make!

[your compass]

It is everything!!!!

If you've got a crappy philosophy, guess what happens? Crappy product.
England
• Route 1
• Supporting Activities (how much and what technical/tactical?)
• Experience → Expertise → Execution

Brazil
• Joga bonito
• Supporting Activities
• Experience → Expertise → Execution

Spain
• Tiki-taka
• Supporting Activities
• Experience → Expertise → Execution

Italy
• Catenaccio
• Supporting Activities
• Experience → Expertise → Execution

(best in the biz)
Macro

United States

- Philosophy = ?
- Activities = ?
- Experience in what?
- Expertise in what?
- Execution in what?
philosophy

activities

execution

experience
Our Philosophy: What guides us?

Success
(A definition)

Playing possession-based, attacking, attractive, and winning football.

[because if you can do this, everything else can fall into place]
Our Philosophy: What guides us?

Player Development
(a definition)

Player development in the American team environment is best (I'd go so far as saying “only”) accomplished via teaching and executing a possession-centered game.
Not Learning
How to get more of the first video
And
Less of the second?
All Important.
But ...
Game understanding!
Choreography.
Team game, not individual!

TACTICS
Methodology

The Golden Rule

Do Less, not More!

Why?
- Conservation principle. The more you try to do, the less you accomplish.

How much less?
- The Framework
  (core set of activities)
Methodology

The Golden Rule

- Do Less, not More!

Address example criticisms and “layering”

- Bypassing midfield
- Exposing flat back line
- Offside Trap
- Attacking with combo's up the middle
- Playing “between” the lines
- Myriad of other if/then scenarios
The 2P Method

Possession & Pressure
Activities

- Philosophy
- Coaching
- Execution

Activities
Activities

Sessions are typically comprised of:

Physical warmup (15 mins)

Technical warmup (15 - 20 mins)

Tactical (30 - 40 mins)  

Greatest Coaching Deficiency  
And hence huge player & team deficiency

Play (20 - 30 mins)
Technical

- Circle keepaway
- 4 v 0
- 4 v 1
- 3 v 1

- Double Rondo (advanced)
Tactical

Out of the back

• Back 5
• Goal kicks

Attacking

• Losing your man
  (3, 10, 11)
  (2, 8, 7)

Pressing Choreography

Relationships