**TC WEST MEN’S SOCCER PROGRAM OVERVIEW**

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| **Technical** | **Tactical** | **Mental** | **Physical** |
| **Tenets:*** Pass on the time
* Receive the ball side-on
 | **Tenets:*** Defend your line
* Throw numbers forward
* Talk in shoulders
* Absorb and counter
 | **Tenets:*** Soccer is a game of moments
* First foul, first shot, first goal
* 8-second defensive kick-off
* Momentum does not exist
 | **Tenets:*** Shiver
* Impede runs
* 40-60s
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| **Marks of a varsity player:*** Minimizes unnecessary touches so as to move the ball quickly
* Moves the ball with his first touch
* Provides a multitude of services with both feet to create positive outcomes
 | **Marks of a varsity player:*** Can affect the game from multiple positions in multiple formations
* Recognizes moments to push the game forward
* Defends individually as well as in pairs and groups of 3 (provides pressure, cover, and balance)
* Communicates with teammates using a shared team vocabulary (see Tenets)
 | **Marks of a varsity player:*** Recognizes critical moments in a match and communicates expectations to teammates
* Is not fueled by emotions
* Plays with an understanding of how critical moments differ from momentum
* Operates under a team-first mentality
* Committed to working outside of established training times to improve
 | **Marks of a varsity player:*** Works to win the ball back immediately after it is lost
* Uses physicality to interrupt runs defensively
* Has the fitness to play a 100-minute match
* Imposes himself on the game both in the air and on the ground
* Uses physicality to win balls with a negative ratio
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**Notes:** There is purposely no set timeline for accomplishing these Tenets and Marks. This overview is taught at all levels of TC West events (youth camps, soccer academies, JV and Varsity training sessions, etc.). This means that the accomplishment of these Tenets and Marks will vary based on an individual’s goals, abilities, and drive.

Goal Prevention: As a group, our aim is to accomplish the following tasks:

* Defend in groups of 3 to eliminate splits
* Deny services behind our back line and into channels
* Win balls out of the air and eliminate bounces in our defensive third.

Goal Scoring: As a group, our aim is to create 10-12 scoring opportunities by accomplishing the following tasks:

* Absorb attacks and counter attack quickly
* Diagonal runs and C-runs
* Switch the point of attack through our midfield and back line
* Attack the byline